

4 Steps to Control Your Diabetes for Life

Sitepu 'e 4 Keke Mapule'i Ho
Suka 'I he Toenga 'o Ho' o Mo'ui.




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4 Steps to Control Your Diabetes. For Life.


This booklet presents four key steps to help you manage your diabetes and live a long and active life.

Step 1: Learn about diabetes.

Step 2: Know your diabetes ABCs.

Step 3: Manage your diabetes.

Step 4: Get routine care to avoid problems.



Sitepu 'e 4 keke mapule'i ho suka. 'I he toenga 'o ho'o mo'ui.

'Oku vahevahe atu he tohi ni ha ngaahi sitepu 'e 4 ke tokoni'i koe keke ma'u ha mo'ui fuoloa mo longomo'ui.

Step 1: Ako ki he suka

Step 2: 'Ilo'i a e ABC 'a ho suka

Step 3: Mapule'i ho suka

Step 4: Sivi mo'ui lelei ma'u pe keke faka'ehi'ehi mei he ngaahi palopalema.

Diabetes is a serious disease. It affects almost every part of your body. That is why a health care team may help you take care of your diabetes:

- doctor
- dentist
- diabetes educator
- dietitian
- eye doctor
- foot doctor
- mental health counselor
- nurse
- nurse practitioner
- pharmacist
- social worker
- friends and family

You are the most important member of the team.

The in this booklet show actions you can take to manage your diabetes.

Help your health care team make a diabetes care plan that will work for you.

Learn to make wise choices for your diabetes care each day.

Koe suka koe fokoutua 'oku fu'u fakamaatoato hono mahu'inga. 'Oku ne mei uesia'a e konga katoa ho sino. Koe 'uhinga ia 'oku 'iai ha ni'ihi 'o kinautolu 'oku mataotao ke tokoni'i koe ho suka:

- Toketa
- Toketa Nifo
- Faiako Suka
- Faiako Me'a Tokoni
- Toketa Mata
- Toketa Va'e
- Tokotaha Fale'i Faka'atamai
- Neesi
- Tokoni Neesi
- Tokotaha Hu'i Vai
- Tokotaha Fale'i Fakasosiale
- Ngaahi Maheni moe Famili

'I he kulupuni, koe tokotaha mahu'inga taha 'a koe.

'Oku faka'ilonga'i atu ihe tohini 'a e ngaahi me'a 'e lava pe keke fakahoko ke mapule'i ai ho suka

Tokoni ki he ni'ihi 'o kinautolu 'oku mataotao ke fa'ufa'u ha palani ke tokoni ki ho suka.

Ako ke fakapotopoto'i ho ngaahi fili faka'aho ke tokoni ki ho suka.



Step 1: **Learn about diabetes.**

Diabetes means that your blood glucose (blood sugar) is too high. Here are the main types of diabetes.

Type 1 diabetes—the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.

Type 2 diabetes—the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.

Gestational (jes-TAY-shon-al) diabetes mellitus (GDM)—occurs when a woman is pregnant. It raises her risk of getting another type of diabetes, mostly type 2, for the rest of her life. It also raises her child's risk of being overweight and getting diabetes.

Sitepu 1: **Ako ki he Suka.**

Koe fokoutua koe Suka, 'oku 'uhinga ia ki he suka 'i ho toto 'oku fu'u mau'olunga. Koe ngaahi taipe kehekehe 'eni 'o e suka.

Taipe 1 'o e suka — 'oku 'ikai ke toe lava ho sino 'o fakatupu 'a e inisulini. 'Oku tokoni 'a e 'inisulini ki hono faka'aonga'i 'a e suka mei he ngaahi me'a tokoni 'oku ke ma'u keke ma'u ivi mei ai. Ko kinautolu 'oku nau ma'u 'a e taipe 1, 'oku pau ke nau huhu inisulini he 'aho kotoa pe.

