

Menaqaj Iloqaptasik Sismoqnian Kmal'tem Kisi-we'jitamk

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Screening for Diabetes After Pregnancy



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Katu mu' taltenuk nma'ltem wjiëyan iloqaptekmk?

- Elmiaq sismoqniaqsip kmal'tem eskmaqtmanek kisi-tlitpiestesk app elmiaq app eskmaqtman.
- Iloqaptasij kmal'tem app ke'sk mu eskmaqtmawun app.
- Lie iloqaptasiktn sismoqniaqtn kmal'tem te's newtipunqek mi'soqo nesipunqekl.

Menaqaj Iloqaptasik Sismoqnian Kmal'tem Kisi-we'jitamk

Nuta'q menaqaj iloqaptasiktn sismoqnian nmal'tem kisi-we'jitayan?

E'e, nuta'q menaqaj iloqaptasiktn elmiaq:

- > Sismoqniaqsip kmal'tem eskmaqtmanek

Kisna

- > Iloqaptasikek kmal'tem eskmaqtmanek we'jitasiksip ketloqo wesko'tmn sismoqniaq kmal'tem (ke'sk mu poqji-kitmawunek).

Ta'nuk nuta'q iloqaptasiktn nmal'tem?

- Nuta'q iloqamuksin wjit sismoqniaq mal'tew kis-pmiaq natamiaw 6 ekntie'wimkl mi'soqo 6 teknu setk kis-we'jitan.
- Aji-nqasayiw nuta'q iloqamuksin wjit sismoqniaq mal'tew (6 ekntie'wimkl mi'soqo 8 ekntie'wimkl) elmiaq iloqaptasikek kmal'tem eskmaqtmanek we'jitasiksip ketloqo wesko'tmn sismoqniaq mal'tew.

Koqoey wjít weliaq iloqaptasik kmal'tem?

- Elmiaq sismoqniaqsip kmal'tem eskmaqtmanek, nesana'q klapis ala'tun sismoqniaq mal'tew, kiswa wsko'tmn Type 2 sismoqniaq mal'tew. **Te's ne'sijik wenik** sismoqniaqsip wmal'temuew ke'sk eskmaqtma'tijek newte'jit ketloqo wesko'tk sismoqniaq mal'tew, kiswa epsitkwetek sismoqn kmal'temk iloqaptasikek kis-we'jitaneke.
- **Ala'tu'n sismoqniaq mal'tew toqo mu kejitu'n, nesana'q na'talitpien.** Kutey nike' piluaptekek, ksnukwaqn nqasi-msnmn (kutey UTI's), aqq kkamlamun kiswa pukluank klapis menaqnewa'sitaq.
- Ala'tu'n sismoqniaq mal'tew etek naji-kitnman app skmaqtman. Naqsi-we'jitumk sismoqniaq mal'tew aqq menaqaj maliaptasik altu'a'tew tel-kitnmamk.

Katu mu menuekewan iloqamuksin?

- Alsumsin na menueken kiswa moqo, aqq mu tale'nuk we'kwata'simk, pukwelk wen tela'sit. Nenmn ktinin telaskmaq apoqnmultew ta'n ketu'-tla'teken. Katu keknue'k kjijitun wsko'tmn sismoqniaq mal'tew menaqaj kis-maliamsitesk aqq altu'a'tun tel-kitnmamk.

Talitpietes wsko'tman sismoqniaq nmal'tem?

- Ta'n wenik maliamsikik wjít ta'n teli-sismoqniaq kmal'tem apoqnmuksitoqsip ki'l aqq kikmaq nikanite'tmnew menaqaj tl-maliamsitesk.

Nusseskwey me' net kis-lietes ula iloqaptekek?

E'e. Kisi-nusseskwemk aqq me' ela'timk iloqaptekek.Ta'n teltek Tel-kaqmutmumk 75-gram essamqwamk sismoqnapu (OGTT), jiptuk amujpa il-lietesk elmiaq pun-nusseskwen.

