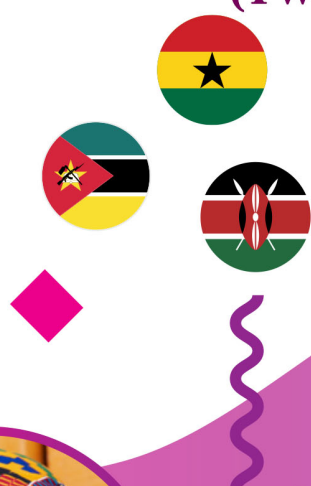


Me CREATE Nhoma

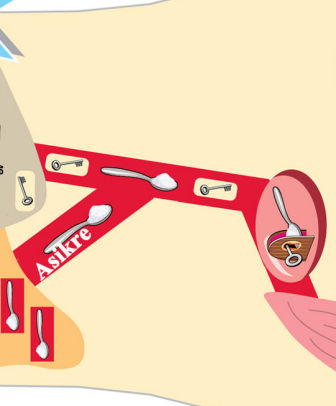
(TWI VERSION)



Leicester Diabetes Centre

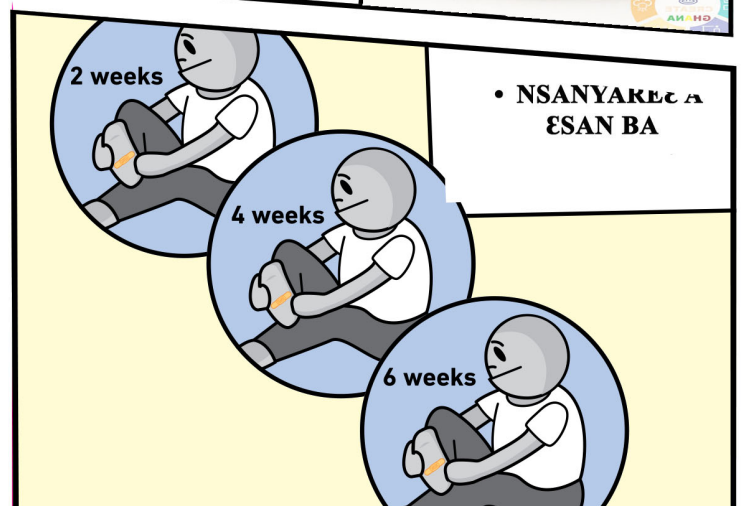


MOGYA MU ASIKRE ASEM NO



ASIKREYAREE NE MOGYA MU ASIKRE A EWO SORO AGYIRAEHYEDEE NE SENKYERENE AHODOO

Ebinom rennya kókóóó senkyerenne biara efa mogya mu asikre a ewo soro ho, nanso ebinom benya senkyerenne ahodoó te se:



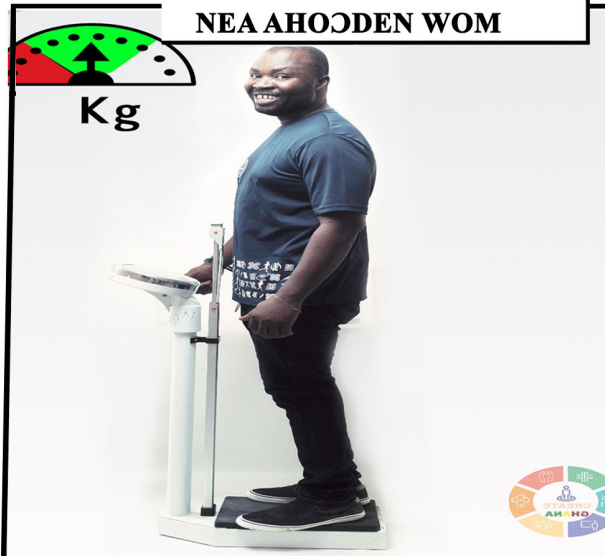
SENEA WOBESO MOGYA MU ASIKRE SO

Sɔ a wobeso mogya mu asikre ano ho hia na watumi aso w'asikreyaree ne w'akwahosan nyinaa ano. Wobetumi aye wei abere a wosesa w'asetra kwan anaa wobehia nnuru afoforo na aboa wo. Nnooma a ewo asee ho no ye nnooma a wobetumi aye na w'aso wo mogya mu asikre ano:

FA WO TOPAE/INSULIN SENEA DOKOTA AKA AKYERE WO



• MA WO MU DURU NYE NEA AHODDEN WOM



• YE DABIARA DA DWUMADIE



• DI NNUANE A EDANE YE ASIKRE NKAKRANKAKRA



• DI NNUANE A ASIKRE KAKRAA BI WOM



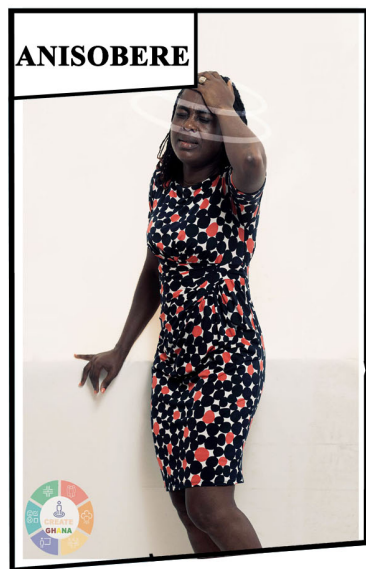
DI STAKYI KAKRAA BI



MOGYA MU ASIKRE A ƐWO FAM AGYIRAEHYEDEE NE SENKYERENE AHODOO

Se wosua na wuhu mogya mu asikre a Ɛwo fam (hypo) agyiraehyedee ne senkyerenne a Ɛwo fam a ɛho hia paa, ebeboa wo ma w'aso w'asikreyaree no ano da-biara-da. Senkyerenne a obi a ne mogya mu asikre wo fam na edidisoo no:

ANISOBERE



ATEETEE



AWOSOO



ANO AHOCHENE



• OKOM



ADETOSOO



MMEREWYE



MOGYA MU ASIKRE A ƐWOƆ FAM AYARESA AHODOƆ

Sɛ wosua akwan ahodoƆ a wobetumi de asa mogya mu asikre a ƐwoƆ fam (hypo) a ɛbeboa wo ma wadi wo ho ntem sɛ wonya mogya mu asikre a ƐwoƆ fam senkyerenne a. Ayaresa a ɛboa no bi na edidisoo no:

KOKE



ASIKRE A ƐWOƆ NSUO MU



ANKAA NSUO (TOA 200ML)

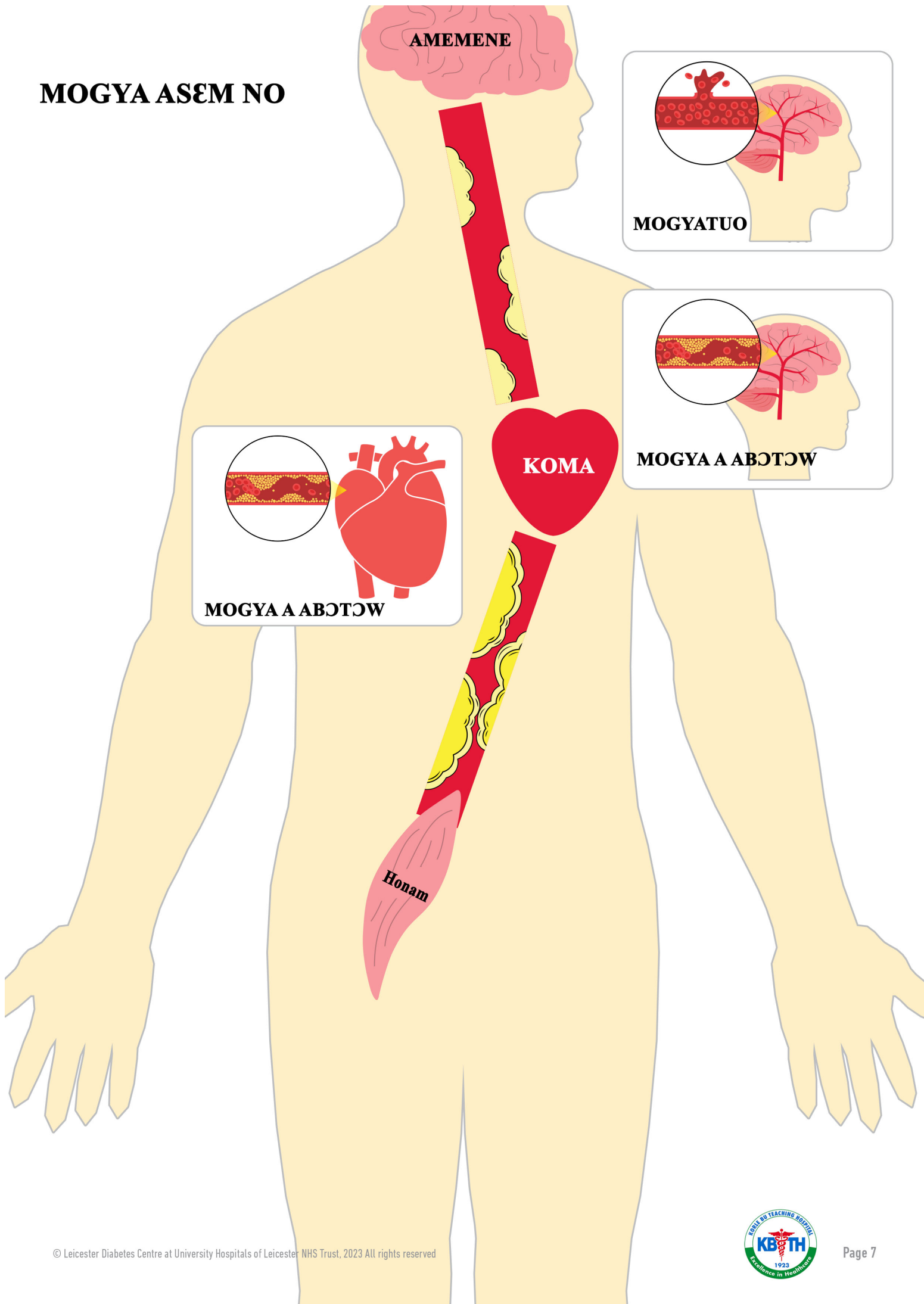


TɔFE A ƐYE DEN, JELLYBEANS (HWE N'ADAKA NO HO NA HWE DODOƆ A WOBETUMI ADI)