Taipe 2 'o e suka — 'oku 'ikai ke toe lava ho sino 'o fakatupu 'a e inisulini, pe 'oku 'ikai ke lava ho sino 'o faka'aonga'i lelei 'a e inisulini. Koe kakai 'oku nau ma'u 'a e taipe 2 'o e suka, 'oku fa'a fiema'u ke nau folo fo'i'akau pe huhu inisulini. 'Oku lahi taha 'a e ma'u he kakai 'o e taipe 2'o e suka.

Suka 'i he Taimi Feitama — 'oku fa'a tupu 'a e fa'ahinga suka ko 'eni he taimi 'oku feitama ai ha fefine. 'I he taimi feitama, 'oku faingofua ke ma'u he hou'eiki fafine 'ae suka, pea 'oku fa'a lahi ange 'a 'enau ma'u 'ae suka taipe 2, pea 'e lave ke suka ai pe ia he toenga 'o 'ene mo'ui. 'I he 'ene ma'u 'ae suka, 'oku toe faingofua foki ke sisino 'ene pepe pea toe lava pe ke ma'u he pepe 'ae suka.

Diabetes is serious.

You may have heard people say they have “a touch of diabetes” or that their “sugar is a little high.” These words suggest that diabetes is not a serious disease. That is not correct. Diabetes is serious, but you can manage it!

All people with diabetes need to make healthy food choices, stay at a healthy weight, and be active every day.



Taking good care of yourself and your diabetes can help you feel better and avoid health problems caused by diabetes such as:

- heart attack and stroke
- eye problems that can lead to trouble seeing or going blind
- nerve damage that can cause your hands and feet to hurt, tingle, or feel numb. Some people may even lose a foot or a leg.
- kidney problems that can cause your kidneys to stop working
- gum disease and loss of teeth

Koe suka ‘oku fu’u fakamaatoato hono mahu’inga.

‘Oku fa’a fakakata ha ni’ihi ‘o pehe “‘oku ki’i ma’u au he suka” pe te nau pehe “‘oku ki’i ma’olunga ‘a e suka”. ‘Oku hanga he ngaahi lea peheni ‘o fakama’ama’a ‘a e mahu’inga ‘o e suka. ‘Oku IKAI ke totoni ‘eni. Koe suka koe fokoutua ‘oku fu’u fakamaatoato hono mahu’inga, ka teke lava pe ‘o mapule’i!

Koe kakai kotoa pe ‘oku ma’u he suka, ‘oku tonu ke nau fakapotopoto’i ‘e nau to’onga ma’u me’a tokoni, ‘ai ‘a e pauni ke palanisi mo ho sino, pea ngaungaue pe fakamalohi sino he ‘aho kotoa pe.

