



Leicester Diabetes Centre

CREATE

3KO IN CSATAOB NI CN E

ONYCNAAN3I HI AKUTSON

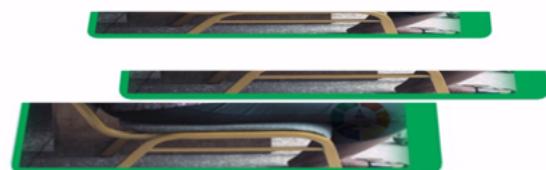
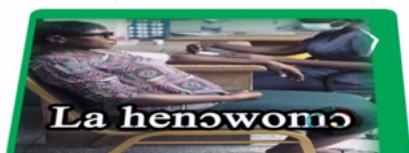
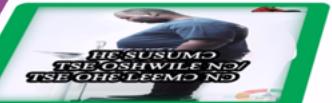
3LWALE CCOK NI LO WOLO ADI OKA

NII III NAM CMCAT SU ATSU KPAKPA

AKE 3KO IN CSATAOB NI CN E (WHEEL) BAAFEE WAM NO CMWEE SHIHE & KPAKPA NAM SHIHE HE SANEGBA

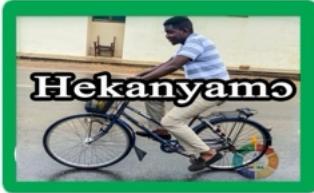


GBAA



GA VERSION

AKÈ OKÈ NIBI CEMELEKÈ (WHEEL) BAAFEE WAMÀ CÒN CÒMÀ YÈ HEWALÈ KPAKPA NAM CÒMÀ SHIHILÈ HE SANEGBAA



Ke oke poster nèe atsco mò loo mèe lè, ha ame be kesusu he akè, te hewale kpakpa namò he nikasemò otii hemfonii nèe amebaasumò ame ke bo awie he. Bi sane ko tamò.....

"Te ame mli nò ni baanya egba ohewale kpakpa namò naa amra nèe loo wò sas"

"Te nibii nèe ateju nò ni obaasumò ni wò wie he lè?"

KÈ OSANEGBA AFÀ JARAN – Mò ni bë naajiemò ko tamò "hèè" loo "daabi" lè tamò ke sa ni obi akè "Nò fèè yè cu èè jogbañù?" moju bi akè Te ohewojiañ yùù tèñù?"

KAAFEE OHE CM IN COLOCO - Tamò, bëmòdèju akè onaù mò ko akè mò ni ja loo mò ni ejaaa, mò ni hi ke mò ni ehiii. Ehe ehiaa akè bo obaafee ame saalò, moju bo ame toi ni owo ame ñaa.

Okè ekaawoo wiemò atsu nii - Kèemò mèi lè bòni ame yùù jogbañù eha ni obo mòdèju akè obaashi ame kòju nò ke weimò tamò mo!" Obo mòdèju!"

WO AME EKAA NI OWAJE AME - wa ame koni ame nu sèènamò ni yùù hewale kpakpa namò shihilè he.

Agbenue nyiemò hewale kpakpa he nòkwaemò ni yùù mfonii nèe mli lè asee.



Hekanyamo

33 NAA SANEVIMCI BAA

- -“Kεji onyεc okanyaa ohe loo ofεc kañkañ lε ewaa wɔ ni wɔnaa hewale. Ani osusu nεkε nii nεs he pεñ?”
- “Nifeemci enyiε obaanyε ofee?”
- Ni mεs hekyanyamo nifeemci gbe nɔ kεji onyε ofee lε, yε bo osusumɔnaa lε, ebaawa bo?
- Ani nɔ ko yε ni efeemci ŋɔɔ onaa waa ni no hu aaanyε ewa ohewale kpakpa namɔ?
- “Kεji oyε hewale kpakpa lε, te ohe waa bo ehāa tεñj?”
- “Ani nɔ ko yε ni baanyε efee gbεtsii kεha ohewale namɔ?”
- “Kε nakai lε bεs te obaafee tεñj oyε nakai nii lε nɔ lε?

HEKANYAMCI NIFEEMCI OTII KOMEI:

Hekayamo hi kwraa fe nɔ ni ofee eko kwraa. Kεji onyεc ofεc nɔ ko kεgbɔleɔc okɔciāñ daa lε, ehi naakpa, titri lε, kεji obaanyε otse oshitamɔ be nɔ kwraa lε. Daa gbi lε, kεji onyεc onyiεc hεrεbii minitii 5-10 lε, ehi waa diεñtse. Ebaanyε eke afii ejwε (4) po afata owala shihile he. Sεenamɔi krokomei yε kpoiāñ gbolemɔ he waa ekom ei ji; etseɔ tsui hela nɔ, etseɔ sikli hela nɔ, onuɔ he akε ohe ewa bo jogbañj diεñtse, ni etseɔ tɔlε hu nɔ kwraa, onyεc owoɔc jogbañj, ehāa ni owu ii ke ofaji amlı naa hewale diεñtse ni ehāaa ni ogbeji afɔ ohe waa kwraa.



