

KŌJBAROK NEEM

MAKŪTKŪT

- Wŭtki juuj im jitŕkin ko am̄ aolep iien kwoj loļŕk eo ej bŕk eddon ājmour eo am̄.
- Kwaļ neem̄ raan otemjej kŕn jidik joop im dān māñeeñ.
- Etale ioon im ium̄in neem̄ iien otemjej. Kŕjbal kŭlaaj bwe emaroñ jibañ.
- Lojen e ioon im ium̄in neem̄. **JAAB LOJEN E KŌTAAAN ADDI IN NEEM.**
- Juuj ko am̄ rej aikuj kalibubu ki neem̄, ren em̄man im koñ.

KŌTTOŁŔK:

- Jintŕb im etetal
- Jojo ki neem̄
- Kŕjbal tool mŕttan māñeeñ ak dān bwil ilo bato ñan kŕmāñeeñ e neem̄
- Jab kŕjbarok kŭl im jorrān in ne.

Loļŕk takto eo am̄ iien eo em̄kajata eļañe kwoj eñjake:

- Ijoko im rebŭrŕrŕ
- Ebbŕj, kinej ak jar ko ilo kŭlŭm
- Oktak in eñjake ak okmāñeeñ

Loļŕk takto in ne eo eļañe kojjab maroñ mwijiti ak kadikļŕk akkin neem.

PED WŌT ILO ĀJIMOURMOUR IM EMAKŪ TKŪT

Makŭtkŭt ko rem̄man remaroñ jibañ eddom, kadikļŕk aebŭlat eo, im bŕbrae kŭj in menono ko im bar jet jorrān.

Eļañe koj bŕk wā in tŕñal:

- Jab wā ki ijoko kwoj ekjerjaiji ilo ānbwinŭm.
- **Jab wā ki ānbwinŭm ilo an MŔŌŁO wa eo.**
- Emaroñ dik alok tŕñal ne am̄ ium̄in elŕñ awa ko ālkin an ekjerjaij



Mŕokta jen an em̄akŭtkŭt, kwoj aikuj:

- Kŕnnan ippen taktŕ eo am̄
- Etale tŕñal eo am̄
- Mŕŕñā kŕtan awa eļañe tŕñal eo am̄ ej dikļŕk jen 100 mg/dl

MAKŪTKŪT

Kemijmij im:

- Ebbŕk tŕñal ippam
- Ekkŕnak juuj im jitŕkin ko rekon
- Buul daak aibŕj mŕokta jen, ilo iien im ālkin am ekjerjaij
- kabŕjrak am̄ ekjerjaij ñe kwoj eñjake am̄ ban menono, loļŕk ak metak. Kŕnnan ippen taktŕ eo am̄ kŕn jorrān kein mŕokta jen am̄ bar ekjerjaij
- Mŕŕñā kŕtan awa eļañe kwoj em̄akŭtkŭt ilo eļapļŕk jen 45 minit ko
- Teje lebel in juka eo am̄ iien eo em̄ŕkajata ñe kwoj eñjake an dik lebel in tŕñal ne am̄. Eļañe kojjab maron tej, baj kŕmadmode wŕt ñan em̄manļŕk eo
- Kŕnak metikal ID ak kein kakŕlkŕl eo (bwe ro jet ren jeļā ke kwoj juŕn ritŕñal ilo iien idiñ ko)

HEMOGLOBIN A1C

- Ekkar ñan alikar eo ilo glucose (tŕñal eo) ñan hemoglobin (protein ilo RBCs eo am̄).
- Kŕlmenļŕkjen kŕn joñan tŕñal eo am̄ ilo allŕñ ko jilu remootļŕk. RBCs rej bareinwŕt mour ium̄in 3 allŕñ. Itulaļin 7 ej em̄man wŕt.
- Ekanoojin aorŕk ñan kŕnono kŕn A1C eo im kŕttŕbar ko am̄ ippen taktŕ eo am̄.

