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Hafa i Dibetis What is Diabetes

Chamorro



Estoria pot un Chamorro na amko

Kasi annai sinkuentai uno años na idat yo , hu tutuhon gumai problema man li'e'; lokkue sesso yayas, mahu yan kada birada hu usa i kemon. Pues un dia, humana ya umali'e' yo yan i mediku ya a chek i haga hu. Ha sangani yo i mediku na Dibetis II na klase chetnot hu. Ti hu tungo hafa este ya ha na luhan yo. Pago, bente quatro años desde ma sodda i chetnot hu. Hu chogue todo i inetdin i mediku. Hu chuli tres klasen amot kada dia. Hu kanno i man maulig na nenkanno para i brinabu hu, ya huma hanao yo mamokat kada dia. Guaha na biahi, na ti mañeñti i patas yan kannai hu ya ti gof maulig yo man li'e'. Hu diseseha mohon na la taftaf biu masangani pot este na chetnot.

Setentai sinko años na idat i Chamorro na amko

Hafa i Dibetis

I Dibetis na chetnot gaigi yangin ti siña i tataotao mu ha fa'tinas ya ti gof muna'huyong insulin para ha tulaika i glukos (kalang asukat) esta fuetsa ma nesisita para i brinabu. I Dibetis I na klase sesso tenga ha tutuhon gi famagu'on yan i man hoben antes di trenta años. Dibetis II na klase mas otdinario na klasen Dibetis. Kasi 90-95% gi taotao ni man ninayi Dibetis man Dibetis II na klase. Yangin ninayi hao Dibetis, kahulo i asukat i hagamu ya inipos i regulatña. Tatkilo asukat i haga muna peligro para i brinabu mu.

Palu Siñat yan Pina'desi

- Fot'e na mahu
- Sesso me'mi
- Ñalang
- Mayas
- Ungotpi malingo libras
- China'chak o ma'baba'ba' i chetnot ya ti siña magong
- Maya man li'e'
- Maetdot o taya siñenti gi kannai o addeng
- Apmam i infeksiyon para hu magong
- Maka'ka ya anglo' lasas

Hafa ha susedi i taotao ni Dibetis II na klase yangin ti ma chek

- Atdit na problema gi brinabu mu
- Chetnot korason (chetnot i gugat i korason), inataki i korason yan o strok
- Ti maulig kinalamten haga siña ma u'tot i brasu yan i patas.
- Difrentes problema gi sanhalom i tataotao sumasaonao maya ma li'e, ya siña bachit
- Difrentes pine'din gi sanhalom i tataotao sumasaonao riñon, higadu yan problema o pine'din korason.
- Fina'tai'

Hafa siña un chogue para un chek yangin Dibetis II na klase hao

- Munga ma nanga para i siñat yan pina'desi-chek para i tinattiyi na siñats
- Na ma chek i mata mu un biahi gi sakan
- Faisen i mediku mu (man na'i sinetben brinabu) para ma tes i asukat gi haga' un biahi gi sakan
- Chek i papakis i patas mu para hafa na tinilaika gi kolot o para infeksiyon
- Faisen i mediku mu (man nai sinetben brinabu) para ma eksamina entero i patas mas kiseha un biahi kada sakan
- Chek i tataotao mu kada dia para china'chak o mababa na chetnot ni ti siña magong

Piniligro pot Dibetis II na klase

- Inipos i libras mu
- Kuarentai sinko años na idat yan mas
- Guaha chetnot Dibetis II na klase gi familia
- Ti maulig brinabu mu (ti kumala'lamten) ya ti hu meksersise
- Tatkilo i haga'
- Yangin mafañagu i patgon ya esta gai Dibetis, Dibetis I na klase ha susedi gi durante i mapotge'mu, o mafañagu i nene ni nuebe libras o mas
- Asiano yan Isla Pasifiku mas man gai chansa

Hafa siña un chogue para un sueta Dibetis II na klase

- Kanno i dieta ni balansa (maulig na nengkanno), sumasaonao fruta yan golai
- Kanno tres biahi gi dia ya na parehu i kinano' mu kasi gi parehu na tiempo kada dia
- Exersis(pokat, baila, chogue didi'di na chocho halom guma, jatdin, yan mas) 20-30 minutos kada dia
- Sangani i familia yan i man gachong mu para hu ma chogue este

Yangin un usa i setbision publiko ya ti hun gof tungo fuminu Englis, famaisin pot intetpiti gi linguahi mu

Telefon i Guam Communications Network gi (562)989-5690

A Story of a Chamorro Elderly

“When I was about 51 years old, I began having problems with my vision; also I was always tired, thirsty, and had to go to the bathroom often. So one day, I went to my doctor and she did a blood test. My doctor told me that I had Diabetes Type II. I didn’t know what it was, but I was scared. Today, 24 years from my diagnosis, I have done what the doctor had told me. I take my three medications daily, eat healthy foods, and walk everyday. But, I sometimes feel numbness in my feet and hands and cannot see very well. I just wish that someone could have told me about the disease earlier.”

Chamorro woman, 75 years old

What is Diabetes

Diabetes is a disease when your body cannot produce enough insulin to process glucose (a form of sugar) in your body into energy. Type I Diabetes usually develops in children and young adults before the age of 30. Type II Diabetes is the most common type of diabetes. About 90-95% of people with diabetes have Type II Diabetes. When you have diabetes, your blood sugar level is too high. A high blood sugar level is dangerous to your health.

Some Common Signs and Symptoms (which may or may not be present)

- Excessive thirst
- Frequent urination
- Hunger
- Fatigue
- Drastic weight loss
- Cuts or open sores not healing
- Blurred vision
- Tingling or loss of feeling in hands or feet
- Non-healing infections of skin
- Yeast infection
- Dry, itchy skin

What Happens to Someone With Diabetes Type II if Not Checked

- Severe problems in your health
- Heart Disease (Coronary Artery Disease), which may cause a heart attack and stroke
- Poor blood circulation which may lead to amputation of arms and legs
- Multiple organ problems, including blurred vision or blindness
- Multiple organ failures including kidney, liver and heart
- Death

What Can You Do to Check If You Have Diabetes Type II

- Get your eyes checked once a year
- Ask your doctor (health care provider) for a blood sugar level test once a year
- Check your toenails for any discoloration or infections
- Ask your doctor (health care provider) for a complete foot exam at least once a year
- Check your body everyday for soreness or cuts that don't heal

Risk Factors of Diabetes Type II

- You are overweight
- You are 45 years of age and over
- A family history of diabetes type II
- You are inactive (sedentary) and don't exercise
- High blood pressure
- History of gestational diabetes, a form of diabetes occurring in pregnancy, or giving birth to a baby weighing more than nine pounds
- Excessive thirst
- Asian and Pacific Islander Americans are at high risk

What Should You Do To Prevent Diabetes Type II

- Eat a balanced diet (healthy), including fruits and vegetables
- Eat three times a day and keep your meals about the same time each day
- Exercise (walk, dance, light house work, gardening, etc.) 20-30 minutes each day
- Tell your family members and friends to do the same

*** If you use public health services, ask for an interpreter if you cannot speak English well***

For more information contact:

Guam Communications Network
4201 Long Beach Blvd, Ste. 218
Long Beach, CA 90807
Tel: (562) 989-5690