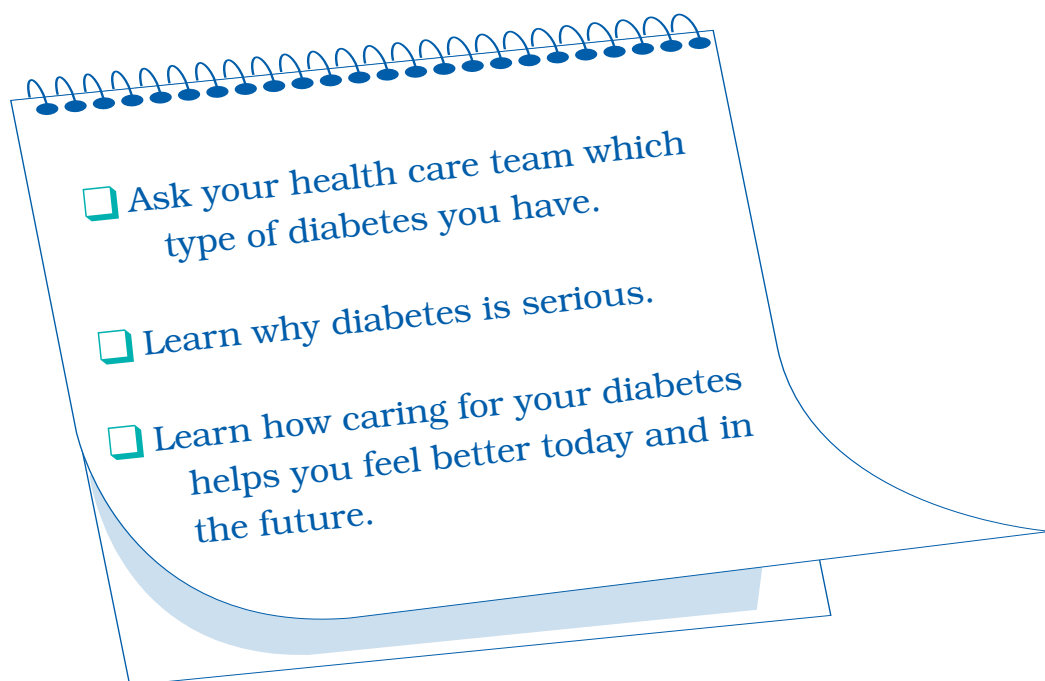


‘I ho’o tokonga’i koe mo ho suka, teke ongo’i mo’ui lelei pea ‘oku ke tokoni ki hono faka’ehi’ehi’ ho mo’ui mei he ngaahi palopalema ‘oku lava ke hoko ‘i ho’o ma’u ‘a e suka hange koe:

- mahaki mafu moe pa kalava
- palopalema ‘a e ongo mata, pea ‘e lava pe ke kovi ‘a e sio pe koe matu’aki kui ‘aupito
- maumau ho ngaahi neave, ‘o fakatupu ai ho’o ongo’i ‘oku mamahi, pe mofisisfisi, pe mamatea ho ongo nima mo ho hongo va’e. ‘E lava pe ‘o a’u ki ha tu’unga kuo pau ke tu’usi ha la’i va’e pe kau’i va’e ‘o ha taha.
- palopalema ho kofuua ‘o a’u pe ki ha taimi he ‘ikai ke toe lava ‘o ngaue
- mahamahaki ho te’enifo mo ngangana ho nifo

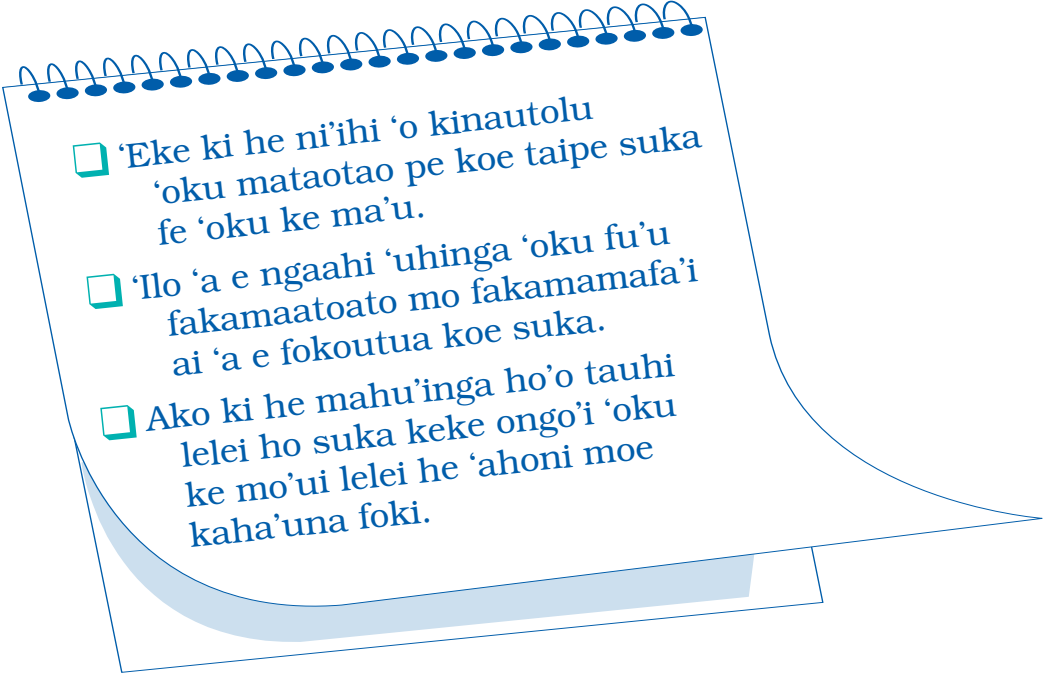
When your blood glucose is close to normal you are likely to:

