

Muaj kev phom sij mob ntshav qab zib thiab (Prediabetes) Muaj Mob ntshav qab zib rau ntawm cov neeg loj (Diabetes)

Nws yog ib qho tseem ceeb kom paub tias koj tuaj yeem ua dab tsi los pab taug qab saib thiab txo cov teeb meem mus sij hawm ntev.



Dab tsi yog qhov txawv ntawm prediabetes thiab diabetes?

Qhov txawv ntawm prediabetes thiab diabetes yog nyob rau hauv cov ntshav qab zib (cov ntshav qab zib) siab npaum li cas. Prediabetes yog thaum koj cov ntshav qab zib nce siab dua li qub tab sis tsis siab txaus uas yuav los kuaj pom tias yog mob ntshav qab zib hom 2. Saib cov ntaub ntawv uas nyob rau ntawm nplooj 2 kom pom cov qib.

Dab tsi yuav tshwm sim rau hauv koj lub cev?

Ib yam mob hu ua insulin tsis kam ua rau muaj kev phom sij ntawm ob qhov xws li prediabetes thiab diabetes hom 2. Insulin yog ib yam tshuaj uas pab ua rau kom cov piam thaj tawm ntawm cov zaub mov txav ntawm koj cov ntshav mus rau hauv koj lub cev cov cells. Koj cov cells xav tau cov piam thaj txhawb rau kom muaj zog Cov piam thaj tuaj yeem los ntawm cov khoom noj qab zib thiab dej qab zib, xws li khoom noj qab zib, ncuav qab zib, thiab dej qab zib, lossis los ntawm carbohydrates xws li txiv hmab txiv ntoo, qhob cij, mov, pasta, thiab mis nyuj.

Nyob rau ntawm kev tiv thaiv (resistance) insulin, koj lub cev tsim cov tshuaj insulin tab sis tsis muaj kev sib txuas thiab siv nws yam muaj txiaj ntsig, yog li ntawv cov piam thaj thiaj li tsim nyob hauv cov ntshav tau. Feem ntau cov neeg uas muaj kev tiv thaiv (resistance) insulin tsis paub tias lawv puas muaj cov tso mob no. Cov xov xwm zoo yog tias txhua leej paub thaum ntov tias lawv muaj cov tshuaj tiv thaiv (resistance) insulin, tej zaum lawv tuaj yeem ncuav sij hawm ua rau mus mob ntshav qab zib hom 2. Saib lub npov ntawm nplooj 2 kom paub seb yuav pab txo koj txoj kev phom sij li cas.

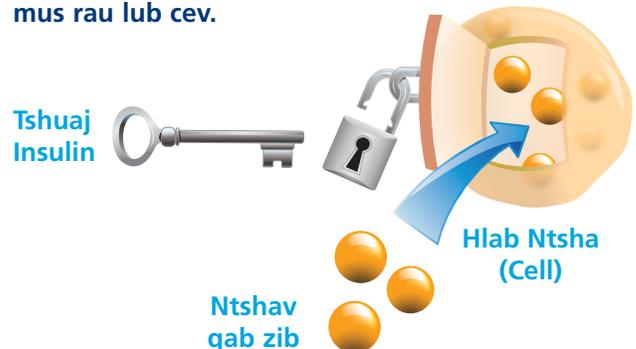
Leej twg muaj nyob rau txoj kev phom sij?

Nov yog qee qhov kev phom sij rau kev mob ntshav qab zib (prediabetes) thiab kev mob ntshav qab zib (diabetes):

- Muaj phaus ntau dhau lawm lossis muaj tso mob kev rog
- Muaj hnuv nyug 35 xyoo lossis ntau tshaj ntawv
- Keeb kwm ntawm tsev neeg muaj tso mob ntshav qab zib hom 2
- Qoj ib ce siv lub zog yam tsawg kawg yog 3 zaug hauv ib thiv
- Muaj keeb kwm mob ntshav qab zib thaum cev xeeb tub
- Muaj lub tsev me nyuam ntau daim
- Koom nrog ib pawg haiv neeg uas muaj tso mob ntshav qab zib nyob rau txoj kev phom sij siab, xws li neeg Native American, African American, Hispanic/Latino, Pacific Islander, lossis Asian American

Nws yog ib qho tseem ceeb los tham txog koj cov kev phom sij nrog koj tus kws kho mob. Yog tias koj xav tias koj yuav muaj kev phom sij rau kev mob ntshav qab zib (prediabetes), mus ntsib koj tus kws kho mob kom kuaj.

