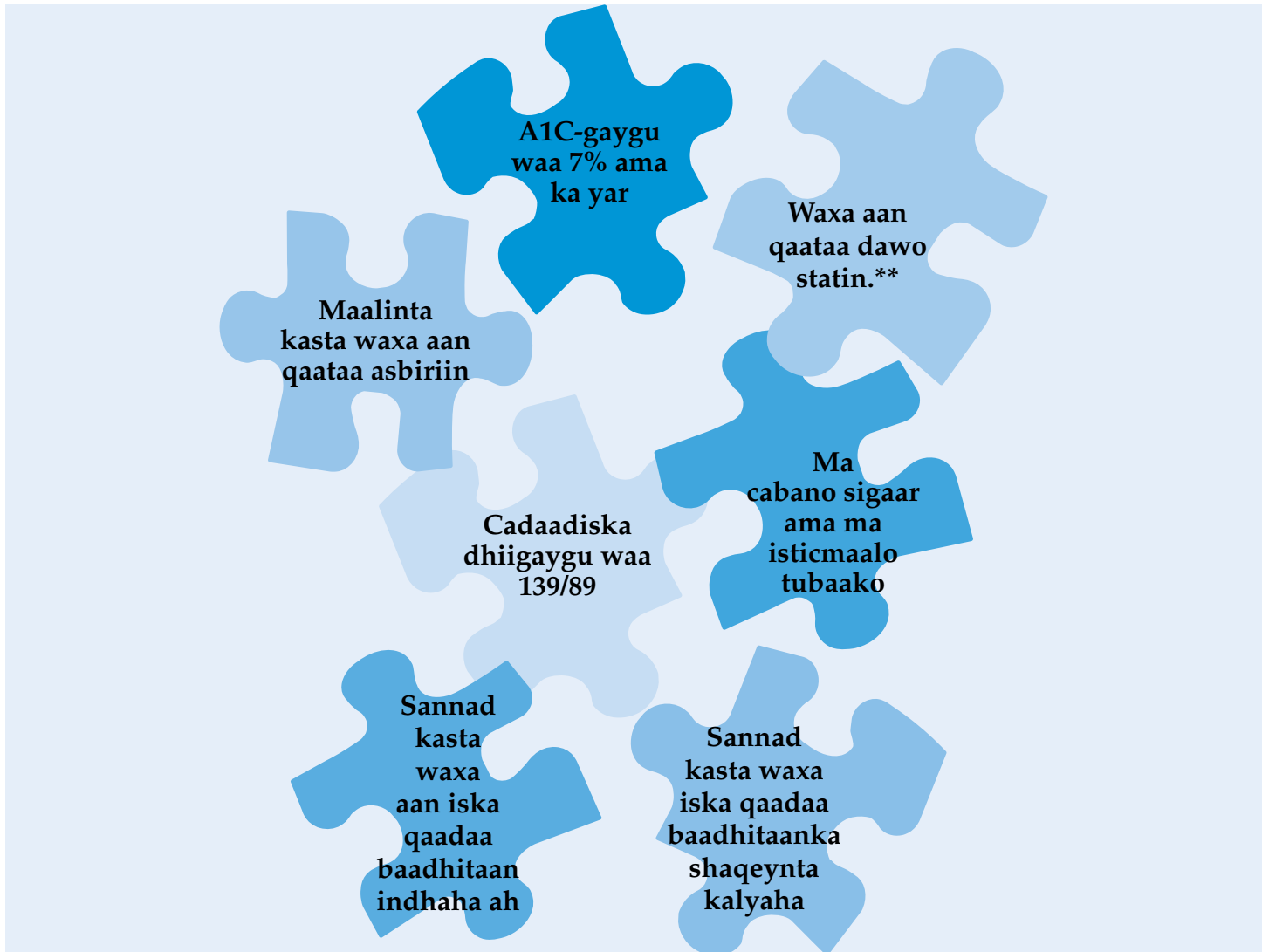


For the English version of “Staying in Control: Putting the Pieces Together,” see dia-ah-54073.

Xukumista Qodobada: Qaadista Talaabooyinka Muhiimka ah

Waxa aad awoodaa inaad caafimaad yeelatid marka aad qabtid sonkor ama macaan haddii aad xukuntid qodobada muhiimka ah ama aad qaadid talaabooyinka muhiimka ah.

U hubso in aad sameysid baadhitaanada lama-maarmaanka ah oo aad taqaanid hadafyada baadhitaanadaa. La shaqee dhakhtarkaaga iyo kooxdaada daryeelka caafimaadka si aad qodob kasta u xukuntid.



* Waxa lagu taliyay in la isticmaalo asbiriin haddii aad qabtid cudur wadne ama faalig. Markasta la tasho dhakhtarkaaga ka hor inta aanad bilaabin isticmaalka asbiriin.

** Bixiyeyaaha daryeelka caafimaadka kala hadal qaadashada dawo ah statin.

(over)

	Hadafkaaga	Natijoooyinkaaga	Xukumista
A1c	7% ama ka yar	_____	<input type="checkbox"/>
Statin	Haa**	Haa/Maya	<input type="checkbox"/>
BP	139/89 ama ka yar	_____	<input type="checkbox"/>
Asbiriin	Maalin kasta*	Haa/Maya	<input type="checkbox"/>
Isticmaalka Sigaarka	Maya	Haa/Maya	<input type="checkbox"/>
Baadhitaanka Indhaha	sannad kasta	Haa/Maya	<input type="checkbox"/>
Baadhitaanka kalyaha	sannad kasta	_____	<input type="checkbox"/>
Waxbarashada Sonkorta/ Macaanka	sannad asta haddii A1c >%8	Haa/Maya	<input type="checkbox"/>

* Waxa lagu taliyay in la isticmaalo asbiriin haddii aad qabtid cudur wadne ama faalig. Markasta la tasho dhakhtarkaaga ka hor inta aanad bilaabin isticmaalka asbiriin.

** Bixiyeyaaha daryeelka caafimaadka kala hadal qaadashada dawo ah statin.

Ballan

Dhakhtar: _____

Taariikh: _____ Wakhti: _____

Takhasusle Sonkorow/macaan (kalkaaliso ama nafaqo-yaqaan):

Taariikh: _____ Wakhti: _____

Fariimo: _____
