



CHUUKESE

Pekin
Osukun won
Semwenin
Suke

*Diabetes and Asian Americans and Pacific Islanders**

*Semwenin Suke me Ekkewe iir Murimuri toon Chon Asia me Chon Pacific**

META SEMWENIN SUKE?

Semwnin suke, ew semwen ngeni kich aramas mi anonineng. A asenipato chomong semwen mi effeiegaw ngeni inisich aramas, ren kitni (kidney), maas, ngasangas, ika fen esenipato an emon aramas epwe pekupekuno peche, pau, ika fen ekkoch kinkinin won inisich aramas (amputation). Iei popun ei semwen mei fokun afaiengaw. Ei semwen a fiis nupwen an ewe kukkkun inis (Pancreas) ese chuen tongeni awora ewe aukukun insulin, ewe a kan siwini, suke, sitas, me pwan ekkoch kinikin ngenuen chenun mongo ngeni pekin pechuken inisich (Energy). Wewen pwe aramas mi uriir semwenin suke, resapw meafi pechkun pwokitan ewe sitas ika ngenuen chenun mongo non chaar ese chuen tongeni an epwe siwin ngeni (Energy) ewe manaman akan anisi ewe inis an epwe pechekun.

MENAPEN POROUSEN ME EFFEINGAWEN SEMWENIN SUKE?

Semwenin suke ew me nein ekkewe sokkun nein ekkewe semwen a fokkun watte nien me non Merika. A watte seni ukukkun tiwa me wanu binnion chana (\$ 98 billion) ren ei semwen non chok ew year. Semwenin suke a nom non teten fisu (7) me nein ekkewe semwen mi watte effeiegawen ika watte nien ren chon mano ussun mi afat me non taropwen mano (death certificate) non ewe ier ew ngerou tiwepwuku tiwa me nimu (1995). Semwenin suke a nampa nimu (5) non tetenin semwen mi effeiegaw me popunapen mano ren ekkewe iir murimuriton chon Esia me fonuen non Pasifik ren ekkewe ra iereni nefinen faik me nimu (45) ngeni ona me ruanu (64).

Semwenin suke a fokkun anoninen me aforea pun a esanipa me efisata chomong sokkun semwen mi aforea ren, mesechuun, kitni, ngasangas me napenon tutununon peche me pau. Ekkewe iir mi uriir semwenin suke, a fokkun mecheres an epwe toriir ekkei semwen mi aforea napeseni iir ekkewe rese semwenin suke. Aramas mi uriir semwenin suke, a mecheres an epwe toriir semwenin ngasangas me stroke ukukun fan ruu ngeni ruanu (2-4) napeseni ekkewe ese uriir semwenin suke. Pwan ukukun ruee me unungat (23) me nein chochon ekkewe iir mi uriir semwenin suke, ra mano ren semwenin ngasangas.

FITEMON ARAMAS MI URIIR SEMWENIN SUKE?

Ina mwo ika ese kon fat fite ukukun chon Merika murimuriton chon Esia me Pasifik mi uriir semwenin suke , nge ekkoch pekin kaeo, a pwaari ewe ew sokun semwenin suke (type 2 diabetes) ren an a ew osukosuk mi watteno me nein ekkei ruu kinikinin mwichen aramas. Awewe, tamanon maarin ewe ew sokun semwenin suke (type 2 diabetes) me ren ekkewe iir murimuriton chon Sapan re nom Seattle, ee ruu (2) ngeni unungat (3) seni ekkewe iir murimuriton chon Central South America mi pwech. Pwan ruu poin nimu (2.5) ren taman maarin ei semwen me ren ekkewe chon winiposun Hawaii seni iir ekkewe mi pwech re nom Hawaii.

IKKEFA EKKWE SOKUN SEMWENIN SUKE?

Ren ewe ew sokun semwenin suke ren (**Type 1 diabetes**), mi pwan piin iteni **juvenile diabetes**, a feito seni an ewe epetin semwen non inisich a pusin attai ewe cell non ewe pancreas akan wiseni awora insulin. Ekkewe a torir ei ew semenin suke (type 1 diabetes) a eoch arr repwe angai ewe aposun insulin iteitan ran ren arr repwe pechekun me manaw.