ƐWOƆ (ATERE 1)

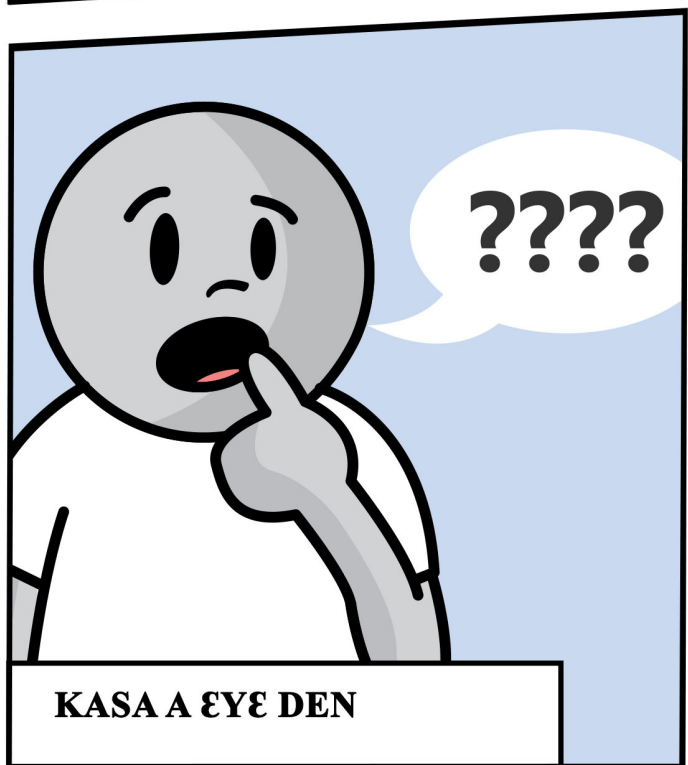
MOGYA ASEM NO



KOMAYAREE SENKYERENNE AHODOO



STROK SENKYERENNE AHODOO



NEA EDE ASIKREYAREE NE KOMA HAW BA?



= ASIKREYAREE



= KOMA HAW AHODOO



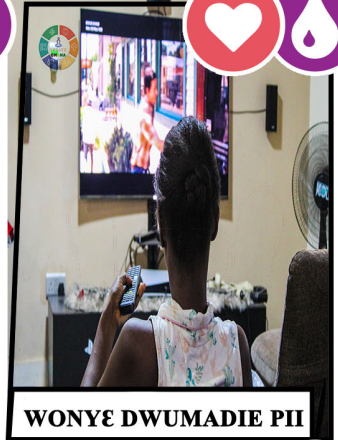
DWUMADIE



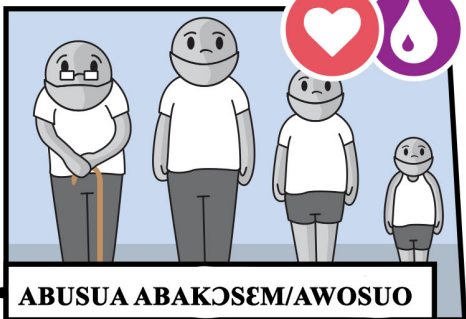
ABUSUA



WAYE KESEE ABORO SO
WAYE KESEE WO WO
MFINIMFINI



WONYE DWUMADIE PII



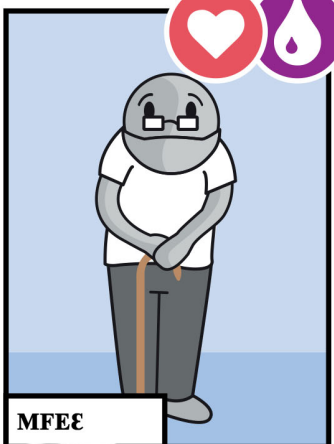
ABUSUA ABAKOSEM/AWOSUO



TAWANOM



WOBOTOW



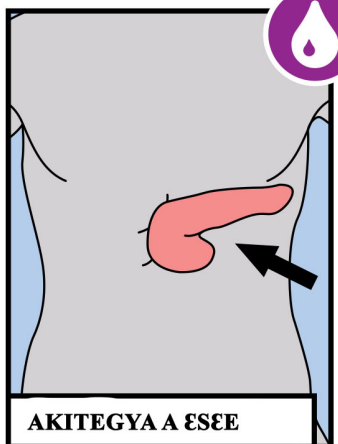
MFE



• NYINSEN



STEROID



AKITEGYA A ESSE



NSA



NKYENE



• KUBE ANWA

SENEA WOBESO MOGYA MU NE KOMA HAW AHODOO ANO

Akwan a wobetumi aso wo mogya ne koma haw ano na ewo aseɛ ho no:



YE DWUMADIE PII



• TE WO MU DURU SO/
TE WO SISI KESEɛ SO



DI NKYENE
KAKRAA BI



NOM NSA KAKRAA BI



• MA W'ANI NGYE



GYAE TAWANOM



FA NNURU



• TE SRADEɛ SO,
TITIRI SRADEɛ BONE SO

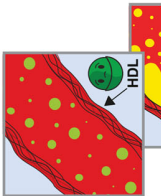
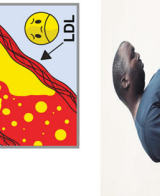


