

Dab tsi yog mob ntshav qab zib?

Npaub ntshav txog yog vim li cas thiab yuav ua li cas pab koj kho tau koj tus mob ntshav qab zib kom zoo.



Yog tias koj lossis tus neeg koj paub muaj mob ntshav qab zib, koj tsis yog ib leeg xwb. Muaj ntau lab tus neeg muaj mob ntshav qab zib. Ntshav qab zib tseem tsis tau muaj hau kev kho tau. Tab sis tuaj yeem tswj nws tau.

Hom mob ntshav qab zib uas muaj ntau tshaj plaws yog hom 1 thiab hom 2

Hom 1

Hauv **cov tsos mob ntshav qab zib hom 1**, uas lub cev tsim cov tshuaj insulin tsawg lossis tsis muaj, vim yog lub cev tiv thaiv kab mob uas ua rau cov hlwb tsim cov tshuaj insulin. Yog li ntawm cov neeg mob ntshav qab zib hom 1 yuav tsum noj tshuaj insulin txhua hnuv. Mob ntshav qab zib hom 1 feem ntau tshwm sim hauv cov me nyuam yaus thiab cov neeg hluas, tab sis nws tuaj yeem tshwm sim rau hauv cov neeg laus tau ib yam.

Hom 2

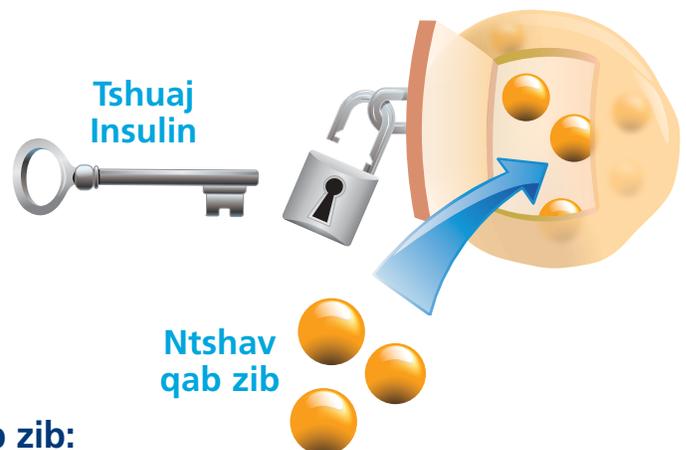
Ntawm tus **mob ntshav qab zib hom 2**, koj lub cev tsis ua hauj lwm rau thiab siv cov tshuaj insulin zoo li nws yuav tsum. Los yog nws yuav tsis tsim cov insulin txaus. Cov neeg feem coob muaj mob ntshav qab zib hom 2. Qee feem kev pheej hmoo rau cov ntshav qab zib hom no suav nrog cov neeg muaj hnuv nyooq laus, muaj lub cev hnyav dhau los sis rog, tsev neeg muaj keeb kwm mob, thiab muaj qee haiv neeg tsawg li keeb kwm mob.

Nkag siab txog tso mob ntshav qab zib

Mobntshav qab zib yog ib yam mob uas lub cev tsis tsim lossis siv cov tshuaj insulin kom raug.

- Thaum koj noj, qee yam ntawm koj cov zaub mov tau tawg mus rau hauv cov ntshav qab zib (ua ib hom suab thaj). Cov Saub Thaj (Glucose) ncig mus los ntawm koj cov ntshav mus rau tag nrho cov hlab ntsha ntawm koj lub cev. Cov hlab ntsha ntawm koj xav tau cov piam thaj txhawb rau kom muaj zog
- Daim siab mos (pancreas), yog ib yam khoom nyob ze rau ntawm koj lub plab, muaj cov cov hlab ntsha beta cells uas tso hormones tawm raug hu ua tias insulin
- Insulin pab txav cov piam thaj los ntawm koj cov ntshav mus rau hauv koj cov hlab ntsha Insulin zoo li tus yuam sij uas qhib lub qhov rooj ntawm koj lub hlwb kom cov piam thaj nkag mus rau hauv thiab siv los ua lub zog. Yog tsis muaj insulin, cov suab thaj ntshav tsis tuaj yeem nkag mus rau hauv cov hlwb thiab nws nyob hauv cov ntshav

Hlab Ntsha (Cell)



Nyob rau ntawm cov neeg mob ntshav qab zib:

- Koj daim siab me tsim cov insulin tau tsawg lossis tsis tau li, lossis
- Koj lub cev tsis muaj kev sib txuas lus thiab siv cov tshuaj insulin raws li qhov yuav tsum tau ua. Qhov no yog hu ua tias yog ib qho pab insulin



Dab tsi yog mob ntshav qab zib?

