

# *Nemeniom Om Semwenin Suke*

Ew pisekin moun aan aramas  
mei urir semwenin suke



---

## **Auchean Popun Me Puarata Ekkewe Auchean Poraus**

Ei mochomochen memef won CDC's non 1997 taropwe fan itan *Nemenion om Semwenin Suke*, a mak fanitan ekkewe fonuen me aramasen non Pacific Basin Islands, me epwe tongeni nounou fiti masowen ewe maken non 1997. Ei esap tongeni ponueta ika pwe esap punun ewe State of Hawaii Kuttain Pioing, Diabetes Control Program me Nutrition me Physical Acitvities Sections a nom fan tumunwen ewe Preventive Health Services Branch, me ewe Hawaii Association of Diabetes Educators. Saposapun aninisin ekkei taropwe me pwan ekkoch memef a pwan etto seni ewe Diabetes Control Programs seni American Samoa, Guam, FSM, Marshall Islands, Northern Mariana Islands, me Palau. Ekkew chon angang ngeni ewe Center for Disease Control and Prevention, Division of Diabetes Translation re wisen awora ekkewe memef ngeni ei project.

*Ewe sasing won ei puk: A kawor seni ewe State of Hawaii Puttain Pioing - Nuitrition me ewe Kinikinin Pekin Apochokunen Inis*

***Ei poraus ese copyrighted.  
Kich mei tongeni ach sipwe kapini ekis ika unusen ekkei poraus.***

---

# 1. Porausen Mesemwan

Semwenin Suke mei tori arapakan meinisin kinikinin non inisum. Mei fakkun unusen eniwokus, epwe fituk non fansoun om manau, nge mei fakkun watte ika chommong met en mei tongeni fori om kopwe eppet manawechun inisum. En mei tongeni nemeni manawochun inisum -- esap ren chok ikinai, nge epwe pwan tori chommong ier mwirin.

Unusochun ekkewe sokkun mongo mi auchea ngeni amarin inisum ina kien ach sipwe manawotan ika mwo en mei semwenin suke. Achocho ngeni epwe unus ekkewe sokkun mongo mei auchea ngeni amaran inisum. Kopwe taiso, me achocho ne un safei. Fiti aninis seni om we family me chonupwim, ekkewe chon pioing, me chon neniom, en mei tongei nemeni ewe semwenin suke.



Angang fengen me ekkew chon angangen Pioing om kopwe nemeni on Samau.

## **Meta semwenin suke?**

Chomong ngeni ekkewe mongo sia ani a wiwiti glucose (suke) fan iten inisich epwe pochokun. Ewe chukunukan a nom non ewe nuk, a wisen fori chonun mongo a winiti suke, an epwe anisi ewe choonun mongo an tonong non chuaan ewe inis. Nupwen a uruk semwenin suke, inisum ese chuen naaf forian (insulin) ika ese fen chuen tongeni aea pusin an iwe (insulin). Ei osukosuk a fori ewe glucose an epwe mochuno non ekewe waan chaa.

---

## **Esisinen om kopwe sinei pwe a uruk semwenin suke**

Ekkei ra tetenitiw fan, ekkoch sesisinen ewe semwenin suke Naman ka fen kuna ekkocch ekkei esisin me mwen om kopwe sinei pwe a fen uruk semwenin suke:

- sou kaka
- chuchu fan chomong
- nenengaw mesom
- sou monu
- kichuchuno
- unuchom epwe pwasaka
- kinas ese tongeni moonoo
- soun kinas inisum
- unuun ika rukufen pecheom
- muus

## **Sakkun semwenin suke**

Mei wor 2 sakkun (semwenin suke) diabetes:

- Type 1
- Type 2

Aramas ekka a nom rer ewe type 1 semwenin suke a tongeni nom rer fansoun ir mei chiwen kukun (simirit) ika fansoun ra ekis watte (young adults). Ren ekkewe aramas ra type 1 semwenin suke, ewe pancreas (ewe kinikin inisum a fori

chonun mongo me insulin) a fori chokukun ika ese fen wor insulin, iwe repwe angei opos ren insulin iteiten raan non tamen manaawer.