Kis-tala'tekek kulaman ma' sismoqnianuk nmal'tem kiswa maliamsin elmiaq sismoqniaq nmal'tem?

- Kla'qij alu'sa'lsi wji-n'tu teli-aji-ksukulu'tip eskmaqtmanek.
- Tajjikatale'n. Kecnue'k ktaqma'si te'sikiskik.
- Ewe'kiska'lsi. Allika'l knijan te'sikiskik.
- Wli-npa. Atlasmi ta'n tujiw knijan nepaj.

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

- Ukmuljin ajiet sqana'qu'j ke'sk mu eliewun iloqaptekmk:
 - › MUKK malqutmu koqoey, mukk samqwaw koqoey, mukk wtmaw kiswa ewe'kiska'lsiw. Tekle'jk sam'qwan kis-sam'qwatesk.
 - 5 min. ala'tu'n ksipa'tun sismoqnapu.
 - Si'st ajiet kjijitutes sismoqnien kiswa moqo.
 - Ke'sk wessua'tasik kmal'tem, tlimuksitesk
 - › wantaqkopi mita awsami-aja'sin kis-pilua'tew ta'n teluek iloqaptekmk.
 - › 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 essamqwاتمnek 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 ewe'wasik kwilmumk sismoqniaq mal'tew?

- Wjit pukwelkik, ewe'wasik Tel-kaqmutmumk **75-gram essamqwamk sismoqnapu (OGTT)**. Essamqwan ula sismoqnapu ta'n tujiw elien etli-wsua'tasik aqq iloqaptasik mal'tew. Wsua'tten kmal'tem ke'sk mu essamqwatu'mu'n sismoqnapu tujiw app 2 ajiet sqana'qu'j pemiaq tujiw kspa'tu'tip sismoqnapu.
- Malpale'wit etlite'tk ki's wesko'tmn sismoqniaq mal'tew pasik l'kimuksitesk **wessua'tumk mal'tew kis-sune'wimk**.
- Wjit kitk iloqaptekmkl, **nuta'tew sune'wimk** (mu mijisiwun kiswa essamqwawun) 8-10 ajiet pemiaq ke'sk mna'q wessuatasinuk kmal'tem.
- Ma' kitnawun elien iloqaptekmk.

Koqoey wjit tetuji keknue'kl ula iloqaptekmkl?

- Iloqaptasik kmal'tem ekinua'tekek ta'n ktinin tel-we'wk sismoqn ta'n tujiw mu eskmaqtmawun.

Tali-l'kimuksimk 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 iloqaptekekml kompu'tl-iktuk kisna mattaqa'tekewj.

Tal-klite'tes aqq tepkisa'tes na'kwek iloqaptasiktn nmal'tem?

- Nikanita'si. Keknu'e'k ula iloqaptekekml lukwasiktn weja'tekemk asukom ekntie'wimkl aqq ke'sk mu asukom tepknusetewe'l pemianuk kis-we'jitan.
- Kwilute'n la'luksin na ekntie'wimkewey naji-ankamj malpale'wit. Kulaman ma'awanta'siwun. Kisi-kwiluttesk ke'sk mu eliewun iloqamuksin asukomewey ekntie'wimk kisi-we'jitan.
- Pipanim na'tuen kikmaq kisna kitapk nespim ta'n tujiw elien.

Tali-ilajukt m lien Tel-kaqmutmumk 75-gram essamqwamk sismoqnapu (OGTT)?

Na'kwekl ke'sk mu eliewun iloqaptekekml:

- Mu pilua'tu telataln (koqoey malqutmn aqq ta'n tujiw ketaqma'sin), mita kisi-pilua'tew ta'n teltek iloqaptekekml.
- Elmiaq ksnukwan na'kwek kisutasikip lien iloqaptekekml, kinua'tu aqq kwilute'n piluey na'kwek. Wjiniu'kwalsi mu aji-skman aqq ne'siskl na'kwekl weja'tekemk amskweseweywek.

Koqoey ketu-pipanikesin?

Pipanikesi. Eymu'tiek apoqnmulninen.