

# Iloqaptasik Sismoqnian kmal'tem Ta'n tujiw eskmaqtman

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**Koqoey wjit iloqaptasitew nmal'tem  
wjit sismoqniaq kmal'tem ta'n tujiw  
eskmaqtmayann?**

- No'pa Sko'sia pukwelkik sismoqniaq wmal'temuew.
- Ta'n tujiw eskmaqtmamk atki'k tetapuiaq kisi'sin **Eskmaqtmamkewey Sismoqniaq kmal'tem** (sismoqniaq kmal'tem pasik ta'n tujiw eskmaqtmamk).
- Kisi-ku'kntes elt **Etek ki's Sismoqniaq kmal'tem** (sismoqniaq kmal'tem ta'n ki's etek ke'sk mu poqtikitmawun) toqo mu kejitu'n. Ta'n tujiw eskmaqtmamk aji-mtue'k maliaptmumk.
- Sismoqniaq kmal'tem ta'n tujiw eskmaqtmamk kisi-ajkineyultew ki'l aqq ma'w knijann.
- Nqasi-we'jitasik sismoqniaq kmal'tem apoqnmultew wl-tajikeyinew ki'l aqq knijan teli-pkiji-skmaqtman. Amujpa tepjikataln, tetpaqi-maliaptmn kmal'tem, aqq nemi'jik ta'n maliamiskik wjit sismoqniaq kmal'tem.

- Ku'knmin eskmaqtmamkewey sismoqniaq kmal'tem aqq tetpaqi-maliaptmn, aji-apje'jkitew siaw-sismoqnien elmi'knik.

## Tale'k nuta'q iloqaptasin kmal'tem wjit sismoqniaq kmal'tem?

- Nuta'q iloqaptasin kmal'tem wjit sismoqniaq kmal'tem **amkwesewey elien iloqaptasin kmal'tem** ta'n tujiw poqtikitman kisna teli-nqasayu poqtikitman.

## Koqoey we'wmi'tij iloqaptasin sismoqniaq kmal'tem atel poqtikitmamk?

- Ki's lietis iloqaptasin kmal'tem telui'tasik **A1C** (glycated hemoglobin).
- Piluey iloqaptasin kmal'tem, **fasting plasma glucose**, wiaqa'tasik ta'n tujiw aji-pepse'k **higher risk** sismoqnian kmal'tem (ankapte'n ewikasik pkewe'k), ku'knmin puklukwaney ksnukaqn, kisna wjiaq ta'n wetapeksin (wejiaq ta'n wetakutmn) ksnukwaqnn kmal'teme'l (sickle cell anemia kisna thalassemia).

## **Aji-pepse'k msnmin sismoqniaq kmal'tem elmiaq:**

- ki's ku'knmin ke'sk mu poqtikitmawunek
- ki's ku'knmin eskmaqtmamkewey sismoqniaq kmal'tem ki's eskmaqtmank
- skmalj atelkik mijua'ji'jk jel mu newte'jit (nkutey tqope'jk kisna nesupe'jk)
- atelk pema'tu'n ktinink (BMI index) aqq jel 40 kisna aji-espitek
- ku'knmin ksnukwaqn teluisik Polycystic Ovary Syndrome (PCOS)
- we'wmn corticosteroids (nkutey prednisone)
- wetapeksin ta'n pukwelk sismoqniaq wmal'temuew (nkutey L'nu'k, No'pa Sko'sia-ewaq/Kanatewaq kankakwejk, South Asian, kisna Hispanic)

## **Tala'sik katu ta'n tujiw weltek iloqaptasik nmal'tem?**

Nuta'tew **app il-lien iloqaptasik** kmal'tem ika'n weja'tekemk 24 mi'soqo 28 ekntie'wuti'l. Nike' na piluamu'ktitew ta'n teli-iloqaptasik kmal'tem. Eykik wenik l'ta'taqq ta'pu iloqaptasik kmal'temuew tapu'kl pilue'l na'kwekl.

Amskwesewey teluisik **glucose challenge test (GCT)**.

- Pipanimuksites sam'qwan sismoqnapu ta'n wiaqiaq 50-grams sismoqn. Tujiw wksua'tulten kmal'tem kis-pmiaq newt ajiet.
- Kisi-lietes ta'n pasik tele'k na'kwek.
- **Mu nuta'nuk sune'win wjit ula nekmowey.** Mijisites aqq tlukwetes ta'n te'sikiskik tel-lukwen.
- Kijka wunaqtek ula nekmowey kmal'tem, na eyk wen nuta'tew app il-lien.

