

# Sababta Kooxda Sonkorowgu Booqashadu U Samaynayaan?

Si waafaqsan jaangoynaha Ururka Ameerikaanka Sonkorowga Qaba (American Diabetes Association, ADA), Seattle Children's waxay ku talinayaan in dhammaan bukaanadeenu ay maraan baaritaan sanadle ah oo sonkorowga lagaga baarayo iyagoo kooxdooda daryeelka sonkorowgu ay la joogaan — xirfadlaha caafimaadka, nafaqo-yaqaanka iyo adeegaha bulsheed. Nafaqo-yaqaankeena iyo adeegayaasheena arrimaha bulshada si gaar ah ayaa loogu tabobaray sonkorowga carruurta, yoolkeenu waxa weeye hubinta in si fiican lagu caawiyey oo lagu daryeelay. Hoos waxa ku yaalla aragtiyaha mawduucyo looga hadlayo nafaqadaada iyo booqashooyinka adeegaha arrimaha bulshada. Waa arrin aanu garowsannahay inay dhici karto inaad wakhtigan walaacyadan ka qabin ilmahaaga, laakiin haddii ay dhacdo inay soo baxaan, ogaanshaha kooxdaada iyo xiriir la lahaanshaha xirfadlahaaga caafimaadku waxay gacan ka gaysan doonaan in wada hadaladaasi ay fududaadaan iyo inay noqdaan kuwo u dhib yar ilmahaaga iyo qoyskaaga.

## Nafaqada

- Waafajinta nidaamka cunteed baahiyaha hawleed ee maalinlaha ah
- Helitaanka cuntooyin kala duwan, sida fiitamiino iyo macdano
- Qorshaynta cuntooyinka muhiimka ah iyo kuwa fudud
- Hababka aasaasiga ah iyo kuwa sarreeya ee xisaabinta kaarbohaydareytka
- Isticmaalidda cuntada iyo insuliinta labadaba si aad u hagaajiso sonkorta dhiigga
- Sida la iskugu dheellitiro cuntada iyo sonkorta dhiigga wakhtiga ciyaarta
- Cuntooyinka kaarbohaydareytka ku yar yahay (Glycemic index) ee baalkuna ku badan yahay
- Akhrinta jaamaha (warqadaha) cuntada
- Sharaabyo caafimaadkaaga u fiican oo aan sonkorta kicinayn
- Tilmaamaha cusbada
- Cunidda cunto wadnahaaga u fiican
- Cunto-cunid miyir-qabta - Ogaanshaha calaamadaha inaad gaajoonayso iyo inaad dharagsan tahay
- Joogtaynta miisaan caafimaad leh
- Talooyin ku socda dadka cuntada xun

## Shaqada Arrimah Bulshada

- Dareenada ku saabsan sonkorowga
- Dhisidda adkaysi aad kula noolaato sonkorowga
- Xirfadaha la tacaalidda daloolinta iyo muditaanada insuliinta
- Walaacyada la xiriira jawiga, qulubka, iyo walaaca
- Daalka la tacaalidda sonkorowga
- Khilaafka dhexmara waalidiinta iyo carruurta ee ku saabsan sonkorowga
- Dheellitirka madaxbannaanida iyo ka qaybgalka waalidiinta ee daryeelka sonkorowga
- Taageeridda waalidiinta, walaalaha iyo daryeelayaasha kale
- Ka caawinta saaxiibadu inay fahmaan sonkorowga
- Taageeridda u wareegitaanka bamka insuliinta ama la-socoshada guluukoosta ee joogtada ah
- Kordhinta dhiirgalinta ee horumar ka samaynta daryeelka sonkorowga
- Walaacyada/xoogsheegadka dugsiga ka jira
- U wareegidda daryeelka sonkorowga qofka wayn
- Bilaabidda nolol cusub
- Xuquuqda shaqaalaha iyo sonkorowga (loogu talagalay bukaanada iyo daryeelayaasha)
- Sonkorowga iyo badbaadada baabuur-wadista

