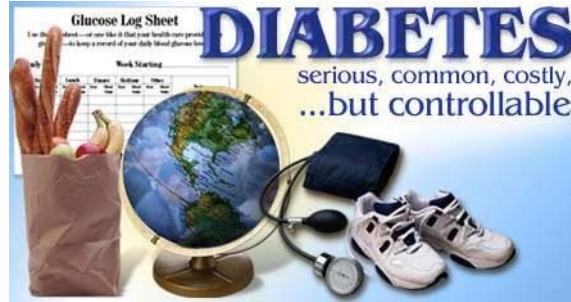


# m2prñtë Ü Dayabli3s Ý

Dayabli3s AeAÿ:S aavl g4lno rog Oej ða4l l oHlma>kRä Ü GI kuz Ýnÿprñtã` v2l =y Oe j o GI kuznÿprñtã` w0ya>pæbe j da j da smyeËËÏ iml lgam4l v2uj ` ay A4va to j Mya bad bekl akeË00 iml lgam4l v2uj ` ay to Aa rog hovandand krl xkay.

xrlr JyareGI kuzno Jpyog brabr krl xktñ4l TyareAa is4it pda 4ay Oe SvadipD Ü pltklyas Ý g4lma4l pda 4ta {NSyuln namna AeAÿ:S aav Ü HomoR ÝnÿJÏpadn 63eA4va Ael Asrkarkta 63eJyareGI kuznÿxrlrma ko8oma>brabr pHoëaDl xkatñ4l nepir` amel oHlma>GI kuznÿprñtã` v2e0e Aa v2arana GI kuzno xrlr pæab va3einkal kre0e Aa4l Aa rog m2prñtë name=` lto Oe



Amërkama>Aaxrel` 3ka Ael ðkË kroD4ly v2ul okoneAa dl6Räl ln ne+vl è ibmarl Oe Aaj nl qa` l-pl` l nerHèl-kr` lna kar` eAa ibmarl iv&vlyapl rognã ½pma>ivStrl nev2l rHl Oe Amërkã krta>wartma>Aneqas krl nexHëoma>v2u nev2ul oko Aa wyank rognã wog bnl rHyã Oe

Aa rognã kar` eË00Ënl sal ma>AmërkaneËËË Abj Dol r j æl l ikMmt ckvvl pDël. mÿrya m0y kar` oma>Aa rognl g` na 4ay Oe Aavl dr È VyiktAË Vyikt hÿyrog kel kvø 4va4l mr` nexr` 4ay Oe l aþa ga5eðy, ikDnl, mgj , ha4pg keAaqona rognã ½pma>Aa rognl wyankta j ova m5e0e Dayabli3sne3a[p È, 3a[p È AnegwaRS4anel l2e4to Dayabli3s Am È pKarma>ivwa+t krvama>Aave0e

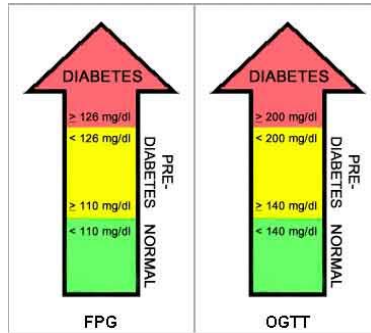


## Dayabli3sna ichno:

Aa rognl x½Aatma>mHdxeko[ tkl lf j ` atl n4l. Aa kar` erog hova Ota>6` a l okoma>Aanÿndan 4[ xktñ4l. Aa rognã ichnoma>v2upDtl trs l agvl, mol eskavã v2upDto pæab 4vo, ivnakar` vj n 63vþ 4ak l agvo, j nñdÿ yma>qj>va5 Aavvl, 6a pDeto ½z n Aavvl kezaqudqavã vgeaø smavæ 4ay Oe

## Dayabli3snindan:

j o GI koznepna` wOya pbej da j da smyEET iml lgam4l v2uj` ay A4va to j llya bad bekl akeE00 iml lgam4l v2u j` ay to Aa rog hovandand krl xkay. Dayabli3s 4ya bad Aa rog kol o kabma-OeAneAaHarnl Aea pr xl Asr 4ay OeAej a` va ma3eGI ko2 monl3r krvana mxlnnl mdd4l 6eb#>tej Aag5lma4l l oHlna8lpuka! Inel oHlma>GI koznepna` =` l xkay Oe wOya pbeAa n8r E004l Aa0o Aneqa2a p0l bekl akeE104l Aa0o raqvo l abaga5el awdayl Oe v5l Oel a E miHma drimyan Dayabli3s keo kabma>rhyo OeAe=` va ma3eyal koiHmoGI obln namno 383 krvama>AaveOe j o Gyal koiHmoGI obln l 4l Aa0o rHeto wiv\*yma>Anara hdyrog, l kvo, A2apo j wa wyank rogonl xKyta 63aDl xkay Oe