Tshawb xyuas koj cov ntshav qab zib (cov ntshav qab zib)

Tshawb xyuas koj cov ntshav qab zib-lossis ntshav qab zib-koj tus kheej tuaj yeem yog ib feem tseem ceeb ntawm txoj kev npaj kho mob ntshav qab zib. Kev kuaj xyuas feem ntau yuav qhia rau koj tias:

- Koj cov tshuaj insulin lossis lwm yam tshuaj ntshav qab zib ua hauj lwm
- Kev ua hauj lwm ntawm lub cev, cov khoom noj uas koj noj, thiab kev ntxhov siab cuam tshuam rau koj cov ntshav qab zib zoo li cas

Koj yuav hnov tias zoo dua thiab muaj zog ntau dua thaum koj cov ntshav qab zib nyob ntawm lossis ze koj lub hom phiaj. Kev tswj koj cov ntshav qab zib kuj tuaj yeem ua koj tsis muaj kev phom sij ntawm kev tsm teeb meem los ntawm ntshav qab zib.



Paub A1C ntawm koj

Kev kuaj A1C ntsuas qib ntawm koj cov ntshav qab zib nyob rau ntawm 3 lub hlis. Nws zoo li "kev nco" ntawm koj cov ntshav qab zib. Nws qhia rau pom tau tias koj tswj koj cov qib zoo npaum li cas thaum lub sij hawm dhau mus.

Kev ntsuas ntshav qab zib ob zaug ntxiv pab ua rau A1C ntawm koj:

- FPG yog koj cov ntshav qab zib uas yoo mov. Nov yog koj tus lej ntshav qab zib thaum koj tau yoo mov (tsis noj) yam tsawg kawg 8 teev
- PPG yog tshav qab zib sib tom qab noj puas mov ntawm koj. Qhov no yog koj cov ntshav qab zib tom qab noj mov, uas koj kuaj txog 1 mus rau 2 teev tom qab koj pib noj. Nws ntsuas cov ntshav qab zib uas tshwm sim tom qab koj noj zaub mov

Ob qho tib si xws li FPG thiab PPG ntawm koj yuav tsum nyob ntawm lawv lub hom phiaj txhawm rau kom ua rau A1C mus raws li lub hom phiaj.

Nov yog qhov A1C cuam tshuam li cas rau qhov kwv yeas nruab nrab cov ntshav qab zib them:

Cov qib A1C	Kwv yeas ntawv kev ntsuas ntshav qab zib (cov ntshav qab zib)
5%	97 mg/dL
6%	126 mg/dL
7%	154 mg/dL
8%	183 mg/dL
9%	212 mg/dL
10%	240 mg/dL
11%	269 mg/dL
12%	298 mg/dL

Tau hloov kho los ntawm Lub Koom Haum Neeg Meskas Mob Ntshav Qab Zib (American Diabetes Association). Cov qauv kev saib xyuas mob ntshav qab zib—2024. Kev Saib Xyuas Mob Ntshav Qab Zib. 2024;47(siv tau 1):S1-S314.

Thov hais qhia rau koj txog kev kuaj saib A1C:

- Yam tsawg kawg yuav tsum 2 zaug hauv ib xyoos yog tias koj cov ntshav qab zib mus raws li koj lub hom phiaj
- 4 zaug hauv ib xyoos yog tias koj tsis ua raws li koj lub hom phiaj los sis yog tias koj qhov kev kho mob tau hloov lawm

Raws li American Diabetes Association, txo koj cov A1C kom qis dua 7% tuaj yeem ua rau koj tsis muaj kev phom sij ntawm qee yam mob ntshav qab zib, xws li teeb meem nrog koj cov hlab ntshaqhov muag, thiab ob lub raum. Koj tus kws kho mob yuav qhia koj tias koj tus kheej lub hom phiaj A1C yuav tsum yog dab tsi.