Ta'puewey teluisik **oral glucose tolerance test (OGTT)**. Ula lietes piluey na'kwek.

- Pipanimuksites sam'qwan ta'n wiaqtek 75-grams sismoqnapu. Si'st wksua'tulten kmal'tem: ke'sk mna'q essam'qwawun, ne'wt ajiet kisi-pmiaq, ta'pu ajiet weja'tekemk ta'n tele'k kis-sam'qwan.
- **Amujpa sune'win** (mu kis-mijisiwun kiswa kis-sam'qwawun koqoey pasik sam'qwan 8-10 ajiet ke'sk mu eliewun).

## **Koqoey wjit tel-keknuék ula tapu'kl iloqaptasik kmal'tem lien?**

- Ula na teli-iloqaptasik kmal'tem kekinua'tekek ta'n teli-wksua'toq ktinin sismoqn aqq ta'n tela'lisk ksismoqnm eskmaqtmán.

Ma' tala'luluk ki'l aqq ma' tala'luluk knijan elien ula iloqaptasik kmal'tem.

## **Katu mu liewann iloqaptasin nmal'tem ta'n tujiw poqtikitmayanek?**

- Mu iloqaptasinuk kmal'tem atel poqtikitmán na' nuta'tew iloqaptasin 24-28 ekntie'wuti'l, aqq tmk amuj lietes glucose challenge test (GCT). Aqq wije'titaq 75-gram OGTT el'miaq nuta'q.

## **Tali-ilajuktm 75-gram OGTT?**

**Na'kwekl ke'sk mna'q eliewun iloqaptasin kmal'tem:**

- Mukk pilua'tu ta'n telataln (Ta'n koqoey malqutmn kisna tele'k mijisin) mita pilua'tew ta'n teltek kmal'tem.
- Ksnukwan ta'n na'kwek elien iloqaptasin kmal'tem na mukk liew. Kinua'teke aqq tlim nuta'q piluey na'kwek lien ta'n tujiw iltaqien.

## Na'kwek elien Tel-kaqmutmumk 75-gram essamqwamk sismoqnapu (OGTT).

- Ukmuljin ajiet sqana'qu'j ke'sk mu eliewun iloqaptekemk:
  - › **MUKK** malqutmu koqoey, mukk samqwaw koqoey, mukk wtmaw kiswa ewe'kiska'lsiw. Tekle'jk sam'qwan kis-sam'qwatesk.
- 5 min. ala'tu'n ksipatun sismoqnapu.
- Ke'sk wessua'tasik kmal'tem, tlimuksitesk
- wantaqkopi mita awsami-aja'sin kis-pilua'tew ta'n teluek iloqaptekemk.
  - › mukk nqatmu etli-wsua'tasik mal'tew mi'soqo kaqi-kisa'luksin.
  - › mukk malqutmu koqoey – kisi-nespntesk ewsi-ktaqma'simk wjit kaqi-kisa'teken.
  - › Kmal'tem wsua'ten ke'sk mu essamqwawun sismoqnapu. Ewe'wasik kinuateken ta'n teltek kma'ltem sune'win.
- Ta'n teltek kmal'tem , jiptuk ma' nuta'nuk essam'qwan sismoqnapu.
- **Ta'pu kisi-ajiet** sqana'qu'j tujiw essamqwatmnek sismoqnapu kma'lten wsua'tten.

**Mikwite'ten:** ta'n wenik wessua'tu'tij mal'tew ma' kis-tlimulu'k ta'n teltek kmal'tem. Malpale'wit kinua'tultew.

## Tali-l'kimuksim kmal'tem iloqaptasin?

- Iknmuksitesk kwilutaqn (wi'katikn ewe'wmi'tij etli-iloqaptekmk) kwilutmn iloqaptasiktn kmal'tem.
- Elmiaq keknue'k ela'timk ksua'tasin kmal'tem, malpale'wit kisi-kwiluttew ta'nuk lietesk.
- Iloqaptekmkl etl-lukwasikl etli-wsua'tasik mal'tew. Pipanikesitesk etli-wsua'tasik mal'tew tepow eymn mita mu e'tasiw elukwatmi'tik Tel-kaqmutmumk 75-gram essamqwamk sismoqnapu (OGTT).
- Kisi-kwiluttesk iloqaptekmk kompu'tl-iktuk kisna mattaqa'tekewj.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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