## Dayabli3sna pkar:

**3a[p E pKarno Dayabli3s:** Aa rog nanp` ma>4ay Oej ma>xrlrnl j rogp/tkark xikt SvadiuDna [NSyuln pda krta bl3a pKarna ko8o pr Hml o kreOe Aea kar` e[NSyulnna]Ipadn b2 4ay Oeya Aa0o4ay Oe Aa ihsabeAel sarvar [NSyulnnevana 1/2pma>Aaplnekrvama>AaveOe Dayabli3sna l 4l E0 3ka j 8l a l okoma>Aa pkar j ova m5eOej j o pxiq Aneqavaplrama>Ainyimtta raqvama>Aaveto l oHlma>a GI koznepna` ma>6` l v263 j ova m5eOej ev2uj oqml nlvDeOe

**3a[p E pKarno Dayabli3s:** NO 4l NI 3ka j 8l a l okoma>j ova m5eOej ev2tl j tl ]Mmr, varsagt t4a AaHarna Aitrk ne xarlirk pxiq na Awavevj nma>4ta v2aranel l2epda 4ay Oe [NSyulnnl Asrkarkta Aa0l 4ay Oenesmy j ta>Aea ]Ipadn p` Aa0o4ay Oe mo3l ]Mmredqa d8o Aa rog v2ta j ta vj nnl iv&vVyapl smSyana l l2eHveba5koma>p` v2l rhyo Oej eic>adayk Oe Aa rogna Aaxre00 3ka ddlAoma>S48ta j ova m5eOe

**gwaRS4anel l2e4to Dayabli3s:** Amerkama>AaxreE 4l 8 3ka miHl aAoma>samallyt: gwaRS4ana Aitmga5ama>4ay Oene ba5kna j Nm bad mHdxej to rHeOej o keAa miHl aAonewiv\*yna l 4l E0 v8ra 3a[p E pKarno Dayabli3s 4vanl xKyta E0 4l l 0 3ka rHeOej evj n Akixt raqlneA3kavl xkay Oe

## ip/Dayabli3s:

l oHlma>xkRanepna` svarewOya pbeE00 4l EEI iml lgam vCchey to taep/Dayabli3s kHeOe Aavl Vyiktnewiv\*yma> Dayabli3s, hdyrog nel kva j wa rogo 4vanl xKyta sivx8 rHeOe Aa iS4it iv&vma>zDp4l ivStrl nevkrnl rHl Oe Amerkama>E000nl sal ma>10 4l l l v8Rl VyiktAoma>Aaxrel.E kroD l okoma>A8l ekevStina l0 3ka p8ma>Aa iS4it j ova m5l Htl j eE00Enl sal ma>v2lnef .l kroD l okonel agupDI Htl. wiv\*yna E0 v8ra>Aama>a mo3a wagna l okone Dayabli3s 4vanl xKyta j` ay Oe Aava E000 l okoma>krayea sxo2n neAWyas pr4l j` ay8Oekej o vj nma>f 4l l 3kano j 63aDo krvama>Aaveto Dayabli3sni xKyta l0 3ka 63aDl xkay Oe

## Dayabli3s ma3eAaroGypd AaHar:

Aa rogneA3kavva nekabma>raqva AaHarna>Aayoj n sivx8 mHlvn8g` ay Oe Aa ma3emnp8d AaHar b2 krvanl j 1/2 n4l, p` Akixt pna` ma>Aarogva4l, kerl pr eyan Aapva4l neAma>vpratl vStAoma>fiefar krva4l Aa rognekabma> raql xkay Oe tmarl }ea[, ba2a nepxiq pna` ey0Gy vj n =5vva Akixt kerl l [nepylntxll rHevj o[Ae

b8, isirylo, wat, ro3l l, waqrl, paSta neb3aka j wa ka>ykt AaHar Aa0o l 8o.