NYA MU DURU A
AHODDEN WOM

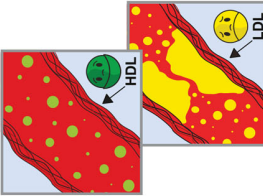
DI EFAN PII (NNUABA NE ATOSODEɛ
PII)



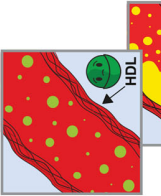
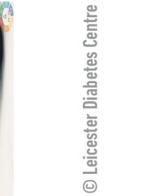
ME AKWAHOSAN HO NSEM – OBARIMA

	HbA1c	ne a ewo fam 6.0% 3456789101112 mmol/l									
	Nsaano mogya mu asikre nhwehwemu										
	Mogya mmorososo, systolik	ne a ewo fam 140 mmHg 150160170180190200 mmHg									
	Mogya mmorososo, diastolik	ne a ewo fam 80 mmHg 90 mmHg100 mmHg110 mmHg									
	Cholesterol Nyinaa	ne a ewo fam 4.0 mmol/l 5.06.07.08.0 mmol/l									
	LDL	ne a ewo fam 2.0 mmol/l 3.04.0 mmol/l									
	HDL	ne a ewo soro 1.0 mmol/l 0.9 mmol/l0.5 mmol/l									
	Sisi kseeε - obarima	ne a ewo fam 94 cm (37 inches) 98 cm (38 inches)102 cm (40 inches)									
	BMI	ne a ewo fam 18 1818.519202123 ne a ewo soro 23									
	Tawanom	mennom obi a aben me na enom menom									
	Nsa	ennuru n'awotwe 14, 19 eboro n'awotwe 21									
	Atenka										

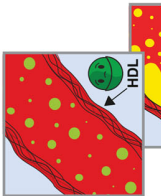
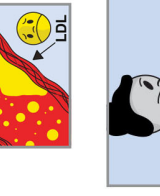
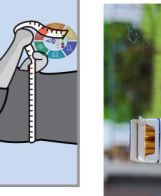
ME AKWAHOSAN HO NSEM – OBARIMA

	HbA1c	nea ewo fam 6.0% 3 4 5 6 7 8 9 10 11 12 mmol/l
	Nsaano mogya mu asikre nhwehwe mu	nea ewo fam 140 mmHg nea ewo fam 80 mmHg
	Mogya mmorososo, systolik	nea ewo fam 4.0 mmol/l nea ewo fam 2.0 mmol/l nea ewo soro 1.0 mmol/l
	Mogya mmorososo, diastolik	nea ewo fam 94 cm (37 inches) nea ewo fam 18 18.5 19 20 21 21 23 nea ewo soro 23
	Sisi ksee - obarima	menom
	BMI	ennuru n'awotwe 14, 19
	Tawanom	obi a aben me na enom
	Nsa	menom
	Atenka	menom

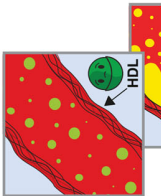
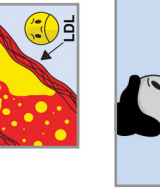
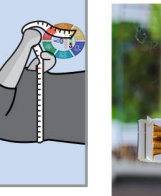
ME AKWAHOSAN HO NSEM – OBARIMA

	HbA1c	ne a ewo fam 6.0%	6.5	7.0	7.5	8.0	8.5	9.0	ne a ewo soro	9.5%																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
	Nsaano mogya mu asikre nhwehwemu	3	4	5	6	7	8	9	10	11	12 mmol/l																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
	Mogya mmorososo, systolik	ne a ewo fam 140 mmHg	150	160	170	180	190	200 mmHg	ne a ewo soro	200 mmHg																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
	Mogya mmorososo, diastolik	ne a ewo fam 80 mmHg	90 mmHg	100 mmHg	110 mmHg	ne a ewo soro	110 mmHg																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																											
	Cholesterol Nyinaa	ne a ewo fam 4.0 mmol/l	5.0	6.0	7.0	8.0 mmol/l																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
	LDL	ne a ewo fam 2.0 mmol/l	3.0	4.0 mmol/l																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
	HDL	ne a ewo soro 1.0 mmol/l	0.9 mmol/l																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
	Sisi ksee - obarima	ne a ewo fam 94 cm (37 inches)	98 cm (38 inches)	102 cm (40 inches)	ne a ewo soro	102 cm (40 inches)																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																												
	BMI	ne a ewo fam 18	18	18.5	19	20	21	21	23	ne a ewo soro 23																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
	Tawanom	mennom	obi a aben me na enom	menom																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																														
	Nsa	ennuru n'awotwe 14,	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012	1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034	1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056	1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078	1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100	1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122	1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144	1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166	1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188	1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210	1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221	1222	1223	1224	1225	1226	1227	1228	1229	1230	1231	1232	1233	1234	1235	1236	1237	1238	1239	1240	1241	1242	1243	1244	1245	1246	1247	1248	1249	1250	1251	1252	1253	1254	1255	1256	1257	1258	1259	1260	1261	1262	1263	1264	1265	1266	1267	1268	1269	1270	1271	1272	1273	1274	1275	1276	1277	1278	1279	1280	1281	1282	1283	1284	1285	1286	1287	1288	1289	1290	1291	1292	1293	1294	1295	1296	1297	1298	1299	1300	1301	1302	1303	1304	1305	1306	1307	1308	1309	1310	1311	1312	1313	1314	1315	1316	1317	1318	1319	1320	1321	1322	1323	1324	1325	1326	1327	1328	1329	1330	1331	1332	1333	1334	1335	1336	1337	1338	1339	1340	1341	1342	1343	1344	1345	1346	1347	1348	1349	1350	1351	1352	1353	1354	1355	1356	1357	1358	1359	1360	1361	

