

# Tiŋ Golköth tō Riemic

Tiŋ golköth tō riemic apiath wët yen BGL nyuwoth bi menh-du kony nē tē yenē tuaany thukari luoi thīn. Bī tǎn BGL gāt piny ku muk e yīin kuony ba ka tuöl nyic tē cenē inthulin gam ku tē yenē yeen waar nē ka juēc ye keek looi ku tē cil guöp meth lo thīn.

## Ye na bī Athëm Looi?

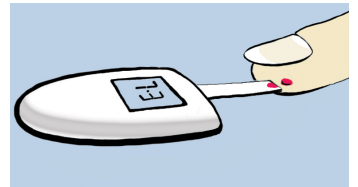
Akim ye menh-du tiŋ ku raan koc lëk wël ke tuaany thukari abī yīin lëk ye na bī BGL menh-du them. Mith juēc ku riennythi aye keek them tē ŋoot kek ke kēc cam, nē thaa tōc, tē pol kek riadha, tē cenē golköth tō riemic lo piny (hypo) ka tē ye gup ke kek cīe piol.

## Mitir Athëm Golköth tō Riemic

Mitir juēc ye ke golköth riemic them atō thuuk lëu keek yök ku bī menh-du ke loc thīn. Yen e mitir abī dhil muk cīt wët cī cerca e loi yeen luuel ku bī tē yen luui thīn ya waar nē kaam thok ebën. Nyin thiin riemic ye yök tē cenē cin gut bī kuëer aye wic nē wët golköth tō riemic ku athëm ye cöl ketone testing.

## Athëm Golköth tō Riemic cöl Test Strips

Athëm ke test strips yenē ke golköth riemic them ye golköth tō riemic ku mitir cok thōŋ ke riem ebën ye them. Menh-du abī röt dhil māt ajuiëer ye cöl National Diabetes Service Scheme, NDSS, (Ajuiëer Baai Ebën Kuony Tuaany Thukari) ago athëm ke strips ya yök nē ciin koor. Apiath ba them men ke athëm ke strips ka lui apiath. Yin bī athëm ke strips ya yiëk rin-ken tē liep yin thanduj yam thok.



## Ka ye cin bī riem yök cöl Fingerprickers/Lancets

Menh-du abī ŋingerpricker cī mat ke lancet ba riem thiin koor lööm bi ke athëm BGL looi. Raan yīin lëk wël abī yīin lëk dhöl piath bī athëm menh-du looi, ku bi looi cīt men run-ke.

### Bī athëm BGL looi:

1. Nyaa-ë mitir nē kin-de yic
2. Nyaa-ë strip nē tō yen thīn ka nyaa-ë strip nē kē cenē yeen dol yic
3. Täau-ë strip nē thök mitir
4. Juiir bī cin gut (fingerpricker)
5. Kuën mitir piath lok meth cin tē ŋoot athëm ke kēcë looi
6. Cok fingerpricker gut cin nom biäk nhial
7. Thany thoŋ mitir ago lancet nē dëlic, ku bī riem thiin bën bei
8. Täau-ë nyin riem strip
9. Cuothë riem wei nē awereŋ tissue
10. Tē cenē riem täau thīn ke mitir abi kuën göl
11. Tē cenē athëm fingerpricker thök ke yin cuatë strip cenē lui tē anyuon
12. Gätë ka cī kuen piny nē mufaker yic



13. Na tō kuēn piiny nē 4mmol/L ke nyic ke riem atō piiny (hypo)- tīŋ wēt lēk hypoglycaemia. Mīth kōk alēu bikē tō ke ka nyooth riem tō piiny (hypo) ke athēm tō nhial nē 4mmol/L ka lō nhial-kek ŋot ke kek bī lōöm wəl ke hypo

14. Waar mītir ku fingerpricker tē cenē yeen yōk.

### **Ka cōl ketones**

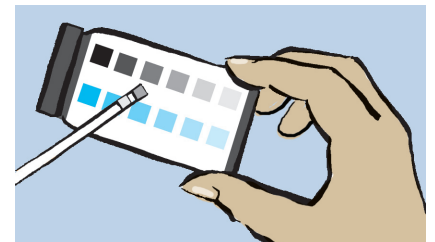
Golkōth dīit tō riemic ku liu dīt apēi inthulin e piaat cōk wəl bī ke thaga (rier guōp). Tē cii ye kām tuōl anōŋ ka cōl ketones aye kuet nē riemic ku lac. Ketones ayekē nyuōoth kāŋ acī nē guōpic apiath ku inthulin dēt awīc. Ye athēm ketoneē dhil looi tē tō BGL ke wār 15mmol/L. Yīn bī kōc-kuōn yīn tīŋ wēt tuaany thukari dhil yīŋ tē tul kām.

