

Ukuqalisa ukusebenzisa i-insulin xa unesifo seswekile

Kufuneka uqalise ukusebenzisa i-insulin ukuzigcina usempilweni, ukulawula isifo seswekile uphephe iingxaki ezinobuzaza ezihamba naso. Kusengenzeka ukuba unokuyisebenzisa yonke imihla i-insulin.

Yintoni i-insulin yaye kutheni kufuneka ufumane eyongezelelekileyo?

I-insulin ikunceda ekuthobeni iqondo leswekile efumaneka ekutyeni engena kwiiseli zomzimba ukuze ikwazi ukusebenziseka njengesiniki-mandla.

Xa unesifo seswekile, umzimba wakho uvelisa i-insulin encinane ethi ibangele ukuba amandla ayo angasetyenziswa ngokukuko ziiseli. Oku kuthethe ukuba iswekile ihlala egazini lakho zize iiseli zezihlunu kunye namalungu omzimba wakho angafumani mandla ngokwaneleyo. Iswekile egqithisileyo egazini yonakalisa imithambo ethi igqibele ngokubangela i-hypertension, istrowukhu nesifo sentliziyo kanti iyawahlasela namehlo, izintso neenyawo. Ukuba akunamandla ngokwaneleyo izihlunu namalungu omzimba ayadinwa abe buthathaka.

Ukusebenzisa i-insulin kuya kukunceda uhlale uphila kakuhle, ukwazi ukulawula isifo seswekile uziphephe neengxaki ezihamba naso.

Ingaba i-insulin ibangela ezinye iingxaki (side effects)?

I-insulin ihlisa iqondo leswekile egazini lakho. Ukuba uyisebenzisa kakhulu, iqondo leswekile egazini lingehla kakhulu.

Ukuba uziva unesiyezi, ubilile, unongcangcazelo okanye ubhideko, kusengenzeka ukuba kuhle iqondo leswekile egazini. Oku kunganobuzaza ukuba akunyangwa ngokukhawuleza. Yitya okanye usele izinto ezineswekile ngokukhawuleza. Landelisa ngezidlo ezinestatshi njenge-sandwich. Ukuba akuziva ngcono okanye oku kwenzeka kaninzi, khangela uncedo lwezempilo.

Ukukhangela ukuba iyalawuleka na ingxaki yakho yesifo seswekile

- I- HbA_{1c} kukuhlolwa kwegazi okwenziwa lizikompilo. Injongo kukuba ibonakalise iqondo eliyi-avareji yeswekile yegazi isithuba seenyanga ezintathu. I-HbA_{1c} ingaphantsi kwe- 8% (ingaphantsi kumlinganiselo oyi-7%).
- Uya kukhangelwa iswekile yakho yegazi ekhaya. Umsebenzi wakho wezempilo uya kukuxelela indlela nexesha lokwenza oku nendlela yokumana ukulungelelanisa (idowisi) xa kukho imfuneko. Umlinganiselo ekufuneka uwufumene uphakathi kwe5.0 ne-8.5.

Yigcine i-insulin neenaliti ngenkathalo

- Gcina istokhwe sakho esingasetyenziswanga se-insulin efrijini. Gcina iibhotile okanye ii-pen ezivuliweyo ze-insulin kwithempiritsha yendlu.
- Ungayibeki elangeni i-insulin kwaye ungayigcini ixesha elingaphezu kwenyanga.
- Iinaliti zinobungozi kwabanye abantu. Gcina iinaliti ezisetyenzisiweyo kwinto ekhuselekileyo.
- Yise ekhemesti ukuze umsebenzi wezempilo ayilahle ngendlela ekhuselekileyo.

HLALA UKHUSELEKILE

**YIYA
PHAMBILI**



URhulumente
weNtshona Koloni

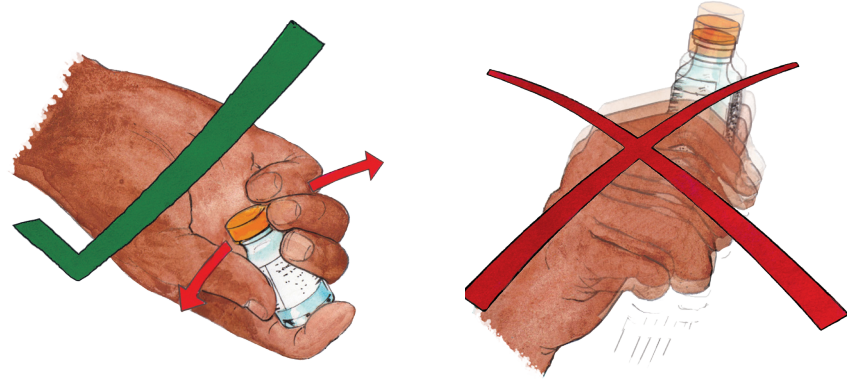
Indlela yokuzihlaba isitofu se-insulin

Sebenzisa kwalaa naliti inye uhlabe ngayo isitofu amaxesha amathandathu (6). Yitshintshe inaliti xa ibangela iintlungu.

