

Kev Saib Xyuas Ka Taw Rau Cov Neeg Mob Ntshav Qab Zib

Npaub ntshav txog yog vim li cas thiab yuav ua li cas pab koj kho koj tus mob ntshav qab zib kom zoo.



Cov neeg mob ntshav qab zib yuav tsum tau saib xyuas lawv txhais ko taw yog ib qho tshwj xeeb. Ntshav qab zib tuaj yeem ua rau muaj ntau yam teeb meem ntawm ko taw. Nws tuaj yeem ua tau rau cov teeb meem yuav heev dua qub thiab ua rau muaj teeb meem loj.

Ntshav qab zib tuaj yeem ua rau cov hlab ntsha puas tsuaj uas ua rau koj qhov kev hnov ntawm sab taw ntawv ploj mus. Ntau yam teeb meem ntawm ko taw tshwm sim thaum muaj cov hlab ntsha puas tsuaj, kuj tau hu ua tso mob cov hlwb (neuropathy). Tej zaum koj yuav raug mob koj txhais taw thiab yam uas tsis paub li. Kev puas tsuaj ntawm cov hlab ntsha tuaj yeem ua rau mob loog, mob ntaug, lossis hauv koj txhais taw tsis muaj zog. Ntshav qab zib kuj tseem tuaj yeem txo cov ntshav ntwms mus rau ko taw, ua rau nws nyuaj rau kho qhov raug mob lossis tiv thaiv kab mob. Kev hloov ntawm koj ob txhais taw lossis ntiv taw tuaj yeem ua rau muaj teeb meem.

Koj yuav tsum tau kuaj xyuas ko taw los ntawm koj tus kws kho mob yam tsawg kawg txhua xyoo. Saib koj ob txhais taw thaum kuaj xyuas txhua zaus qhov uas tuaj kuaj yog tias muaj teeb meem txog sab taw, xws li ua rau tsis hnov zoo, hloov pauv ntawm koj txhais taw, lossis ko taw rwj. Nplooj ntawv no qhia qee yam ntshav uas koj tuaj yeem ua ntawm koj tus kheej txhua hnuv kom koj ob txhais taw noj qab nyob zoo.

Ntxuav koj ob sab taw rau dej sov

txhua hnuv. Muab koj sab lauj tshib sim kom paub tau tias cov dej tsis kub heev. Tsis txhob muab koj sab taw tsaus vim qhov ntawv tuaj yeem ua rau koj cov tawv nqaj qhuav.



Saib xyuas cov tawv nqaj kom mos

siv cov tshuaj pleev ib ce, tab sis tsis txhob siv pleev ntawm cov ntiv taw. Ua cov dej noo ntshav tuaj yeem ua rau muaj kis kab mob tau.



So koj ob sab taw kom qhuav, qhov zoo tshaj yog nyob rau ntawm ntiv taw.



Saib xyuas koj sab taw txhua hnuv

rau kev txiav, mob to, ua pob hlwv, ua pob liab, ua hlwv, lossis lwm yam teeb meem. Yog tias koj pom tsis tau zoo, siv daim iav lossis hais kom lwm tus pab saib koj txhais taw rau koj. Tshaj tawm cov kev hloov pauv hauv koj txhais taw rau koj pab neeg saib xyuas mob ntshav qab zib tam sim ntawd.



Kev Saib Xyuas Ka Taw Rau Cov Neeg Mob Ntshav Qab Zib

Nug koj pab neeg saib xyuas

mob ntshav qab zib

lossis koj tus kws

kho mob kho taw

(podiatrist) (tus kws

kho mob ko taw) koj

tsim nyog yuav tsum

saib xyuas koj cov ntv

taw li cas. Yog tias koj

xav kom muaj rau taw,

tham nrog koj pab

neeg saib xyuas seb puas muaj kev nyab xeeb rau koj.



Zam ua kom tsis

txob mob koj sab

taw, nco ntoov rau

khau taug mus kev

sab hauv thiab

sab nrhauv.



Kom tsis txob muaj

pob mob to, rau thoom thaub

huv si tas li, muag, cov thoom

thaub muaj qhov dim

pa (moisture-wicking)

uas haum koj. Tsis

txhob rau thoom

thaub lossis

thoom thaub siab

uas zawm koj lub

pob hauv caug.



Ua ntej koj yuav rau thoom

thaub, hnov tias sab

hauv rau cov ntug

ntse, tawg, pob zeb,

rau tes, lossis txhua

yam uas yuav ua mob

rau koj sab taw. Qhia

rau koj pab neeg saib

xyuas mob ntshav qab

zib kom paub tam sim

ntawv yog tias koj ua

mob koj sab ko taw.



Rau thoom thaub kom

tab tom tas li.

Muab hle

maj mam.



Tsis txob haus luam yeeb. Kev haus

luam yeeb cuam tshuam rau

cov hlab ntsha thiab tuaj

yeem txo cov ntshav ntws

mus rau hauv ko taw. Cov

ntshav ntws tsis zoo yog

qhov kev hem thawj loj

rau koj ob txhais taw vim

tias sab taw tej zaum yuav tsis

muaj peev xwm tiv thaiv kab

mob thiab kho tau.



Nco ntsoov saib xyuas koj ob txhais taw thiab qhia koj pab neeg saib xyuas ntshav qab zib tam sim ntawv yog tias muaj cov tsos mob ntawm ko taw. Nco ntsoov ua raws li koj tus kws kho mob cov lus qhia thaum tu koj ob txhais taw.

Mus saib hauv www.NovoCare.com yog xav paub ntxiv thiab cov ntaub ntawv tseem ceeb! Tsom koj lub koob yees duab smartphone ntawm QR code kom nkag mus saib lub vev xaib ntawm koj lub xov tooj.



Tshuaj xyuas kuv tau!

Novo Nordisk Inc. muab kev tso cai los luam cov ntaub ntawv no txhawm rau lub hom phiaj ua pab dawb nkaws xwb nrog rau hauv cov xwm txheej uas daim ntawv khaws cia hauv nws cov qauv qub thiab cov ntawv ceeb toom kev cai raug tso tawm. Novo Nordisk Inc. muaj txoj cai tshem tawm qhov kev tso cai no txhua lub sij hawm.

NovoCare® yog tau tso npe lub cim lag luam ntawm Novo Nordisk A/S.

Novo Nordisk yog tau tso npe lub cim lag luam ntawm Novo Nordisk A/S.

© 2023 Novo Nordisk Luam tawm hauv Tebchaws Meskas US23DI00013 Peb Hlis 2023

www.NovoCare.com