1 ee 2

## Si Aad Wax Badan u Ogaato

- Endocrinology (Cilmiga Hoormoonada iyo Qanjidhada Hoormoonada) 206-987-2640
- Waydii bixiyaha daryeelka caafimaadka ee ilmahaaga
- [seattlechildrens.org](http://seattlechildrens.org)

## Adeegyada Turjumaadda ee Bilaashka ah

- Marka aad joogtid isbitaalka gudihisa, ka codso kalkaalayahaaga.
- Marka aad joogto bannaanka isbitaalka, ka soo wac Khadka Turjumaadda Goyska ee Bilaashka ah, lambarka, 1-866-583-1527. U sheeg turjumaanka magaca ama faraca aad rabto.



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

### Nafaqada

- Baahiyaha tamarta ilaa qaangaarnimada
- Baahiyaha korriinka iyo nafaqada
- Fikradaha ku aaddan dhaqdhaqaaqa
- Miisaaniyad ku salaynta cuntada
- Talooyinka cunto-cunidda ee da'aha kala duwan, jadwalada dugsiga, kulliyadda iyo daryeelka dadka waawayn
- Wax ka soo cunidda dibadda

### Shaqada Arrimah Bulshada

- Habdhaqanada halista ah (tus., maandooriyayaasha iyo khamrada)
- Haasaawaha iyo sonkorowga
- Siyaabaha loola kulmo dadka kale ee sonkorowga qaba
- Baahiyaha muuqda (tus., walaacyo dhaqaale)
- U gudbinaha bixiyayaasha adeegga caafimaadka dhimirka ee bulshada

# Why the Diabetes Team Visit?

In line with the American Diabetes Association's (ADA) standards of care for patients with diabetes, Seattle Children's recommends that all our patients have an annual diabetes check-up with your full "team"— the medical provider, a nutritionist and a social worker. Our nutritionists and social workers are specifically trained in pediatric diabetes and our goal is to make sure you are well supported and cared for. Below are some ideas of topics to discuss in your nutrition and social work visits. We recognize you may not currently have these concerns with your child, but should they ever come up, knowing your team and having a relationship with a provider will help make those conversations easier and more comfortable for your child and family.

## Nutrition

- Matching eating pattern with daily activity needs
- Getting a good combination of foods, including vitamins and minerals
- Planning for meals and snacks
- Basic and advanced methods of carbohydrate counting
- Using food and insulin together to optimize blood sugar
- How to balance food with blood sugars during sports
- Glycemic index and high-fiber choices
- Reading food labels
- Appropriate beverage choices
- Sodium (salt) guidelines
- Eating for a healthy heart
- Mindful eating - Recognizing signs you are hungry and full
- Maintaining a healthy weight
- Tips for picky eaters
- Energy needs through puberty
- Growth and nutritional needs
- Ideas for physical activity
- Eating on a budget
- Eating tips for transitioning through different ages, school schedules, college and adult care
- Dining out

## Social Work

- Feelings about diabetes
- Building resilience to live with diabetes
- Coping skills for pokes and insulin shots
- Concerns about mood, depression, and anxiety
- Coping with diabetes burnout
- Conflict between parents and kids/teens about diabetes
- Balancing independence and parents' involvement in diabetes care
- Supporting parents, siblings and other caregivers
- Helping friends understand diabetes
- Supporting transitions to an insulin pump or continuous glucose monitoring
- Increasing motivation for making improvements to diabetes care
- School concerns/bullying
- Transition to adult diabetes care
- Going off to college
- Employee rights and diabetes (for patients and caregivers)
- Diabetes and driving safety
- Risky behaviors (e.g., drugs and alcohol)
- Dating and diabetes
- Ways to meet others with diabetes
- Concrete needs (e.g., financial concerns)
- Referrals to mental health providers in the community

## To Learn More

- Endocrinology  
206-987-2640
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

© 2023 Seattle Children's, Seattle, Washington. All rights reserved.

10/23  
PE2419