

# Ang Akong Talaan sa Diabetes

*My Diabetes Diary*



Prevent complications • Reduce disabilities • Improve lives



**HANDICAP  
INTERNATIONAL**



**K**ining talaan usa ka bililhong himan nga makatabang aron ma-dumala ang imong diabetes. Pinaagi niini ikaw:

- Makasubay sa imong blood sugar ug blood pressure;
- Makahibalo sa imong mga tambal, ilang tumong ug dosage;
- Magiyahan sa husto ug insaktong kaunon;
- Makatala sa imong ehersisyo; ug
- Makapanag-iya ug personal nga kopya sa imong mga konsultasyon sa doctor o health worker.

Kini usab adunay daghang mga impormasyon aron mas masabtan gayud nimo ang diabetes.

### **Hinumdumi**

**Kanunay nga dalhon kining talaan kada konsulta nimo sa imong doctor o kada bisita sa health center.**

*This diary is a very valuable tool that will help you in controlling your diabetes. With this you can:*

- *Keep track of your blood sugar and blood pressure.*
- *Know your medications, their purpose and their dosages.*
- *Be guided on the right food to eat*
- *Record your exercise regimen and*
- *Keep personal records of your visits to the doctor or health care provider*

*It also contains a lot of information so that you can better understand diabetes.*

#### *Remember*

*Always bring this diary along every time you consult your health care provider.*



# Mahitungod Kanako

*About Me*

Case No.:    -

Name: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
*Family Name First Name MI*

Sex: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Civil Status: \_\_\_\_\_

Occupation: \_\_\_\_\_

Religion: \_\_\_\_\_ Nationality: \_\_\_\_\_

Address: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
*House No. Street Purok*  
\_\_\_\_\_, \_\_\_\_\_  
*Barangay City*

Contact Number / s: \_\_\_\_\_

## Ang Akong Sakit *Medical History:*

Petsa na-diagnose *Date diagnosed with diabetes* : \_\_\_\_\_

Edad na-diagnose *Age diagnosed with diabetes* : \_\_\_\_\_

## Uban pang sakit *Other health concerns:*

High Blood *Hypertension*

Taas ug Cholesterol o Triglyceride *High Cholesterol or Triglyceride*

Sobra sa Timbang *Overweight*

Sakit sa Kasingkasing *Heart disease*

Uban pa *Others*: \_\_\_\_\_

Hulagway  
Picture

In case of  
emergency,  
please notify:

\_\_\_\_\_  
*Name*

\_\_\_\_\_  
*Relationship*

\_\_\_\_\_  
*Contact No.*

# Ang Naga-tabang Kanako *My Health Care Team*

Isulat ang mga pangalan sa naga-tabang kanimo sa pag-amuma sa imong kaugalingon.

*Write the names of the people who help you take care of yourself.*



Barangay Health Center : \_\_\_\_\_ Contact Number: \_\_\_\_\_

District Health Center : \_\_\_\_\_ Contact Number: \_\_\_\_\_

Doctor: sa health center: \_\_\_\_\_ pribado: \_\_\_\_\_

Nurse: \_\_\_\_\_

Nutritionist: \_\_\_\_\_

Midwife: \_\_\_\_\_

Treatment Partner \_\_\_\_\_

*(BHW/BNS/Family Member)*

Uban pa *Others (e.g., ophthalmologist, cardiologist, rehabilitation centers, etc.):*

Pangalan <i>Name</i>	Specialization / Service	Contact Number

## Botika nga barato ang tambal

*Pharmacy where medicines are affordable*

## Laboratoryo nga barato ang eksamenasyon

*Laboratory where tests are affordable*

# Ang Diabetes



Ang diabetes usa ka kahimtang diin kanunay nga hataas ang level sa asukar (glucose) sa dugo. Kung dili kini mapa-ubos o ma-control sa kadugayan moresulta sa mga komplikasyon.

Kanunay nga taas ang asukal sa dugo tungod sa mga mosunod nga kahimtang:

- ang pancreas o lapay dili mugaman ug insulin;
- ang lawas dili mudawat sa insulin; o
- ang duha.

Ang insulin usa ka hormone o kemikal nga ginagamhan sa pancreas o lapay. Kini mutabang aron magpabilin nga saktong level sa asukar sa dugo ug gikinahanglan kini aron makasulod ang asukar sa atong mga unod, taba ug atay aron magamit.

*Diabetes is a condition wherein blood sugar is constantly elevated that if uncontrolled results to complications. The persistently elevated blood sugar is due to the following conditions:*

- *the pancreas does not produce enough insulin;*
- *the body cannot properly use insulin; or*
- *both.*

*Insulin is a hormone or chemical substance produced by the pancreas. It helps keep the blood sugar at the right level. It is necessary for the proper use of sugar by muscles, fat and liver.*

## Ang pamaagi sa pag-alima sa diabetes kombinasyon sa:

*Diabetes management is a combination of:*

- **tambal** *medicines*
- **balanse nga diet** *balanced diet*
- **ehersisyo** *exercise*
- **edukasyon ug** *education and*
- **suportang psychosocial.** *psychosocial support.*





# Akong Mga Tambal

## *My Medicines*

Tambal ug Preparasyon <i>Name and Strength</i>	Para sa? <i>Used for?</i>	Pila kabuok tumaron? <i>How much to take?</i>	Kapila Tumaron? <i>How many times?</i>	Kanus-a Tumaron? <i>When?</i>	Date Started
Pananglitan: Metformin 500 mg	Diabetes	1 tablet	Katulo matag adlaw	Panahon sa Kaon	01/09/09

### **Sinati-a ang imong mga Tambal!** *Know your medicines*

1. Unsa ang generic nga pangalan sa tambal?
2. Unsay mga side effects?
3. Unsay buhaton aron malikayan kining mga side effects?
4. (Sa naga-insulin) Unsaon nako pag-adjust sa dose sa insulin binase sa akong blood sugar monitoring?

1. What is the generic name of the medicine?
2. What are the side effects?
3. What could be done to avoid these side effects?
4. (For those on insulin) How can I adjust my dose based on my blood sugar monitoring?









# Akong Mga Tambal

## *My Medicines*

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# Hypoglycemia

**H**ypoglycemia usa ka kondisyon diin sobra ang pag-ubos sa blood sugar nga moresulta sa mga sintomas  
*Low blood sugar resulting to symptoms*

*Ang mga taxwong adunay hataas nga risiko sa hypoglycemia mao kadtong:*

- Sobra o mali ang pag-inom sa tambal sama sa glibenclamide, gliclazide, ug uban pa
- Sobra ang pag-inject sa insulin
- Dili dayon mokaon human ug inject sa insulin
- Kulang o dili husto ang oras sa pagkaon
- Sobra sa normal ang lihok o ehersisyo
- Naga-inom ug ilimnong makahubog

People at risk of hypoglycemia are those who:

- *Take too much or incorrectly blood-glucose lowering medications like glibenclamide, gliclazide, etc.*
- *Injecting too much insulin*
- *Wait too long to eat after injecting insulin*
- *Do not eat enough food or miss a meal*
- *Are more active than usual*
- *Drink alcohol*

*Unsaon paglikay sa hypoglycemia?*

- Pag-inom ug inject sa hustong klase ug dosage sa tambal
- Regular nga bantayan ang blood sugar hilabina sa naga-inject ug insulin
- Mokaon sa hustong kadaghanon ug oras
- Usa mag-ehersisyo, siguradohon nga dili ubos ang blood sugar
- Likayan ang pag-inom ug ilimnong makahubog

*How can I prevent hypoglycemia?*

- *Take or inject the right kind and dosage of medicines*
- *Regularly monitor your blood sugar especially those who are injecting insulin*
- *Eat the right amount of food at regular intervals*
- *Check if your blood sugar is normal before exercise*
- *Avoid drinking alcoholic drinks*

## Mga Simtomas sa Hypoglycemia *Hypoglycemia Symptoms*



Lipong  
*Dizzy*



Luya  
*Weakness*



Bugnawng singhot  
*Sweating*



Pangurog  
*Shaking*



Labad sa ulo  
*Headache*



Iritable  
*Irritable*



Kabalaka  
*Anxious*



Kulba  
*Fast heartbeat*



Hanap ang Panan-aw  
*Blurry Vision*



Gutom  
*Hungry*

**K**ung ikaw adunay gibati sama niini kaon ug tam-is nga pagkaon sama sa candy o di kaha inom ug regular nga softdrink o juice. Magpakonsulta sa duktora kung dili mawala ang mga simtomas.