- have more energy
- be less tired and thirsty and urinate less often
- heal better and have fewer skin or bladder infections
- have fewer problems with your eyesight, skin, feet, and gums



He taimi 'oku nomolo ai ho suka 'oku:

- ke ma'u ivi mo longomo'ui
- si'i 'a e hela moe fieinua mo si'i ange 'a e fa'a tu'uofi
- mo'ui vave ange ha ngaahi lavea, si'i ange 'a e ngaahi palopalema 'o e kili pe pala 'a e taungamimi
- si'i ange 'a e palopalema 'o ho ongo mata, kili, va'e, moe te'enifo

- 
- 'Eke ki he ni'ihii 'o kinautolu 'oku mataotao pe koe taife suka fe 'oku ke ma'u.
 - 'Ilo 'a e ngaahi 'uhinga 'oku fu'u fakamaatoato mo fakamamafa'i ai 'a e fokoutua koe suka.
 - Ako ki he mahu'inga ho'o tauhi lelei ho suka keke ongo'i 'oku ke mo'ui lelei he 'ahoni moe kaha'una foki.

Step 2: Know your diabetes ABCs.

Talk to your health care team about how to control your A1C, Blood pressure, and Cholesterol. This can help lower your chances of having a heart attack, stroke, or other diabetes problem. Here's what the ABCs of diabetes stand for:

A for the **A1C** test (**A-one-C**).



It shows you how your blood glucose has been over the last three months. The A1C goal for most people is below 7.

High blood glucose levels can harm your heart and blood vessels, kidneys, feet, and eyes.

B for **Blood pressure**.



The goal for most people with diabetes is below 130/80.

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for **Cholesterol**.



The LDL goal for most people is below 100.
The HDL goal for most people is above 40.

LDL or “bad” cholesterol can build up and clog your blood vessels. It can cause a heart attack or a stroke. HDL or “good” cholesterol helps remove cholesterol from your blood vessels.

Sitepu 2:

'Ilo'i 'a e ABC 'a ho Suka.

Talanoa ki he ni'ihi 'o kinautolu 'oku mataotao fekau'aki moe founga keke mapule'i ai ho A1C, fua ho toto, mo fua 'ae ngako ho toto. 'E tokoni eni ki hono holoki 'a e faingamalie keke ma'u ai 'a e mahaki mafu, pa kalava, moe ngaahi palopalema makehe mei he suka. Koe 'uhinga 'eni 'o e ABCs 'o e suka:

A-ki he sivi A1C (A-taha-C).



'E lava he sivini kene tala 'a e tu'unga ho suka he mahina 'e tolu kuo hili. 'Oku tukupaa'i he tokolahi 'e nau A1C ke ma'ulalo ange he 7

'Oku lava he toto ma'olunga kene maumau'i ho mafu, halanga toto, kofuua, va'e, moe ongo mata.

B-ki he Fua 'o e Toto (Blood pressure).



'Oku tukupaa'i he toko lahi 'oku nau ma'u 'a e suka ke ma'ulalo ange 'a e fua ho nau toto he 130/80.

'Oku toe hulu ange 'a e ngaue ho mafu he taimi 'oku ke toto ma'olunga ai. 'E lava he toto ma'olunga kene fakatupu 'a e mahaki mafu, pa kalava, moe mahamahaki foki 'o e kofuua.

C-ki he Ngako (Cholesterol).



Koe tukupa 'a e toko lahi ke si'i ange ho nau LDL he 100 pea ma'olunga ange ho nau HDL he 40.

Koe LDL koe ngako ia 'i he sino 'oku 'kovi' pea 'oku lava ke tatanaki ia he halanga toto 'one tapuni ia. 'E lava leva ke hoko 'a e mahaki mafu pe koe pa kalava. Koe HDL pe koe ngako ko ia he sino 'oku "lelei", 'oku tokoni ia ki hono to'o pe fakama'a 'o e ngako mei ho halanga toto.

