



Module 24

Ahkfalye Pacl in Mutul





Ahkfalyeyacn pacl in mutul kuh in kaksrekom kosraclah kuh ahsuhmuhiye sikyak luhn mihsen suka(type 2 diabetes).

Pa inge mwe sramsram lasr uh:

- Efuh elyah mutul uh
- Kuhtuh elyah ke ahkfalyeyacn pacl in mutul ac inkacnek in ahkwoye

Kom ac oraclah pac sie plan ah lom sifacna!



Mwe Kahsruh:

- ✓ Oruh in oacna sie ao in mutullac ac nguhtaclihke ke kais sie lwen. Ma se inge ac kahsruh monum in pahlah
- ✓ Ukwe sie atac in mutul ma ac kahsruh in mislac ikom ac monglac.





Sramsram Soko kacI Sepe

Sepe el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah siyuck sel lah sun ao 7 el eis in mutul ke kais sie len.

Sepe el isracsr. “Ma na pacye?” el siyuck. “ Fin wo ohiyac na ao lihmekosr ma.

Puhs pacl Sepe el tiac elyah ke mutul uh. Tuhsruhk puhs pacl el enenuh in toang na orekmakihn iwen monglac . Ma se inge oruh elan nuhnkuh ma nuhkewa el enenuh elan oruh ke len tok ah. Sahyac na, arulacna yohklac puhsren momong luhn mukul tuhmal ah. Ma inge kwewa oruh upac Sepe elan sul mutullac. El wacna ngetnget pahtlac.

Pacl inge, srihkeni nihm kof lal Sepe ac el kahingkihn nihm coffee in ekuh. El tahkuhnlah ma lac oruh ke lwen tok ah. Na el srelah nuh sahyac.

Sepe el tilac arlac enenuh iwen monglac ke fong. Fin el ke, lac lihksreni mongyak in kahsrel fohlohk mutullac. El oayacpac orekmakihn fan sahrom se in sang losraclah momong luhn mukul tuhmwacI ah.

Mac oruh upac kom in mutullac wo ke fong uh?



Kahsruh Nuhke ma Upac

Ac kuh in upac in ahkfalye pacl in mutul. Pa inge kuhtuh ma wacna ahkupacye ac ohiyac in kasruh nuhkac. Suhmuhsrah nuhnak lom an ke column soko ma fahk muh “Kuhtwena Kasruh Nuhkac”. Mahkiyac ma kom srihke tari an.

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Nga ngetnget arlac pahtlac in oraclah ma uh.	<ul style="list-style-type: none"><input type="checkbox"/> Nuhnkwacrah met kom in muh sa ahksahfyelah.<input type="checkbox"/> Siyuck sin sucu ac kawuck in kahsrekom in oraclah ma uh in tari.<input type="checkbox"/> Srwelah kuhtuh ma kunom an nuhke lwen sahyac.<input type="checkbox"/> Oraclah ma ac orek ke lwen tok ah. Na kom srwelah nuh sahyac.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
Nga arlac fol kuh arlac mihsrihsr.	<ul style="list-style-type: none"><input type="checkbox"/> Urohkwack kuh urokyac fol kac an. Kuh ikacslah window an.<input type="checkbox"/> Nuknuk fal nuhke puhlan pacl.<input type="checkbox"/> Sulacrah in fal mwe lweyuck bed an.<input type="checkbox"/> Yihyih ke kof fol kuh kof ohu	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____



Kahsruh Nuhke ma Upac

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Mwet wiyuc mutul uh tiac monglac wo, momong yohklac, kuh ngohrngohr.	<ul style="list-style-type: none"><input type="checkbox"/> Siyuck kawuck lom an in inguinglac. Fihliac sie pohk in tissue ah sissen bed an.<input type="checkbox"/> Ngihstre kawuck lom an in an ke siskac kuh siactahl.<input type="checkbox"/> Ngihstre kawuck lom an in eis kahsruh sin doctor.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____
Upaclac wohwohn	<ul style="list-style-type: none"><input type="checkbox"/> Orekmakihn mwe kohsrkohsr insrac.<input type="checkbox"/> Urohkick pahl, insin, kuh radio in taunyac puhsra ingacn. Kuh orekmakihn smart phone app asr puhsra ingan kac.<input type="checkbox"/> Kaliac sruhnguuhl ac window.<input type="checkbox"/> Ngihstre mwet uh in mihsrlac.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____