ICMIBE3HO

- “Obaasum3 ni awie omlitsiim3 he?”
- “Te efe3 bo te3n3 k3ji mlitsiim3 k3miiba omusu he gbe l3?”
- “Ani osusu ake obaany3 ona s3enam3 ko k3ji oha omlitsiim3 bashi?”
- “Y3 m33 gbe n3 obaany3 ona s3enam3 ko k3ji ony3 otse omlitsiim3 n3?”
- “N3 ni wekumi3 ke naanem3 baawie y3 omlitsiim3 ni ebashi l3 he l3,
○ te obaajw3i he t3n3?”
- “M3i gbe n3 obaany3 otse ok3tse omlitsiim3 n3?”
- “M3ni y3nkp3 o3m3 y3 oyitso3 ake obaakp3l3 hewale kpakpa nam3 niyenii gbe n3?”
- “Be ko ni eho l3, m3ni po wa bo ni ony3 otse omlitsiim3 n3
- “Ani n3 ko y3 ni baafee gb3tsii k3ha omlitsiim3 n3tsem3 n3?”
- “K3 he3 l3, no l3 te obaafee te3n3 ony3 oye n3ke gb3tsii n33 n3?”

OTII KOM3I:

- 5kg mlitsiim3 n3tsem3 l3, ny3c etse3 gbe n3 ni obaany3 otse tsui hela n3 oha ml3jaa ny3nmai ete (30%)
- Mlitsiim3 n3tsem3 l3, etse3 gbe n3 ni ooona sikli heala n3 hu kwraa, cancer helai, ke sabatey loo kidni hela n3. etse3 ojw3n3m3 mli hela n3 n3n3 ni ehaa ni onuonu gbo3m3ts3n3 hewale kpakpa he.
- B3c m3d3n3 ake daa be n33 ohaaa ohe l33m3 l3 afee bibioo kwraa fe ok3l3 ml3jaa.



NIYENII HE SANEBIMCI

- “Te osusuc aake niyenii ni hewale yoo mli le tamc teñj?”
- “Niyenii ni ofcc yeli le, te onaa ame teñj?”
- “Ani obaanyø ojwøn gbe ko nø ni obaaha niyenii ni oyec le oooha hwale
- srctoo ko aba mli?”
- “Tsakemø ko yø, ewulu loo fioo ko, ni osusuc ake obaanyø ofee?”
- “Te obaafee ene teñj?”
- “Aso nø ko yø ni baanyø efee gbøtsii nø køha bo ake obaaye niyenii
- ni hewale yø mli?”
- “Ke nakai le, aleenø nø ko yø ni obaanyø ofee yø ene he?”

NIYELI HE WIEMCI OTII KOMBI:

- Keji oyec niyenii kpakpa ni hewale ni sa yø mli le, etsec tsuihençwomø hela ke sikli hela nø.
- Eyeø ebua mæe ketsec ame shwile ke mlitsiimø nø.
- Fø ke sikli fioo yeli ke aduawai ke tsei ayibii pii yeli baawa bo.



La henowomo

I3OM KOM HE SANEBIWCHE CMOWCNAHAI

- “Ani onye otee ni akwε loo acheck o BP?”
- “Aso mɔ ko enyε egbala o BP shidaamɔ lε mli kεtsɔɔ bo?”
- “Te osusunɔ tεŋŋi kεji onye ona lanowomo ni ja ni naagba ko bε he?”
- “Mεni osusunɔ ake ebaanyε ewa olanowomo shidaamɔ ni ja jogbaŋŋi ni naagba ko bε he?”

