



5. Ia lava saunia oe i se faalavelave e ono tulai mai e pei o le maualalo o lou suka. Afai ae tupu sea tulaga... (Control your blood sugar)
  - Ia e taumafai loa ina ia faailoa i se isi tagata o lou aiga poo uo le faaletonu ua tupu.
  - Ia e tapa vave loa i se lole e mitimiti.
  - Ia tapa vave se lote mitimiti, pe ai se sipuni suka pe inu se ipu susu.
6. Faaititia aga ma uiga o loo e faia e faaopoopo atili ai i le faigata o le Ma'i Suka (Quit unhealthy habits)
  - Taofia le ulaula tapaa.
  - Taofia le inu pia.
  - E le faatauaina le fesootaiga ma lau fomai poo faiaoga o le Ma'i Suka.

## O A AGA E SUIA?

*What are changes that I can make to prevent diabetes?*

- Siaki lou suka (Get blood sugar checked)
- Siaki ou mata (Get eyes checked)
- Siaki ou vae (Get feet checked)
- Vaai lelei au mea'ai (Watch what you eat)
- Faia lau faamalositino (Exercise)
- Toaga i au talavi faatonuina (Visit the doctor)
- Inu au fualaau e pei ona faatonuina ai (Take medications)
- Toaga e talanoa ma faiaoga Ma'i Suka (Visit health/diabetes/nutrition educator)
- Ia e malamalama i au fualaau poo le tui o le inisulini (Understand your insulin/pills)

### Mo ni fesili, faafesoota'i mai le .....

- Ofisa aoaoga ma'i suka: 633-1222 ext 171, loata1@yahoo.com
- Porokalama ma'i suka: 633-2186, esptlevi4@yahoo.com
- DOH Wellness Office: 633-1602
- Tafuna Family Health Center Diabetes Collaborative: 699-6380, ofeira2000@yahoo.com, jtuitele@yahoo.com

# Aoaoga mo Ma'i Suka

(Education about Diabetes)



*Brought to you by Pacific Diabetes Education Program, A Program of Papa Ola Lōkahi, [www.pdep.org](http://www.pdep.org)*

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## O LE A LE MA'I SUKA?

*What is Diabetes?*

O le Ma'i Suka o se faamai e mafua mai ina ua le mafaia e le tino ona faaaogaina tatau mea'ai o loo tausami. O se faamai e tupu ona o se faaletonu i le totoga o le ataalii (pancreas). O le ataalii e galue i le fausia ina o le homoni (hormone) e ta'ua o le inisulini (insulin). O le inisulini e galue ina ia aveina le suka e maua mai i mea ai e tausami ina e oe i taimi ma aso uma. Afai ae leai pe le lava se inisulini e le aveina pe faigata ona aveina le suka mai i lau mea tausami i totonu o sele o le tino.

## O A ITUAIGA E 3 O LE MA'I SUKA?

*What are the 3 types of Diabetes?*

E tolu ituaiga Ma'i Suka:

1. Type 1: O le Ma'i Suka e maua mai i tamaiti (0 – 20 tausaga). O le ituaiga Ma'i Suka lea e mafua ina ua le mafai lava e le ataalii ona gaosia ni inisulini. O lona uiga e manaomia e nei tamaiti le tui o le inisulini i lona olaga atoa. E tusa o le 5 % o tagata Ma'i Suka e maua i le ituaiga lea o le Ma'i Suka.
2. Type 2: O le ituaiga lea e amata mai lava ina ua le lava le inisulini o loo gaosia mai e le ataalii seia oo lava ina ua le mafaia e le ataalii ona gaosia se inisulini. O le toatele o tagata (90%) o loo maua i le ituaiga Ma'i Suka lea.
3. Gestational Diabetes: O le ituaiga lona 3 e aafia ai tina maitaga. O tina ia e maitaga ae oo loa lona maitaga i le vaiaso 24-28 ona toe siaki ina lea o lona toto i le tulaga o le suka o loo iai. O lea faaletonu o le tino e mafai ona toe foi i le lelei pe a fuafuaina lelei le tausiga o lona suka ao maitaga.

## O A NI UIGA O LE MA'I SUKA?

*What are the signs and symptoms of Diabetes?*

- Mainiini tamai lima ma tama'i vae (Tingling in your hands or feet)
- Nenefu le vaai (Blurry vision)
- Lusi pauna e aunoa ma se faamalositino ma e le iloa foi le mafuaaga ua lusi ai (Gaining or losing weight – not on purpose)
- Faigata ona faape se lavea (Sores that heal slowly or don't heal)
- Fia inu soo (Thirsty all the time)
- Fia ai soo (Hungry all the time)
- Fai soo le feauvai – aemaise i le po (Going pee or urinating more often – especially at night)

## O A NI FAAFITAULI O LE MA'I SUKA?

*What are the complications of Diabetes?*

Ona o le afaina tele o alatoto o le tagata Ma'i Suka i faaletonu o loo tupu i le tino e mafai ma vave ai le:

- Afaina o mata ma i'u ai lava ina tauaso (Blindness)
- Afaina o vae ma i'u ai lava in to'esea/vae mutu (Amputation)
- Afaina totoga e pei o le fatu ma i'u ai lava ina maua le fatu pe (Heart attack)
- Fatumaa ma i'u ina faamama le toto (Dialysis)
- Fai'ai ma i'u ai lava pe lou vae ma lima (Stroke)

## E FAAPEFEA ONA TAUSI MA

## PULEA LE MA'I SUKA?

*How can I control my Diabetes?*

1. Fuafua lelei lau tausami (Eat smart)
  - Tausami i mea'ai paleni.
  - Tausami faatolu i le aso faatasi ai ma vai aina e tolu.
  - Vaai lelei mea ai o loo faaaogaina, fuafua lelei le aofaiga ma le ituaiga o tausami i taimi ma aso uma.
2. Faamalositino (Be active)
  - Faagaoioi lou tino i taimi uma e mafai ai.
  - Savalivali pe siva.
  - Auau pe tamoe mo se 5 minute – 30 minute pe sili atu foi i aso uma.
3. Siaki lou suka (Check your blood sugar level)
  - Afai e iai sau masini suka taumafai e siaki lou suka i le taeao ma le afiafi e vaavaai lelei ai le tulaga o lou suka e iai i taimi uma.
  - Tusitusi ma faamaumau i se api fuainumera o lou suka ina ia vaai iai lau fomai poo le faiaoga Ma'i Suka.
4. Fualaau faatonuina mai e lau fomai (Take medication)
  - Ia e malamalama i fualaau ma lona aoga.
  - Taumafai ina ia inu ina au fualaau e pei ona faatonuina ai oe.
  - Aua le faaaogaina fualaau isi Ma'i Suka e tausai ai lou suka poo isi faamai e pei o le toto maualuga, gugu...