Kahsruh Nuhke ma Upac

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Arlac Kahlwemlac.	<input type="checkbox"/> Eis mwe ahklohsr fuckihl. <input type="checkbox"/> Orekmakihn mwe kohsrkohsr muhta.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Tiacna wo puhla luhk uh.	<input type="checkbox"/> Ahsrosr. <input type="checkbox"/> Fin kuh, eis bed ac ilul kom luhngse.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Nga maluh	<input type="checkbox"/> Nihm kof ao luo met liki pacl in mutul. <input type="checkbox"/> Fin enenuh se na kom in nihm kof ke pacl in mutul, nihmyac na kutusrihk.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Nga nuh tuhkahk na in som nuh iwen monglac.	<input type="checkbox"/> Tiac eis caffeine ac mwe nihm sruhi. <input type="checkbox"/> Tui ke nihm kof an tiac suhpuhs liki ao luo meet liki pacl in mutul.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Kahsruh Nuhke ma Upac

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Tiacna wo puhla luhk kuh nga koflah mutullac.	Ke lwen uh:	<input type="checkbox"/>
	<input type="checkbox"/> Oraclah sie pacl an in pa pacl in tuhkahkwek lom ke kais sie lwen. Ohiyac se inge ac kasruh monum in kuh in pahlah in ukwe atac se.	<input type="checkbox"/>
	<input type="checkbox"/> Tiac eis caffeine ac fin kuh, tui ke sismok an.	<input type="checkbox"/>
	<input type="checkbox"/> Tiac mutul srihsrihk. Kuh fin mutul srihsrihk, oruh in fototo.	<input type="checkbox"/>
	<input type="checkbox"/> Oruh kom in mukwikwi kuh ahsrosr.	<input type="checkbox"/>
	<input type="checkbox"/> Karihngihn nuhnak yohklac.	<input type="checkbox"/>
	<input type="checkbox"/> Siyuck sel doctor lah ono kom eis an pa oruh kom ngwetngwet na an.	<input type="checkbox"/>
	Ao ekahsr met liki pacl in mutul an.	<input type="checkbox"/>
	<input type="checkbox"/> Srihke in tiac orekmakih computer, cell phone, kuh TV. Kahlwem kac an oruh brain lom an in nunkuh muh srackna pacl in ngetnget.	<input type="checkbox"/>
	<input type="checkbox"/> Kahingkihn orekma kuh mukwikwi upaclac.	<input type="checkbox"/>
	<input type="checkbox"/> Ukwe sie ohiyac in mutul ac in kahsrekom ami.	<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>



Kahsruh Nuhke ma Upac

Ma Upac	Ohiyac in Kasruh	Kuhtwena Kasruh Nuhkac
Tiacna wo puhla luhk kuh nga koflah mutullac.	<p>Ke pacI in mutul.</p> <ul style="list-style-type: none"><input type="checkbox"/> Mutul ke pacI sac na ke kais sie lwen. Ohiyac se inge kahsruh monum in pahlah.<input type="checkbox"/> Tiac kalyeikom sifacna in mutul. Eslah clock kuh watch liki motom kom in tiac lohacng nuhke ao an.<input type="checkbox"/> Kom fin puhla muh kom ac tiac sa mutul, srolah liki bed an.	<ul style="list-style-type: none"><input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____<input type="checkbox"/> _____



Ohiyac in ami ac monglac.

Ac wo kom in ukwe sie atac nuhke pacl in mutul in muh kasrekom in ami. Srihke in mutwacwacack ao ekasr meet liki pacl in mutul na pwacye lom an. Pa inge kuhtuh ohiyac ma kom kuh in srihke kom in ami ac mutullac.

- Lihksreni mongyak.
- Ahklohsryelah lahm an.
- Nihm herbal tea kuh mil fucsrucsr.
- Ac uh.
- Lohng on wowo.
- Tahkuhnlah ma kom ac oruh ke lwen tok ah.
- Riti sie book wowo ah.
- Muhta lihkihnum.
- Ahsroelah monum.
- Yihyih kof fucsrucsr.
- Suhmuhsлах sie journal ah.

Meac sang ahmihsyekom kuh oruh kom in monglac ke sahflahiye lwen se?

