

Karen Society of Nebraska
Karen Community Resources Book
နကြပ်စံကပ်ကညီတဝါ

Diabetes
သွန်ဆာတာ်ဆါ



- **Many People Have Diabetes. Page 1**
ပုၤအါဂၤအိၣ်ဒီးသွန်ဆာတာ်ဆါ
- **What is Diabetes? Page 1**
သွန်ဆာတာ်ဆါမ့ၢ်မနုၤလဲၣ်.
- **Type 1 Diabetes and Type 2 Diabetes Page 2**
သွန်ဆာအပတီၢ်ဒီးအပတီၢ်၂
- **Who is At Risk of Getting Diabetes? Page 2**
တာ်ဘၣ်ယိၣ်အိၣ်လၢမတၤသ့ၣ်တဖၣ်အဂီၢ်လဲၣ်.
- **Testing and contact information. Page 3**
တာ်မၤကွၢ်သးဒီးတာ်ဆဲးကျိးတဖၣ်



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သွန်ဆာတ်ဆါ

Diabetes

Many People Have Diabetes

ပျားအါဂါအိန်ဒီးသွန်ဆာတ်ဆါ

ဖဲနံင်တြိုင်စကပ်အပူအံပျားဘၣ်သွန်ဆာတ်ဆါအိန်အါန့ဒ်ဒီး ၁၀၀,၀၀၀ဂါညါန့ဒ်လီၤ. ပျားတနီၤနီၤဘၣ်သွန်ဆာတ်ဆါဘၣ်ဆၣ်တသ့ညါလီၤအသးဘၣ်.

What is Diabetes?

သွန်ဆာတ်ဆါ(DIABETES)မ့ၢ်မနုၤလဲၣ်.

လၢပနီၢ်ခိအပူၤ,ဟီၣ်မိတကလုာ်လၢတၢ်ကိးအီၤလၢအူစူၣ်လု(insulin)အိၣ်ဝဲလီၤ. ဟီၣ်မိကတကလုာ်အံၤမၤစၢၤပျၢၤဒ်သီးဒီးတၢ်အိၣ်လၢပအိၣ်အီၤတဖၣ်ကမၤပျံၢ်လီၤဝဲ, မၤကဲထီၣ်ဝဲလၢတၢ်ဂံၢ်တၢ်ဘါအဂီၢ်န့ၣ်လီၤ.ဖဲပမ့ၢ်ဘၣ်သွန်ဆာတ်ဆါလံန့ၣ်,ပအူ စူၣ်လုအကံၢ်တကလုာ်အံၤတမၤတၢ်ဘၣ်မ့တမ့ၢ်တမၤတၢ်အါအါဘၣ်အယံလီၤ.သွန် ဆာတ်ဆါအိၣ်ဝဲခံကလုာ်ဒ်အဖီလၢအသိးလီၤ.

Type 1 Diabetes and Type 2 Diabetes

သွန်ဆာပတီ၁ (TYPE 1 diabetes), ဘဉ်ဒီးသန့အသးလၢအူစူၣ်လုဟီၣ်မိ

သွန်ဆာတၢ်ဆါတကလုၣ်အံၤညီၣ်န့ၣ်ဟဲကဲထီၣ်အသးလၢပဖိသၣ်လံၤလံၤမ့တမ့ၢ်သးစၢ်ဒီးအခါန့ၣ်လီၤ. ခိဖျိလၢပနီၢ်ခိတထုးထီၣ်ဝဲအူစူၣ်လုဟီၣ်မိလၢလၢပဲၤပဲၤအယိၤ, တၢ်ကဘဉ်ကူစါအိၤခိဖျိတၢ်အိၣ်တၢ်အိၣ်ဒီးတၢ်ဆဲးအူစူၣ်လုန့ၣ်လီၤ.