Chomong nengi aramas a urir semwenin suke a nom rer ewe type 2 semwenin suke. Ewe pancreas ren type 2 semwenin suke a fofori insulin non ekkoch fansoun, nge inisir ese chuen aea unusan. Chomong aramas a nom rer type 2 semwenin suke ra pwa pwe ei seman a nom rer nupwen ra tori nefong 30 me 40 ier. Chomong semirit me onuon/fopun a fen puan torir type 2 semwenin suke.

Ekkoch eniwokusun esisin pwe a uruk type 2 semwenin suke ikkei:

- uruon om we family ika mei wor mei urir semwenin suke
- ese taiso
- kitinup
- ese nifinifin met ra anni (awewe mongo mei watte kiris ika mongomong)
- emon chon Asia, ika Pacific Islander, emon Hawaiian, American Indian, Hispanic, Latino, me African American heritage

---

## 2. Pekin fiu negeni semwenin suke

### A. Pekin mongo

Namoten mongo epwe anisi inisum:

- Sapueno auchean ukukochun ewe suke non chaa
- Sapueno om kosap kon kitinup
- Oukuku onom



*A kawor seni ewe State of Hawaii Puttain Pioing - Nutrition me ewe Kinikinin Pekin Apochokunen Inis*

### Emwenin sokkun mongo mei auchea ngeni amarin inis:

#### 1) Mongo fan Unugat non ew Ran

Kopwe mongo esap kis seni fan unungat ew ran me ekkewe kukun mongon nefinen fansoun mongo ika fen fan 5-6 om mongo non ew ran om kopwe ouku ewe ukukochun suke mei namot ngeni munawochun inisum.

#### 2) Tumunu Ukukun Pounen Onom Mongo

Oukuku paunen onom; en mei tongeni nemeni ukukun ewe suke non chaam.

#### 3) Fini onom mongo seni unungat ika fen nap seni tetenin ika sakkun mongo iteitan mongo

Fansoun kopwe mongo unungat ika nap seni sokkun mongo, mei tongeni auku ukukun ewe suke non ekkwe mongo mei auchea ngeni inisum. Awewe: starch (ekewe mongo mei watte sitas non), vegetables (ekewe foun ira), me protein (ekewe mongo ren futuk, iik, me ekkoch).



*A kawor seni ewe State of Hawaii  
Puttain Pioing - Nuirtrition me ewe  
Kinikinin Pekin Apochokunen Inis*



*Aworaen ewe Federated States of  
Micronesia Diabetes Control Program*

#### **4) Fini Ekkewe Mongo mei Kukun Kiris Non**

Oukuku om kopwe furainei onom mongo, okukunano pooto, mwatun, pochun futuk, mongo mei tukutuk mei tonong me nukun me pwan ekkoch mei watte kiris non.

#### **5) Mongo ekkew mongo mei watte fiber non**

Monog ekkewe mongo usun Brown Rice (rais mei toputup), whole wheat bread (pinewa mei nofit me ewe whole wheat - pinewa mei toputup), beans, me foun ira me mason atake.

#### **6) Oukuku mongo ngarangar me sakau**

Ekkei tetnin mongo mei efeiengawa wattenoon ewe suke, iwe sipwe oukukun ach mongo ika un.

Chuchuri chon angangen piong ren koukun onom mongo, auchean esinesin ren ekkewe mongo mi nom non tin ika tukutuk, ika fen auchan ekkewe sokkopaten mongon non imwen mongo.



---

## **B. Taisoni Inisum**

Om taisoni inisum, ew watten aninis om kopwe nemeni ewe suke non om we chaa me kosap kitinup. Taiso a pwan anisi om we ngasangas esap osukosuk.

Tetenin Taiso:

- Epwe apochokuna ngasangasom, amaat me chuu
- Apochokuna ekkewe musen, pochokun me pochokunutam
- Epwe anisi om kosap kitinup me okukunano kiris non inisum
- Okukunatiw feita chaa
- Epeti inisum seni ekkewe maater
- Ngonuk nangatamen om pochokun
- Epwe okukunano ukukun om insulin safei om kopwe angei non ranin om taiso
- Opochokunok fansoun kukunou nefinen fefin me mwan
- Tufichin mour kinamwe
- Orukano osukosuk
- Kopwe fakkun kinamwe non om ekiek!