Ren pwan ewe ew sokun semwenin suke (**type 2 diabetes**), a pwan iteni **adult-onset diabetes**, a pwoputa fansoun an ewe pancreas ese chuen annaffa ferian insulin, ika ese chuen tongeni aea met insulin mi wor. Ei sokun semwenin suke ekkwan napengeni urii ekkewe iir mi mwuk mi watte seni faik (40) ierir, nge ikenai a pwan pwoputa ne tori ekkewe mi kukun ierir. Chomong iir ekkewe chon Merika murimuriton chon Asia me Pacific iir mi semwenin suke, iir mi aani ei ew sokun semwenin suke (type 2 diabetes).

Ewe semwenin suke itan **gestational diabetes** ekan fis me maar fansoun pwopwo. Napengeni ei sokkun ekan waasino murin an waasino fansoun pwopwo, nge fefin mi piin uriir ei semwen, mi mecheres ngenir an ei semwen (type 2 diabetes) epwe urii sefanir. Gestational diabetes akan uri ekkewe mei pwopwo. Napengeni ei sokun ekan waasino murin an waasino fansoun pwopwo, nge fefin mi piin uriir ei semwen, mi mecheres ngenir an ei semwen (type 2 diabetes) epwe urii sefanir.

IKEFFA ESISSINEN AN EMON A URII SEMWENIN SUKE?

Ewe ew sokun semwenin suke (type 1 diabetes) mi maar non mochomochon fansoun. Esissinen an a wor ren emon ei semwen, a chok kaka chin ika un watte konik, watte mochen ngaseno ren kiten konik, sou echik, kichuchuuno, nennengaw, me watten meafi apwapwang. Ika ewe ew sokun semwenin suke (type 1 diabetes) ese pwaa me ese pwan safei, ewe mi semwen mi tongeni an epwe tonong non ewe semwen mi efeiengaw ren koma (coma).

Ewe ew semwenin suke (type 2 diabetes) mi fiis me maar non fansoun nangatam, esissinen ese kon pwaa usun ewe ew semwenin suke (type 1 diabetes). Ekkoch esissinen ei semwenin suke (type 2 diabetes) , meafi apwangapwang ika semwen, kaka choou, ika mochen chok un konik, enniwini chin ngeni imwen ngaseno ren kiten konik akkaewin nepwin, kichuchuuno, nennengaw, sou paikin inisin, me mo mang kinas.

IFA USSUN EI METOCH CHEKIN SEMWENIN SUKE?

Semwenin suke mi tongeni chek nupwen kich aramas sia tesini ukukun suke non chaach murin ach sisap mongo non ukukun wanu (8) awa. A tongeni uri kich semwenin suke ika pwe ewe nefenin suke (plasma glucose) a ipwuku rue me onou (126/dL) ika fen watte seni.

MET EKAN AWATEENOI MECHERESIN AN EKKWE MURIMURITON ME PASIFIK EPWE URIIR EWE EW SEMWENIN SUKE (TYPE 2 DIABETES)?

Ekkewe chon arr famili mi uriir semwenin suke, mi pwan mecheres ngeniir ar repwe semwenin suke. Pwe ekkewe iir mi kon kitinup mi watte kiris non ener, me rese pwan akamwokutukutu inisir ren pekin exersis mi pwan mecheres ngenir ar repwe semwenin suke. Semwenin suke ese feito seni ach mongo metoch mi ngar, ussun met chomong ra kan ekiiki.

Sokun mongo enen ekkewe murimuriton chon Esia (Asia) me Pasifik (Pacific) a siwin pwokitan arr ra nom Merika me ei fansoun ikenai a sokkono seni nomw. Ese chuen wor pusin mongon won fenuer usun me nomw ren ekkewe mongo mi fot nepwun me pwal iik, pwe iei a siwin ngeni futuken maan, kirisen maan me ekkewe carbohydrate mi foruta. Pwan ew, ekkei teppin aramas ikenai rese chiwen kon akamwekutukutu inisir usun non fansoun nomw. Pwekiten ekkei meinis, a watten mecheresinon ar repwe semwenin suke.