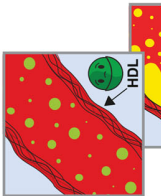
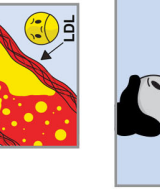
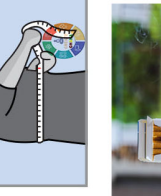
ME AKWAHOSAN HO NSEM – ɔBAɔ

	HbA1c	neɛ ɛwɔ fam 6.0% 6.5 7.0 7.5 8.0 8.5 9.0 neɛ ɛwɔ soro 9.5%									
	Nsaano mogya mu asikre nhwehwemu	3 4 5 6 7 8 9 10 11 12 mmol/l									
	Mogya mmorosoo, systolik	neɛ ɛwɔ fam 140 mmHg 150 160 170 180 190 neɛ ɛwɔ soro 200 mmHg									
	Mogya mmorosoo, diastolik	neɛ ɛwɔ fam 80 mmHg 90 mmHg 100 mmHg neɛ ɛwɔ soro 110 mmHg									
	Cholesterol Nyinaa	neɛ ɛwɔ fam 4.0 mmol/l 5.0 6.0 7.0 neɛ ɛwɔ soro 8.0 mmol/l									
	LDL	neɛ ɛwɔ fam 2.0 mmol/l 3.0 neɛ ɛwɔ soro 4.0 mmol/l									
	HDL -	neɛ ɛwɔ soro 1.0 mmol/l 0.9 mmol/l neɛ ɛwɔ soro 0.5 mmol/l									
	Sisi kseeɛ - ɔbaa	neɛ ɛwɔ fam 80 cm (32 inches) 84 cm (33 inches) neɛ ɛwɔ soro 88 cm (35 inches)									
	BMI	neɛ ɛwɔ fam 18 18 18.5 19 20 21 21 23 neɛ ɛwɔ soro 23									
	Tawanom	mennom obi a ɔben me na enom menom									
	Nsa	ennuru n'awɔtwe 12, 13 ɛboro n'awɔtwe 14									
	Atenka	  									

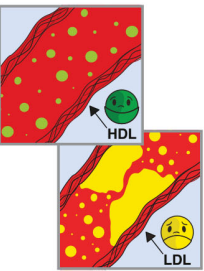
ME AKWAHOSAN HO NSEM – ỌBAA

	HbA1c	nea ewo fam 6.0% 6.5 7.0 7.5 8.0 8.5 9.0 nea ewo soro 9.5%									
	Nsaano mogya mu asikre nhwehwemu	3 4 5 6 7 8 9 10 11 12 mmol/l									
	Mogya mmorososo, systolik	nea ewo fam 140 mmHg 150 160 170 180 190 nea ewo soro 200 mmHg									
	Mogya mmorososo, diastolik	nea ewo fam 80 mmHg 90 mmHg 100 mmHg nea ewo soro 110 mmHg									
	Cholesterol Nyinaa	nea ewo fam 4.0 mmol/l 5.0 6.0 7.0 nea ewo soro 8.0 mmol/l									
	LDL	nea ewo fam 2.0 mmol/l 3.0 nea ewo soro 4.0 mmol/l									
	HDL -	nea ewo soro 1.0 mmol/l 0.9 mmol/l nea ewo soro 0.5 mmol/l									
	Sisi kesee - obaa	nea ewo fam 80 cm (32 inches) 84 cm (33 inches) nea ewo soro 88 cm (35 inches)									
	BMI	nea ewo fam 18 18 18.5 19 20 21 21 23 nea ewo soro 23									
	Tawanom	mennom obi a aben me na enom menom									
	Nsa	ennuru n'awotwe 12, 13 eboro n'awotwe 14									
	Atenka	  									