I3OM KOM III ICMIEWI HE CMOWCNAI

- Mεε titri ni yɔɔ lahenowomo hela nεε amεnaaa okadii komεi ni jεkpo yε amε hewoloŋ. Wo mεε ekaa ni amεya ni amεyakwε amε lahenowomo shidaamɔ. Kεji onye otse olahenowomo nɔ lε, ebaawa bo kεtse gbe nɔ ni ooona tsui hela, sabatey loo kidni hela, gbɔjɔmɔ kε sikli hela.
- Mεε ni amεjegbε amεshwi lε, gbe nɔ ni amε aaana lahenowomo hela lε yε ɳwεi aafee hebɔi etε. Kanƙan feemɔ, shwile nɔtsemɔ kε ɳoo fioo yeli baanyε etse lahenowomo nɔ kwraa shi esa ake okɔ tsofa owala beaŋ fεε.

sheremo



BÈLE SHÈREMO HE SANEBIMCI KOMÈI:

- “Obaasumō ni wɔwie bèle sheremo he?”
- “Te wiemci nèe atèj nò ni baatscc oshidaamō yè bèle sheremo he amrò nèe?”
 - “Mifeko mi jwènjmō ake makpa sheremo”
 - “Mi jwèj he ake esa ni makpa sheremo”
 - “Mi jwèj he ake masumō ni makpa sheremo yè nèke be (date)..... nèe mli”
- “Te sheremo ni otac okpa nèe baafee sèènamō ko kèha bo kè oweju tènji?
- “Kèji ofee ojwènjmō ake obaakpa sheremo ni obɔi mèe kèsom lè, Te ene feem baawa bo kékpa sheremo tènji?”

BÈLE SHÈREMO HE WIEMCI OTII KOMÈI:

- Sheremo haa gbè baa wò he oya kèha sikli hela namò ni egbeleò gbè kèha tsui helai srɔtoi fèè kènaa hegbe kè mɔɔ bo ni gbɔjèmō hela hu fata he.
- Kè mèe efee kralo ake amèbaakpa sheremo lè, esa ni awa amè ni amèkèkpa, esa ni awo amè ekaa titri lè yè be ni amèto ake amèbaakpa lè ho ni amè nyèko amèkpa.



OMLI KE OJWNCN HEWALE HE SANE BIMCI KOMI:

- “Gbi etε nεε te onyεɔ owajeɔ ohe tεŋŋ?”
 - “Mεni nibii komεi feɔ ohiamɔ nii?”
 - “Mεni obaasumɔ ni wɔwie he?”
 - “Ani onuɔ he ake wekumεi, nanemεi loo okutsonɔbjii miiwa bo?”
 - “Ani onuɔ he ake ofata akutso lε he?”
 - “Mεni nibii komεi haa omiishεɔ ohe?”

OMLI ITO CMEMIHEW IM CM3N3WJO 3K IIMO:



DAANUMO HE SANEBIMCI KOMEI NEE:

- “Obaasumō ni wɔwie daanumō he?”
- “Mɛni ji osusumō yε daa abɔ ni onyɔcɔnou he?”
- “Ani obaanyε otsake yε daa abɔ ni onyɔcɔnou he?”
- “Mɛni po baanyε efee sεenamō kɛha bo ke owewku kɛtse daa abɔ ni onyɔcɔnou he?”
- “Ani nɔ ko yε ni aaanyε afee gbetsii kɛha bo ake obaatse daanumō nɔ?”
- “Kɛ nɔ ko yε nakai lɛ te obaafee tɛnɛ oye nɛkɛ gbetsii nɛɛ nɔ?”