သွန်ဆာပတီ၂ (TYPE 2 diabetes) (တလိၣ်ကသံၣ်အူစူၣ်လုဘဉ်)

သွန်ဆာတၢ်ဆါတကလုၣ်အံၤဘဉ်ပုၤကမျါၢ်အအါကတၢ်န့ၣ်လီၤ. ပုၤလၢအဘဉ်သွန်ဆါတကလုၣ်အံၤအနီၢ်ခိအပူၤထုးထီၣ်ဝဲအူစူၣ်လုဟီၣ်မိဘဉ်ဆဉ်တလၢတပဲၤဘဉ်မ့တမ့ၢ်တမၤတၢ်ဘဉ်အယိၤန့ၣ်လီၤ. တၢ်ဆါတကလုၣ်အံၤတၢ်ပၤဆုၢ်အိၤခိဖျိကသံၣ်အူစူၣ်လုမ့တမ့ၢ်တၢ်အိၣ်ကသံၣ်ဖိၣ်. ဒီးထဲတၢ်အိၣ်တၢ်အိၣ်စိၤသ့ဝဲဒၣ်န့ၣ်လီၤ.

Who is At Risk of Getting Diabetes?

တၢ်ဘဉ်ယိၣ်အိၣ်လၢမတၤသ့ၣ်တဖၣ်အဂီၢ်လဲၣ်.

ပုၤကိးဂၤဒဲး, လီၤဆိဒၣ်တၢ်ပုၤလၢလၢ်သ့ၣ်တဖၣ်အံၤလီၤ.

- ပုၤလၢအမိၢ်ပၢ်ပုၢ်ဝဲၢ်ဘူးတၢ်အိၣ်တွံၢ်ဒီးသွန်ဆါ
- ပုၤလၢအသးန့ၣ်လွံၢ်ဆံယဲၢ်န့ၣ်ဆူအဖိခိၣ်
- ပုၤလၢအဘီၣ်တလၢ
- မိၢ်လၢအဖိတယၢ်ယၢအါန့ၣ်ပိၣ်, ဒီးဖဲဒၤအဖိအခါအိၣ်ဒီးသွန်ဆါ
- ပုၤကလုၣ်စူၣ်တဖၣ်အံၤ, အမဲရကၤထူလံၤဖိ, အၤဖြီၤကၣ်အမဲရကၤ, ပုၤစဲန့ၣ်ဖိ, ပုၤအမဲရကၤအူရှၢဖိ, ဒီးပုၤလၢအဟဲလၢပစံးဖံးအကိးသ့ၣ်တဖၣ်
- ပုၤလၢအအိၣ်ဒီးသွန်ဂံၢ်ဆိၣ်အါတၢ်ဆါ (သ့တီ)
- ပုၤလၢအခိလဲးစၢ်အပတီၢ်အါတလၢ

သ့ၣ်ညါသွန်ဆါတၢ်ဆါပနီၣ်လၢလၢ်တဖၣ်အံၤတက့ၢ်

- ဆိၣ်ဆါအါ, ဆိၣ်ဆါတလီၢ်လီၢ်

- သးသူသးလၢထံအါထီၣ်,တလီၢ်လီၢ်
- သၣ်ဝံၤသးတလီၢ်လီၢ်
- ယဲၤလီၤလၢတသ့ၣ်ညါဝဲအဂ့ၢ်အကျိၤနီတမံၤ
- လီၤပၤယီၢ်ပၤ
- သးအူသးဂဲၤအိၣ်ဂၢ်တကဲ
- သးကလဲၣ်ဒီးဘိုး
- ဖံးဘၣ်ယုထီၣ်နးမး
- ဖဲၣ်ချံၣ်ကွၢ်တၢ်ဆိတလဲထီၣ်မ့တမ့ၢ်ကဒုလီၤ
- စုလၢၣ်ခိလၢ်ကနိးမ့တမ့ၢ်တီၢ်တုၤ
- ဖံးဘၣ်သးမ့တမ့ၢ်ပူၤလီၢ်ထီၣ်လၢဘျါက့ၤတညီဘၣ်

Testing and contact information.

