

Tali-l'kimuksim kmal'tem iloqaptasin?

- Iknmuksitesk kwilutaqn (wi'katikn ewe'wmi'tij etli-iloqaptekek) kwilutmn iloqaptasiktn kmal'tem.
- Elmiaq keknu'e'k ela'timk ksua'tasin kmal'tem, malpale'wit kisi-kwiluttew ta'nuk lietesk.
- Iloqaptekekml 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 iloqaptekek 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.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: The Diabetes Care Program of Nova Scotia
Designed by: Nova Scotia Health Library Services

M185-2446 © August 2022 Nova Scotia Health Authority
To be reviewed August 2025 or sooner, if needed.

Iloqaptasik Sismoqnian kmal'tem Ta'n tujiw esmaqtmán

Iloqaptasik Sismoqnian kmal'tem Ta'n tujiw eskmaqtman

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

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

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 wtmax kiswa ewe'kiska'lsiw. Tekle'jk sam'qwan kis-sam'qwatesk.
 - 5 min. ala'tu'n ksipa'tun 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 essamqwamnek 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.

Koqoey wjit tel-keknuek 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'lik ksismoqnm eskmaqtman.

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 poqtikitman 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 kiswa 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 ilitaqien.

- 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 amkewesewy elien iloqaptasin kmal'tem ta'n tujiw poqtikitman kiswa 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 puklukwane y ksnukaqn, kiswa wjiaq ta'n wetapeksin (wejiaq ta'n wetakutmn) ksnukwaqnn kmal'teme'l (sickle cell anemia kiswa thalassemia).

Aji-pepse’k msnmin sismoqniaq kmal’tem elmiaq:

- ki’s ku’knmin ke’sk mu poqtkitmawunek
- ki’s ku’knmin eskmaqtmamkewey sismoqniaq kmal’tem ki’s eskmaqtmamek
- skmalj atelik mijua’ji’jk jel mu newte’jit (nkutey tqope’jk kiswa nesupe’jk)
- atelk pema’tu’n ktinink (BMI index) aqq jel 40 kiswa 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 kantakwejk, South Asian, kiswa 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).