Nrog koj pab neeg saib xyuas mob ntshav qab zib tham txog lub hom phiaj A1C ntawm koj thiab sau nws rau ntawm no: _____

Thaum mus kuaj koj cov ntshav qab zib

Koj thiab koj pab neeg saib xyuas mob ntshav qab zib yuav txiav txim siab thaum twg thiab ntau npaum li cas koj yuav tsum mus kuaj xyuas koj cov ntshav qab zib. Nov yog qee lub sij hawm koj tuaj yeem xav kuaj:

- Thaum pw tsaug zog thiab thaum sawv, saib seb koj cov ntshav qab zib nyob li cas thaum koj tsaug zog
- Ua ntej noj mov lossis khoom noj txom ncauj, kom paub tias koj cov ntshav qab zib yog dab tsi ua ntej koj noj
- 1 mus rau 2 teev tom qab pib noj mov, saib seb cov zaub mov koj noj puas cuam tshuam rau koj cov ntshav qab zib
- Ua ntej thiab tsis puas tsawg feeb tom qab kev tawm dag zog lub cev, kom pom tias kev ua hauj lwm zoo li cas cuam tshuam rau koj cov ntshav qab zib
- Txhua zaus koj xav tias koj cov ntshav qab zib tej zaum yuav qis dua

Nyob rau ntawm cov tshuaj koj tau noj, koj tus kws kho mob tshaj lij saib xyuas kev noj qab haus huv tej zaum xav kom koj kuaj koj cov ntshav qab zib ntau dua lossis tsawg dua. Nrog nws sib tham txog yuav kuaj xyuas ntau npaum li cas thiab thaum twg thiaj li tsm nyog kuaj xyuas.

Qhia txog kev kuaj koj cov ntshav qab zib thiab muab khaws cia es taug qab saib koj cov nawj npawj kuaj

Tam sim no muaj ntau hom tshuab (meters) sib txawv ntshuas mob ntshav qab zib. Pab neeg saib xyuas cov neeg mob ntshav qab zib tuaj yeem pab koj xaiv lub ntsuas ntsuas thiab qhia koj siv nws.

Qho tseem ceeb uas yuav tsum tau muab sau koj cov ntshav qab zib kom koj tuaj yeem taug qab qhov ua rau ntshav qab zib nce lossis nqis. Qee lub tshuab ntsuas (meters) kuj tseem khaws cov ntaub ntawv ntawm koj cov ntshav qab zib yav dhau los. Koj kuj tseem tuaj yeem thov cov ntaub ntawv hais qhia ntawm **NovoCare®** rau koj pab neeg mob ntshav qab zib tau thiab. Lossis mus rau www.NovoCare.com saib raws online.



Dab tsi yog mob ntshav qab zib?

Kev tswj saib xyuas mob ntshav qab zib hom 2

Raws li feem ntawm koj txoj kev npaj kho mob ntshav qab zib, koj pab neeg saib xyuas tej zaum yuav hais kom koj noj cov tshuaj ntshav qab zib sib txawv xws li tshuaj ntsiav lossis lwm yam tshuaj uas tsis yog insulin.

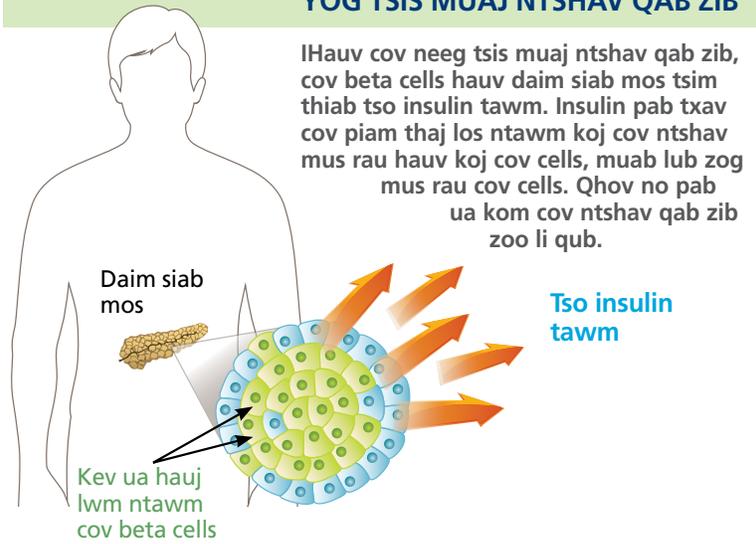
Koj pab neeg saib xyuas mob ntshav qab zib yuav pab koj tsim txoj kev npaj kho mob ntshav qab zib uas tsim nyog rau koj. Tsis tas li ntawv kev noj tshuaj, koj yuav tsum muaj kev npaj kom noj zaub mov sib npaug thiab zoo rau lub cev, ua kom lub cev taug tawm dag zog txhua hnuv, ua rau lub cev sib thiab nyob ntawm koj lub hom phiaj, thiab taug qab saib koj cov ntshav qab zib.