IEN BAR LOŁŔK KO

MAKŪTKŪT

Kwon kŕnnan ippen taktŕ eo am̄ kŕn ñāat im ewi mmakijki in am̄ lale lebel in juka ak tŕñal eo am̄. Jei jŕñan tŕñal eo am̄ ilo juŕn bok ñan am̄ etale ippen taktŕ eo.

Kemijmij bwe en wŕr kaemļeļe ko kŕn uno ko am̄ einwŕt:

- Kein teje tŕñal eo am̄ (meters, strips, lancets)
- Uno ko (uno, bato in wā in injilin eo, pen in wā in injilin eo) **Uno in Wā eo ejjab aikuj mŕŕlo ilo am̄ ten wā ki yuk.**
- Syringes, nitŕļ in peen



Kajjitŕk ippen taktŕ eo am̄ bwe en jidkinlok kwe ñan **Outpatient Diabetes Self-Management Education Program (Ebbŕk Jeļā)** ak **Clinical Diabetes Educator**



NAÑINMIJ IN TŔÑAL KŌJBAROK KWE MAKE

BOK JIDDIK IN EKKATAK KO



MAUI COMMUNITY RESOURCES

Maui Memorial Medical Center Kŭrup in jibañ Ritŕñal ro Kajojo Allŕñ: (808) 442-5773

Diabetes Self-Management Education Programs (Maui):

Hui No Ke Ola Pono	(808) 244-4647
Maui County Office on Aging	(808) 463-3166
Maui Medical Group	(808) 984-7436
Kaiser Outpatient Clinic	(808) 243-6000
Times Pharmacy Honokowai	(808) 661-8008
Mauliola Pharmacy	(808) 446-3348

American Diabetes Association
www.diabetes.org/living-with-diabetes

UTEJ IN JUKA

Utej in tōñal emaroñ waļok eļañe enaj ļap aņ ęmōñā, kwoj nañinmij, ñe kwoj inepata, ak ñe ejabwe am bbōk uno.

MAKŪTKŪT

- Komaroñ kūrļok jikin ājmour eo ak takto eo am eļañe kojjab maroñ kameļeļe ki joñan tōñal eo aņ ilo 200 mg/dl ak eļapļok iumwin ruo raan
- Likkun ialale joñan tōñal eo aņ ālkin emen awa ko ak ekkar jen taktō eo aņ

KOJBAROK RAAN IN NANINMIJ

Ilo iien am nañinmij, tōñal eo aņ eļapļok an pen kōmadmōd e. Kūrļok jikin taktō eo ñe edikļok am kōñan mōñā, emņoj, pidodo, ak ekabdre wōt utej tōñal ne aņ.

MAKŪTKŪT

- Etale lebel in juka eo am iien otemjej (tarin 4 ļok ñan 6 kattōn juōn raan) ak kōnono kake ippen taktō eo aņ.
- Wōnņanļok wōt im bōk uno in tōñal ko.
- Idaak juōn kap in aebōj ak dān ko eļjeļok juka im eļjeļok caffeine ie ilo aolep awa.

Eļañe kojjab maroñ mōñā, komaroñ bōk juōn ian tōñal kein im 15 grams in carbohydrates aolep 3 - 4 awa:

- ½ kap in dānnin leen wōjke ko
- 1 kap in milik
- ½ kap in dān in kola
- 6 betkoj jōļ
- 1 kap in juup
- ½ kap in aij kudiim

EDIKĻOK TŌÑAL

(Dikļok juka jen 70 mg/dl)

Dikļok tōñal emaroñ waļok ne mōñā, ekjerjajim im uno in tōñal eo eļjab joñan wōt juon, einwōt:

- Edik mōñā im erumwij iien mōñā ko
- Eļap ekjerjajim
- Eļap idaak uno

Komaroñ eņjake: Udidid, kole, mejki ak mōk, menokadu, pok addeboulul, im eļjab bwe iien kakūje in boñ. Eļañe kwoj eņjake nañinmij kein, jaāke lebel in juka eo aņ iien eo emōkajata.

