

TOKAMATA FAKALAHI KE PUIPUI E GAGAO SUKA

*“Leveki fakamitaki
ni e au e gagao suka
ia au ke tumau e
malolo he tino
haaku”.*

**KO E TOHI NEI MA E TAU TAGATA NE MOUA HE
GAGAO SUKA HE VAHA MOMOTUA E TAU MOMOUI**



***“Leveki
fakamitaki ni
e au e gagao
suka ia au ke
tumau e malolo he
tino haaku.”***

Ko e heigoa e gagao suka?

Ko e gagao suka ko e gagao kaeke kua lahi mahaki e suka i loto he toto.

Falu tagata momotua nakai mailoga e lautolu kua kamata e gagao suka ia lautolu ha kua nakai fai mena kelea kua tupu ke he tino.

Ka ko e falu to logona e lautolu e tau mena nei ke he tino:

- nakai oti e fia inu
- lahi e fakapala mo e fakapala tumau ka fano ke he falevao (fakamokulukulu)
- logona e mategūgū lahi he tino
- ko e tau mata kua taupulefu mo e nakai kitia mitaki
- fetefete e kili he tino, tuga e magiho
- fakatuai lahi ke mau e tau matamotu he tino.

Ko e tau tagata ne logona hifo liga moua he gagao suka kua lata ke mafiti ke kitia e ekekafo po ke nosi.

Kaeke ke nakai tului po ke leveki fakamitaki e gagao suka to fai lekua kalafi mai ki luga he tino, to malona mo e nakai gahuahua mitaki e asevoli, tau mata, tau hui, tau fuaifi mo e falu alaga foki.

Ko hai ne lauia ke he gagao suka?

Ko e tau tagata ne:

- tokoluga lahi e mamafa he tino
- tote lahi e faofao he tino
- ha ha i ai e gagao suka ke he falu i loto he magafaoa/fanau
- molea e 40 e tautau he moui
- tupu lahi e gagao suka ke he tagata Maori po ke tagata Aelani mai he Pasifika.

Pihia ke he tau fifine ne:

- gagao suka he vaha fakafua tama (fatu)
- fanau e tama muke foou lahi e tino, mo e molea e matapauna he mamafa ke he muke fanau foou.

TAU PUHALA KE LEVEKI AKI E GAGAO SUKA

Nakai mau e gagao suka. Ka e ha ha i ai e tau puhala ke taofi mo e muiua ki ai ke fakatumau e malolo he tino haau.

Ko e ekekafo haau po ke nosi leveki gagao suka ke fakaako mo e fakamaama atu e tau puhala ke kikite tumau e suka i loto he toto he tino. Ko e tau poakiaga hanei ke lagomatai aki e malolo he tino he tagata gagao suka.

Ke leveki aki e gagao suka, hanei e tau fakaakoaga kua lata ia koe ke muiua ki ai:

- kai fakalatalata e tau mena kai mitaki mo e tonu mo e faofao tumau e tino, po ke
- kai fakalatalata e tau mena kai mitaki mo e tonu, faofao tumau e tino, mo e inu tumau e tau segavai, po ke
- kai e tau mena kai mitaki mo e tonu, faofao tumau e tino, mo e huki tumau e tino aki e vai “insulin” he tau magaaho ne fafati atu he ekekafo (lagomatai he vaihuki “insulin” e tino ke utakehe e suka i loto he toto), po ke
- kai fakalatalata e tau mena kai mitaki mo e tonu, faofao tumau e tino, huki tumau e tino aki e vai “insulin” mo e inu tumau e tau segavai mo e muiua fakalahi atu kehe tau poaki he haau a ekekafo, poka nosi leveki suka.





KAI E TAU MENA KAI MITAKI KE MOUA E MALOLO

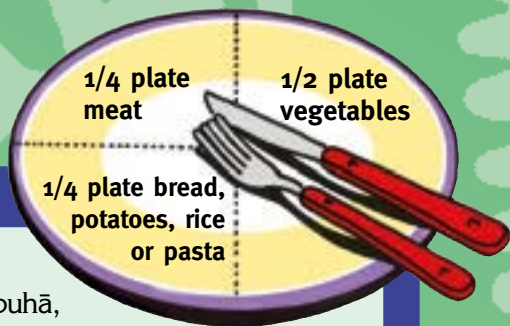
Kai fakalatalata e tau mena kai tonu mo e hako ke moua e koe e levekiaga mitaki ke he totouaga he fua suka i loto he toto haau.