v2arefaybr-rəva5a pda4oRqas krlneda5, k#05, bllns, xakwa+ nef5o v2u əa>j okexkkirya>b3aka j əa>xak ne  
kel, kəa>clkj əa>f5nəpna` 63aDva  
t5ea>Anecrbiva5a pda4oRqas krlnemaq` , 6l, maj Rn, clz, fəykt dDl neAa[sklm, masaHar l əanə8a5vuj o[ Ae  
6l Anemaq` nebdl əAoil v neknol a j əa>monoAnseçyrəD tEl pda4oRAnesnl avr nemka[nutə j əa>  
poil AnseçyrəD tEl pda4oRvvk4l l əa>  
qaD Anego5ykt pda4oRnepl` anebdl əDayə pl` a>neA0l kəriva5a pda4oR əa>j o[ Aeneml#a[nebdl ef5f5aid l əa>  
AaLkoHol lk pl` a>ne da½ma>sg r j sivxə Ho[ Aəo ]pyog sda ma3e0oDvo ihtavH Oe  
AaHarma>ml#ano ]pyog 63aDva ma3espl, clips nemsal dar AaHar Akixt raqvo.

|  |   |
|--|---|
| <b>saro kabofət qorak</b><br>U2lme2lme2 oHlma>yf   | <b>qrab kabofət qorak</b><br>U6l kəz ne[NSyil nma>nrkə v2aro krə                                  |
| Aaqa da` adar Anaj : A03s, coqa, 6] > j v,<br>baj rl   | ODE > Anaj : mdo, ODe > coqa kek#05   |
| k#05 Anen3s: mg, c` a, soybln, val ,<br>twe, mgf5l, bdam, Aqro3                                      | t5ea>k#05 nen3s   |
| xakwa+ nef5: lll a nepadDa ykt, A0Ol<br>g5p` va5a f5o  | b3a3a j əa>S3ac fkt xak nebnana j əa>g5p` ykt ke<br>skvəa>f5                                      |
| kitrn g5p` dayl pda4oRba]n ra[s isrp   | F5no rs, m2, mpl isrp; skoz, Gl kəz, fktəoz j əl<br>sgr   |
| <b>saro crblykt qorak</b><br>U l oHlma>crbl 43aDe  | <b>qrab crblykt qorak</b><br>U l oHlma>crblnl j mav3 krə  |
| monoAnseçyrəD: Aoil v tē, knol a tē, pln3<br>b3r   | sçyrəD Aneha[Dəj nəD fə: pa' lj fə, pam Ao[l ,<br>nai5yenutē, clz, maq` , 6l, Dal Da, pəSəD qorak |
| pol lAnseçyrəD: Uj ½rl fə AiesD' Aomga-Ē<br>ma3esl-vld ne l əsldnutē, Aomga-Ī ma3e<br>n3s netil bly> | 3alls fə AiesD: kəkl 4l bdl ayē fə, mçonç,<br>Dəlgma>vpratl fə, t5eo qorak, pəSəD qorak           |
| <b>saro pə3lnykt qorak</b><br>U sçyrəD fə 43aDe  | <b>qrab pə3lnykt qorak</b><br>U qrab fə v2are   |
| l o-fə dDl AneAel bnav3, dhl>kə3j clz  | v2ufəva5adDl neAel bnav3, clz, mavo   |
| k#05 nen3s, soy pə3ln, 3ofu bllns  | [Da nemasylkt bnav3o  |

ODya ivnana Aaqa 2allyma4l ra2eo, A0Ol fəva5o, v2uxakwa+ netaj a f5ova5o, Akixt kəriva5o AaHar Aneksrt4l  
Aa rog təj Aobəl3l- mēvə2 Akixt krl xkay təj A3kavl xkay Oe karəa>neAayvəklly prəragt AaHar l əa4l  
faydo 4[ xke0ej edaktrnl sl aH mjub l əa>

### ro+da AaHarma>kərlnl g` trl:

Ē0 v8RI ]Mmrnl TĪ [Nc ]el mihl a ma3eAadxRvj n T0 ik l o g` ay. Ē ik l o vj n dl# samalyt: Ē0 kərlnl j ½r pDe  
AaHarnestil t raqva qorakna 63k Aa mjub nkl krl xkay.

|           |  |
|-----------|--|
| kərl      | T0 á Ē0 Aəl ekəroj nl ĒD00 kərl  |
| pə3ln     | roj nl kərlna Ē0 4l ĒĪ 3ka<br>ĒD00 á Ē0 3ka Aəl ekēĒ0 kərl<br>Ē gam pə3lnma4l Ī kərl m5e<br>Aam ĒT0 á Ī Aəl ekēĒ0 gam pə3ln l əay    |
| kabofayDə | roj nl kərlna T0 3ka<br>ĒD00 á T0 3ka Aəl ekēĒ00 kərl<br>Ē gam kabofayDəma4l Ī kərl m5e<br>Aam N00 á Ī Aəl ekēĒĪ gam kabofayDə l əay |
| crbl-fə   | roj nl kərlna ĒĪ 4l Ē0 3ka<br>ĒD00 á Ē0 3ka Aəl ekēĒ0 kərl<br>Ē gam crblma4l N kərl m5e<br>Aam TĪ0 á N Aəl ekēĒ0 gam crbl l əay      |

