

TAUSI I FAATONUGA UMA (HOW TO TAKE CARE OF YOURSELF IF YOU HAVE DIABETES)

- Ia usita'ia i mea tausami fuafuaina: ia 3 aiga ma vai aiga i le aso.
- Tausi i fua faatatau o mea'ai masoa, fualaaui aina, aano o manu, susu, ma isi.
- Tausami mea'ai e itiiti ai ga'o poo le masima.
- Ia faaavanoa le taimi o le aso e savali ai, pe faamalositino ai, ma ia atoa le 30-60 minute, faatolu i le vaiaso.
- Taofi i lalo le mamafa o le tino, poo le faalusi ina o pauna.
- Taofi le ulaula tapaa ona o le tele o faafitauli e tula'i mai ai e pei o le toto maualuga, leaga le vaai, leaga fatumaa, faaitiitia le okesene i le fatu ma alatoto uma.
- Taofi le inu ava malosi ona e faaleagaina ai galuega a fualaaui, e maualalo ai lou suka.
- Ia tausisi i le inu ina o fualaaui o le suka, toto maualuga, ga'o, ma isi.
- Siaki ou vae i aso uma mo ni lavea, ma'osi ma se fula e te le lagona ina.
- Ia oti atigilima ma atigivae, ma faamama lelei.
- Ta'ele mama i aso uma.
- Palasi nifo i aso uma ma taimi o vai'aiga.



Mo se fesili faafesootai mai le:

- Ofisa aoaoga ma'i suka 633-1222 ext 171, loata1@yahoo.com
- Porokalama ma'i suka 633-2186, esptlevi4@yahoo.com



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