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Email info@diabetes.org.uk
Shabakadda internetka www.diabetes.org.uk

War

Sida ay hay'adda Diabetes UK kuu caawin karto

Oktoobar 2006

Bogga 1 ee 3

Hay adda Diabetes UK waa ururka ugu ballaaran ee ka jira UK ee ay ka go an tahay caawinta dadka sonkorowga qaba, daryeeleyaashooda, qoysaskooda iyo saaxiibbadooda.

Waxaan sidoo kale raadinnaa lacag loogu talagalay cilmi baaris lagu sameeyo sonkorowga waxaanna la shaqaynaa saxaafadda iyo dowladda si aan gacan uga geysanno xaqiijinta daryeelka iyo tayada ugu wanaagsan ee nololsha dadka sonkorowga qaba.

Mid ka mid ah ujeedooyinka ugu waaweyn ee hay adda Diabetes UK waa iney kaa caawiso inaad xakamayso sonkorowgaaga. Waxaan bixinnaa war tayo leh oo lagu kalsoonaan karo si aan kaaga taageerno baahidaada si lagaaga caawiyo inaad horseeddo hannaan nololeed buuxa, oo caafimaad leh. Warka waxaa lagu helayaa warqado qoran oo ay fududdahay in la fahmo oo ku qoran Ingiriis iyo shan luqadood oo waaweyn oo Aasiyaan ah, Kantoonees, Soomaali iyo Carabi si la idinkaga caawiyo inaad u maareysaan sonkorowgiinna aadna door fir-fircoon uga cayaartaan daryeelka sonkorowga.

Daabacaado waxtar leh

Hay adda Diabetes UK waxay haysaa warqado uu ku qoran yahay war guud oo ku qoran shan luqadood oo ugu waaweyn oo Aasiyaan ah iyo Kantonees kuwaasoo bilaash ah.

- *Sonkorow — Miyaad halis ugu jirtaa?*
- *Sonkorow— Aad ayuu khatar u yahay*
- *Waxa ay dadka sonkorowga qaba kuwa daryeela ay filanayaan (cajalad)*
- *Fahmidda iyo maareynta sonkorowga ka dhex jira bulshada Aasiyaanka ah* (Fiidiyow Aasiyaan ah)

Fadlan sidoo kale khadka Daryeelka Hay adda Diabetes UK ka soo wac lambarka hoose si aad u heshid xaashiyo war ah oo bilaash ah oo ay ka mid yihiin *Hypoglycaemia*, *Maareynta diabetes*, *Hannaan nololeedka caafimaadka leh*, *soomidda iyo sonkorowga iyo jahawareerrada Sonkorowga*.

Khadka Daryeelka Hay adda Diabetes UK

Hay adda Diabetes UK waxay leedahay khad caawino sonkorow oo heellan oo ay joogaan la taliyeyaal tababaran oo kaala hadli kara arrin kasta oo ku saabsan sonkorowga. Khadka Daryeelka Hay adda Diabetes UK wuxuu sidoo kale turjumaanno u heli karaa dadka doonaya iney kula xiriiraan luqadaha aan ahayn Ingiriiska.

Khadka Daryeelka Hay adda Diabetes UK, 10 Parkway, London NW1 7AA

Telefoon 0845 120 2960 (waxaa la isaga qaadayaa qiimaha gudaha) (adeeg turjumad ayaa la helayaa)

Telefoonka xarfaha qoran 020 7424 1031(waxaana loogu talagalay dadka maqalkoodu uu daciifay)

Email careline@diabetes.org.uk

Waxay furan tahay Isniin ilaa Jimce 9subaxnimo ilaa 5galabnimo

Ururka samafalka ee loogu talagalay dadka sonkorowga qaba

Diabetes UK iwaa magaca hawlgala ee Shirkadda **the British Diabetic Association** ee sida ay xafiiska uga Diiwaan gashan tahay. 10 Parkway, London NW1 7AA. Waxay England uga diiwaan gashan tahay lambarka 339181 lambarka Diiwaanka ururka samafalka 215199

Shabakadda internetka Hay adda Diabetes UK

Shabakadda internetka ee baaxadda weyn ee ay fududdahay in la fahmo waxay ku deeqeysaa warkii ugu danbeeyey iyo macluumaad. Qaar ka mid ah warka waxaa lagu minguursan karaa luqadaha la xiriira. **Nagu soo booqo** www.diabetes.org.uk

Xubin ka noqoshada Hay adda Diabetes UK

Xubin ka noqoshadu waxay kuu keeneysaa majallad labadii biloodba mar ah *Balance*, oo Ingiriis ku qoran, oo ay ka buuxaan warar, aragtiyo ku saabsan sida loola noolaado sonkorowga oo adiga kuu fudud.

Haddii aad jeclaan lahayd inaad ogaatid wax badan oo ku saabsan taageeridda hay adda Diabetes UK ama sida xubin ka noqoshada Hay adda Diabetes UK ay adiga kuu caawin karto, fadlan Adeegyada Macaamiisha ee Hay adda Diabetes UK ka wac 020 7424 1010 Waxay furan tahay Isniin-Jimce 9subaxnimo-5galabnimo.

Kooxaha deegaanka Hay adda Diabetes UK

Hay adda Diabetes UK waxay leedahay in ka badan 400 oo kooxo mutadawiciin ah oo ku sugan UK oo dhan halkaasoo dadka qaba sonkorowgu ay taageero iyo saaxiibtinnimo ka heli karaan. Kooxaha badankoodu way u furan yihiin qof kasta oo sonkorow qaba.

Kooxaha qaarkood waxaa loogu talagalay dadka dhallinyarada ah, waalidiinta carruurta sonkorowga qaba, dadka Aasiyaanka ah, iyo dadka araggoodu daciifay.

Xafiisyada goboleed iyo kuwa qaran ee Hay adda Diabetes UK

Hay adda Diabetes UK waxay xafiis ku leedahay qaran kasta oo UK ka tirsan waxayna xafiisyo goboleed ku leedahay Waqooyi Galbeed, Waqooyiga iyo Yorkshire iyo Galbeedka Midlands. Xafiisyada oo dhan waxay u hawl galaan siyaabo badan, oo ay ka mid tahay maaliyad raadin, barnaamijyada tababaridda sida loo hawl geliyo sonkorowga, xiriir la yeelashada dadka ay taladu ka go do ee deegaanka, saameyn ku yeelashada bixinta daryeelka sonkorowga iyo kor u qaadidda wacyiga sonkorowga. Waxay sidoo kale isku duwaan shirarka loogu talagalay aqoonyahannada daryeelka caafimaadka iyo dadka qaba sonkorowga ee deegaanka deggan. Xafiisyada ku yaalla Scotland, Wales iyo Waqooyiga Ireland waxay sidoo kale leeyihiin hawl wax ka qabasho bixinta daryeelka sonkorowga daciifay iyo saameyntiisa ee ka jira qaababka adeegga caafimaadka ee kala duwan.

Diabetes UK North West

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Diabetes UK Eastern

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