KICH MEI TONGENI EPPETI SENI KICH EWE EW SEMWENIN SUKE (TYPE 2 DIABETES)?

Ewer. Ewe kumien pekin apetin semwenin suke (Diabetes Prevention Program), ew pekin kaeo sineochun ekkei semwen, ewe a aninnisito seni ewe Mwulapen Tumunun Pechekune inisin aramas (National Institution of Health) a pwaari pwe irr ekkewe mi mecheres ngenir semwenin suke re nom non ewe stati (study), lime me wanu persen (58%) ra tongeni eppet senir ewe semwen ren arr awattenoi, apwugnu kokotun, koukun me masowan enner, me ekukunanoi chour won engon ngeni engon me nimu paun (10-15 lbs).

IFA USSUN OMW KOPWE FORI ANGANGEN TUMUNUN SEMWENIN SUKE?

Tumunun semwenin suke mi pusin nomw ren ewe mi uri ei semwen. Ekkewe iir mi semwenin suke repwe fori arr angangen tumunu ewe semwen ren arr repwe achocho ngeni ne akukunatiw ewe aukukun ika nefenin suke non inisir.

Ekkewe mi uriir ewe ew sokun semwenin suke (Type 1 Diabetes) repwe angai ekkewe opposun insulin iteitan ran pwokitan inisir ren ewe pancreas ese chuen tongeni awora ewe insulin. Angangen tumunnun ei semwen a pwan pachenong kapung ochun kokkotun, koukun me masowan mongo, kaworan fansoun amwokut fetanei inis, tesin nefenin ika aukukun suke non chaa, me opposun insulin non ew ran.

Safeen ekkewe mi uriir ewe ew semwenin suke (Type 2 Diabetes) a pachenong kokotun, koukun me masowan mongo, kaworen fansoun amwokutfetanei inis, tesin nefenin ika aukukun suke non chaa, me opposun insulin non ew ran.

Ekkoch angangen kaeo me stati (study) ra afata pwe ekkewe aramas re tumunu nefenin ika ukukun arr suke an epwe nom won met ukukun mi pung me ukukoch, irr ra tongeni epettano mwitirin fetenanin semwenin terinooon maas, kitni (kidney), me waa. A pwan fat pwe ese nifinifin angangen okukkunano nefenin suke mi tongeni eppeti sokkopatin osukosuken semwenin suke.

Ewe nampa ew an emon epwe aukun an suke (Blood Glucose Control), epwe aea ewe A1C (Newenewenen itan A-one –C) test, ei ewe tes (test) non lab mi mecheres fofforon , e pwaari ukukun suke (glucose) chaa (blood) non ukukun ekkewe unungat maramano. Pwan ew, pwokiten irr ekkewe mi semwenin suke mi pwan mecheres ngeniir arr repwe semwenin ngasangas repwe tumunochu ukukun arr blood presure me cholesterol. Ewe NDEP a epechekuna ekkei ukukun koukun ren an epwe kukununo efeiengawen semwenin ngasangas me stroke ngeni irr mi semwenin suke.

Blood Sugar (A1C test) < fisu persen (7%)

Blood pressure < ipwuku inik nampa asan, wanik nampa fan (130/80 mmHg)

Cholesterol (LDL) < ipwuku (100mg/dl)

* Ee feito seni ewe porousenapen semwenin suke me semwenin suke ren chon Merika murimuritoon chon Esia (Asia) me Pasifik (Pacific) (Diabetes Overview and Diabetes in Asian and Pacific Islander Americans), ewe Pekinnapen kaeo me Tumunu Pekin Semwenin Suke, Semwenin Kinikinin Fetanin Mongo Non Inis me semwenin Kitni (Kidney) (National Institution of Diabetes and Digestive and Kidney Disease) Ofesenapen tumunun me epetin semwen (National Institution of Health). Semwen a pwan pachenong kapung ochun kokkotun, koukun me masowan mongo, kaworan fansoun amwokut fetanei inis, tesin nefenin ika aukukun suke non chaa, me opposun insulin non ew ran.