

Paub cov cim ntawm Hypoglycemia

Ntshav Qab Zib

Txhua tus neeg cov tshuaj tiv thaiv rau cov ntshav qab zib tsawg yog txawv. Tham nrog koj tus kws kho mob kom paub txog cov tswv yim tswj tus kheej ntawm ntshav qab zib thiab txheeb xyuas koj tus kheej cov tsos mob, thiab ntawm www.TeamingUp.us



hws



Ntshai



kiv taub hau



Mood Hloov/tsis meej pem



tshaib plab



Mob taub hau



Pom tsis pom kev



Lub plawv dhia ceev ceev



Kev nkees heev thiab Paleness

Cov kauj ruam los tswj cov ntshav qab zib tsawg¹

1. Siv 15 grams ntawm cov carbohydrates yooj yim, lossis qabzib, raws li qhia los ntawm:
 - 1b tablespoon ntawm pob kws phoov, zib mu, los yog qab zib
 - Plaub ooj, los yog ib nrab khob, ntawm cov kua txiv hmab txiv ntoo (tsis yog khoom noj) dej qab zib
 - qabzib gel lossis tshuaj ntsiav (raws li qhia ntawm lub ntim)
2. Tom qab 15 feeb, rov kauj koj cov ntshav qab zib.
3. Mus ntxiv kom txog thaum koj cov ntshav qab zib poob rau hauv qhov ntau
4. Noj khoom txom ncauj los yog noj su hauv ib teev thaum koj nyob hauv thaj tsam.

Tshawb xyuas cov ntshav qab zib raws li koj tus kws kho mob lub sijhawm pom zoo txawm tias tsis muaj tsos mob.

Thaum muaj xwm txheej ceev, hu rau:

Lub npe _____ Xov tooj _____

Nco ntsoov hu rau 911 yog tias koj muaj mob xwm txheej ceev.

¹Hypoglycemia (ntshav qabzib tsawg). American Diabetes Association lub website. <https://diabetes.org/healthy-living/medication-treatments/blood-glucose-testing-and-control/hypoglycemia>

Paub cov cim qhia ntawm hyperglycemia

Ntshav Qab Zib

Kawm paub ntau ntxiv txog cov lus qhia txog kev tswj tus kheej ntawm ntshav qab zib los ntawm kev tham nrog koj tus kws kho mob, thiab ntawm www.TeamingUp.us



Qhov ncauj qhuav



Kev nqhis dej heev



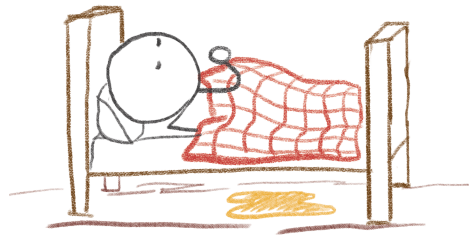
qaug zog



Tso zis ntau zaus



Mob plab / xeev siab



Nquag pw-wetting

Cov kauj ruam rau Tswj Cov Ntshav Qab Zib²

Yog tias koj ntsib ib qho ntawm cov tsos mob hyperglycemia saum toj no, nrog koj tus kws kho mob tham.

Nws tuaj yeem hloov kho koj li:

- Kev npaj noj mov
- Lub cev ua haujlwm niaj hnub
- Tshuaj

Qhov zaus ntawm kev kuaj ntshav qab zib yuav tsum tau txiav txim siab hauv kev koom tes nrog koj tus kws kho mob. Tshawb xyuas cov ntshav qab zib raws li koj tus kws kho mob lub sijhawm pom zoo txawm tias tsis muaj tsos mob.

Thaum muaj xwm txheej ceev, hu rau:

Lub npe _____ Xov tooj _____

Nco ntsoov hu rau 911 yog tias koj muaj mob xwm txheej ceev

²Hyperglycemia (cov ntshav qabzib siab). American diabetes Association lub website. <https://diabetes.org/diabetes/medication-management/blood-glucose-testing-and-control/hyperglycemia>