*If you experience these symptoms, eat sweet food like candies or drink a regular soda or juice.*

*If the symptoms persist, consult your doctor.*

# Blood Sugar and Blood Pressure Monitoring

**B**ASAHA SA KINI: Kining bahina alang sa mga taong adunay diabetes nga gitambagang hugot nga bantayan ang level sa asukal sa dugo ug ang blood pressure. Kini pagasulatan inubanan ang imong health care team.

READ THIS FIRST: *This section is for the use of persons with diabetes who have been advised by their doctors to strictly monitor their blood sugar and blood pressure levels. Accomplish this with your health care team.*

<b>Akong gustong makab-ot</b> <i>My Targets</i>	
USA MAMAHAW <i>Before Breakfast</i>	<i>6 mmol/L</i>
DUHA KA ORAS PAGHUMAN UG PAMAHAW <i>2 hours After breakfast</i>	<i>8mmol/L</i>
BLOOD PRESSURE	<i>130/80 mmHg</i>

Date	Time Test Taken	Taken Before or After Breakfast?	Blood Sugar Test Result	Blood Pressure Test Result	Notes
Panaglitan:					
1/9/2009	8:00 a.m.	before breakfast	5.6 mmol/L	110/80	























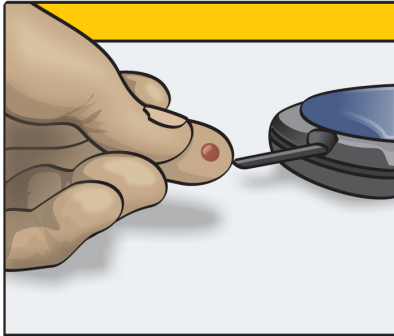






# Mga Himatngonan Aron Malikayan ang Komplikasyon

## *The Things to Monitor to Prevent Complications*



**Hinumdumi**  
**Pangutana sa imong**  
**doktor sa mga**  
**kinahanglan nga**  
**eksaminasyon ug**  
**kung kanus-a**  
**ni himoon.**

*Ask your doctor  
about the type and  
frequency of examinations.*

### **BLOOD SUGAR**

HbA1c test FBS, o 2 ka oras paghunan ug pamahaw depende sa rekomendasyon sa doktor

*HbA1c test, FBS or 2 hours after breakfast depending on the doctor's recommendations*

### **BLOOD PRESSURE**

kada pa-check-up sa health center o sa doktor  
*every check-up at the health center or doctor*

**KOLESTEROL** Lipid profile kada tuig *Lipid profile once a year*

**BATO** *kidneys* Urinary albumin ug creatinine kada tuig *once a year*

**PAGPANIGARILYO** *smoking status*

**KALAPDON SA HAWAK** *waist circumference*  
Depende sa rekomendasyon sa doktor

**RISGO SA TIIL** *foot risk*  
kada pa-check-up sa health center o sa doktor  
*every check-up at the health center or doctor*

**KASINGKASING** *heart* ECG kada tuig *once a year*

**MATA** *eyes* Funduscopy kada duha ka tuig *every two years*

# Mga Ang-ang Aron Magamit ang Idaho Plate Method

## *Steps in using the Idaho Plate Method*

1. Kuha ug plato nga 9 pulgada ang kalaparon.
2. Bahina ang plato ngadto sa duha ka bahin.
3. Pun-a ang katunga ug gulay.
4. Tunga-a sa duha ang pikas bahin.
5. Butangi ug kan-on, noodles, kamote, pan, mais, o patatas ang usa ka bahin (1/4).
6. Butangi ang nahibilin nga 1/4 ug karne sama sa isda, manok, itlog, baboy o baka (protina).
7. Pagdungag ug usa ka pikas nga prutas.

## Inom ug daghang tubig.

1. *Get a plate that measures nine inches in diameter.*
2. *Divide the plate into two parts.*
3. *Fill 1/2 with vegetables.*
4. *Divide the other half into two.*
5. *Fill 1/4 with rice, pasta, noodles, sweet potato, corn, potatoes or bread*
6. *Fill the other 1/4 with lean meat such as fish, chicken, eggs, pork or beef (protein)*
7. *Add one slice of fruit*

*Drink plenty of water with your meal.*

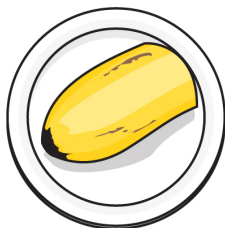
## **Hinumdumi** *Remember*

1. Kaon ug klase-klaseng pagkaon sama sa prutas, gulay, karne ug uban pa (5 ka prutas ug gulay kada adlaw).
2. Pili-a ang pagkaon nga taas sa fiber sama sa mga dahon nga gulay, prutas ug cereals. Aduna silay mga importanteng bitamina ug mineral.
3. Bantayan ang kadaghanon sa ginakaon. Kaonon lamang ang kadaghanon sa pagkaon sa imong meal plan.
4. Dili magpapasar ug kaon.
5. Mokaon ug moinom ug tambal sa regular ug hustong oras.
6. Likayi ang pagkaon nga sobrang tam-is, parat ug mantikaon.
7. Limitahan ang pagkaon ug pinirito. Mas nindot kung mugamit ug low-fat nga mantika. Pananglitan: vegetable oil, palm oil, ug uban pa.
  1. Eat a wide variety of foods such as fruits, vegetables, meat, and more (at least five fruits and vegetables per day).
  2. Choose food high in fiber such as leafy vegetables, fruits and cereals. They contain important vitamins and minerals.
  3. Watch your portions. Eat only the amount of food in your meal plan.
  4. Do not skip meals.
  5. Eat meals, snacks and take your medicines at regular times every day.
  6. Avoid too much sweet, salty and oily food.
  7. Limit intake of fried food. It is best to use low-fat oil when frying. Example: vegetable oil, palm oil, etc.

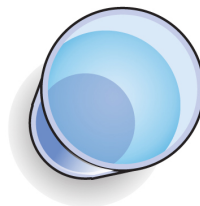


## Ang Sulod sa Akong Plato *The Contents of My Plate*

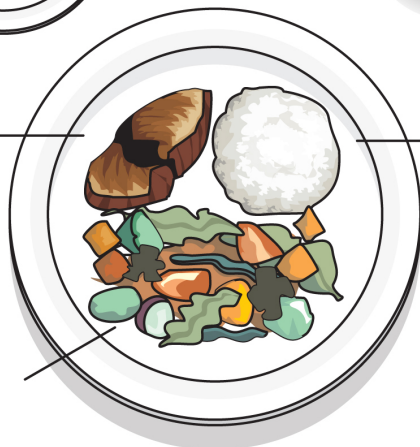
Usa ka  
pikas nga  
prutas  
*1 slice of fruit*



Inom ug  
daghang  
tubig  
*Drink lots  
of water*



1/4 sa plato  
Karne *meat*  
Baboy *pork*  
Baka *beef*  
Manok *chicken*  
Isda *fish*  
Itlog *eggs*



1/4 sa plato  
Kan-on *rice*  
Pansit *noodles*  
Pan *bread*  
Camote *sweet potato*  
Mais *corn*  
Patatas *potatoes*

Katunga sa imong plato  
*1/2 of your plate*  
Gulay *Vegetables*

Ang **IDAHO PLATE METHOD** usa ka sayon nga pamaagi aron husto ug masustansya ang imong pagkaon isip kabahin sa pagdumala sa imong diabetes. Alang sa eksaktong sukod sa mga pagkaon pagkonsulta sa inyong Nutritionist - Dietitian.