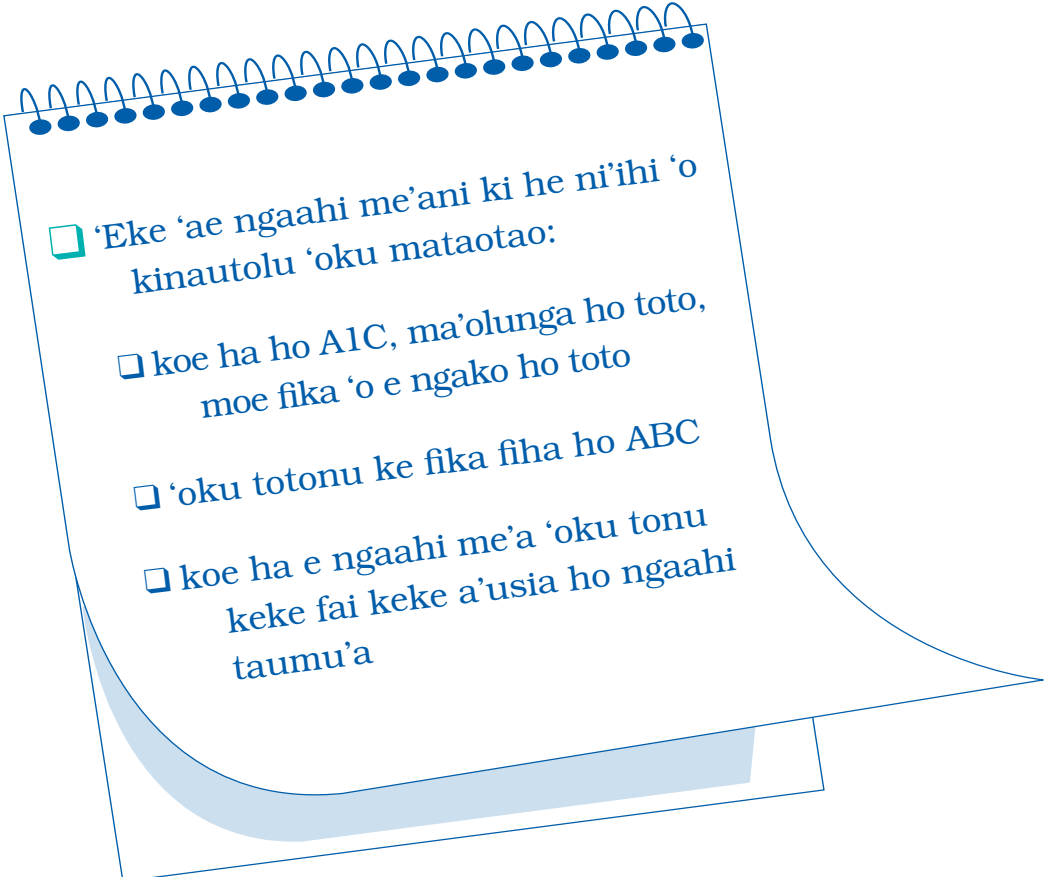


Ask your health care team:

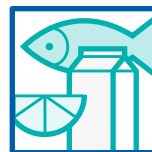
what your A1C, Blood pressure, and cholesterol numbers are

what your ABC numbers should be

what you need to do to reach your targets

- 
- ❑ 'Eke 'ae ngaahi me'ani ki he ni'ihi 'o kinautolu 'oku mataotao:
 - ❑ koe ha ho AIC, ma'olunga ho toto, moe fika 'o e ngako ho toto
 - ❑ 'oku totonu ke fika fiha ho ABC
 - ❑ koe ha e ngaahi me'a 'oku tonu keke fai keke a'usia ho ngaahi taumu'a

Step 3: Manage your diabetes.



Many people avoid the long-term problems of diabetes by taking good care of themselves. Work with your health care team to reach your ABC goals. Use this self-care plan.