Nakai pehe e talahauaga nei ko e taute kehe pauaki ni e tau mena kai maau ha ko koe moua he gagao suka – ko e tau mena kai mitaki kua lata ia koe ke kai kua aofia ai foki e tau vahega kai ia ma e magafaoa katoa.

Fakatumau ke kai he tau tulā fafati he aho. Mailoga fakamitaki ke aua neke kai suka poke kai e tau mena humelie mo e tau mena kai gako. Ka tolahi e kai suka mo e kai e tau mena kai gako ko e mena kelea lahi mahaki hanā ke he tagata gagao suka.

Ko e dietitian (tagata fuafua e tau kai), ko e ekekafo po ke nosi haau ke lagomatai atu e fakaholoaga kai kua lata ke muitua a koe ki ai. To talaatu e lautolu e fafatiaga kua tonu ke he tau mena kai takitaha kua lata ke kai mo e laga fiha e kai he tau mena ia he aho.

To fakatonu atu foki e lautolu e falu a talahauaga ke he kava kona kaeke ko koe ko e tagata inu kava.



TAU MENA KAI MITAKI KE KAI

Kai fakalahi e tau mena kai nei:

- tau laukau lanu, tuga, lau taro, puhā, watercress, broccoli, fua pine lanu loloa, kاپisi, peas, leeks, spinach, letisi
- salati tau fua lakau, tuga, tau fua tomato, celery, kukama, aniani loloa, mushrooms (pakapaka atua)
- tau vaka akau, tugas, kalose, radishes, pitiluti, swede
- kamo kamo, fua mosini, fua sukini, peppers, asparagus, marrow (fetataiaki mo e fua mosini).

Kai falu he tau mena kai nei he tau magaaho kai takitaha, tuga:

- falaoa, simala, futi mata tunu po ke tao, ufi, fuamei, taro, pasta, tau kai pogipogi “cereal” ne ai lahi e suka, laisi, noodles, polesi, chapati, paskafalaoa, muffin, sekone, pateta, fua hana, fua kaufi, parsnip, falaoa brown
- tau fua lakau, tuga, fua akau mata, po ke tau fua akau tunu he vai po ke fua lakau he apa ne nakai laku aki e suka.

Kai fakatose e tau mena kai ne toka ai e “protein” lagataha po ke laga ua he aho, tuga:

- vala povi po ke ha vala manu kua utakehe e tau vala gako, moa ne utakehe e kili, ika, fuamoa, split peas, lentils, baked beans, bean salati.

Kai e tau mena kai (dairy food) ne tose e gako lagataha po ke lagaua he aho, tuga:

- tau huhu tose e gako tuga e huhu trim, po ke huhu ne laku aki e calcium, po ke huhu soya
- yoghurt (ai suka/ai humelie)
- siisi “cottage”, po ke siisi tose e gako.

KIA FAKAENEENE FAKALAHĪ E SUKA MO E GAKO

- Fakaaoga fakatose e tau mena fakapata mena kai tuga e margarine, avocado, pata pinasi, oela kai tunu, sega akau kai (magomago po ke tao po ke falai).

Ua kai e tau mena kai ne lahi mahaki e suka, tuga:

- tau vahega suka kehekehe, siamu, hani, tau lole, chocolate, muesli bars, tau fua akau humelie, ase kulimi, tau keke, tau puddings, tau pakakeke, tau pakafalaoa humelie, tau lupu inu humelie mo e tau huhua humelie mai he tau fua lakau.

Ua kai e tau mena kai ne lahi mahaki e gako, tuga:

- tau mena kai falai aki e oela poke gako tunu kai, tuga, tau fua moa falai, tau vala puaka (bacon) falai, ika falai mo e sipi (fish and chips), tau kai fakatau mai he falekai ne tunu aki e oela
- falu mena kai gako, tuga, pata, vala povi po ke ha vala-manu ne toka ai e tau vala gako, bacon ne toka agaia e vala gako, tosisī, tosisī moho tuai – saveloys, pastries, gako he niu pakupaku, croissants, gravy, mayonnaise, gako falai – dripping, lard, kremelta.

