ДИАБЕТ

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Программа по контролю за диабетом в штате Юта

www.health.utah.gov/diabetes

Russian Version: Basic Diabetes Education
Diabetes is serious; it can kill; more people have diabetes. Diabetes hurts the body. You could lose your sight, your feet, your sexual ability. Too much sugar in the blood can hurt your heart; your brain; your kidneys; your blood vessels; your teeth. There is no cure for diabetes. You can control it and be healthy.

Diabetic - это серьезное заболевание.
Diabet может привести к смерти.
Все большее количество людей болеет диабетом.
Диабет (слишком много сахара в крови) наносит вред организму.

При диабете можно потерять:
зрение
конечности
сексуальную потенцию.
Слишком большое количество сахара в крови повреждает:
сердце, деятельность мозга,
почки, кровеносные сосуды,
зубы.
Диабет не излечим, но его можно контролировать и быть здоровым.
There are three kinds of diabetes. Type 1 usually strikes younger people; they must use insulin. Type 2 is the most common; it usually strikes people over thirty; they may use insulin or pills. Type 3 — Gestational. It happens during pregnancy; the mother needs extra care to have a healthy baby.
Normal blood sugar keeps you healthy. Too low (below 70) you feel shaky and sweaty. Too high (over 200) you feel tired and sleepy. Are you sick today? Test your sugar, rest, drink plenty of water. Test when the doctor says or when you feel odd. Good/Safe level: 80—110 before you eat and under 160 after you eat (two hours later).
Некоторые люди принимают таблетки, существует много видов лекарств

Некоторые принимают инсулин

Принимайте лекарства во время, ежедневно

Some people take pills; there are many kinds. Some people take insulin. Take your medicine on time. Take it every day.
You are the boss. You can help yourself. Don’t smoke; watch blood sugar; watch blood pressure; and have regular checkups. Take a baby aspirin every day unless your doctor says not to.
Family and friends can help you: exercise more, choose better food, feel happier, test blood sugar, go to doctor, and get medicines and supplies.
ВАЖНО ЗАНИМАТЬСЯ СПОРТОМ

Занимайтесь тем видом спорта, который вам нравится

Занимайтесь ежедневно

English: Maintain activity. Moving makes you stronger. Do something you like that requires physical activity. Try to do it every day.
BEREGITE SVOI NOGI

Сохраняйте ноги

Носите туфли по размеру

Носки должны быть чистыми и мягкими.

Ежедневно мойте ноги

Не ходите босиком

Если у вас появилась рана, идите к доктору, НЕ ЖДИТЕ!

Feet can last. Shoes must fit. Socks must be clean and smooth. Wash feet daily and dry them. Do not go barefoot. If you have a sore, go to the doctor; do not wait!
Healthy food is important. Healthy weight is important. The body must be able to move. The body needs the right amount of food. Eat three meals a day. Eat a variety of good foods. Avoid fried or fast foods. Fresh food with fiber is good.
ЛЕГКАЯ ПИЩА - ЗЕЛЕНЫЙ ЦВЕТ
(МОЖНО ЕСТЬ БОЛЬШЕ)

Зеленые овощи
Морковь
Цветная капуста, лук
Помидоры
Грибы
Диететические напитки, желе, вода
Yellow light foods are good; you must watch portions. Small people eat less, workers eat more. Fruit — 3 to 4 pieces per day. Milk or yogurt — 2 to 3 cups per day. Eggs, about 3 per week. Lean meat or fish — 4 to 8 oz. per day. And starchy foods — 2 to 3 servings per meal.
КРАСНЫЙ ЦВЕТ
ЖЕЛАТЕЛЬНО ИЗБЕГАТЬ

Есть в небольших количествах
Чипсы, печенье, конфеты, сладости
Масло, маргарин, майонез, соусы
Соль
Жареная пища
Мороженое, шерbet
Избегайте
Сок и сладкие напитки

Use less of red light foods. Eat small portions of these foods.
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To get more copies of this booklet and/or other education materials visit our website
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