### **C. *Ekkoch auchean aninis ren safeen semwenin suke***

Ika ke ukun safeen semwenin suke, auseningoch met ekkewe chon pioing repwe anoapanapa ngonuk ifa usun an ekkewe safei angang. Kapas eis ngeni ekkewe chon angangen pioing ika pwe kose weweoch.

### **D. *Ekkoch pwan auchean ourour:***

- Awattei unumom konik. Wanu (8) kapen konik ew ran.
- Mwaramar ekkewe esisin mei puarata pwe en emon mei uruk semwenin suke.
- Taiso fiti emon chiechiom.
- Nounou sitakin me sus mei ukukum.
- Cheki pechem ren nikechin, nipung, kinas ika fen kunun.
- Ika kose mefi pochokun, kouno me taiso, cheki om ine chaa level, kori noum tokeche ika chon angangen pioing.
- Un unumon kewe safei seni noum tokeche.

---

### **3. Checkeki Ukukum Om na Blood Sugar Level [ukukum suke nom om chaa]**

En mei tongeni anisi om na blood sugar level ika:

- Kopwe checheki ukukum om na blood sugar level.
- Angei ew om hemoglobin A 1 c chek me pioing iteiten unungat (3) maram, nge ika en mei ukkun ekkewe insulin kopwe chek iteiten wonu (6) maram ika ke ukun safei mei nono safeen suke.

#### ***A. Esisinen ika e Tur om we Blood Sugar Level [ukukum suke nom om chaa]***

Esisinen an a tur om we blood sugar level a pachonong:

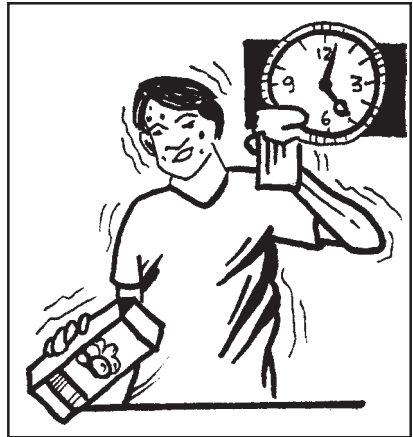
- Kopwe mefi niwokus, chechech, me monon
- Kopwe monunu
- Esap fatafateoch om ekkiek
- Kopwe ekis mefi osokosuk
- Epwe uruk chechech watte

Ren om kosap osokosuk, cheki ukukum suke nom om chaa [blood sugar level] me mwen kopwe fori ew me nein ekkei mettoch:

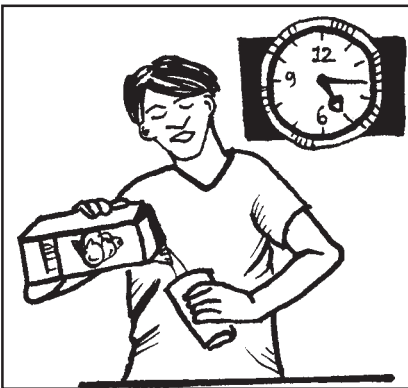
- Unteng toraku
- Aea ekkewe watten mwesin
- Om fori ekkoch mettoch mei omokutu unnsen inesum
- Om kopwe ngang fansoum nangatam



Ikka e toruk ew ekkewe esisin pwe om blood sugar level mei tur nge kose tongeni cheki non chok ena fansoun iwe...



...kopwe un ekkewe chonun foun ira ese ngar!



Un chonun foun ira iteiten 15 minich tori fansoun om we blood sugar level epwe niwintii usun chok me mwan.