တၢ်မၤကွၢ်သး

ကျဲအဂ့ၢ်ကတၢ်လၢနကမၤကွၢ်သ့ၣ်ဆၢတၢ်ဆါန့ၣ်
 မ့ၢ်ဝဲတၢ်မၤကွၢ်သ့ၣ်န့ၣ်လီၤ.တၢ်မၤ
 ကွၢ်အံၤထီၣ်ကွၢ်ဝဲနတၢ်ဆါအပ
 တီၢ်တဖၣ်လၢအအိၣ်လၢနသ့ၣ်အကျိၤန့ၣ်လီၤ.
 နမ့ၢ်သ့ၣ်ညါလီၤနသးလၢန
 ကဘၣ်သ့ၣ်ဆၢတၢ်ဆါမ့တမ့ၢ်တၢ်ပနီၣ်
 တဖၣ်အိၣ်ဖျါထီၣ်ဝဲန့ၣ်မၤကွၢ်နသ့ၣ်အခဲအံၤဒီး
 တနံၣ်တဘျီတက့ၢ်.သံကွၢ်န
 ကသံၣ်သရၣ်တက့ၢ်.



တၢ်ကူစါဒီးပၤဆုၢ်သ့ၣ်ဆၢတၢ်ဆါဖဲနံၣ်တြၣ်စကၣ်ကီၢ်ဖဲၣ်အပူၤ

ဖဲနံၣ်တြၣ်စကၣ်ကီၢ်ဖဲၣ်အပူၤအံၤတၢ်ရဲၣ်တၢ်ကျဲအိၣ်ဝဲလၢတၢ်ကမၤစ့ၤလီၤမ့တမ့ၢ်
 ဒီးသဒါတၢ်ဆါတဖၣ်,ဒီးတြီဆၢတၢ်သံတၢ်ပုၤလၢအကဲထီၣ်အသးဒီးပုၤမိၢ်ဒါဒီးဖိသၣ်
 သ့ၣ်တဖၣ်န့ၣ်လီၤ.တၢ်ရဲၣ်တၢ်ကျဲအိၣ်စ့ၢ်ကိးဝဲလၢတၢ်ဟ့ၣ်တၢ်သ့ၣ်ညါန့ၣ်ပၢၢ်ဘၣ်
 ယးဒီးသ့ၣ်ဆၢတၢ်ဆါဆူပုၤတဂၤဘၣ်တဂၤမ့တမ့ၢ်ဟံၣ်ဖိဃီဖိတဖၣ်န့ၣ်လီၤ.မ့ၢ်အဲၣ်
 ဒီးသ့ၣ်ညါဘၣ်ယးဒီးသ့ၣ်ဆၢတၢ်ဆါအဂ့ၢ်န့ၣ်ဆဲးကျိးပုၤလၢလၢ်တဖၣ်အံၤတက့ၢ်.

- နကသံဉ်သရဉ်
- Nebraska Department of Health & Human Services
Diabetes Prevention and Control Program
301 Centennial Mall South
P.O. Box 95026
Lincoln, NE 68509-5026
Phone: (800) 745-9311
Email: dhhs.diabetes@nebraska.gov
<http://www.dhhs.ne.gov/diabetes>
- Juvenile Diabetes Foundation
1540 South 70th Street,
Suite 104 Lincoln,
NE 68506
Phone: (402) 484-8300
- American Diabetes Association
14216 Dayton Circle,
Suite 6 Omaha,
NE 68137
Phone: (402) 571-1101, ext. 6881 or 1 (888) Diabetes, ext. 6881

လံာ်ဖိးသန့တဖဉ်

Nebraska Health and Human Services. (2018). Many People Have Diabetes...DO YOU? Retrieved from <http://dhhs.ne.gov/publichealth/Documents/ManyPIp.pdf>. Accessed September 9, 2018
Diabetic clipart: google.com

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ကဏ္ဍပေါ်ခေါ်

Karen society of Nebraska, Inc.

MISSION STATEMENT

The Karen Society of Nebraska's mission is to help refugees and immigrants from Burma to build and sustain a high quality of life and to achieve self-sufficiency in the state of Nebraska.

In support of our mission, our objectives are:

1. To assist refugees and immigrants to become well-integrated into Nebraskan society.
2. To help the refugees and immigrants preserve their heritage and culture, for their benefit and the benefit of the whole society.
3. To increase the ability of the organization to meet the needs of the entire community.

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KSN - Omaha Office



KSN - Lincoln Office



Preparing new office for KSN-Norfolk/Madison