- **Use your diabetes food plan.** If you do not have one, ask your health care team for one.
 - Eat healthy foods such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.
 - Keep fish and lean meat and poultry portions to about 3 ounces (or the size of a pack of cards). Bake, broil, or grill it.
 - Eat foods that have less fat and salt.
 - Eat foods with more fiber such as whole-grain cereals, breads, crackers, rice, or pasta.

Sitepu 3: Mapule'i ho suka.



'Oku faka'ehi'ehi 'a e toko lahi mei he ngaahi mahaki tauhi 'e lava 'o ma'u mei he suka 'aki 'a 'e nau tauhi lelei. Ngaue fakataha moe ni'ihi 'o kinautolu 'oku mataotao keke ikuna'i ho ngaahi taumu'a ABC. Faka'aonga'i 'a e palani tokoni'i-pe-'e-koe'a-koe.

- **Faka'aonga'i ho'o ngaahi me'a tokoni 'oku kau ki ho'o palani suka.** Kapua 'oku 'ikai ke 'i ai ha'o palani, peake kole ha palani mei he ni'ihi 'o kinautolu 'oku mataotao 'oku mou ngaue fakataha.
 - Ma'u me'a tokoni mei he ngaahi me'akai lelei hange koe fo'i 'akau, vesitapolo, ika, kakano'imanu 'oku 'ikai ke fu'u lahi ai 'a e ngako, hange koe moa pe koe pipi pea 'oua teke kai 'a e kili, ngaahi piini momoa, ngaahi uite kehekehe, hu'akau 'oku si'i pe 'ikai ke 'i ai ha ngako moe siisi.
 - Koe ika, kakano'imanu, moe moa 'oku ke ma'u 'oku tonu ke 'aonisi pe 'e 3 (pe tatau hono lahi moe ki'i puha pele va'inga). 'Oku sai ange ke ta'o, haka mao, pe tunu'i.
 - Ma'u 'a e ngaahi me'a tokoni 'oku si'i ai 'a e ngako moe masima.
 - Ma'u 'ae ngaahi me'a tokoni 'oku lahi ai 'a e faipa (fiber) pe koe ngaahi fa'ahinga tenga'i 'akau iiki 'oku fa'ahinga tatau mo e uite, hange koe siulio koane, ma uite, ma pakupaku uite, laise melomelo, pe pasita uite.

- **Get 30 to 60 minutes of physical activity on most days of the week.**

Brisk walking is a great way to move more.

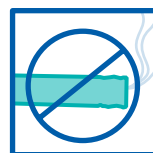


- **Stay at a healthy weight** by making healthy food choices and moving more.

- **Ask for help if you feel down.** A mental health counselor, support group, member of the clergy, friend, or family member will listen to your concerns and help you feel better.

- **Learn to cope with stress.** Stress can raise your blood glucose. While it is hard to remove stress from your life, you can learn to handle it.

- **Stop smoking.** Ask for help to quit.



- **Take medicines even when you feel good.** Ask your doctor if you need aspirin to prevent a heart attack or stroke. Tell your doctor if you cannot afford your medicine or if you have any side effects.

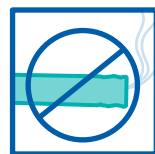
- **To'o ha ngaahi 'aho lahi he lolotonga 'o e uike keke ngaungaue pe fakamalohisino ha minite 'e 30 ki he 60 he 'aho** Koe lue fakatovave koha founa lelei ia ke toe lahi ange ho ngaungaue.



- **Tu'u ma'u 'i ha pauni 'oku lelei ka koe** 'aki ho'o fili fakapotopoto ho'o me'a tokoni mo ho'o fa'a ngaungaue.

- **Kole ha tokoni ka 'oku ke ongo'i ta'e lata.** 'Oku 'iai ha ni'ihhi hange koe kakai tokoni faka'atamai, ngaahi kulupu felingiaki, kau taki lotu, kaungame'a, pe memipa ho famili te nau lava 'o fakafanongo ki ho ngaahi fiema'u pea tokoni'i koe keke ongo'i fiefia.

- **Feinga keke lava 'o fehangahangai moe ngaahi loto mafasia.** 'Oku lava he loto mafasia 'o faka'ai'ai 'a e toto ma'olunga. Neongo he 'ikai teke lava 'o fakamavahe'i 'a e ngaahi mafasia 'oku hoko ho mo'ui, ka teke lava 'o ako keke lava'i 'a e ngaahi me'ani.