---

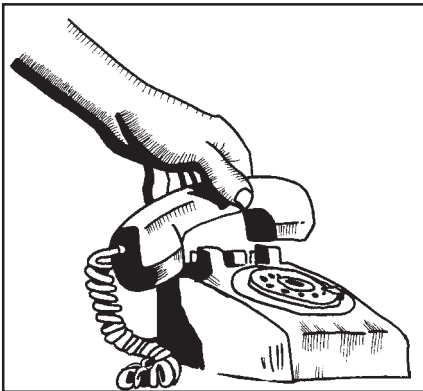
## **B. Esisinen High Blood Sugar [Ukukum Suke Non om Chaa Mei Watte]**

Esisinen High Blood Sugar [watte suke non chaa]:

- Pwasaka non awom
- Kaka
- Soun mochen chuchu
- Monunu
- Nenengaw mesom
- Kichuchuno
- Metek nuk, eningaw, me mus



**Soun mochen chuchu pwan ew esisin ren watte suke non chaa [high blood glucose].**



**En mei tongeni kokori noum tokeche iteiten ran om mefi samau.**

Ika pwe ka kuna ew esisinen high blood sugar [watte suke non om chaa], cheki om na chaa ika churi tokeche ika feino ngeni pioing.

## **4. Semwenin suke Efisata Semwenin Maas**

### ***Esisinen semwenin suke Efisata Semwenin Maas***

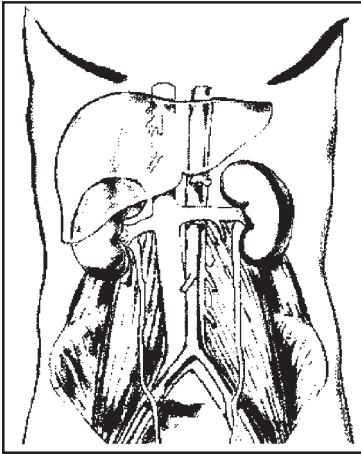
Kopwe cheheki mesom pun ika semwenin suke a tori mesom, kopwe mutir ne sinei. Kopwe ereni ekkewe chon pioing ika tokeche usun nonomun mesom kewe.



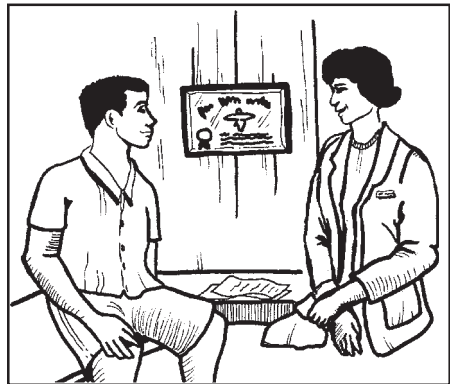
**Ika pwe ewor osukosuken mesom,  
aporaus a ngeni ekkewe chon  
pioing ika tokeche.**

---

## 5. Osukosuken om Kidney



Tumunu om kewe kidneys [ekewe nenien nimeti chaa] om kopwe oukuku om blood sugar me blood pressure [chaa feita]. Kopwe chechek iteiten ier chaa me chuchu om kopwe sinei nonomun om kewe kidneys.



Aporausa ngnei chon pioing ika pwe en mei kuna ew ekewe esisinen osukosuken kidney ika bladder [nenien om chuchu a nom ie].

### **Esisinen bladder mei paikin:**

Ponokunok ika chaa chuchum, kose tongeni omochu chuchum

### **Esisinen kidney mei paikin:**

metek sokur, fou, pwan pwichikar

## **6. Osukosuken Ngasangas me Waa**

Aramas mei urir semwenin suke mei mecheres ngenir epwe urir semenin ngasangas me ekkewe waan mefi ika pwe ar suke non chaar [blood sugar] ese tumun.

Osukosuken ngasangas me waan mefi ir popun om samau, penoon kinikinin inisum, me maano ngeni ekkewe mei urir suke.

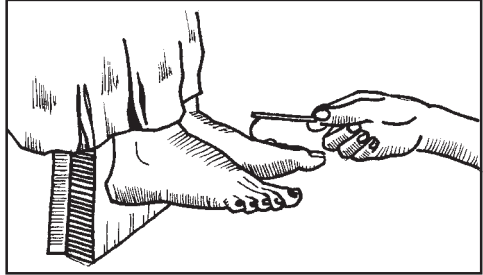
Osukosuken ngasangas me waa a tongeni efisata fetenengawen chaa non ewe inis akkaewin pechem me pachapachom.