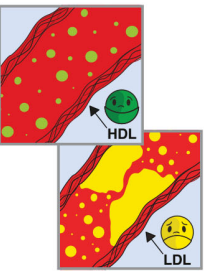
ME AKWAHOSAN HO NSEM – ỌBAA

	HbA1c	nea ewo fam 6.0% 6.5 7.0 7.5 8.0 8.5 9.0 nea ewo soro 9.5%									
	Nsaano mogya mu asikre nhwehwemu	3	4	5	6	7	8	9	10	11	12 mmol/l
	Mogya mmorososo, systolik	nea ewo fam 140 mmHg		150	160	170	180	190	nea ewo soro 200 mmHg		
	Mogya mmorososo, diastolik	nea ewo fam 80 mmHg		90 mmHg				100 mmHg		nea ewo soro 110 mmHg	
	Cholesterol Nyinaa	nea ewo fam 4.0 mmol/l		5.0	6.0	7.0			nea ewo soro 8.0 mmol/l		
	LDL	nea ewo fam 2.0 mmol/l		3.0				nea ewo soro 4.0 mmol/l			
	HDL -	nea ewo soro 1.0 mmol/l		0.9 mmol/l				nea ewo soro 0.5 mmol/l			
	Sisi kesee - obaa	nea ewo fam 80 cm (32 inches)		84 cm (33 inches)			nea ewo soro 88 cm (35 inches)				
	BMI	nea ewo fam 18		18	18.5	19	20	21	21	23	nea ewo soro 23
	Tawanom	mennom		obi a aben me na enom						menom	
	Nsa	ennuru n'awotwe 12,				13		eboro n'awotwe 14			
	Atenka										

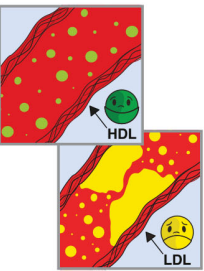
ME SOKO

	HbA1c		%
	Nsaano mogya mu asikre nhwehwemu		mmol/l
	Mogya mmorosoo, systolik		mmHg
	Mogya mmorosoo, diastolik		mmHg
	Cholesterol Nyinaa		mmol/l
	LDL		mmol/l
	HDL		mmol/l
	Sisi kasee		cm
	BMI		
	Tawanom		
	Nsa		nawotwe
	Atenka	☐  ☐  ☐ 	

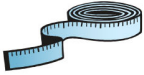
ME SOKO

	HbA1c		%
	Nsaano mogya mu asikre nhwehwemu		mmol/l
	Mogya mmorosoo, systolik		mmHg
	Mogya mmorosoo, diastolik		mmHg
	Cholesterol Nyinaa		mmol/l
	LDL		mmol/l
	HDL		mmol/l
	Sisi kasee		cm
	BMI		
	Tawanom		
	Nsa		nawotwe
	Atenka	☐  ☐  ☐ 	

ME SOKO

	HbA1c		%
	Nsaano mogya mu asikre nhwehwemu		mmol/l
	Mogya mmorosoo, systolik		mmHg
	Mogya mmorosoo, diastolik		mmHg
	Cholesterol Nyinaa		mmol/l
	LDL		mmol/l
	HDL		mmol/l
	Sisi kasee		cm
	BMI		
	Tawanom		
	Nsa		nawotwe
	Atenka	☐  ☐  ☐ 	

SRADEE AHODOO

		 KOMA & MOGYA AFOROSIANE	 KESEE NE SISI KESEE	 • EMPENE INSULIN SO	NNUANE NHWESOO
SRADEE A EWOO FAM	Wobetumi adi wei pii	✓	✓	✓	
SRADEE HO-NE-HO	- Egyina: -Mpen dodo -Ne kesee - Senea woyee no/ noaa ye - So wobetumi asusu emu biara?	?	?	?	   
SRADEE A EWOO SORO	- Wei ketewa bi mpo betumi aka wo: - o Mu duru/sisi KESEE - o Koma - o Bere tenten mogya mu asikre	✗	✗	✗	 

DODOO KESE

Staakye ye aduane nnuru a eho hia, esiane se ema yen ahoden, ne saa enti eho nhia se yetwa staakye aduane nyinaa kyene – nanso eho hia se wote dodo a wodi no so. Kwanpa a ebema wahu dodo a ese se wodi so ne se wohwe nhwesoo a ewo asee ha no mu

**½ Atosodee a
enyε-staakye**

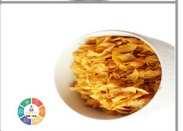
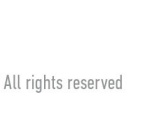