*The Idaho Plate Method is an easy way to set up healthy meals to manage your diabetes. For exact measurements of food consult your Nutritionist - Dietitian.*

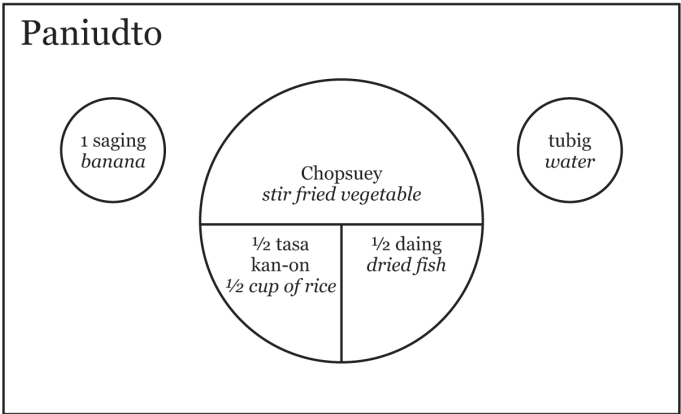
# Talaan sa Akong Ginakaon

# My Food Diary

**BASAHA SA KINI:** Kining bahina alang sa mga tawong gitambagan sa Nutritionist - Dietitian nga hugot bantayan ang ilang ginakaon.

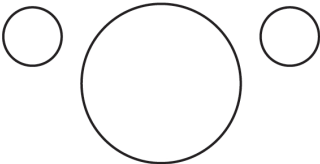
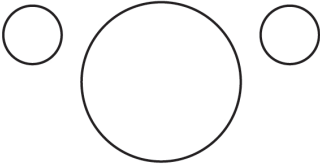
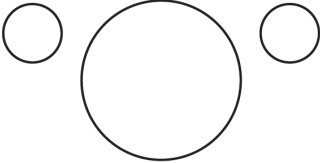
*This section is for persons advised by their Nutritionist - Dietitian to strictly monitor their food intake.*

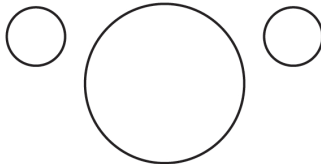
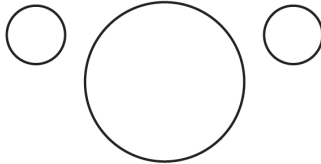
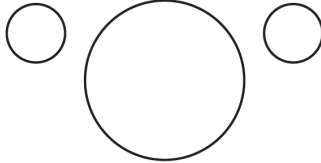
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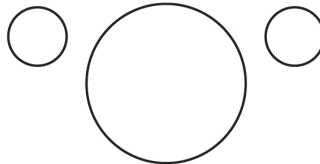
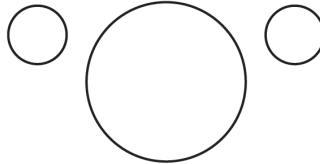
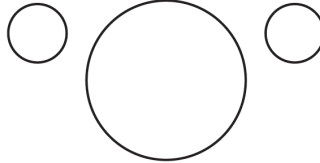


**Snack:** suman rice roll

Petsa Date:
<b>Pamahaw</b> 
Snack:
<b>Paniudto</b> 
Snack:
<b>Panihapon</b> 
Snack:

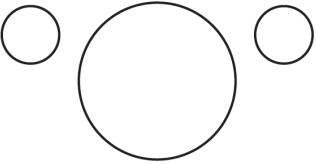
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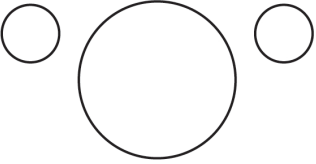
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**Pamahaw**



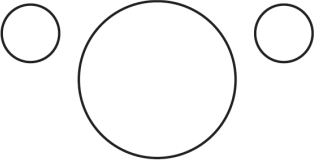
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**Paniudto**



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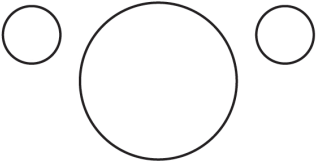
**Panihapon**



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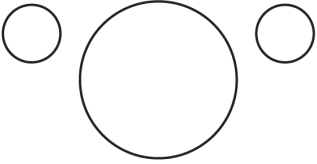
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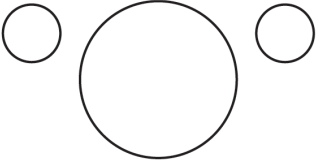
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**Paniudto**



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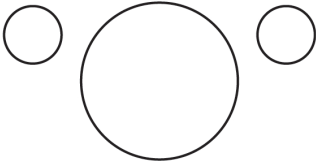
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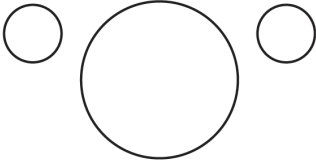
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**Pamahaw**



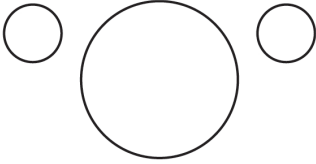
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**Paniudto**

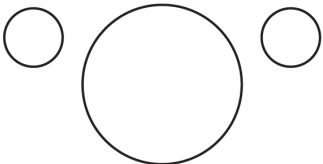
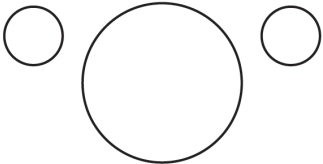
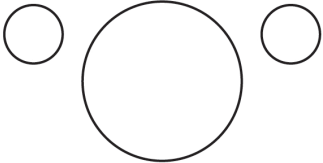


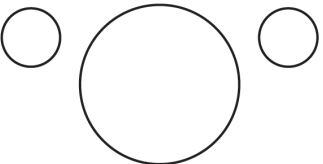
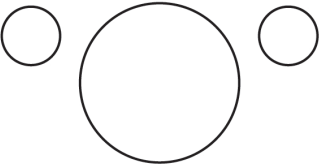
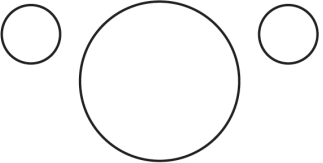
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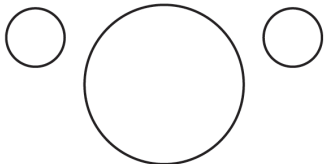
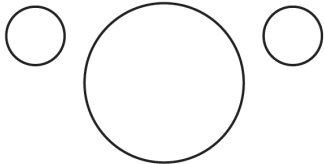
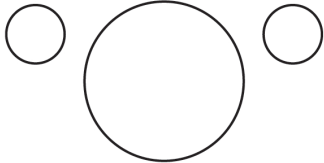
**Panihapon**

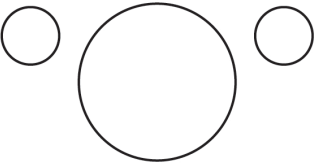
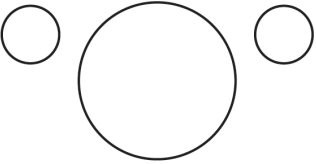
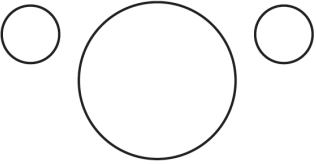


