

Lon Yiëëk Guöp

Yeñö ye yïn guöp-du cök lui?

Kë ye guöp cök tō ke lui e mïth kuony bikë nañ thaga (rier guöp) dīt, bī gup-ken tō ke kek piol ku bikë piōth miēt nē tē ye kek rōth tiēñ thīn. Mïth kedhia ka bī dhil cök ye luui nē ye yiëëk guöp ku riadha. Ka ye guöp yāāk e kony inthulin kuony eya bī luui apiath nē ye wētē mïth tuaany thukari kuat tōk kuony nē tē yenē tuaany luoi thīn ebën.

Lëu bī lon ka ke yiëëk guöp tăn golkōth tō riemic waar?

Alëu rōt. Lon guöp yāāk alëu bī tăn golkōth riemic waar nē ke dhōl kāk:

Lon guöp yāāk alëu bī tăn BGL **cök lo piny** nē wēt de:

- Rīñ ke guöp ka ye golkōth dīt lööm ke ye thaga (rier guöp)
- Guöp e bën ke cīe inthulin wic

Lon guöp yāāk nē akōl kōk e tăn BGL **juakic** nē wēt de:

- Ka cī rōth waar nē hormone kōk nē guöpic (nē akōl juēc e tō nē kaam cekic nē wēt ka ke guöm ka miēt/riāāk piōu)
- Tē tō meth ke cīe piol

Lon yiëëk guöp e mïth waar nē dhōl wāac. Dēt eya, yiin ku menh-du abakē nē kaam cekic nyic tē ye ñek ka juēc wāac looi.

Lëu bī ka dhal koc gël nē tuōl kadī?

Mïth tuaany thukari kuat tōk ka bī keek dhil cök bikë gup tuōc ku juiirkē ka bikë keek looi:

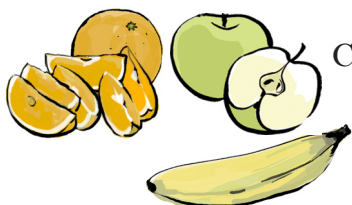
1. Bī BGL them nyic ye karboyaideret yīndī wic keek tē bī kē looi rōt gol
2. Tak ye kaam yīndī yen bī kē loi lo ku ka cīt ñō ke bī menh-du keek looi. Ka loi bī kaam bāär lööm alëu bikë karboyaideret kōk jōt ku/ka lööm inthulin cök koor. Jam ye kăn wenē koc lui nē ka ke tuaany thukari
3. Them bī menh-du ka wic hypo (riem tō piiny) keek (cīt athir ku bithkawith) tē looi yen riadha
4. Them bī menh-du ya tiñ nē raan lëu bī yeen kuony tē tul hypo (riem tō piiny).

Mïth bī cam tē kēce ka luoi gol

Mïth juēc ke karboyaideret ka piath bī keek cam tē ñoot ka ke yiëëk guöp gol agokē BGL cök tō tē-den

Kōk ke ka lëu bī lööm acit:

Nyīn ke tiim,



Cök lik miök thīn/cök cī ke ka pac,



Ke ye cōl muesli, nyīn cī rier ke tiim, dhabadi, bithkawith

Hypoglycaemia (golköth riemic tō piiny)

Agut cenë ajuiser piath looi, hypo (riem tō piiny) alëu bī ñot ke tul, ku tē cen tuöl, meth ka raan tō kenë yeen abī kē bī looi dhil nyic. Meth abī ka looi kedhia dhil puöl agut tē cenë yeen yiëk wël ke hypo ku cī BGL-de lō nhial nē 5 mmol/L ka kē wär yeen.

Na cī hypo tuöl ke (meth) abī yiëk wal **TĒ CĪN GÄÄU**

Tē yenë hypo luoi thīn

Dhöl 1

Yiëkë meth miith karboyaideret kōc liëk cīt tōñ kāk:

- 1/3-1/2 kuban athir nyīn tiim ka athir tō kīn kooric ka 5-7 jellybeans
- Abuup ke golköth thōñ ke gram ke 10-15 ka
- 1/3 yēlba athir (not diet) ka
- 2-3 malaga miök ciëc ka thukar



Dhöl 2

Kuany cōk nē gēm miëth karboyaideret cīt nyīn tiim, sandwich ka bithkawith. Na tul hypo ke thaa cām ka lööm snack ñoot ke yīn gēm ye miëthē ka snack.



Na ye menh-du tō kenë insulin pump, Lanatus ka Levemir, ke yīn alëu luoi nē ka dhöl 2.

Hypo dīt apei

Na tō ke cī thōök ka niäär, ke yīn cōl kuōny ka kārāk tē cīn gääu!

- Duönë them by yiëk kē cam nē yethok
- Täacë meth ke ca rōñ, tē ye luöl raan cī thōök ka raan cī yōör, cōk tē wēēi lääu
- Cōl athaap (000) ku luel nē Thoñ de Diñliith (tē lëu yen rōt) men ke “diabetes emergency” (e kārāk tuaany thukari) (keek ka bī ajuiser wēēr thok yök tē nōñ yen kē riric) ka na tō ku cī yīin piöc nē tē yenë yeen luoi thīn bag am, gamë wuguna de Glucagon*
- Rēērē wenë meth agut bī kuōny bēn

*Glucagon e ke ye cōl hormone ye BGL cōk lō nhial ku ka ye wuöm nē riñ dīt nē biäk tueñ de cōk.

Muk nē yīnhom men ke hypo ke tuöl agut tē cīt thee ke 16 tē cenë riadha thök. Yīn lëu ba kērēec de hypo cī gööu lëu bī tuöl cōk koor nē athēm golköth tō riemic, gēm meth karboyaideret kōk juëc ku/ka ba gēm inthulin waar.

Wël tō tueñ

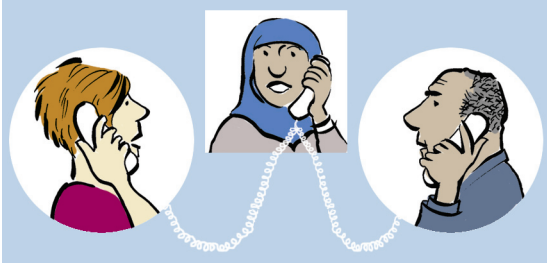
- Yiëk guöp apiath nē wēt pial guöp
- Nē wēt yiëk guöp menh-du awic bī BGL-de them ku miith juëc kōk ke karboyaideret
- Tē luoi menh-du ka ke yiëk guöp ke yeen abī dhil tiit
- Tē looi yen ka yiëk guöp hypo alëu bī tuöl agut ka cīt thee ke 16

Ba wël juëc kōk ke lëk yök yup telefuun 1300 131 588 Webthait : www.diabeteskidsandteens.com.au

Wic raan wëër thok?

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

Yök raan wëër thok:



1. Yup telefonuun namba 131 450 ba jam wenë Ajuieer Wëër Thok në Telefonuun.

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

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

Yen ye ajuieer kãn 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.