Insulin ua hauv lwm zoo li tus yawm sij, qhib lub qhov rooj ntawm cov cell hauv koj lub cev kom tso cov ntshav qab zib hauv nkag los. Thaum lub qhov rooj cell qhib, cov piam thaj tuaj yeem txav tawm ntawm cov ntshav mus rau hauv cov cell, qhov chaw nws nyob tau. Thaum nkag mus rau hauv cells lawm, glucose yuav txhawb dag zog mus rau lub cev.



Muaj kev phom sij mob ntshav qab zib thiab (Prediabetes) Muaj Mob ntshav qab zib rau ntawm cov neeg loj (Diabetes)

Yuav kuaj mob ntshav qab zib tau li cas?

Tej zaum koj yuav muaj ntshav qab zib yam tsis muaj tsos mob. Kev kuaj mob ntshav qab zib hom 2 thiab/los sis ntshav qab zib hom 2 yuav tsum pib thaum muaj hnub nyoog li 35 xyoos tab sis tuaj yeem tshwm sim ntxov rau cov neeg uas muaj qee yam kev pheej hmoo mob ntshav qab zib. Qhov no tuaj yeem ua tiav nrog ib qho ntawm cov kev kuaj txuas ntxiv no*:



- **Kuaj tso mob ntshav qab zib tsis noj zaub mov (FPG)**—Kuaj ntsuas mob ntshav qab zib thaum tsis tau noj ab tsi li yam tsawg kawg yog 8 teev
Muaj ntshav qab zib (Prediabetes): 100–125 mg/dL
Muaj ntshav qab zib (Diabetes): 126 mg/dL lossis siab tshaj
- **Kuaj xyuas kev ruaj rau glucose hauv qhov ncauj (OGTT)**—Kuaj ntsuas xyuas koj lub cev txav cov piam thaj los ntawm cov ntshav mus rau cov nqaij (tissues) xws li qhov muaj zog thiab muaj roj Kuaj ntsuas xyuas tom qab uas koj tsis tau noj ab tsi li yam tsawg kawg yog 8 teev thiab 2 teev tom qab koj haus dej 75 g ntawm cov glucose uas kws kho mob muab lossis chav kuaj mob tau npaj tseg cia
Prediabetes: 140–199 mg/dL
Diabetes: 200 mg/dL lossis siab tshaj
- **A1C**—Kuaj ntsuas xyuas cov ntshav qab zib uas nyob rau ntawm 3 hlis dhau los ntawm koj
Ntshav qab zib (Prediabetes): 5.7%–6.4%
Ntshav qab zib (Diabetes): 6.5% lossis siab tshaj

Koj tus kws kho mob yuav saib xyuas cov txiaj ntsig ntawv kom kuaj ntshav qab zib (prediabetes) thiab ntshav qab zib (diabetes).

*Cov kev ntaus nqi tau qhia pom yog rau cov neeg cev tsis xeeb tub.

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.

Koj yuav txo koj qhov kev phom sij ntawm kev mob ntshav qab zib (diabetes) hom 2 yog tias koj muaj mob ntshav qab zib (prediabetes)?

Qho tseem ceeb yuav tsum noj kom muaj zog thiab qoj ib ces . Kev poob phaus yog txoj hauv kev zoo tshaj plaws kom tsis txhob muaj ntshav qab zib hom 2 yog tias koj muaj phaus ntau dhau lawm lossis rog. Tham nrog koj tus kws kho mob txog qhov koj lub hom phiaj qhov hnyav yuav tsum yog li cas.

Yog tias koj muaj ntshav qab zib, koj cov ntshav qab zib yuav tsum tau kuaj txhua xyoo. Raws li American Diabetes Association (ADA), yog tias koj cov ntshav qab zib zoo li qub, koj yuav tsum tau kuaj xyuas lawv txhua rau ntawm 3 xyoos, lossis ntau zaus yog tias koj tus kws kho mob hais kom ua.

Mob ntshav qab zib (Prediabetes) tsis tuaj yeem hloov mus rau hom 2 mob ntshav qab zib (diabetes). Koj tuaj yeem ua cov kauj ruam los txo koj txoj kev phom sij.

ADA hais tias koj tuaj yeem txo koj txoj kev phom sij rau ntshav qab zib hom 2 los ntawm:

- Poob phaus ntawm koj lub cev tsuas yog 7% (lossis 15 pounds yog tias koj hyav 200 pounds)
- Qoj ib ce nyob rau nruab nrab (xws li taug kev ceev) li 30 minutes ib hnub, 5 hnub ib thiv
- Txiav luam yeeb



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.



Tshuj xyuas kuv tau!

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