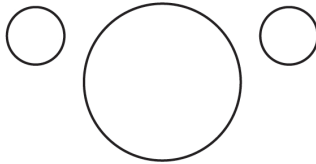
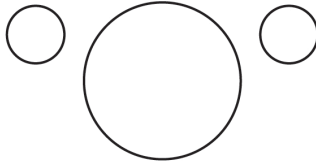
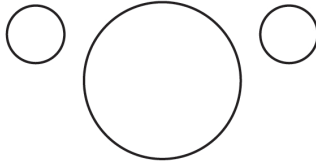
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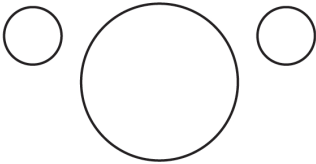
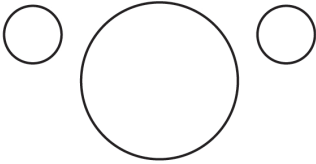
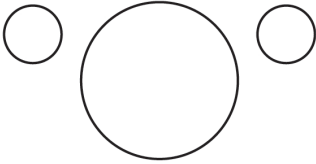
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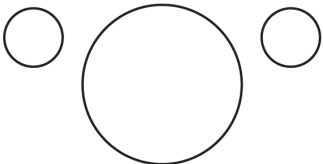
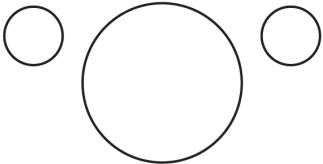
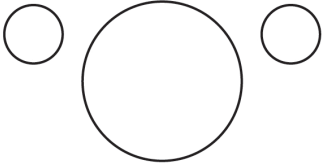
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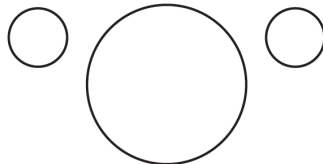
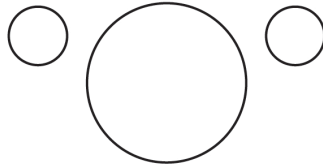
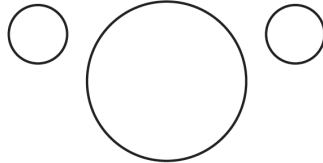
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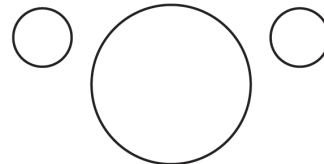
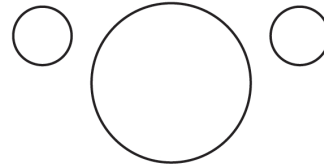
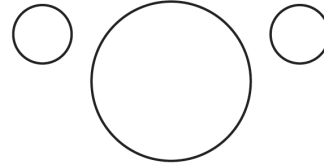
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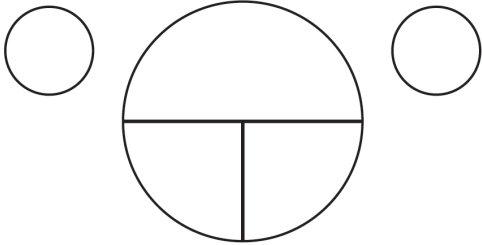
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# Adlawang Plano sa Pagkaon *Meal Plan*

**BASAHA SA KINI:** Kini nga parte gigahin para sulatan kauban sa inyong Nutritionist-Dietitian.

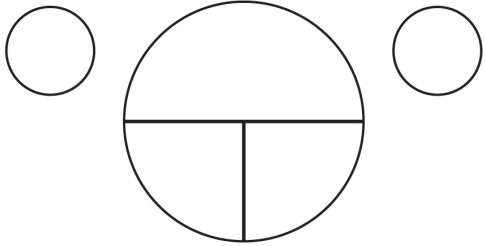
*Accomplish this section with your Nutritionist - Dietitian*

Pamahaw



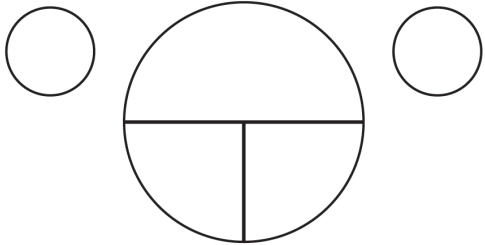
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Paniudto



Snack:

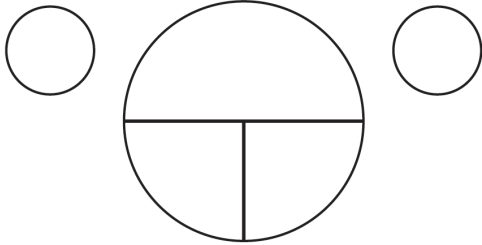
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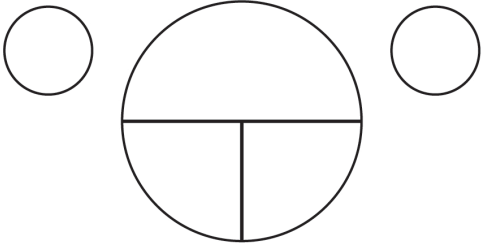
Pamahaw



Snack:

The diagram shows a large circle in the center, divided horizontally and vertically into four quadrants. Two smaller circles are positioned on either side of the large circle, one to the left and one to the right.

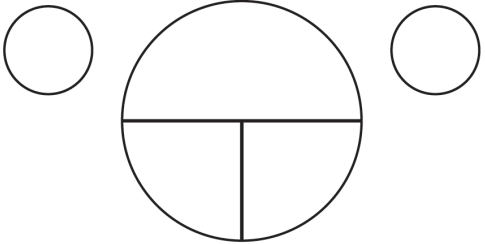
Paniudto



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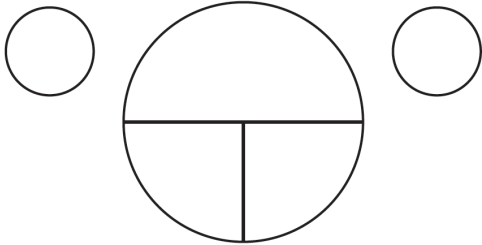
Paniudto

Snack:

Panihapon

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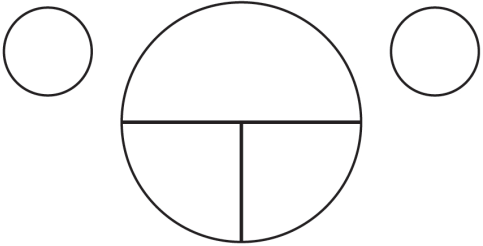
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Snack:

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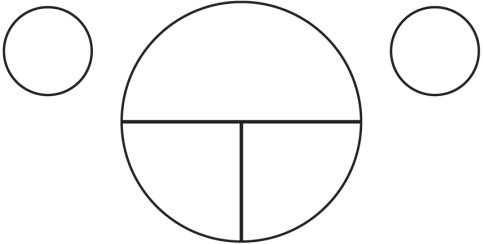
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The diagram shows a large circle in the center, divided horizontally and vertically into four quadrants. Two smaller circles are positioned on either side of the large circle, one to the left and one to the right.

## Ang Paglihok sa Lawas ug Ehersisyo *Physical Activity and Exercise*

Ang paglihok sa lawas ug ehersisyo dakong bahin sa pagtambal sa diabetes. Dili lamang kini makapa-ubos sa blood sugar, aduna usab kini benepisyo ngadto sa kasingkasing ug kaugatan.

