

MEI TONGENI EPWE TORUK SEMWENIN SUKE?

A NAPESENI 40% ARAMAS MI WATTE NON HAWAII MI URIIR PREDIABETES (A WATTE SUKE NGE ESAPW MWO II SEMWENIN SUKE). NAPENGENI RESE SINE PWE MEI URIIR (EI SEMWEN). NGE EN A TONGENI TORUK?

Weween prediabetes nge a tongeni toruk/arapakkan toruk semwenin suke ewe nampa 2. Epwe toruk prediabetes ika en:

- 45 ierum
- a kon nuunó choumw
- Mi wor chóón non omw famini mi uriir máán suke nampa 2 ika type 2
- Mi wor remw feitá cha
- Fansoun en mi kan amwokutukutu inisumw (taiso) a kukkun seni fan 3
- Mi piin toruk semwenin suke fansoun omw pwopwo ika ka nounatiw noumw we nge mei watte seni 9 paun choun

Napengeni ekkei a torir máán suke nampa 2 ika type 2 a tongeni sipwe eppetí senir ren ekkesiwinin nonomwuch, esapw usun máán suke nampa 1 pwe ei, ew osukosukan an pwisin inisich fiu ngeni semwen.

PREDIABETES (mwen semwenin suke) a tongeni efisata pwan sokkopaten osukosuk ika semwen.

An a toruk ei prediabetes wewen pwe aukukun omw suke a watte seni met aurouran aukukun, nge ese kon ien watte ach sipwe era semwenin suke. Arapakan ruu na unungat aramas mi watte a torir ei prediabetes nge rese sine pwe a torir. Ika a toruk prediabetes nge ese kotur choumw ika napeno omw amwokutukutu inisumw, mi tongeni epwene winiti semwenin suke (type 2) non nimu ier: Ewe semwenin suke nampa 2 a men anoninen pwe a tongeni afisata pwan ekkóóch sokkun samwau ren heart attack (semwenin ngasangas), stroke, mese chuun, semwenin kidney, epwe pokupok autun peche, ipweipwan pweche, me pecheomw.

IFA USUN AI IPWE SINE IKA EPWE TONGENI TORIEI?

Katon ewe PreventDiabetesHawaii.com (won kampiuter) omw kopwe angei ena testin ika epwe tongeni toruk semwenin suke iwe ka pworaus ngeni noumw we tokter won pwungun.

IEI EW PWORAUS MI MWURINÉ

Ika pwe a toruk prediabetes, noumw we tokter a tongeni tunukonó ren ew prokramen ekkesiwinin nonomwun aramas, ewe a tongeni anisi epetin ika an epwe amanganó pwopwutáán ewe semwenin suke nampa 2.

EW E PROKRAMEN EPPETIN SEMWENIN SUKE A TONGENI ANINNIS!

Ewe prokramen eppetin semwenin suke (DPP) ew prokramen ekkesiwinin nonomwun aramas a kawor me non ein mwuun Hawaii. Ewe DPP a pwaánó enetin an eppetí ika amanganó chéfetanin ei semwenin suke nampa 2, me a tongeni aninis ne akukunanó omw tongeni uruk semwen en epwe akukuanó choumw me anapanó mwokutukutu inisum (taiso). Ewe DPP ew prokramen ekkesiwinin nonomwun aramas a kapung me ren ewe CDC, wewen pwe mei echipwer/mwurinné me a tongeni nounou ekkóóch insurans, a pachenong Medicare me Medicaid.

IFA USUN ANGANEN EI DPP?

Kopwe chóón ew chó non neniomw we ika online, oupwe angang fengen me emoch chóón aninis a sukuun ngeni pekin anisinis ekkesiwinin nonomwun aramas a tongeni fis non fansoun epwe nangatam. Kopwe ne káéé ngeni mongo epwe apechokuna inisum, apachangeni amwokutukutu ika taisoni inisumw, ekinamwe non omw ekiek, pwapwa me chengeniti, me atawei ekkewe mettóóch epwe aosukosuka ekkewe ekkesiwin epwe apechokunok.

KINIKININ EWE DPP:

- Emon coach (sense) epwe emwenuk me wisen peseok.
- Chufengen ika online
- Aninis seni ekkóóch ir mi pwan angang ngeni met en mi pwan angang ngeni
- Met kopwe sine an epwe anisi an epwe kotur choumw, me anapano amwokutun inisumw/taiso me ekinamwei non omw ekiek

MET CHÓÓN FITI RA KAN APASA USUN DPP:

"Uwa fokkun saani ewe sense. Ei fefin a ngeni kich pworaus mi auchea, anisiei ai upwe sopwosopwonó me pwapwaiti."-Bruce

"Uwe fokkun pwapwa pwun uwa nó ren nei we tokter non ewe wiik iwe meinisin ai kewe nampa a kukkununó, iwe ie ese chiwen wor rei prediabetes."-Vivien

lei fansoun omw kopwene akkota ekkesiwinin pechokunomw me manawomw non ekkan fansoumw mwach! Angei ewe tesin ika epwe tongeni toruk semwenin suke ikenai iwe ka pworaus ngeni nomw we tokter ika epwe prokram DPP mi ééchungonuk.



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