Fakamahani ke kai tunu ke he puhala tunu he maovela (steaming), tunu he vaipuna po ke tunu kai i loto he microwave. Kaeke ke tunu sitiū e vala povi po ke ha vala manu toka ke hahau auloa ti hahalu kehe e gako to tuku he laulau kai ke taumafa.



FAOFAO TUMAU E TINO

Fakagahuahua mo e faofao tumau ke lagomatai ke fakatokolalo hifo e suka i loto he toto. To logona foki e koe e malolo mitaki he tino mo e mohe mitaki he pouli he po.

Tutala atu FAKAMUA e tau palana faofao he tino haa ke he ekekafo to kamata e feua faofao.

Fano hui ko e puhala mitaki lahi ke gahuahua e tau alaga he tino, ti pihia mo e kakau, taholi pasikala, po ke poi fakatekiteki.

Kamata fakapā ke he fiha e tau minute he tau aho takitaha.

Ti uneune hake fakahaga e leva he faofao ke he 30 e tau minute.

Taute laga fa e faofao pihia he faahi tapu.

Kaeke ko koe huki e tino aki e vai “insulin”, manatu ke uta tumau e tau e fua lole humelie ne higoa ko e “glucose” ka fano a koe ke faofao e tino he neke to hifo lahi e suka i loto he toto hau.

Kaeke ko koe inu segavai, fakatonu atu ke he ekekafo po ke nosi ke iloa kua lata ia koe ke uta e lole “glucose” ka fano a koe ke faofao po ke nakai.

Lali ke faka tumau e gahuahua he tino. Mitaki e tau feua pehe nei, gahua he katene, lisi fua polo, kini mo e moa e tau pupu he fonua, koli fiafia, ta kilikiki, o hui au loa mo e magafaoa, fano ki tahi ke fusi po ke hi ika po ke fano ke fagota mo e oko mai e tau kai moana.

KIKITE TUMAU E TAU HUI MO E TAU MATAHUI LAGATAHA HE FAAHI TAPU

Ko e tagata gagao suka fa moua foki e kelea ke he tau hui mo e tau matahui.

Kikite tumau e tau hui haau, pihia mo e aloalo hui mo e tau magamaga he tau matahui. Talaage ke he ekekafo, nosi, po ke podiatrist (tagata tului e tau hui). Kaeke kua kitia e koe e tau famailoga he tau hui ne makai famahani ke kitia tuga e:

- patakula e kili he hui, po ke hiki ke he taha kala lanu kehe
- fua mo e fufula e hui
- kolopūpū e kili he hui
- fufula e kili hui.



Leveki e tau hui haau

Tumau ke halu fakakuku ke momole e tau mahina hui, ua fano hui kula, tui e tau sevae molū mo e tau tosinini ne hao mitaki nakai okaoka, fakatapani tumau e tau matahui mo e hui katoa aki e lolo “moisturiser” mo e manatu ke ua tu e tau hui he vai vela.

Ka fai tu noa maō e alohui, magomago e tau mui hui, māo mo e lahi e tau mahina hui, hui he tagata poitufi, po ke falu e lekua ke he hui kua lata ke kitia po ke tului he podiatrist – ko ia ko e tagata pulotu ke he levekiaga he tau hui mo e tau matahui.

Ole atu ke he ekekafo, nosi po ke podiatrist ke sivi tumau e tau hui mo e tau matahui haau.

KO E MAMAFA TONU KE LATA MO E TINO

Ko e tau tagata moua he gagao suka kua lata ni ke leveki mo e kitekite tumau e mamafa he tino ke tumau e malolo. Ko e ekekafo, po ke nosi, po ke dietitian (tagata fuafua e tau kai) ke fakakite atu kia koe e mamafa kua lata tonu mo e tino haau.

Faofao tumau e tino mo e kai e tau mena kai mitaki mo e hako ke lagomatai aki a koe ke lautatai mitaki e mamafa kua tu tonu ma e tino haau.



Fafatiaga he suka i loto he toto

Ko e fakatumaauaga he fafati hako mo e tonu he suka i loto he toto ko e mena aoga lahi mahaki ke iloa he tagata gagao suka ke moua e malo-lo he tino.