¼ Staakye Nnuane



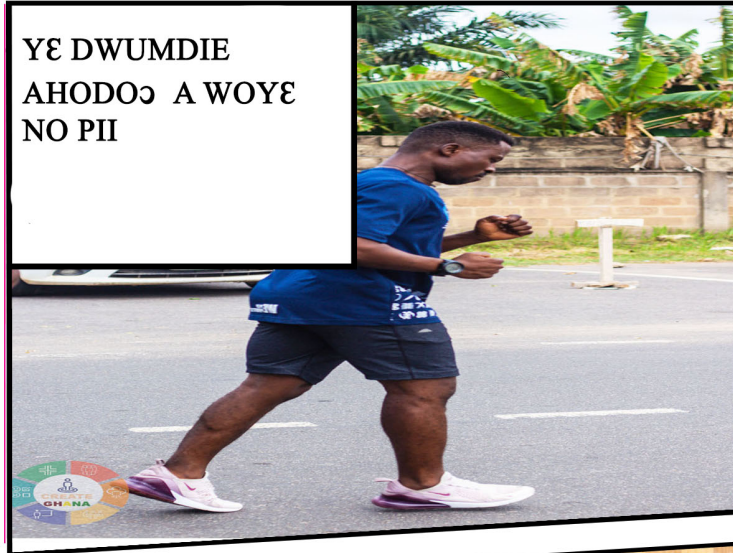
¼ Protein ahodoo

EFAN

EFAN: PAPA A ESE WOPAW		EFAN: NTAA NNI WEI	
Aduane ankasa/awi panoo		Panoo Fitaa (nhwesoo T-panoo, asikre panoo)	
Aduane ankasa (braw) taalia		Taalia Fitaa (nhwesoo makaroni, indomie)	
Emo braw		Emo fitaa	
Weetabix (Ntete nnuane ankasa)		Ntete nnuane a wode ahye afidie mu (nhwesoo Special K, cornflakes, frosted flakes)	
Nnuaba a awo		Bisket (nhwesoo digestives, rich tea, panoo tiatia, malt ne milk bisket)	
Oats		Kaaki	
Aduaba mu nsuo (nhwesoo grape, apre, ankaa, kwaadu, tangerine, abrobe, amango, anowatere, brofere)		Aduaba mu nsuo (nhwesoo amango, abrobe, ankaa, anowatere)	
Atosodee (nhwesoo asedua, aburo a eye de, ntorowa, tomantosi, kontomire)		Bofrot	
Salad			
Nkatee (nhwesoo atea, peankatee, nkatee)			
Asedua Ahodo (nhwesoo asedua koko, asedua ani tuntum)			

WO SO TEE/SISI SO TEE

Se woma wo so te na wo sisi tenten so te a eho hia paa, esiane se wo mu ye duru boro so na wo sisi tenten ye kesee a ebeka wo mogya mu asikre gynapen ne senea insulin ko mogya no mu no bere tenten. Wei ye akwan a wobetumi ate wo mu duro ne wo sisi kesee so:



• DI ADUANE A AHOO DEN WOM TE
SE NNUABA NE ATOSODEE



SENEA WOBEGYAE TAWANOM

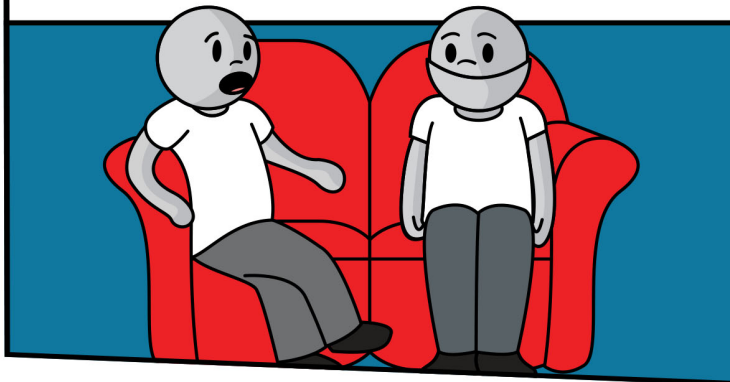
Tawanom no see mogya ntini no, titiri nea kolesterol see no no.
Wei ye nnooma bi a wobeye na aboa wo ma wagyae tawanom:



SENEA WOBEMA W'ANI AGYE

Adanse kyere se se w'ani agye a ebetumi aye den se wobehwe w'akwahosan.
Wei ye nnooma a wobetumi aye na aboa ma w'ani agye anaa ama w'akwahosan atu mpon:

• KA NNOOMA A EYE CHAW FA
W'AKWAHOSAN HO ASEM



YE NNOOMA A EHYE WO
NKURAN



WO NE W'ABUSUA NE WO NNAMFO
MMO NA GYE MMOA FIRI WON HO



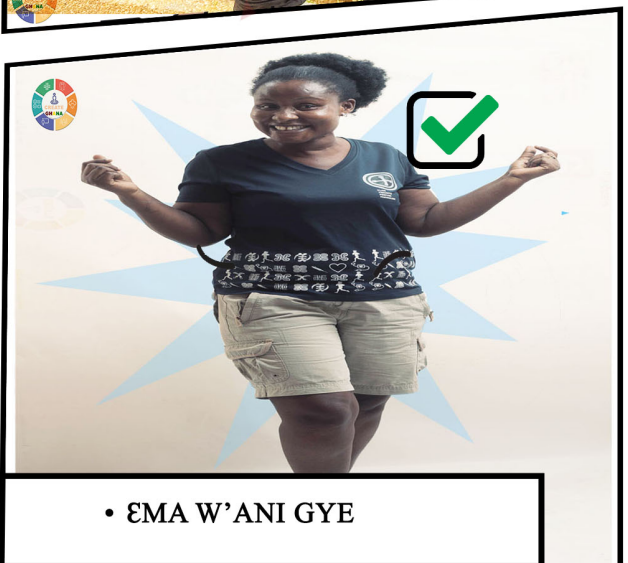
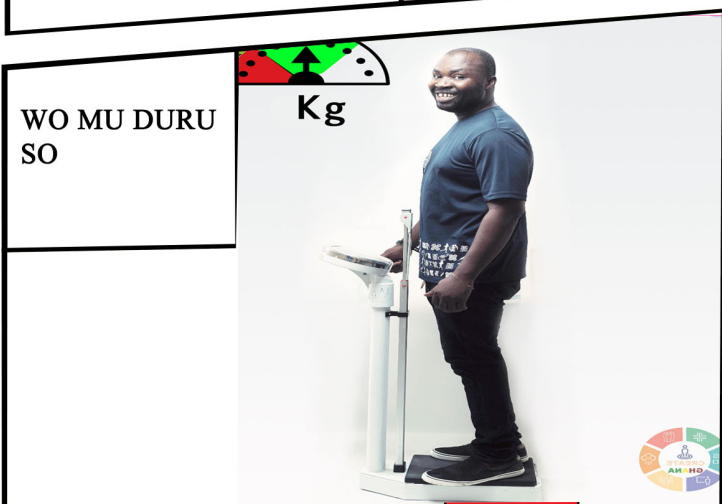
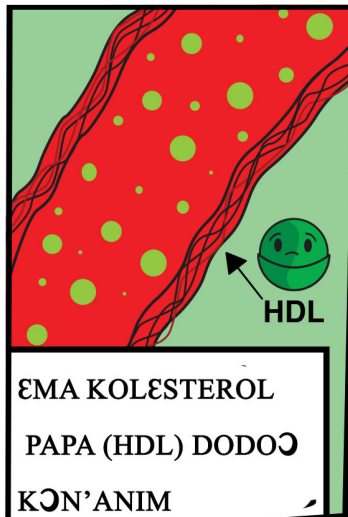
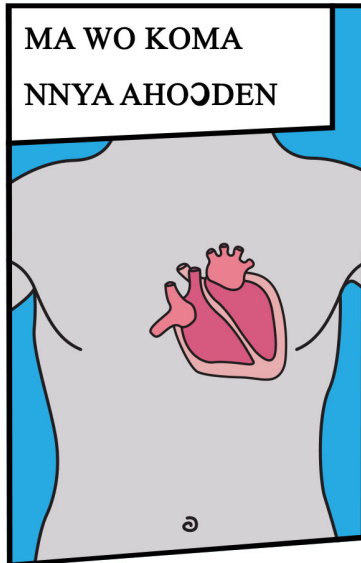
TENETENE W'APOW MU PII