**roj ni É000 keri ma3eawoj nptk:**

| smy          | woj nni yadi-É   | woj nni yadi-É  |
|--------------|--|---|
| pro!         | É kp ca kekofl   | É kp ca kekofl  |
| svarno naSto | É Sl a[s b0 b3r<br>d0 É Gl as<br>É Aorlj                             | É ng [DI l swar<br>d0 É Gl as<br>É sfrj n                       |
| bporne e     | É kp wat<br>É ro3l l<br>É kp da5<br>do! kp xak<br>É kp dHl><br>sal D | Ak kp wat<br>É ro3l l<br>É kp k!l<br>É kp k#05<br>kclor kesal D |
| sajno naSto  | É kp ca kekofl<br>É f5 ke<br>m#lwr c` a mmra                         | É kp ca kekofl<br>É ibSk13 kef5                                 |
| ratneDlnr    | do! kp qlcDI<br>É kp k!l ked0<br>É waqrl                             | do! kp ve30l pluv<br>do! kp bdl ra[tu<br>sal D                  |

**Aarogypd Aahar ma3esmtol xakahar:**

Fdi ipramID mjub Aarogo; iviv2 2ally nek#05 roj l o; iviv2 neivx0 xak nef5 inyimt Aarogo; nihvt\stt f0 ne kol 03eol l o; sgrykt pl` a>neim#a[ Akixt kro; AoOa>ml#ano AagH raqo; da½ ne[Da-masno Iyag kro; qorakni sl amtl sacvo.

inramyl +vnp4 pr cal va ma3ea pgi4ya½p nvo fDi ipramID Amir kana AgIKLcr ivwageAip/ É00f ma>tgar kyoFOej e É000 keri neAnli9IneAa mjub wl am` kre0eroj na I A0s 2ally -j ma>É A0s Aaqa 2allynl bnay3, É.Í kp ve30l , É kp f0s,É kp d0l Anel .I A0s p03ln ykt bnay3 j el kek#05, bills n3s, vge0o smav0 4ay 0e crbl, qad ne ml#aykt Aahar Akixt krva, roj ni keri neAnli` inyimt raqva neÉ0-Í0 imin3 ma3eksrt krva j` ave0e

**Dayabli3s ma3esy0gy xarlirk pxiq neksrt:**

AaHar ni j ma j ksrt p` Dayabli3sni sarvarma>mhfvno wag wj ve0e inyimt rlekratl xarlirk pxiq l oHlma> Gl koznepma` Akixt raq0e xarlirk pxiq kel Anek0l l krvl Aema3edaKtrnl sl ah AinvaYFOe

**sa2ar` 9mtaswr xarlirk pxiq:** drroj Í0 imin3 ma3ekrvl ihtavh 0e j ma>cal va kl akna É.Í ma[l ni zDpe ]ea[ pr c!a` ; h5v0bagkam; goLfnl rmt rml; saykl cl avvl- kl akna É0 ma[l 4l Ao0l zDpe Ao0a vj n sa40l tal lm, vge0o smav0 4ay 0e

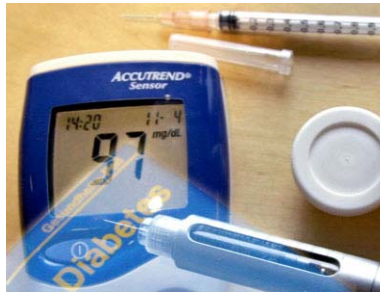
**sivx0 9mtaswr xarlirk pxiq:** Aa pxiq drroj É0 imin3 ma3ekrvl ihtavh 0e j ma>doDvya zDp4l cal va kl akna Í ma[l ni zDpe saykl cl avvl- kl akna É0 ma[l 4l v2uzDpe trv0 nacv0 A0ibKS; warebglca kam; v2wv n sa40l tal lm; baSk0bol j el Sp2a0a>wag l 0e, vge0o smav0 4ay 0e