Ko e ekekafo po ke nosi haau ke fakaako atu e tau puhala ke sivi ni e koe e fafatiaga he suka i loto he toto haau. Ko e fafatiaga he suka i loto he toto he tagata malolo nakai moua he gagao suka ko e 4 ke he 8 e mmol/L – ko e totouaga mai he masini fuafua e toto.

KA TUPU E LOLELOLE HE TINO NE FAKAHIGOA KO E “HYPO” – TUPU MAI KAEKE KUA TOKOLALO LAHI E SUKA I LOTO HE TOTO (HYPOGLYCAEMIA)

Falu a magaaho to tohifo ki lalo e fafatiaga suka i loto he toto (tuga i lalo he numela 4) he tagata gagao suka, lautolu ne inu segavai po ke huki e tino aki e vai “insulin”. Na moua foki he tagata gagao suka e “hypo” (poke tokolalo e suka) ti ka pihia ti mahani ke veli po ke masefua kaeke kua nakai vave e tau puhala ke tului aki e “hypo” (poke tokolalo e suka).

Falu tagata logona mua e kelea he tino ka tupu e “hypo”. Ka ko e falu ai logona ha mena he tino.

HANEI FALU FAKAMAILOGA LOGONA KA TUPU E “HYPO”

- logona e lialiapou he tino po ke māmā mo e kikioka e ulu
- tau malefu e tau mata mo e nakai kitia mitaki e fonua
- logona e lololelo po ke vivivivi e tino
- mamahi e ulu.
- faliu e fofoga, kavakava e tino
- fotūfotū e asevili
- logona e hoge
- fakagigoa mo e ai katoatoa e manamanatuaga
- hopo e ase mo e tupetupe e loto
- logona e mahukihuki he tau laugutu mo e alelo tuga kua huki aki e tau pine matila po ke huki aki e tau nila tuitui.

Ka logona e koe e taha po ke ua po ke loga e tau mena pehe na ke he tino haau kua lata ni ke mafisi fakaave e tului he “hypo”.

Puipui fefe e “hypo” (tokolalo e suka)

Vave ke kai e segavai humelie “glucose”. Muitua ke he taha he tau puhala nei ke tului aki e “Hypo”.



- Inu taha e sipunu lahi ne toka ai e pauta “glucose” fio aki e vala vai
- po ke inu 3 ke he 4 e segavai humelie (higoa ko e Vita po ke Dextro)
- po ko inu 8 ke he 10 e tau segavai ikiiki ne fakahigoa ko e “glucodine”

PO KE

Inu 2 e sipunu ti ne tuku aki e vala siamu, vala hani po ke vala suka ne tataka ha ko e vai



PO KE

Inu hafa e kalase vai humelie tuga e vai inu “lemonade” po ke vai huhua ne tatau mai he tau fua lakau

PO KE

Kai 6 ke he 8 e tau fua lole Jellybeans.



Fakatalitali ke molea e 5 ke he 10 e tau minute. Ka logona agaia e lololole he tino ha ko e “Hypo”, ti liu foki ke taute e puahala ne taute fakamua e koe mai he taha he puhala na i luga. Ka molea e 10 ke he 15 e tau minute ti kai e taha mena kai kaeke kua teitei e magaaho kai pauaki he aho, po ke kai he taha mena kai mau tuai tuga e “snack”.

KA TUPU E LOLELOLE HE TINO NE FAKAHIGOA KO E “HYPER” – TUPU MAI KA TOKOLUGA LAHI E SUKA I LOTO HE TOTO (HYPERGLYCAEMIA)

Falu magaaho to tokoluga lahi e suka i loto he toto – i luga he fafatiaga malolo mitaki (i luga he numela 8).

Tupu e “HYPER” (poke tokoluga e suka) ka:

- kai e tau mena kai suka humelie
- nimo ke inu e tau sega vai
- ai manatu ke huki e tino aki e vai “insulin”
- moua e tino he gagao, fai gagao pikitia po ke moua he fiva.

TAU FAKAMAILOGA KITIA KA TUPU E “HYPER”:

- fia inu tumau
- lahi mahaki e fakapala mo e fano tumau ke fakapala
- logona lahi e lololelo mo e mategūgū he tino mo e
- moua e tau gagao pikitia, po ke pikitia he gagao ne ai mau.