- **Ta'ofi 'a e ifi tapaka.** Kole ha tokoni ke ta'ofi 'a e ifi tapaka.

- **Folo ho'o ngaahi fo'i 'akau neongo pe 'oku ke ongo'i mo'ui lelei.** 'Eke ki ho toketa pe 'oku tonu keke folo esipilini ke tokoni'i koe ke 'oua teke mahaki mafu pe pa kalava. Tala ki ho toketa kapau 'oku 'ikai ke 'i ai ha pa'anga fe'unga ke totongi 'aki ho'o ngaahi faito'o pea fakaha kia teia kapau 'oku hoko ha ngaahi liliu makehe ki ho sino koe 'uhi ko ho'o ngaahi faito'o.

- **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that won't go away.

- **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums.

- **Check your blood glucose.** You may want to test it one or more times a day.



- **Check your blood pressure.** If your doctor advises.
- **Report any changes in your eyesight** to your doctor.

Talk to your health care team about your blood glucose targets. Ask how and when to test your blood glucose and how to use the results to manage your diabetes.

Use this plan as a guide to your self-care.

Discuss how your self-care plan is working for you each time you visit your health care team

• **Vakai'i ho va'e he 'aho kotoa pe pe** 'oku 'iai ha lavea, pala, kulokula pe ko ha fufula. Telefoni he vave taha ki he ni'ihii 'o kinautolu 'oku mataotao kapau 'oku ke fakatokonga'i ha ngaahi pala pe lavea 'oku 'ikai ke mo'ui.

• **Fufulu ho nifo pea floss he 'aho kotoa koe** 'uhi keke faka'ehi'ehi mei he ngaahi palopalema 'i ho ngutu, nifo pe te'enifo.

• **Vakai'i 'a e ma'olunga ho suka.**

Mahalo 'oku lelei keke sivi tu'o taha pe toe lahi ange he 'aho kotoa pe.



• **Vakai'i 'a e fua ho toto** 'o fakatatau ki he tu'utu'uni ho'o toketa.

• **Talatala ki ho toketa ka 'iai ha fa'ahinga** liliu ki ho ongo mata.

- Fepotalanoa'aki moe ni'ihii 'o kinautolu 'oku mataotao ki he anga 'o e tu'unga ho suka. 'Eke 'a e founga, pea moe taimi ke fai ho'o sivi suka. Pea ke toe 'eke pe 'e anga fefe ho'o faka'aonga'i 'ae 'ilo mei he sivi suka ki hono mapule'i ho suka.
- Faka'aonga'i 'a e palani ko 'eni kene tataki koe 'i ho'o palani tauhi-pe-'e-koe-'a-koe.
- Fai ha fepotalanoa'aki fekau'aki mo ho'o palani tahui-pe-'e-koe-'a-koe he taimi kotoa pe 'oku ke fakataha ai moe ni'ihii 'o kinautolu 'oku mataotao.

Step 4:

Get routine care to avoid problems.

See your health care team at least twice a year to find and treat problems early. Discuss what steps you can take to reach your goals.

At each visit get a:

- blood pressure check
- foot check
- weight check
- review of your self-care plan shown in Step 3



Two times each year get an:

- A1C test—It may be checked more often if it is over 7

Once each year get a:

- cholesterol test
- triglyceride (try-GLISS-er-ide) test- a type of blood fat
- complete foot exam
- dental exam to check teeth and gums—tell your dentist you have diabetes
- dilated eye exam to check for eye problems
- flu shot
- urine and a blood test to check for kidney problems

At least once get a:

- pneumonia (nu-mo-nya) shot

Sitepu 4:

Sivi mo'ui lelei ma'u pe keke faka'ehi'ehi mei he ngaahi palopalema.

'A'ahi tu'o ua pe toe lahi ange he ta'u ki he ni'ihi 'o kinautolu 'oku mataotao ke ma'u vave ha ngaahi palopalema pea faito'o kei taimi. Vakai'i pe koe ha ha ngaahi founga 'e tokoni'i ai koe keke ausia ho'o ngaahi taumu'a.