Tam sim no nws paub meej tias mob ntshav qab zib hom 2 tseem yuav hloov mus ntxiv txhua lub sib hawm:

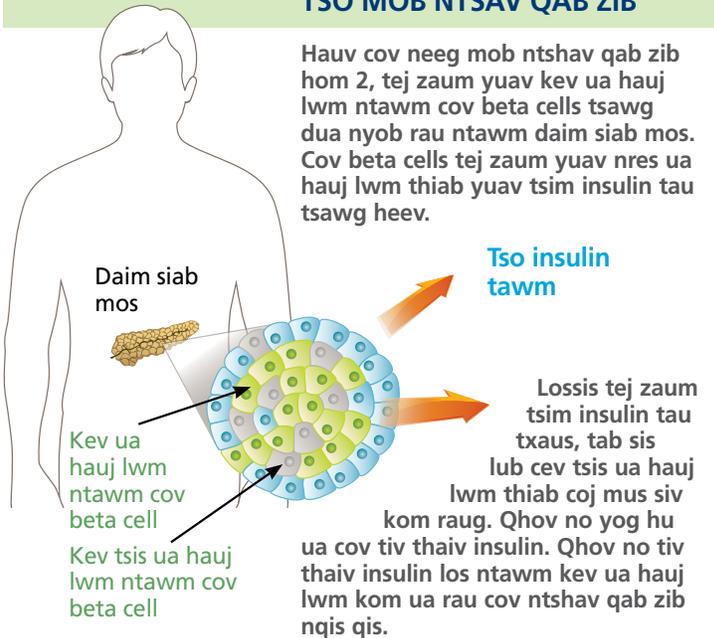
- Tej zaum cov beta cells yuav nres ua hauj lwm
- Xws li cov lej lossis kev ua hauj lwm ntawm cov beta cells nqi lawm, tej zaum daim siab me yuav tsim insulin tau tsawg
- Cov beta cell tej zaum yuav tsim insulin, tab sis lub cev tsis ua hauj lwm thiab coj mus siv kom raug. Tom qab ntawv cov beta cells tej zaum yuav pab tsim insulin ntxiv. Tab sis raws li lub sij hawm dhau mus, daim siab mos tsis tuaj yeem tsim cov tshuaj insulin txaus
- Raws li koj tus mob ntshav qab zib hloov pauv, koj txoj kev kho mob kuj yuav tsum tau hloov raws sij hawm

Kom Zam cov teeb meem ntsig txog ntshav qab zib, nws yog ib qho tseem ceeb uas yuav tsum ua kom koj cov ntshav qab zib nyob sib xws raws li koj lub hom phiaj ntau dua. Koj tuaj yeem paub ntau ntxiv ntawm www.NovoCare.com. Lossis nug koj pab neeg saib xyuas mob ntshav qab zib kom paub ntau ntxiv. Thiab tham nrog lawv txog kev kho mob ntshav qab zib hom twg yog qhov zoo rau koj.

YOG TSI MUAJ NTSHAV QAB ZIB



TSO MOB NTSAV QAB ZIB



Mus saib hauv www.NovoCare.com yog xav paub ntxiv thiab cov ntaub ntawv tseem ceeb! Tsom koj lub koob yees duab smartphone ntawm QR code kom nkag mus saib lub vev xaib ntawm koj lub xov tooj.



Tshuaj xyuas kuv tau!

Novo Nordisk Inc. muab kev tso cai los luam cov ntaub ntawv no txhawm rau lub hom phiaj ua pab dawb nkaus xwb nrog rau hauv cov xwm txheej uas daim ntawv khaws cia hauv nws cov qauv qub thiab cov ntawv ceeb toom kev cai raug tso tawm. Novo Nordisk Inc. muaj txoj cai tshem tawm qhov kev tso cai no txhua lub sij hawm.

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