

## Ntshav Qab Zib Qis (HYPOGLYCEMIA)



Muaj ntau yam uas koj tuaj yeem ua los tswj koj cov ntshav qabzib thiab tau zoo nyob.

Tshav Qab Zib Qis (Hypoglycemia) yog cov ntshav qabzib qis - lossis ntshav qab zib tsawg - uas qis dua qhov noj qab haus huv. No yog txhwm keeb thaum koj cov ntshav qab zib qis tshaj 70 mg/dL. Koj yuav tsum nrog koj pab neeg saib xyuas mob ntshav qab zib tham txog koj cov ntshav qab zib cov hom phiaj, thiab qib twg qis dhau rau koj.

Tej zaum koj kuj tau hnov cov ntshav qab zib tsawg tau piav qhia tias yog cov kuv lom khoom noj cyuam tsum los si yog cov kuv lom khoom noj ua rau ceeb.

### Qhov ua rau mob

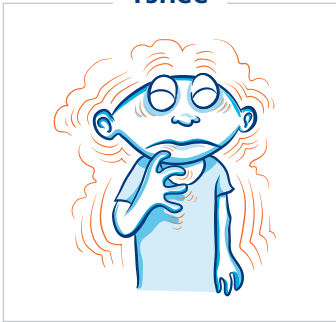
Koj tuaj yeem tau txais cov ntshav qabzib tsawg yog tias koj:

- Noj qee yam tshuaj thiab noj roj (carbohydrates) tsawg
- Yoo mov lossis ncuva kev noj mov
- noj tsuaj khov kob mob ntshav qab zib los yog ntshav qab zib ntau dhau (nug koj pab pawj saib nyua yog tias qhov si rau koj)
- mauj kev ua zog ntau dua txhwm keeb
- muaj kev tsis zoo neeg
- Haus dej cawv tsis noj zaub mov txaus

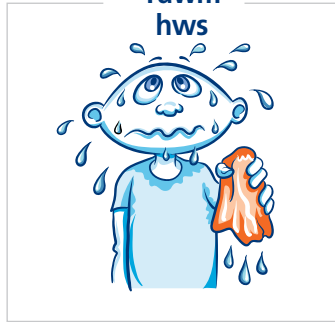
### Cov Cim thiab Cov Tso Mob

Nov yog qhov yuav tshwm sim thaum koj cov ntshav qabzib qis:

Tshee



Tawm hws



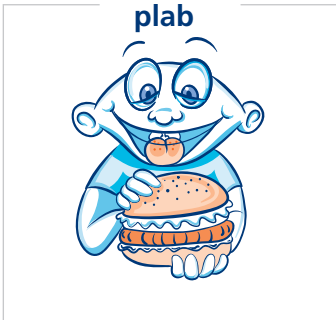
Kiv taub hau



Tsis meej pem thiab hais lus nyuaj



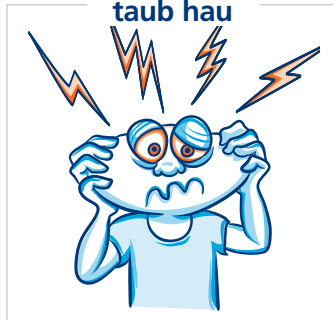
Tshaib plab



Tsis muaj zog lossis nkees



Mob taub hau



Ntshai los yog chim siab



Lossis tej zaum koj yuav tsis muaj tsos mob li.

Yog tias tsis kho cov ntshav qabzib tsawg, nws tuaj yeem ua rau mob hnyav thiab ua rau koj dhau mus zoo tau. Yog tias cov ntshav qab zib qis yog teeb meem rau koj, nrog koj tus kws kho mob lossis pab neeg saib xyuas mob ntshav qab zib.



# Ntshav Qab Zib Qis (HYPOGLYCEMIA)

Ua dab si yog koj xas tias muaj Ntshav Qab Zib qis

## KUAJ XYUAS



- Xyuas koj cov ntshav qab zib tam sim ntawd yog tias koj muaj cov tsos mob ntawm cov ntshav qab zib tsawg
- Yog tias koj xav tias koj cov ntshav qab zib qis tab sis tsis tuaj yeem tshawb xyuas pom nw thaum lub sij hawm ntawv, kho qhov twg los xij

## KHO



Kho los ntawm kev noj los yog haus **15 grams** ntawm tej yam muaj piam thaj, xws li:

- 4 ooj (ounces) (½ khob) cov kua txiv hmab txiv ntoo tsis tu ncu (xws li txiv kab ntxwv, kua txiv, lossis kua txiv hmab txiv ntoo)
- 4 ntsiav tshuaj qab zib lossis 1 lub raj ntawm qab zib
- 1 diav piam thaj, zib ntab, los yog pob kws phoov
- 4 ooj (ounces) (½ khob) ntawm cov dej qab zib tsis tu ncu (tsis noj zaub mov)
- 2 diav ntawm txiv ntoov

## TOS



tos **15 feeb** sij thiab tos qab ntawv xyuas koj cov ntshav qabzib dua



- Yog tias nws tseem qis, noj lossis haus ib yam dab tsi uas muaj piam thaj ntau dua
- Yog tias koj noj mov tom ntej no ntau tshaj li ib teev, noj cov khoom noj txom ncauj kom koj cov ntshav qabzib qis rov qab los

Mus saib hauv [www.NovoCare.com](http://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!

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