YE NNOOMA A W'ANI GYE HO

APŌWMUTENETENE SO MFASOŌ

Wei ye akwahosan mmoa ahodoŋ bi a wobanya se wotenetene w'apŋw mu a:



NNIPADUA DWUMADIE AKWANKYERẸ

Nnipadua dwumadie biara yẹ sene sẹ wonyẹ hwee



Simaa 150 hɔ-ne-hɔ dwumadie/nawɔtwe anaa
simma 75 dwumadie a emu yẹ den/n'awɔtwe



Te ẹbere tenten a wonyẹ hwee no so (sẹ nhwesoo
ntenasee)



Dwumadie a ẹbema wo ho aye den



Simma 5 nantee



NSANOM AKWANKYERE

OBARIMA



DWOADA	BENADA	WUKUADA	YAWADA	FIADA	MEMENED	KWASIADA

OBAA



DWOADA	BENADA	WUKUADA	YAWADA	FIADA	MEMENED	KWASIADA

HWƐ WO NANSOA SO YIYE

Asikreyaree betumi de ohaw aba senea mogya no di aforosiane ne wo ntini mu, titiri wo nansoa mu. Nea wei betumi akyere ne se wonte atinka biara wo wo nansoa mu, na worenhu se ohaw bi wo ho a. Wei ye nnooma bi a wobetumi ahwe kwan na aboa ma wahwe wo nansoa so:



DEEN NA MENYE SESEI?

1.Wei mu nea ewo he na meye ho adwuma afa m'akwahosan ho? (Paw baako)	
☐ • Mema me mogya mu asikre no aba fam	☐ • Mema kolesterol a mewo no aba fam
☐ • Mema senea me mogya bo no aba fam	☐ • Megyae tawanom
☐ Te wo mu duru so	☐ • Mehwe nea emma m'ani ngye ne/anaa senea meboto no
☐ • Afoforo (mesrew twere anaa drow)	
2.Sen na meye wei? (Paw baako)	
☐ • Fa topae/insulin	☐ • Ko klinik nsrahwe
☐ • Didi yiye	☐ • Gye mmoa firi nnamfo ne abusuafo ho
☐ • Tenetene w'apow mu pii	☐ • Te nsa so
☐ • Afoforo (mesrew twere anaa drow)	
3.. Deen paa na meye? Twere anaa drow wo aseɛ ho.	
☐ Mpen dodoo sen: Nhwesoo da biara da	
☐ •Ebere ben: Nhwesoo: anopa ene anopa aduane (senea dokota hɛ ho nkuran)	

4.Ɛdeen na ebese me kwan? Twere anaa drow wo aseɛ ho. Nhwesoo awerefere	
5. Ɛdeen na meye de asi ano kwan? Twere anaa drow wo aseɛ ho. Nhwesoo sete nkae don wo me fon so	
6. So metumi aye wei? Marki wo line a ewo aseɛ ho no so. • Kae, mfa botae a wontumi nnuru ho nsi w’ani so!	
☐ • Mengye nni koraa	☐ • Mengye nni papa
7.Hwae na obetumi abisa se ɔbeboa me botae no? Twere anaa drow wo aseɛ ho. Nhwesoo nnamfo, mmusuafo, neese, akwahosan adwumayeni, dokota	
8.Ɛbere ben na meye me botae no mu nhwehwemu? Twere anaa drow wo aseɛ ho. Nhwesoo wo abosome baako akɛi	

[illegible]

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

[illegible]

This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]



www.createghana.org



Leicester Diabetes Centre