Eļañe kojjab maroñ lale, bōk juōn ian men kein 15 grams in tōñal eo emōkaj an jermal iien eo emōkajata:

- 3 glucose tablets ak 3 ļoļe tōñal ko
- ½ kilaj in (4 oz) dānnin leen wōjke ko
- ½ kilaj in kola

Bar etale tōñal eo aņ 15 minutes ālkin kauno ak iien eo emōkajata im komaroñ. Eļañe enaj le lōñin 70 mg/dl mōñā kōtan awa eļañe iien mōñā eo 1 awa tokālik. Eļañe ej ped wōt tulaļ in 70 mg/dl, bar kajjeoñ e kauno eo.

Eļañe eļjab emņanļok am mour, kūrļok jikin taktō eo ak kūr 911.

JEJET IN LEBEL IN BŌTŌKTŌK IN JUKA

Mjokta jen mōñā: 80-130mg/dl

Ruo awa mjokta jen iien mōñā: tulaļ in 80mg/dl

KARŌK IEN MŌÑĀ

Pilej in mōñā eo aņ ej aikuj einwōt in:



MŌÑĀ KO REJIMOURMOUR

Dapij wōt ejmour eo, jeļā ewi wāween kontrol joñan am mōñā, im ekkatak ewi jōkjōkin an kajojo mōñā im joñan an mōñā ko jelet tōñal eo aņ ej men ko raorōk ñan jeļā kōn nañinmij in.

Mōñā jilu kattōn ilo juōn raan; mōñā kōtan awa ruo kattōn juōn raan. **JAB JOĻOK IEN MŌÑĀ.**

Kajjitōk ippen jikin taktō eo ñan kwaļok ñan kwe kūlen kōjbarok aņ tōñal.

Iien mōñā ko kajojo rej aikuj koba:

- 1½ kap in vegetables
- 2 – 3 ippen leen wōjke ko
- 1 – 3 kap in low fat milik ak yogurt

READ LABEL IN ŌN EO

Jōñan serving eo non mona in ej 1 kap Elōñ tarin 2 serving ak 2 kap iloan container in

Jelā lokjen ken Ōn ko

Jōñan serving 1 kap Tarin 2 serving 1 container

Jōñan juon serving	1 Kap
Calories 250	Calories jen Fat 110
%Daily Value* (melele ko an ōn ilo juon serving in mōñā)	
Total in Fat 12 g	18%
Saturated Fat 3 g	15%
Trans Fat (motan ōn in kuriļ ko rej make wot nana non am mōñā) 1.5 g	
Cholesterol (juon kain kuriļ ej bed ilo bōtōktōkim) 30 mg	10%
Jool 470 mg	20%
Total Carbohydrate 31 g	10%
Dietary Fiber 0 g	0%

Juka 5 g	
Vitamin A 4%	Vitamin C 2%
Calcium 2%	Iron 4%

*Bōjjāan Daily Values rej ekkar non 2,000 calorie diet. Daily Values ko am remaroñ utej ak etā ekkar non joñan calorie eo kwoj aikuji;

	joļoļ in ōn jen mōta ko kwoj karļ	2,000	2,500
Total in Fat (motan ōn ko jen kuriļ arbiwinum akuj non am eņmōd)	Dik jen	65 g	80 g
Saturated Fat (motan ōn in kuriļ ko rejkar kaine an kuriļ in kwi, kōn bas, karnōkin piļ, kuriļ beñ, im bōdā)	Dik jen	20 g	25 g
Cholesterol	Dik jen	300 mg	300 mg
Jool	Dik jen	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber (Dik jen bōk im mōta ko eņmōro im bōdō an karnakol kōtan joem kaine an green salad, apple, oatmeal, brown rice, carrots, im tomato)		25 g	30 g

Calories juon gram:		
Fat 9	Carbohydrate 4	Protein 4

Kein karuo: Jāāke Total in Carbohydrate ko

Total Carbohydrate ej kamelele jete gram in in carbohydrate rej bed ilo 1 serving. 15 grams in carbohydrate ej einwot 1 carbohydrate serving.

Fiber ej bareinwot bōnbōn ibben joñan total carbohydrate

Juka ebed kadede ilo bōnbōn eo an total carbohydrate. Tōpran ej kalikar joñan eo an natural im kakobaba in juka ko.