*Physical activity and exercise are important parts of the treatment regimen. They do not only lower blood sugar, they also have beneficial cardiovascular effects.*

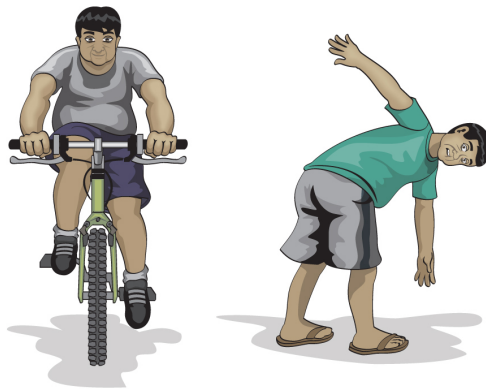
### **Hinumdumi** *Remember*

1. Magpakonsulta usa sa duktur alang sa hustong matang sa ehersisyo.
2. Tan-awon usa ang blood sugar kung husto para sa pag-ehersisyo. Kinahanglan nga dili gutomon.
3. Sul-ob ug tamang sanina nga dili guot ug hustong sapatos.
4. Magsugod pinaagi sa pag-inat-inat.
5. Inom ug tubig usa, samtang ug human mag-ehersisyo.
6. Undang kung adunay laing gibati ug magpakonsulta sa duktur.

1. *Consult doctor before starting an exercise program.*
2. *Check your blood sugar.*
3. *Wear comfortable clothes and shoes.*
4. *Start with stretching exercises.*
5. *Drink lots of water.*
6. *Stop if you feel anything unusual.*

Ang 30 minutos nga ehersisyo kada adlaw dako ug tabang aron mokunhod ang blood sugar.

*A 30-minute daily exercise is a big factor in decreasing blood sugar.*

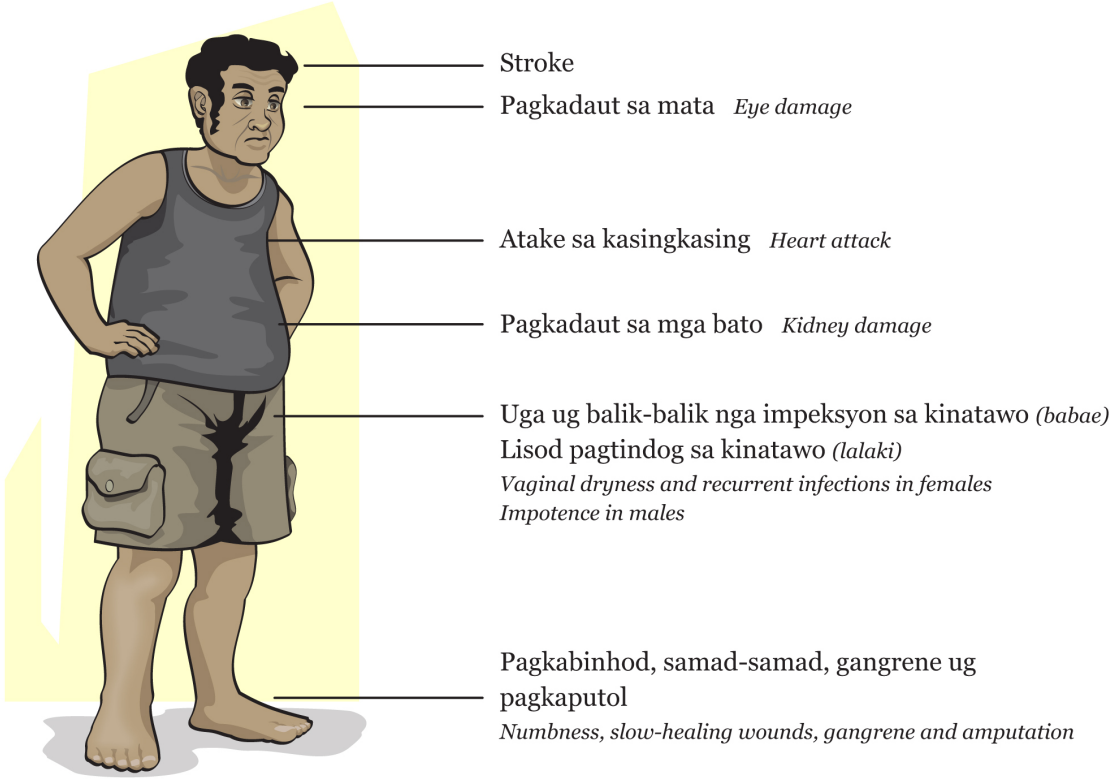


# Talaan sa Akong mga Ehersisyo *My Exercise Diary*

Adlaw <i>Day</i>	Matang <i>Type</i>	Kadugayon <i>Length</i>	Adlaw <i>Day</i>	Matang <i>Type</i>	Kadugayon <i>Length</i>
Pananglitan <i>1/2/2009</i>	Lakaw-Lakaw <i>walking</i>	30 minutes			

# Mga Komplikasyon Kung Dili Moubos ang Akong Blood Sugar

*The Complications If My Blood Sugar Is Not Controlled*



# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_  
Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

Matang sa *type of test*

- Sinemana *once a week*
- Binulan *once a month*
- Kada tulo ka bulan *every three months*
- Uban pa *others* \_\_\_\_\_

- FBS glucometer
- FBS laboratory
- HbA1c
- Uban pa *others* \_\_\_\_\_

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
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| <input type="checkbox"/> Kada tulo ka bulan <i>every three months</i> | <input type="checkbox"/> HbA1c                       |
| <input type="checkbox"/> Uban pa <i>others</i> _____                  | <input type="checkbox"/> Uban pa <i>others</i> _____ |

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_



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HbA1c

Uban pa *others* \_\_\_\_\_

Uban pa *others* \_\_\_\_\_

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HbA<sub>1c</sub>

Uban pa *others* \_\_\_\_\_

Uban pa *others* \_\_\_\_\_

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Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_

Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

Matang sa *type of test*

Sinemana *once a week*

FBS glucometer

Binulan *once a month*

FBS laboratory

Kada tulo ka bulan *every three months*

HbA<sub>1c</sub>

Uban pa *others* \_\_\_\_\_

Uban pa *others* \_\_\_\_\_

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_  
Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

- Sinemana *once a week*
- Binulan *once a month*
- Kada tulo ka bulan *every three months*
- Uban pa *others* \_\_\_\_\_

Matang sa *type of test*

- FBS glucometer
- FBS laboratory
- HbA1c
- Uban pa *others* \_\_\_\_\_

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_

Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

Matang sa *type of test*

- |   |  |
|---|--|
| <input type="checkbox"/> Sinemana <i>once a week</i>                  | <input type="checkbox"/> FBS glucometer              |
| <input type="checkbox"/> Binulan <i>once a month</i>                  | <input type="checkbox"/> FBS laboratory              |
| <input type="checkbox"/> Kada tulo ka bulan <i>every three months</i> | <input type="checkbox"/> HbA1c                       |
| <input type="checkbox"/> Uban pa <i>others</i> _____                  | <input type="checkbox"/> Uban pa <i>others</i> _____ |

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_

Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

- Sinemana *once a week*
- Binulan *once a month*
- Kada tulo ka bulan *every three months*
- Uban pa *others* \_\_\_\_\_

Matang sa *type of test*

- FBS glucometer
- FBS laboratory
- HbA1c
- Uban pa *others* \_\_\_\_\_

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_

Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

Matang sa *type of test*

- |   |  |
|---|--|
| <input type="checkbox"/> Sinemana <i>once a week</i>                  | <input type="checkbox"/> FBS glucometer              |
| <input type="checkbox"/> Binulan <i>once a month</i>                  | <input type="checkbox"/> FBS laboratory              |
| <input type="checkbox"/> Kada tulo ka bulan <i>every three months</i> | <input type="checkbox"/> HbA1c                       |
| <input type="checkbox"/> Uban pa <i>others</i> _____                  | <input type="checkbox"/> Uban pa <i>others</i> _____ |

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_  
Ginabati *Complaints*

Findings

Diagnosis

Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

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Schedule

Matang sa *type of test*

Sinemana *once a week*

FBS glucometer

Binulan *once a month*

FBS laboratory

Kada tulo ka bulan *every three months*

HbA1c

Uban pa *others* \_\_\_\_\_

Uban pa *others* \_\_\_\_\_

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
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Ginabati *Complaints*