tmnegmtl pxiq neksrt ma3eSvlkaro. xrlrneAnk0 AnerogneAnk0 ksrt v2u awdayl rh0e da.t. vanl tkl If hoy to trv0 cal vanl tkl If hoy to vj n ]ekvaim a kepirclt j nnepxiql ma>wagldar bnavo. pxiq mj dar 4xe pxiql ma> iviv2ta l avo- kyark cal vya saykl cl avvl ya rmt rml. Aa5s Anel[=nl xkyta 63xesank0 smy psd kro. j mlnetr cal v0hly Aitxy #0l-grmlno smy 3a5vo. iHlmt raqvl. ksrtnef5 6` lvar l aba ga5ed0ay 0e plDa ivna f5 pamo. x½Aatma>40DI k5tr SvIkayFOe plDa Anwvay to ksrt b2 kro ya bdl o. pxiql neAanddayl bnavo. bglcama>cal vya ksrt vqte30livzn-glt-sglt ma` va.

## Dayabli3sno dva Ane[NSyulinna ]pyog4l ]pcar:

Dayabli3sni Asr mjub AaHar Anepvik sa4Dayabli3sni go5IAona ½pma>dva Ane[Nj kxnna ½pma>[NSyulinna ]pyog krvama>Aave0e Aa rognem3aDI xkato n4l. Aa kar` e]pcar inymitt4l krvo j o[Ae

j o Ainyimtta Aaveto l oHlma>Gl kóz Akdm v2l ke63l =y 0ej ebHuHainkark nlvDe0e  
j o l oHlma>Gl kóz v2l =y to v2upDtl trs l agvl, mo! uskavv v2upDto pxab 4vo, ivnakar` vj n 63v4 4ak l agvo,  
j nntll yma>qj>va5 Aavvl, 6a pDeto ½z n Aavvl kezaqudeqavv vgeeo Anwv 4ay 0e  
j o l oHlma>Gl kóz 63l =y to ctkr Aavva, ma4edqv4 prsvo v5vo, } bka-} L3l 4va>beal l agvl, bHox 4[ j va  
j el tkl lf Anwvay 0e Aa piriS4itma>qaDykt pl` a>Gl kóz kef5rs l vo, vgeej va>vrlt ]pcar AinvayR0e  
daktrnl sl aH mjub dva ke[NSyulinna>fekar krvo j ½rl 0ej 4l krineAa piriS4it frl4l Aavtl A3kavl xkay.



**Dayabli3sni dvaAo:** GI aybrlD, GI lplzID, Amell , rpaGI InID j el dva4l xrlr v2upda krl xke0e m8fomIR j el dva4l xrlr [NSyulinna ]pyog sarl ritekrl xke0e po[GI l3azon nerozIGI l3azon j el dva4l xrlr [NSyulinna ]pyog sarl rite krl xke0e Akarboz nemlGI l3ol j el dva GI kózneAatrDama>x08` A3kave0e

[NSyulin: l abaga5elJarexrlrma4l pda 4ta [NSyulinna]tpadn 63te=y 0eyarego5l½pel vatl dvanl Asr Ao0l 4tl =y 0eyare[NSyulinnl j ½r pDe0ej ej dl j dl =tna {Nj kxnna ½pma>Andive{NheRNA ½pma>p` m5e0e [NSyulin Hymal og ner6ylur [NSyulinna ½pma>zDpl AneAo0a ga5a ma3eAsr kre0e [NSyulin l N3s, Hymal In nenovol In [NSyulinna ½pma>2lml Anel aba ga5a ma3eAsr kre0e

dvana pna` ma>fekar daktrnl sl aH mjub krvo j o[Ae =tej potana daktr bnvaAedaZya pr Dam l gavva j va0e [NSyulin l va ma3evpratl soy barik Ho[ plDano Anwv 4to n4l ne[NSyulin Dayabli3sno Asrkark AneAKsir [l aj ho[ rog pr saru Akx l avl xkay 0e

l oHlma>Gl kózneprna` inymt maplneAneAa dvaAo inymt l [netaj AaHar Anexarlirk pvik stil t krinel oHlma> GI kózneprna` Akixt raqva4l wiv\*yma>Aavnara hdy rog, l kvo, A2apo neikDnlna j oqml rogo 3a5l xkay 0eAne inramyl dl6a7u+vl xkay 0e

**v2umaiHtl ma3e]pyogl v8sa[3o:**

**<http://www.cdc.gov/diabetes>**

**<http://www.diabetes.org>**

**[http:// www.emedicinehealth.com/diabetes/](http://www.emedicinehealth.com/diabetes/)**

**<http://www.diabetesindia.com/>**