

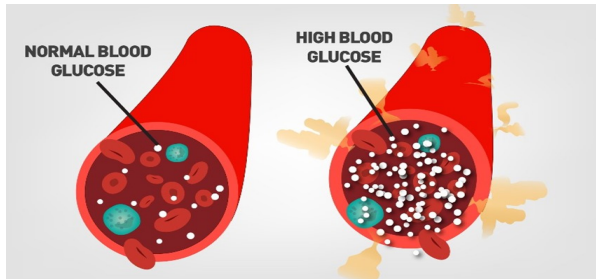
## Mob Ntshav Qab Zib Yog Dab Tsi?

Mob ntshav qab zib yog thaum koj lub cev tsum tsis tsim kom muaj cov insulin ntau txaus lossis tsis siv cov insulin raws li nws yuav tsum tau. Qhov no ua rau cov piam thaj hauv koj cov ntshav khiav ntau dhau.

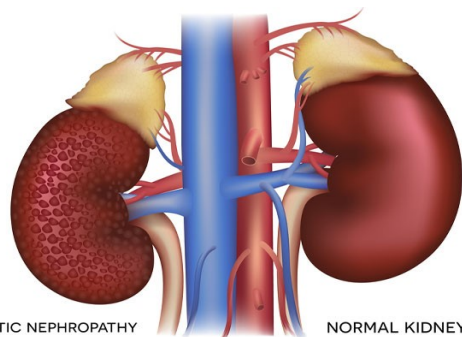
### Hom Ntshav Qab Zib:

**Hom 1:** Muaj tshwm sim thaum peb lub cev tsis tsim kom muaj cov insulin.

**Hom 2:** Tshwm sim ntau dua thiab tshwm sim thaum koj lub cev tsis siv cov insulin zoo.



Muaj ntshav qab zib ntau nyob hauv koj cov hlab ntshav tuaj yeem ua rau muaj mob loj xws li mob plawv, tsis pom kev, mob raum, thiab mob hlab ntsha.



<https://www.mountelizabeth.com.sg/healthplus/article/diabetes-kidneys>

## Tej Yam Mob Qhia Tias Mob Ntshav Qab Zib

- ◆ Nqhis dej ntau dhau thiab / los sis tso zis
- ◆ Nkees nkees los sis sab sab
- ◆ Lub cev yuag
- ◆ Qhov muag plooj
- ◆ Muaj nqaij to ua zoo qeeb
- ◆ Muaj mob ntau dua li ib txwm

## Leej Twg Muaj Feem Tau Yam Mo No

- ◆ Muaj hnuv nyoog zuj zus
- ◆ Tsev neeg muaj keeb kwm muaj yam mob ntshav qab zib hom 1 los sis 2
- ◆ Noj zaub mov tsis zoo
- ◆ Tsis nquag los sis nyob noj ntau dhau
- ◆ Rog heev los sis puv heev
- ◆ Muaj lwm yam mob xws li yuav pib mob ntshav qab zib, ntshav siab, ntshav muaj roj, thiab ntshav qab zib hauv lub cev thaum cev tsis tab seeb



## Kev Tiv Thaiv

- ◆ Tsis txob noj piam thaj thiab cov carbs lawv muab ua kom huv (refined carbs) ntau heev
- ◆ Nquag ua kom lub cev ntxee tas li
- ◆ Haus dej xwb
- ◆ Noj zaub mov ua muaj fiber ntau
- ◆ Tsis txhob haus luam yeeb
- ◆ Noj zaub mov zoo



## Lus Sam Fwm

- ◆ Yuav tsum tau **kuaj ntsav ib zaug ib hnuv**.
- ◆ Ua ib ces kom **ntxee ntaum 30 feeb los sis ntev zog** tuaj ib hnuv
- ◆ Soj ntsuam thiab **saib koj cov zaub mov noj**.
- ◆ Nkaug 2 **koob tshuaj insulin** ib hnuv.
- ◆ Tu koj txhais taw kom zoo.

## Tej Lus Tseeb

- ◆ Ntau dua **34 lab cov neeg** hauv tebchaws Amelikas muaj ntshav qab zib, thiab **1 ntawm 5** tsis paub tias lawv muaj tus mob no.
- ◆ Ntshav qab zib yog tus **kab mob thib 7 rau kev tuag hauv** tebchaws Meskas.
- ◆ Cov **neeg mob ntshav qab zib hom 2 tau nce** 2 npaug hauv lub tebchaws Amelikas **ntau tshaj 20 xyoo dhau los**.
- ◆ **Mob ntshav qab zib** yog qhov ua kom **dig muag, mag txiav tes taw, lub raum tsis ua haujlwm thiab lwm yam mob**.

Sources: <https://www.cdc.gov/diabetes/basics/quick-facts.html>

<http://blog.clinicalmonster.com/2019/04/08/diagnosis-of-diabetic-ketoacidosis/hyperglycemia-high-blood-sugar/>

## Kev Pab Cuam

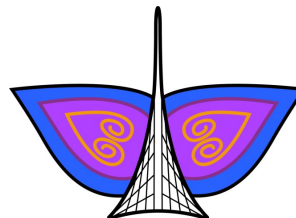
### Milwaukee Consortium for Hmong Health Inc.

Office: 414-212-8087

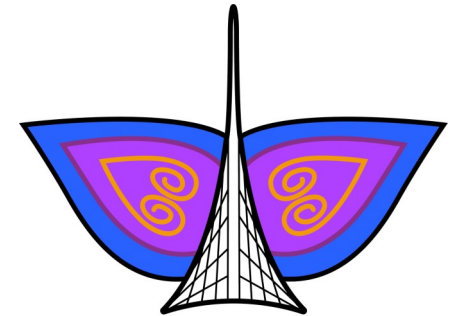
Address: 1802 West Walnut Street  
Milwaukee, WI 53205

Email: [MkeHmongHealth@gmail.com](mailto:MkeHmongHealth@gmail.com)

Yog muaj lus nug los sis xav paub ntxiv, hu xov tooj rau peb cov **Community Health Workers**. Peb yuav zoo siab thiab txaus siab pab koj nrhiav cov kev pab cuam nyob rau koj lub zos.



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## Mob Ntshav Qab Zib



## Yog Dab Tsi Thiab Yuav Ua Li Cas Tau Rau Koj