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Matang sa *type of test*

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| <input type="checkbox"/> Sinemana <i>once a week</i>                  | <input type="checkbox"/> FBS glucometer              |
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| <input type="checkbox"/> Kada tulo ka bulan <i>every three months</i> | <input type="checkbox"/> HbA1c                       |
| <input type="checkbox"/> Uban pa <i>others</i> _____                  | <input type="checkbox"/> Uban pa <i>others</i> _____ |

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_



# Talaan sa Akong mga Konsultasyon *My Consultation Record*

Date: \_\_\_\_\_  
BS: \_\_\_\_\_ BP: \_\_\_\_\_  
Cholesterol: \_\_\_\_\_ UA: \_\_\_\_\_  
SS: \_\_\_\_\_ WC: \_\_\_\_\_  
FRC: \_\_\_\_\_ RR: \_\_\_\_\_  
T: \_\_\_\_\_ CR: \_\_\_\_\_  
Ginabati *Complaints*

Findings

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Plano sa Pag-tambal *Treatment Plans:*

Tambal *Medicines*

Eksaminasyon *Tests*

Mga Tumong *Targets:*

Sugyot nga *recommended* blood sugar monitoring

Schedule

Matang sa *type of test*

Sinemana *once a week*

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Binulan *once a month*

FBS laboratory

Kada tulo ka bulan *every three months*

HbA1c

Uban pa *others* \_\_\_\_\_

Uban pa *others* \_\_\_\_\_

Balik karong *Next visit:* \_\_\_\_\_

Duktor *Physician:* \_\_\_\_\_

**S**a dihang makabalo ta na aduna kitay diabetes, normal lang ang reaksyon na matingala ug maguol ta sa atong balatian. Sa sinugdan, maglisud ta ug dawat na naa na kitay diabetes. Paminaw nato na sad-an ta mao nagkasakit ta ug diabetes. Atong ginapangutana: Nganung ako man? Nganung maglisud ang uban ug sabot sa akong balatian? Ginasilutan ba ko?

### **Mga Sugyot sa Pag-atubang sa Diabetes**

- Hinuklubi ang mga maanindut na panghitabo sa imung kinabuhi.
- Isulti nga “Kaya nato ni.”
- Dawata ang imung balatian.
- Magdesisyon na kita lang ang adunay katakus na labaw na makabalo ug makadawat sa atong balatian.
- Unaha ang mga butang na makaayo sa imung panglawas.
- Kung naay pagkaon na i-dalit kanimo na bawal, balibari ug tarung.

### **PANGAYO UG SUPORTA**

#### **Gikan sa imung kapikas:**

Ang mga tao na adunay diabetes naay problema sa pakig-hilawas. Kini mahitungod sa komplikasyon sa diabetes kun diin 50 % sa mga lalaki maglisud na sa pagpatindog sa iyang kinatawo ug 30% sa mga babae mag-uga ang kinatawo.

Istoryaha ug tarung ang imung kapikas mahitungod sa imung kondisyon. Magpakonsulta sa duktur kung unsa ang mamahimong buhaton aron malampasan kini.

*Diagnosis of diabetes often comes as shock to the person or a family member. The first reaction is that of denial. There are questions that run in our minds: Is this really true? Do I really have diabetes? Why me? Why is it difficult for others to understand my situation? Am I being punished? Have I done something wrong? All of these reactions are very common among persons diagnosed with diabetes.*

#### **Tips for Dealing with Diabetes**

- *Make a list of your personality strengths.*
- *Decide that having diabetes is a challenge you can meet.*
- *Meet your own health needs first.*
- *Decide that you know who is in charge of your disease: YOU.*
- *Have an answer prepared for the well-intentioned friend who offers food you don't want and shouldn't eat.*

#### **GETTING SUPPORT**

##### **From your partner**

*Persons with diabetes suffer from difficulties in their sexual performance. These are related to complications of the disease where 50% of men cannot sustain an erection and 30% of women have vaginal dryness.*

*Have a frank discussion with your partner regarding this. Also consult your doctor on how to overcome it.*

### **Gikan sa imung pamilya:**

Maghisgot-hisgot kauban ang imong pamilya ug pasabta sila mahitungod sa diabetes ug unsaon pag atiman niini. Ubana sila sa imung pagpakonsulta sa doktor para aduna silay mahatag na madasigung suporta kanimu ug sa imung balatian.

### **Gikan sa imung kauban:**

Adunay lokal na mga grupo sa diabetes na makahatag ug suporta kanimo dinhi sa dakbayan sa Davao o sa imung barangay. Kining mga grupoha, makadasig usab kanimo sa pamaagi na emosyonal ug sosyal na suporta ug makadungag sa imung kaalam mahitungod sa diabetes.

Mas maayo na ikaw mubisita sa health center para mas makabalo aning mga grupoha.



### ***From your family***

*Educate your family members about diabetes and its management.*

*Bring them along during consultations for morale support and assistance in management.*

### ***From peers***

*There are local diabetes support groups in Davao City and in your barangay. A support group is a self-help organization where you can learn more about your disease and the group can offer emotional and social support. Ask your health center about it.*

### *Sources:*

*MacFarlane, Muriel and Kalnitsky, Eugene. Diabetes Personal Care Organizer. USA: Alpha Books, 2004*

*Members of Local Diabetes Support Groups in Davao City*

## Pag-atiman sa Tiil *Foot care*



1. Susihon ang mga tiil kada-adlaw ug tan-awon ang matag kumagko.

Susihon kung adunay mga liki, butoy, kinalutan, samad, pagpula-pula, o paghubag. Ipakita sa duktur kung aduna.

*Inspect feet daily, look between toes. Check for any cracks, blisters, scratches, cuts, redness or swelling. See a doctor or get help if any problems exist.*



2. Mugamit ug samín aron makita ang ilalom sa mga tiil.

*Use hand mirror to see the bottom of your feet. Look at your toes, ball of the foot and your heels.*



3. Hugasan ang mga tiil ug medyo init nga tubig. Susihon usa ang saktong kainit sa tubig gamit ang kamot o ang siko usa ihumol ang mga tiil.

*Wash feet with warm water. Check the water first with hand or elbow before immersing feet.*



4. Mugamit ug mild soap sa paghugas ug tiil. Dili mugamit ug scrub o brush aron malikayan ang pagkasamad. Trapohan o paugahon ang mga tiil hilabi na ang daplin sa mga kumagko.

*Use mild soap in washing. Do not use scrub, or brush feet to avoid bruises. Dry feet carefully especially between the toes.*

Ang tawo nga adunay diabetes adunay peligro sa pagdaut sa nerves ug dunay problema sa daloy sa dugo didto sa mga tiil. Ang duha muresulta sa pagkasamad sa tiil ug hinay'ng pag-ayo sa mga samad. Kining mga garas, sunog o samad mamahimong maimpeksyon ug muresulta sa pagkaputol.

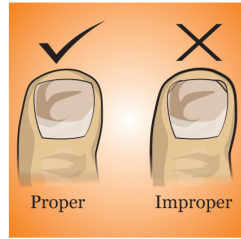
*People with diabetes are at risk of nerve damage (neuropathy) and problems with blood supply to their feet (ischemia). Both can lead to foot sores and slow-healing wounds. If infected, this can lead to amputation.*



5. Butangan ug mild lotion sa uga nga panit ug kiting. Dili butangan ang mga kilid sa mga kumagko.

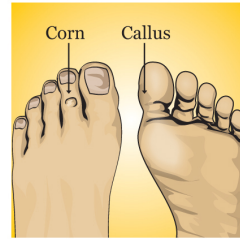
Mukonsulta sa doktor kung adunay sinyales sa impeksyon, pagpulpula, paghubag, mga samad, pagkasunog ug uban pa.

*Apply mild lotion to dry or cracked skin and to soles of feet but do not put lotion between toes. Call and visit a doctor for any sign of infection, redness, swelling, cuts, burns, etc.*



6. Kanunayong limpyo pagkaputol ang mga kuko. Paghuman ug humol sa tiil o ligo, putlon ang mga kuko nga pantay sa tumoy sa kumagko. Kung maglisod ug tan-aw sa mga kuko, mangayo ug tabang sa pagputol sa mga kuko.