He ngaahi 'a'ahi kotoa pe, fakahoko 'a e:

- fua ho toto (blood pressure)
- sivi ho va'e
- fua ho pauni
- vakai'i ho'o palani tauhi-pe-'e-koe-'a-koe, sio ki he sitepu hono 3



Tu'o taha he ta'u 'alu 'o fai ho:

- Sivi A1C – 'e lava pe ke toutou vakai'i kapau 'oku laka he 7

Tu'o taha he ta'u 'alu 'o fai ho:

- sivi ngako
- sivi triglyceride – koe fa'ahinga sivi ke ma'u 'a e ngako he toto
- sivi kakato ho ongo va'e
- sivi ho nifo moe te'enifo – fakaha ki ho'o toketa nifo 'oku ke suka
- sivi faka'ata kakato ho ongo mata ke vakai'i pe 'oku 'iai ha ngaahi palopalema
- huhu fuluu
- sivi ho tu'uofi mo ho toto ke vakai'i pe 'oku 'iai ha palopalema ho kofuua

Kuo pau ke fakahoko tu'o taha 'a e:

- huhu niuonia

-
- Ask your health care team about these and other tests you may need. Ask what your results mean.
 - Write down the date and time of your next visit.
 - If you have Medicare, ask your health care team if Medicare will cover some of the costs for
 - learning about healthy eating and diabetes self care special shoes, if you need them
 - medical supplies
 - diabetes medicines

- 'Eke ki he ni'ihī 'o kinautolu 'oku mataotao pe 'oku toe 'iai ha ngaahi sivi makehe 'oku tonu keke fakahoko. Kole keke 'ilo'i 'a e tukunga 'a ho'o ngaahi sivi.
- Tohi'i hifo 'a e 'aho moe taimi ho'o 'apoinimeni ka hoko.
- Kapau 'oku 'i ai ha'o Medicare, 'eke ki he ni'ihī 'o kinautolu 'oku mataotao pe 'oku kau 'a e ngaahi me'ani hono totongi he Medicare
 - Kalasi ma'u me'a tokoni moe ngaahi su makehe ma'ae kakai suka, kapau 'oku ke fiema'u
 - Ngaahi me'a ngaue fakafaito'o
 - Ngaahi faito'o suka



Notes



Fakamatala





Where to get help:

Many items are offered in English and Spanish.

National Diabetes Education Program

1-800-438-5383

www.ndep.nih.gov

American Association of Diabetes Educators

1-800-TEAM-UP4 (800-832-6874)

www.diabeteseducator.org

American Diabetes Association

1-800-DIABETES (800-342-2383)

www.diabetes.org

American Dietetic Association

1-800-366-1655

www.eatright.org

American Heart Association

800-AHA-USA1 (800-242-8721)

www.americanheart.org

Centers for Disease Control and Prevention

1-877-232-3422

www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services

1-800-MEDICARE or (800-633-4227)

www.medicare.gov/health/diabetes.asp

National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Information Clearinghouse

1-800-860-8747

www.niddk.nih.gov



Ma'u'anga Tokoni:

'Oku lahi 'a e ngaahi me'a 'oku 'osi liliu FakaPilitania mo Sipenisi.

National Diabetes Education Program

1-800-438-5383

www.ndep.nih.gov

American Association of Diabetes Educators

1-800-TEAM-UP4 (800-832-6874)

www.diabeteseducator.org

American Diabetes Association

1-800-DIABETES (800-342-2383)

www.diabetes.org

American Dietetic Association

1-800-366-1655

www.eatright.org

American Heart Association

800-AHA-USA1 (800-242-8721)

www.americanheart.org

Centers for Disease Control and Prevention

1-877-232-3422

www.cdc.gov/diabetes

Centers for Medicare & Medicaid Services

1-800-MEDICARE or (800-633-4227)


www.medicare.gov/health/diabetes.asp

National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Information Clearinghouse

1-800-860-8747

www.niddk.nih.gov



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