

Kae kua kaeke kua nakai manako au ke taute ha hikiaga?

Ka nakai fai hikiaga ke he tuluiaga mo e moui, to au atu ni e kelea he haau a gagao suka mo e moumou ai e haau a tau hoko toto mo e tau hoko moui he tino. Maeke ke tupu ai e tau lekua ke he haau a tau fuaifi, tau hui mo e tau mata. Maeke he gagao suka ke malikiti ki luga e tuaga hagahaga kelea ke moua ai e gagao ase mo e stroke.



Kua hāhā ki ai e tau lagomataiaga

Ko e tau tagata oti ne moua he gagao suka vahega 2 to monuina ai kaeke kua o atu ai ke he fakaakoaga ma e levekiaga fakatagata he gagao suka.

Kaeke kua moua e koe e logonaaga kua to molea lahi, hāhā i ai e tau matakau mo e tau tagata ne kua fiafia ke fakakite atu e ha lautolu a tau puhala lagomatai ke moui mitaki mo e gagao suka –ole ke he tagata ne leveki atu ke he haau a moui malolō tino hagaa ke he tau vevehega ma e tau lagomataiaga nei.



Nakai iloa poke moua mooli a koe he gagao suka vahega 2?

Tokologa he tau tagata kua nakai iloa kua moua e lautolu e gagao suka vahega 2. Ko e puhala ni ne kua maeke ke iloa ai ke taute e tiviaga HbA1c ma e toto. Kaeke kua tokoluga e haau a numela HbA1c, kua au atu e tu hagahaga kelea a koe ke moua e tau lekua ke he malolō tino ha ko e gagao suka.

Taute taha fakamauaga ke lata ma e huluaga ma e gagao suka mo lautolu ne leveki atu ke he haau a moui malolō tino kaeke ko koe kua:

- molea lahi e mamafa he tino
- kua fai tagata he magafaoa ne moua e gagao suka
- moua ai e gagao suka he magaaho ne fatu ai
- ko e tagata Maui, Pasifika poke Initia
- moua he toto tokoluga.



80% he gagao suka vahega 2 kua maeke ke taofi ai kaeke kua fai hikiaga ke he puhala ne moui ai

Mahuiga e haau a malolo tino



Moua e tau vala tala nei mai he poko kupega hila he Healthify He Puna Waiora, ne moua ai e tau koloa totou ne mukamuka ke maama mo e ataina ke moua noa. **Ne tamai he Health Navigator Charitable Trust e Healthify He Puna Waiora kia koe.**

Ahiahia ke he ha mautolu a matakavi www.healthify.nz

Healthify
He Puna Waiora

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Niuean

GAGAO SUKA VAHEGA 2 MOUI MALOLŌ TINO HE ENDOCRINE

Moui mitaki mo e gagao suka vahega 2



Ma e tau fakailoaaga hagaa ke he puhala ke leveki ai e gagao suka vahega 2, ahiahia atu ke he: www.healthify.nz

Healthify
He Puna Waiora



Ko e heigoa e gagao suka vahega 2?

Ko e gagao suka vahega 2 ko e gagao kua fa mahani ke moua ne kua nakai maeke he haau a tino ke fakagahua e suka i loto he haau a toto. Ko e mena ka tupu kua holo hake ki luga e tuaga he suka. Kua tupu ai e mena nei ha kua uka e haau a tino ke talaga poke fakaaoga e hormone ne higoa ko e inisulini. Ko e inisulini kua talaga ai he haau a pancreas mo e maeke ke lagomatai haau a tino ke tavili e suka.

Ka mole e tau magaaho, maeke he mena nai ke moumou haau a tino mo e tupu mai ai e tau lekua he moui malolō tino.

Maeke fēfē ia au ke kalo kehe mai he tau lekua kelea?

Ko e puhala kua mua atu e mitaki ke kalo kehe poke fakatuai aki e tau lekua he moui malolō tino ha ko e gagao suka, ke fakatumau ke taofi e tuaga he haau a suka he toto, toto tokoluga mo e kolesetalolo ki loto he tuaga kua mitaki ma e moui malolō tino. Maeke ia koe ke taute e mena nai kaeke kua fai hikiaga ke he haau a moui, onono atu tumau ke he tuaga he suka i loto he haau a toto mo e fakaaoga e tau vai fakamalolō tino.

Onono atu ke he tuaga he haau a suka

Kaeke kua moua a koe he gagao suka kua lata ia koe ke taute e tiviaga HbA1c he tolu ke he ono e mahina.

Ko e tiviaga HbA1c kua fuafua ai e lahi e suka ne kua toka ki loto he haau a toto ke he tolu e mahina. Kua fakakite foki kua mitaki fēfē e gahuahuaaga he tau hikiaga he haau a moui mo e tau vai fakamalolō tino.



Tau hikiaga ke he haau a moui kua maeke ia koe ke taute

Lutulutu fakalahi mo e faofao tumau

Lali ke faofao e tino ke he ua mo e hafa e tulā he taha e faahi tapu. Ha mena ni ne kua maeke ke tuku hake ki luga e fotū he haau a ase, tuga e lakahui mafiti poke koli.



Fakatō hifo e mamafa

Kaeke kua kitia e koe kua uka ke fakatō hifo e mamafa, nakai ni ko koe tokotaha - tokologa he tau tagata ne logona e uka. Ko e tala mitaki kua loga lahi e tau lagomatai ne kua hāhā i ai.



Kai e tau kai fakamalolō tino

Lali ke kai e tau kai kehekehe putoia ki ai e tau fua lakau mo e tau vesetapolo, tau kuleni, tau vala manu ne nakai lahi e gako, ika mo e tau fufua moa. Lali ke taofi e suka, gako mo e matima (tau kai tavili mo e tau kai takeaway) ke he tuaga kua tokolalo.



Tiaki e ula tapaka

Ko e ula tapaka kua maeke ke malikiti ki luga e tuaga hagahaga kelea he tau lekua ke he haau a moui malolo tino, putoia ai e gagao ase, stroke, mo e taviliaga kua nakai mitaki (gahuaaga he toto). Nakai mukamuka ke fakaoti, ka e na hāhā i ai loga e tau lagomatai mo e tau tuluiaga kehekehe ke maeke ai ke lagomatai ia koe.



Tau vai fakamalolō tino

Tokologa he tau tagata ne moua he gagao suka vahega 2 kua lata ke uta e tau vai fakamalolō tino ke lagomatai ke tukutuku hifo aki e suka he toto mo e taofi e tau lekua ke he moui malolō tino. Falu he tau tagata kua lata ni mo e taha e vai fakamalolō tino ke taofi aki e ha lautolu a gagao suka, ka e falu kua lata ke loga atu foki.

Kehekehe e tau palana leveki he tau tagata takitaha, mo e kua maeke he haau a tau tagata ne leveki ke he haau a moui malolō tino ke gahua mo koe ke kumi e palana kua mua atu e mitaki ke lata mo koe.



Palana ma e aho ka gagao

Kaeke kua uta e koe e tau vai fakamalolō tino, tala ke he tagata ne leveki ke he haau a moui malolō tino haggao ke he palana ma e aho ka gagao ai. Kua maeke he mena nei ke lagomatai a koe ke leveki haau a tau vai fakamalolō tino kaeke kua nakai malolō a koe ka moua he gagao makalili, fulū, lua, hīhī poke tau gagao (putoia ai e COVID-19).