Po ke nakai logona e koe ha kelea ke he tino haau.

PUIPUIAGA KA TOKOLUGA LAHI E SUKA I LOTO HE TOTO

Ko e mena nakai kelea lahi kaeke ke tokoluga e suka i loto he toto ti ku e tau matahola ka tokoluga ai e suka. Ka e taha e mena kaeke ke nakai fai puipuiaga mitaki to hāhā i ai e hagahagakelea he tino.

Finatū fakamafisi ke kitia e ekekafo po ke nosi ka tokoluga tumau e fafatiaga he suka i loto he toto haau mo e loa po ke leva e tau magaaho ne tokoluga ai e suka. Ko e ekekafo mo e nosi ke lagomatai a koe ke kumikumi fakatonu ko e ha e mena ne hake fakahaga mo e tokoluga tumau e suka i loto he toto haau.

To lagomatai foki he ekekafo mo e nosi ke leveki e tino haau ke he tau aho ka moua a koe he gagao.



TUMAU KE FUAFUA E MALOLO HE TINO

Ko e tau tagata ne moua he gagao suka kua lata ke oatu ke moua tumau e fuafuaaga he ekekafo po ke nosi.

Ko e tau tagata ne moua he gagao suka moua e lautolu e fua noa faka-ekekafo ai fai totogi lagataha he tau. *

To fuafua he ekekafo po ke nosi e:

- mamafa he tino haau
- gahuahua he toto haau
- palana haau ke fakatumau e malolo
- ko e fua he toto mo e faka-pala haau fakafoou tumau
- tau hui mo e tau matahui haau
- malolo katoatoa he tino
- hulu ke sivi e tau mata haau fakafoonu tumau.

Kaeke ke fakaatukehe a koe he ha magaaho po ke ai moua e koe ha malolo he tino, kua lata tonu ni ke finatu mafisi a koe ke fua he nosi po ke ekekafo.

* Fakatonu atu ke he ekekafo haau. Ai katoatoa e tau ekekafo mo e puhala nei ke fua noa e tau tagata gagao suka.

TAU MATAKAU LAGOMATAI KE HE GAGAO SUKA

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Te Roopu Mate Huka

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Telefoni (021) 0361-952
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Ko e Tohi nei kua taute ai ke vagahau Palagi, Māori, Samoa, Kuki Aelani Māori, Tonga mo e vagahau Niue. Lafi ki ai e vagahau Tokelau mo e Vagahau Fisi. Moua foki e tau Tohi nei ke he computer he Faahi Gahua Ministry of Health www.moh.govt.nz or www.healthed.govt.nz

***Ko e Matakau Gahua ke Leveki e Tau Malolo Tino ha
Lautolu ne Moua he Gagao Suka (Diabetes Heath Care Team)***

**TAU TAGATA GAHUA HE
FAAHI GAHUA MALOLO TINO**

HIGOA HE TAGATA

NUMERA TELEFONI

Ekekafo (Doctor)

**Nosi Leveki gagao suka
(Diabetes Nurse)**

**Tagata fuafua e tau kai
(Dietitian)**

**Ekekafo Pulotu he gagao
suka (Diabetes Specialist)**

**Tagata fuafua e tau hui
(Podiatrist)**

**Tagata fuafua e tau mata
(Ophthalmologist)**

**Tagata Talavai
(Pharmacist)**

**Falu kupu fakamaama
(Notes)**

TAU KUPU TOMATOMA KE TUMAU E MALOLO HE TINO

**Ko e lagomataiaga mai he matakau gahua he
Faahi Malolo Tino pihia mo e haau a muitua
atu ke he tau kupu tomatoma nei ke moua e
ko e tumau e malolo:**

- Kai e tau mena kai kua talahaua mitaki ke malolo e tino
- Kai tumau
- Fakatumau e hakahakau he tino ke faofao tumau
- Kia tumau ke finatu ke fua he ekekafo e tino
- Fakatumau ke leveki e tonu he mamafa he tino haau
- Fakatumau ke ua ula tapaka.



New Zealand Government

ISBN 978-0-478-19223-0 (print)
ISBN 978-0-478-19224-7 (online)

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December 2000. 06/2014. Niuean. Code **HE1159**