*Keep toenails neatly trimmed. After soaking your feet or after a bath, cut the toenails according to the shape of your toes so that they are even with the skin. If you have any trouble seeing, have someone help you trim your nails.*



7. Dili pasagad ug kuha sa mga kubal ug kalyo.

Magpakonsulta sa doktor.

*Do not cut calluses or corns.*

*Seek professional help from a doctor!*



8. Aron malikayan ang impeksyon, dili ginarecomenda ang PEDICURE aron malimpyo ang mga kuko sa tiil.

*Diabetic persons should avoid having pedicures and nails trimmed too short.*

**Kada 30 segundo usa ka paa ang mawala tungod sa diabetes sa tibuok kalibutan pero 85% nga pagkaputol malikayan sa simpleng pag-atiman sa tiil!**

*Every 30 seconds someone loses a lower limb due to diabetes in the world but 85% of these can be prevented through simple foot care!*



## Pag-atiman sa Tiil

### Foot care



9. Dili magtiniil.  
Lilion ug susihon  
ang sapatos  
usa gamiton.

Likayan nga maduol  
ang tiil sa mga  
mainit nga butang  
aron malikayan  
ang pagkasunog nga  
walay nabati.

*Do not walk barefoot.  
Inspect shoes for any  
foreign objects before  
use. Avoid stepping on  
hot surfaces to avoid  
burns.*



10. Gamit ug saktong ug  
komportableng  
sapatos. Ang mga  
kumagko sa tiil  
kinahanglang  
makalihok sa  
sulod sa sapatos.  
Likayan ang mga  
open shoes o  
open-heeled  
shoes. Likayan  
ang mga huot ug  
elastic nga  
sapatos.

*Use comfortable and  
appropriate shoes.  
Your footwear must  
accommodate your  
feet well allowing your  
toes to move inside,  
Avoid open & open  
heeled shoes. Use  
closed shoes without  
tight elastics.*



11. Kung mopalit ug  
sapatos, palit sa  
hapon.

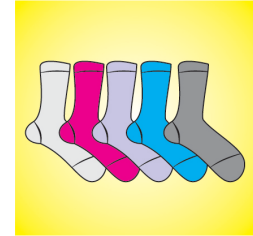
Tindog kung  
magsukod  
ug sapatos.

Hinay-hinay  
gamiton ang  
bag-ong sapatos.

Sul-obon lamang  
kini 2 ka oras  
matag adlaw.

*Buy new shoes in the  
afternoon. Stand when  
fitting shoes.*

*Wear new shoes two  
hours at a time to  
prevent blisters.*



12. Mugamit ug wool  
o cotton padded  
nga medyas.

Likayan ang pag  
gamit ug huot o  
knee-high nga  
medyas.

Puli-pulihan ang  
medyas kada  
adlaw.

*Use wool or cotton  
padded socks.  
Avoid using tight or  
knee-high socks.  
Change socks daily.*



# Pag-ila sa Risgo sa Tiil *Identifying the foot at risk*

**B**ASAHA SA KINI: Kini nga parte gigahin para sulatan kauban sa BHW.

**Ubang Kahintang** Other conditions \_\_\_\_\_

Accomplish this section with a BHW

**Petsa** Date \_\_\_\_\_

## History

- Sakit, ngulngol, hait nga gibati  
*Pain, numbness, tingling*

Naa *yes* Wala *no*

Kung naa, asa dapit : *Location, if yes*

\_\_\_\_\_

- History sa Foot Ulcer Naa Wala  
 History sa Foot Surgery Naa Wala

## Pagbati sa Tiil Pinaagi sa Monofilament

*Testing Sensation using the Monofilament*

- TUO Right = \_\_\_\_\_ walay gibati *negatives*  
 WALA Left = \_\_\_\_\_ walay gibati *negatives*

Sobra sa 4 ka lugar nga walay gibati aduna nay risgo sa tiil!



Pagtan-aw Assessment	Tuo	Wala	Petsa sa Sunod na Foot Check-up <i>Date of Next Foot Check-up</i>
Adunay ulcer sa una <i>Previous ulcer</i>	Y N	Y N	
Adunay pagkaputol sa una <i>Previous amputation</i>	Y N	Y N	
Pagka-deform sa tiil <i>Deformity or bony prominence</i>	Y N	Y N	
Pagkadaut sa panit (samad, butoy-butoy, nana, etc) <i>Skin not intact (ulcer, blister, etc)</i>	Y N	Y N	BHW

Risk Category		Follow-up
0	Adunay pagbati, walay problema <i>Full sensation, no problems</i>	Tinuig <i>Yearly</i>
1	Ug sobra sa 4 walay gibati sa parte sa tiil Walay ulcers, walay deformity <i>If more than 4 no sensation areas on foot No ulcers, no deformity</i>	Kada 6 ka bulan <i>Every 6 months</i>
2	Walay pagbati, walay ulcers, adunay deformity sa tiil <i>No sensation, no ulcers, foot deformity</i>	Kada 3 ka bulan <i>Every 3 months</i>
3	Walay pagbati, adunay ulcer sa una ug karon, adunay deformity <i>No sensation, ulcer or previous, deformity</i>	Binulan <i>Monthly</i>

# Pag-ila sa Risiko sa Tiil *Identifying the foot at risk*

**B**ASAHA SA KINI: Kini nga parte gigahin para sulatan kauban sa BHW.

**Ubang Kahintang** Other conditions \_\_\_\_\_

Accomplish this section with a BHW

**Petsa** Date \_\_\_\_\_

## History

- Sakit, ngulngol, hait nga gibati  
*Pain, numbness, tingling*

Naa *yes* Wala *no*

Kung naa, asa dapit : *Location, if yes*

\_\_\_\_\_

- History sa Foot Ulcer      Naa Wala  
 History sa Foot Surgery    Naa Wala

## Pagbati sa Tiil Pinaagi sa Monofilament

*Testing Sensation using the Monofilament*

- T<sup>UO</sup> Right = \_\_\_\_\_ walay gibati *negatives*  
 W<sup>ALA</sup> Left = \_\_\_\_\_ walay gibati *negatives*

Sobra sa 4 ka lugar nga walay gibati aduna nay risiko sa tiil!



Pagtan-aw Assessment	Tuo	Wala	Petsa sa Sunod na Foot Check-up Date of Next Foot Check-up
Adunay ulcer sa una <i>Previous ulcer</i>	Y N	Y N	
Adunay pagkaputol sa una <i>Previous amputation</i>	Y N	Y N	
Pagka-deform sa tiil <i>Deformity or bony prominence</i>	Y N	Y N	
Pagkadaut sa panit (samad, butoy-butoy, nana, etc) <i>Skin not intact (ulcer, blister, etc)</i>	Y N	Y N	BHW

Risk Category		Follow-up
0	Adunay pagbati, walay problema <i>Full sensation, no problems</i>	Tinuig <i>Yearly</i>
1	Ug sobra sa 4 walay gibati sa parte sa tiil Walay ulcers, walay deformity <i>If more than 4 no sensation areas on foot No ulcers, no deformity</i>	Kada 6 ka bulan <i>Every 6 months</i>
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# Pag-ila sa Risgo sa Tiil *Identifying the foot at risk*

**B**ASAHA SA KINI: Kini nga parte gigahin **Ubang Kahintang** *Other conditions* \_\_\_\_\_  
 para sulatan kauban sa BHW.