### **Strips ke athēm ke ketone**

Dhōl ke rou ka tō yenē ketone them- bī riem them ka bī lac them:

#### **Strip ke Athēm Ketone nē Riemic**

Mītir atō yenē ke riem them bī ketones yōk lēu bikē luui apiath kenē mīth ku rienythi. Nyin thiin koor riem yenē golkōth nyuōoth alēu bī riem them eya bī ketones nyuōoth. Athēm juēc cīe thōŋ ke strip ka yenē ke golkōth ku ketones them. Athēm ke strip yenē ketones nyuōoth acīe tō nē ajuicer kuōny NDSS yic.



#### **Strips ke Athēm Lac nē Ketones**

Strips ke athēm ketone aŋot ke keek tō yenē ketones nyuōoth. Lēc lik abī dhil yōk ku them keek. Mīth ka ye lēc nē strips yiic nē yān juēc tē cī kek lō roor. Ke strips ka athēm kāk ka ye keek yōc ciin nē dhōl ajuicer kuōny NDSS.

### **Awereŋ/Mufaker Gēt Piny ka Thukari**

Apiath ke yīn ku menh-du/menh rienythi bī ka athēm BGL ya gāt piny nē muyakeric. Ye kām abī yīn ku kōc-kuōn lon tuaany thukari kuōny tām BGL ku bī gem inthulin waar ku tē bī luui tuaany juiir apiath.

### **Nyēsi ka Moth Thook**

Wugunaai kedhia cenē ke wum, aliprōth ku lancet ka bikē dhil tāau tē cī lueel bī ka moth thook ya tōōu ku ke kāk ka tō yōt yōc wal kōk yiic ku ajuicer Diabetes Australia de (Wilaya) NSW. Yōt wal yaac juēc ku ajuicer kanthool atō ke ajuicer yenē kē kāk nyaai tē cī ka yenē keek tāau thīn thiāŋ. Na tō kanthol tē rēer yīn thīn acīn ye ajuicerē ka paan-du ku ayada alēu bī kony.



### **Ka tō riem cōl Hb1c ka Haemoglobin A1c**

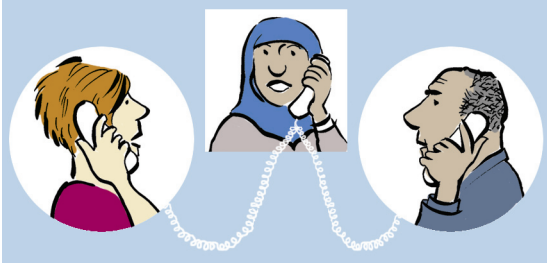
Yen athēm kām tām golkōth tō riemic ebēn nē ke rou ka diāk cī wan ku ka bī dhil looi nē thōk pēi ke diāk nē ayada ye menh-du lō thīn. Yen akīm-du nyuōth ka lēk tō tueeŋ nē wēt gēl golkōth nē riemic.

**Ba wēl juēc kōk ke lēk yōk yup telefuun 1300 136 588 Webthait: [www.diabeteskidsandteens.com.au](http://www.diabeteskidsandteens.com.au)**

## Wic raan wëer thok?

Jam telefonuun cïn wëu ye cuat piny atö të kəc cïe piŋ ka jam apiath në Thoŋ de Diŋliith. Yen ye ajuieer kån aye yök në dhöl de Ajuieer Wëer Jam ku Wël cï Göt (Translating and Interpreting Service, TIS.) tō në Dïpäätmën Kök ku Cïeŋ Kuötic ku Lon Ajuieer Kəc e Yök Yök Keek Baai (Department of Immigration and Indigenous Affairs). Ajuieer TIS alui kenë kəc nyic lon wëer thok ye jam në ka cït thook-dit ku thookkor ku ka lëu bën të cenë keek cöol të wicë keek.

### Yök raan wëer thok:



1. Yup telefonuun namba 131 450 ba jam wenë Ajuieer Wëer Thok në Telefon.

2. Luel kë ye yup, cït wic ba jam to raan lëk wël/raan nyic lon miith lui kenë ajuieer ye cöl Diabetes Australia

3. Raan jam telefonuun juiir bï yïin jam në dhöl ye yic diäk wenë në thoŋ wic ku kəc lon pial guöp lui kenë Diabetes Australia.

Yen ye ajuieer kån e looi Diabetes Australia ku bï lon-de abï lo tueŋ në kuöony cï Dïpäätmën de Pial Guöp ku Dhiöp de Akuma Australiya (Australian Government Department of Health and Ageing) yiëk yeen.