En mei fakkum mecheres ngonuk epwe osukosuk om ngasangas me ekkewe waan chaan non inisum, mei tongeni toruk heart attack, (kouno om ngasangas), ika stroke, ika pwe en mei ukkun supua, uruk chaa feita, ika watte an pineno fetanin chaa non inisum, ika watte kiris non om we waan chaa. Ekkewe chon pioning mei tongeni anisuk an epwe kukununo osukosuken ngasangas fetanin chaa me oronuk ifa usun (ika fan fitu) chaa fieta me cholesterolkopwe chehek rer.

---

## 7. Osukosuken Waan Mefi me Pachapachen Pechem

Feiengawen waan mefi, osukosuken fetanin chaa, me kinas rese tongeni moonoo mei tongeni efisata osukosuken pachapachom ren ekkewe mei urir suke, tori epwe tongeni tutun pechem.



**Esap kis seni fan ew (1) non ew ier, kopwe chek pioing ren pachapachom me om waan mefi.**

Tumunu pechem (pachapachom) fiti:

- Nimeti pachapachom iteitan ran
- Cheki pachapachom iteitan ran ren kinas, mok, ne nikechin
- Ukukun om blood sugar level [Ukukun Suke Nom om Chaa]
- Kosap un supa ika mongo snuf
- Kosap atasi, nounou chori ika sus



**Kopwe tonupwasei nefinen outun pechem me mwan kopwe nounou sus.**

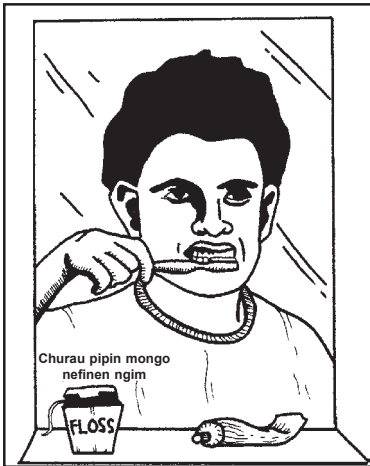


## 8. Semwenin Ngim (nii)

Ekkewe mei urir suke mei mecheres osukosuk ren ngir me apwen ngir ika rese tongeni tumunu ar blood suke.



Pochokumen ngim me apwen ngim a etto seni om tumunu me okukunu om blood suke.



Tumunu ngim om kopwe piros esap kis seni fan ru non ew ran me churi pipin mongo nefinen ngim iteitan mwirin mongo.



Churi ekkewe tokechen ngi iteitan mwirin wonu (6) maram.

---

## 9. Opposun Eppetin Semwen

Maater mei tongeni an epwe oturkonong non pioing. Angei opposun maater iteiten ier mei tongeni anisi inisum. Tungorei noun tokeche repwe ngonuk ei oppos, akkaewin ika pwe kose mo oppos non ukukum nimu ier.



Division of Diabetes Translation  
National Center for Chronic Disease  
Prevention and Health Promotion  
Centers for Disease Control and Prevention (CDC)

**Kapas eis ren ei puk:**

Tengewa: Hawaii State Diabetes Prevention and Control  
Program (HSDPCP) 808-692-7462

Fax: 808-692-7461

E-mail: [HSDPCP@mail.health.state.hi.us](mailto:HSDPCP@mail.health.state.hi.us)

Mail: HSDPCP  
601 Kamokila Blvd., #344  
Kapolei, Hawaii 96707

*Ei puk non fosun Merika a kawor monian seni ewe CDC me ewe  
National Diabetes Education Program.*

*Ewe awewen me achamongonwn ei puk a wor aninis seni ewe  
HSDPCP's Cooperative Agreement No. U32/CCU902712-15 seni  
ewe CDC.*

*Ese wor nifinifin ren aninis: Kich sia awora an  
meinisin repwe sinei me tufich seni ach kei aninis  
non an esap wor nifinifin ngeni en chon ia onuen  
unuchom, fonuom (pachonong sakkun om fos),  
ierum, mwan ika fefin, me ika en mei teer. Kokori  
ika chuto non ewe HSDPCP, tengewa # 808-692-  
7462, ika ach we putain Affirmative Action Officer,  
Box 3378, Honolulu, HI 96801-3345, ika tengewa  
#808-586-4616 non nefinen chok 180 ranin  
fansoun om iwe osukosuk.*