*Accomplish this action with a BHW*

**Petsa** *Date* \_\_\_\_\_

## History

- Sakit, ngulngol, hait nga gibati  
*Pain, numbness, tingling*

Naa *yes* Wala *no*

Kung naa, asa dapit : *Location, if yes*  
 \_\_\_\_\_

- History sa Foot Ulcer    Naa Wala  
 History sa Foot Surgery    Naa Wala

## Pagbati sa Tiil Pinaagi sa Monofilament

*Testing Sensation using the Monofilament*

- TUO Right = \_\_\_\_\_ walay gibati *negatives*  
 WALA Left = \_\_\_\_\_ walay gibati *negatives*

Sobra sa 4 ka lugar nga walay gibati aduna  
 nay risgo sa tiil!



Pagtan-aw <i>Assessment</i>	Tuo	Wala	Petsa sa Sunod na Foot Check-up <i>Date of Next Foot                  Check-up</i>
Adunay ulcer sa una <i>Previous ulcer</i>	Y N	Y N	
Adunay pagkaputol sa una <i>Previous amputation</i>	Y N	Y N	
Pagka-deform sa tiil <i>Deformity or bony prominence</i>	Y N	Y N	
Pagkadaut sa panit (samad, butoy-butoy, nana, etc) <i>Skin not intact (ulcer, blister, etc)</i>	Y N	Y N	BHW

Risk Category		Follow-up
0	Adunay pagbati, walay problema <i>Full sensation, no problems</i>	Tinuig <i>Yearly</i>
1	Ug sobra sa 4 walay gibati sa parte sa tiil Walay ulcers, walay deformity <i>If more than 4 no sensation areas on foot No ulcers, no deformity</i>	Kada 6 ka bulan <i>Every 6 months</i>
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3	Walay pagbati, adunay ulcer sa una ug karon, adunay deformity <i>No sensation, ulcer or previous, deformity</i>	Binulan <i>Monthly</i>

# Pag-ila sa Risgo sa *Diabetes*

## *Identifying diabetes risk*

Kining bahina magamit sa imong kapamilya, kauban sa panimalay ug mga higala aron mahibaw-an kung aduna silay diabetes. *This portion can be used by your family and friends to determine if they have diabetes.*

### **STEP 1** Tubaga ang tanang pangutana.

*Answer all questions*

#### **I-check** ang kahon kung Oo ang imong tubag.

*Check corresponding box if your answer is affirmative*

#### **Sukda** ang kalapadon sa imong hawak sa level sa pusod.

*Measure waist circumference at the level of your navel*

### **SIMTOMAS** *Symptoms*

- 1. Sige ka ug pangihi? *Do you frequently urinate?*
- 2. Uhawon ka pirmi? *Are you always thirsty?*
- 3. Gutomon ka pirmi? *Are you always hungry?*
- 4. Dali ka kapuyon? *Do you easily get fatigue?*
- 5. Paspas ang imong pagpayat? *Do you suddenly lose weight?*

### **RISGO** *Risk Factors*

- 1. Ang imong edad **35** anyos pataas?  
*Is your age 35 years old and above?*
- 2. Aduna kay ginikanan o igsoon nga na-diagnose ug diabetes? *Do you have parents or siblings diagnosed with diabetes?*
- 3. Ang kalapadon sa imong hawak **80** centimetro (**31.5** inches) pataas kung babae o **90** centimetro (**35.5** inches) pataas kung lalaki?

*Your waist circumference is  $\geq 80$  cm or  $\geq 31.5$  in for females;  $\geq 90$ cm or  $\geq 35.5$  for males*

- 4. Kasagaran nagalingkod ka sa balay o sa trabaho ug walay regular nga ehersisyo?  
*Do you mostly sit at home or work without regular exercise?*
- 5. Naga-sigarilyo ka kada-adlaw? *Do you smoke everyday?*
- 6. Na-diagnose ka sa doctor nga adunay high-blood ug na-resetahan ug tambal alang niini?  
*Are you diagnosed with Hypertension and prescribed with medications?*
- 7. Na diagnose ka sa doctor nga adunay taas nga Cholesterol ug na-resetahan ug tambal alang niini?  
*Are you diagnosed with high cholesterol and prescribed with medications?*
- 8. Na-ingnan ka kani-adto sa doctor nga aduna kay labaw sa normal nga blood sugar?  
*Are you informed by a doctor that you blood sugar is above normal?*

*Alang sa mga babae lamang...For female only*

- 9. Aduna kay anak nga **4 kilos** o **9 pounds** o sobra pa ang timbang pagkatawo?  
*Have you given birth to a baby weighing  $\geq 4$  kls or  $\geq 9$  pounds?*

# Pag-ila sa Risgo sa **Diabetes**

*Identifying diabetes risk*

## **STEP 2 INTERPRETASYON UG REKOMENDASYON**

*Interpretation and recommendation*

- Ihapa ang imong na-check nga kahon sa mga **simtomas ug risgo**.

*Count the number of checked boxes for symptoms & risk factors.*

*Based on this, check the box below corresponding to your assessment.*

- Kung ikaw adunay:

**Duha (2) ka simtomas** o mas daghan pa *o kaha 2 symptoms or more or*

**Duha (2) ka risgo** o mas daghan pa *o kaha 2 risk factors or more or*

**Risgo # 8 lamang** *risk factors # 8 only*

### **Interpretasyon**

**Dako ang puruhan nga ikaw adunay diabetes o magka-diabetes.**

*High probability or likelihood to have diabetes*

### **Rekomendasyon**

Magpa- **FBS** o Fasting Blood Sugar sa laboratoryo ug bisitaha ang inyong health center dala ang resulta sa FBS. Himoa kini kada tuig.

*Have your FBS checked at a laboratory and visit your health center with your FBS result. Have yourself screened yearly.*

- Kung **ubos sa duha** ang simtomas o risgo basta dili risgo #8,

*If symptoms or risk factors are less than 2 provided it is not risk factor no.8;*

### **Interpretasyon**

**Gamay ang puruhan nga ikaw adunay diabetes o magka-diabetes.**

*You are at low risk of having diabetes.*

### **Rekomendasyon**

Dili prioridad sa pagka-karon ang magpa-testing sa imong dugo. Usaba lamang ang pagtubag niining mga pangutana paghuman sa tulo ka tuig.

*Repeat this screening after 3 years*

Ang pagtuon sa diabetes maoy pundasyon sa malampusong pagtambal.

*Learning about diabetes is the foundation of successful treatment.*



- Unsa ang diabetes? Nganong aduna koy diabetes?
- Unsay buhaton aron mapugngan ang diabetes diha sa akong pamilya?
- Unsa ang mga komplikasyon sa diabetes ug unsaon man pagpugong niini?
- Unsa man ang angayan nakong blood sugar, blood pressure, kolesterol ug uban pa?
- Nganong kinahanglan nako nga mokaon ug tama ug mag-ehersisyo gawas sa pag-inom ug tambal?
- Unsay angayan nakong pagkaon ug ehersisyo?
- Unsa ang epekto sa akong mga tambal sa akong lawas?
- Nganong kinahanglan nga magmatngon sa akong blood sugar? Unsaon man?
- Unsay mga buhaton sa panahon nga ako adunay laing sakit?

- *What is diabetes? Why do I have diabetes?*
- *What can be done to prevent diabetes in my family?*
- *What are the complications of diabetes and how can these be prevented?*
- *What is my target blood sugar, blood pressure, cholesterol, etc?*
- *Why do I need to eat right and exercise aside from taking my medications?*
- *What is the nutrition and exercise that is good for me?*
- *What are the effects of my medicines to my body?*
- *Why do I need to monitor my blood sugar? How?*
- *What will I do if I have other illnesses?*

# NOTES

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Ang Akong Talaan sa Diabetes kabahin sa CVD Program sa syudad sa Davao. Ang CVD Program usa ka pagtinabangay sa Handicap International, City Health Office sa Davao City, Southern Philippines Medical Center ug Department of Health CHD Davao Region.

*My Diabetes Diary is part of the CVD Program in Davao City. The CVD Program is a partnership between Handicap International, the City Health Office of Davao City, Southern Philippines Medical Center and the Department of Health CHD Davao Region.*

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