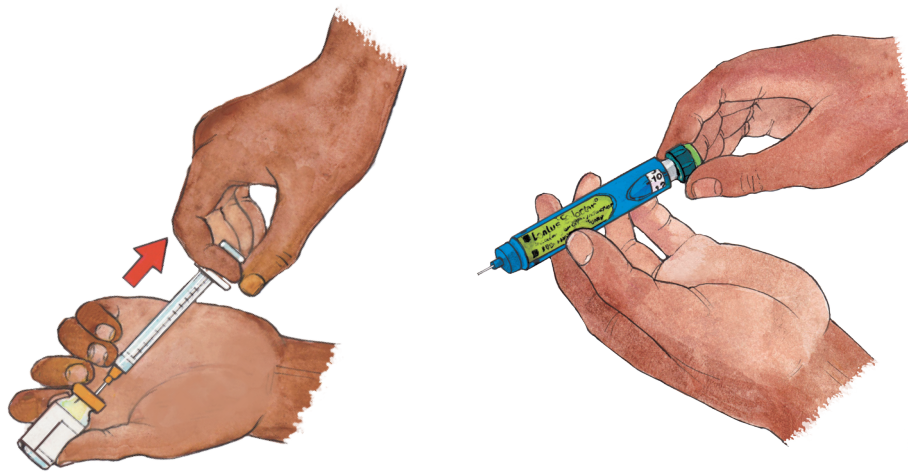
1. Yigcine icocekile: Hlamba izandla zakho. Akukho mfuneko yokuyicoca le ndawo ufofe kuyo ngaphandle kokuba isikhumba sakho asicocekanga.



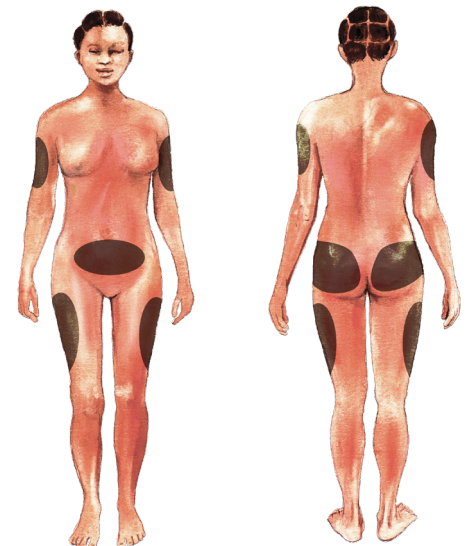
2. Yithambekisele macala onke ibhotile ye-insulin. Ungayihlukuhli.



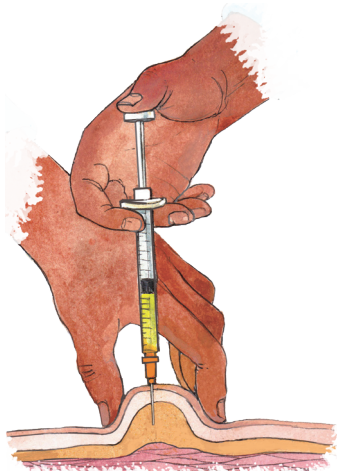
3. Lungiselela ukuhlaba i-insulin:
 - a. Lungisa isirinji nenaliti: Tsala loo mlinganiselo uwufunayo we-insulin ebhotileni.
 - b. IPen: lubeke usiba (dial) kwinani leeyunithi ezingumlinganiselo ofunekayo.



4. Khetha indawo oza kuzihlaba kuyo. Ungalibali ukumana uzitshintshatshintsha iindawo ozihlaba kuzo (ungahlabi ndawonye).



5. Bamba inyama (pinch) ilungele ukuhlaba inaliti.



6. Hlaba isitofu:
 - a. Inaliti: zitofe nge-insulin esikhumbeni .
 - b. IPen: Cinezela incam yepen esikhumbeni. Yicinezele kunye nenaliti esikhumbeni ubale ngokucotha uye kutsho ku-10.



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