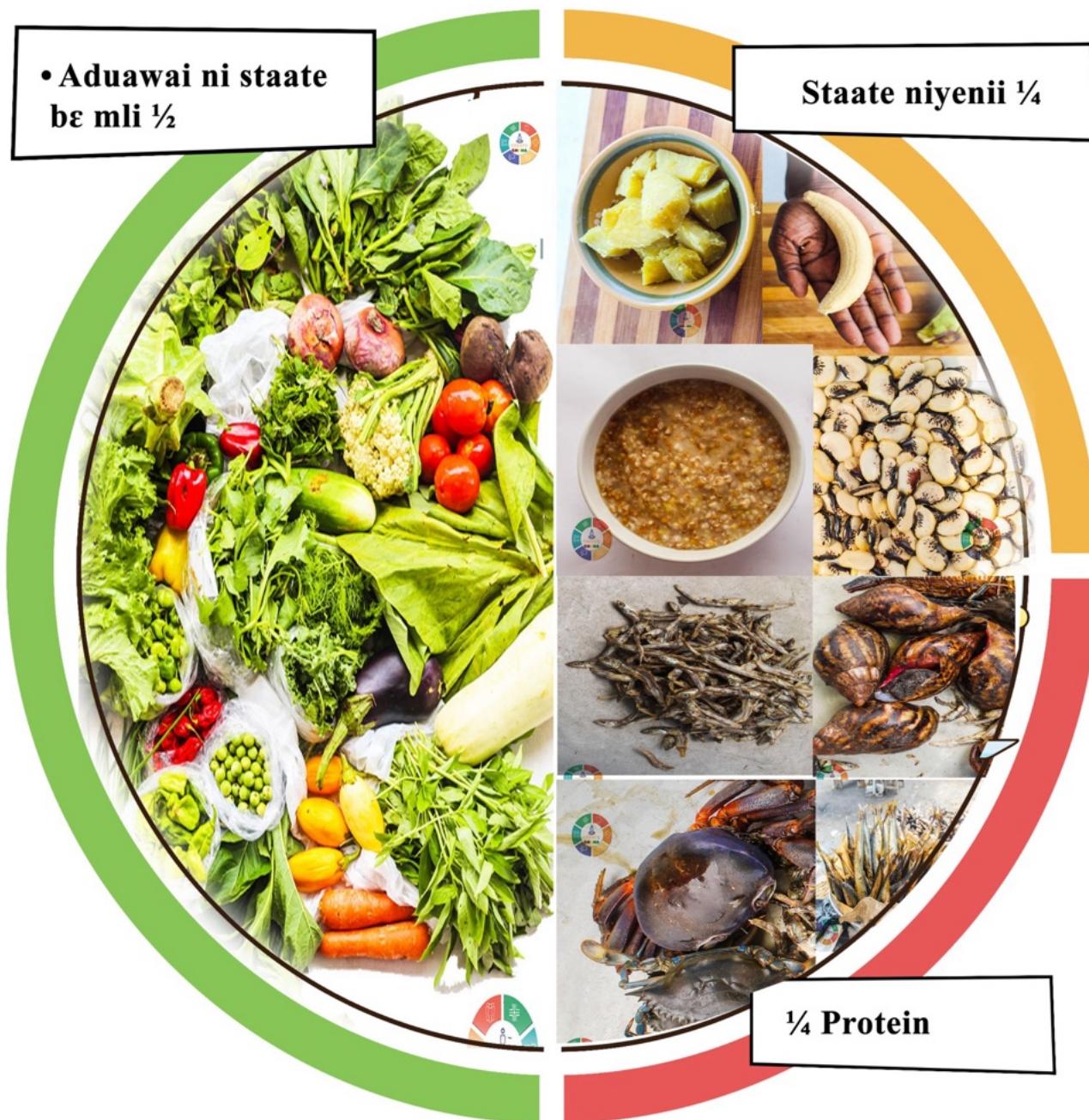
DAANUMO HE NAAWOO:

- Lahlenɔwɔmō hela, gbojɔmō loo stroki hela tsuihenɔwɔmō hela, sikli hela, ke hiɛdimō hela fɛɛ baanyε ejε daanumō trilii nɔ.
- Daanumō hie calories ni baanyε ona musu shwile ko ni ehiii kwraa

NAA NIBII FIOO KOMEI NI BAAWA BO YΕ NIKASEMO MLI:

NC FALSE

Carbohydrates ji niyenii mli hewale ko ni he hia waa, ejaa ke ame haa wō hewale, hewōō ehii wōbaatsé carbohydrate niyenii le fée afō nakai – shi obaanyé otse eyeli nō. gbe kpakpa nō ni obaanyé ojwəŋ abō ni sa ake ona kēji obaakwé nōkwemō ni baa nēe nō.





Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND



Do activities that make your muscles work harder than usual.

* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. What's your move?

KE ONA OKADII NE EKO YE CM 3Y LOO IMOKOM AHE LE WO AM NA NI AMEYA HELATSAMCHE...

- HEWAAMHE TSITSIYE CUENO IN CMWAHE.
- KEKO HE YEHOKO CMWIDNUOO IJI
- HEWAAMHE TSIOH 3Y CUENO IN CMWAHE
- KEKO HE OCM IJI3K CUENO IN CMWAHE
IHISHIWI KO SHIHI
- KEJI ETCT BO DANIC 3WNIHO 3KO CYNO IN KOME LOO ENCY 33F NAA III.
- KEJI ETCT BO KEJI OH, CM3IY 3BO CYNO. CID TSIOH 333ODAMO ONANE JOGBANJN
- LOO KEJI ONYIE LE KEKE OYAAGBEE SHI.
- OYITSO NI GBAA BO WAA BE MLI NI OLEEE CN FEF BO.
- KEKO FOEGBEC COFO CM 3C CYN CNE CCN OOL ISHCABE COFO CM 3

Hope – (Hiεnɔkamɔ)

Mεni haa onaa hiεnɔkamɔ?

Organized religion – (Jamɔ gbεjianɔtoo kpakpa)

Oye akutso ko mli, ni nakai akutso le hi aha bo?

Personal- (Akwrranko)

Mεni ji bo diεntse ohenumɔ ni oyɔɔ cɔɔ yε tumɔŋ saji ahe?

Amrɔ nεε mεni nɔ oheɔ oyεɔ?

Effects – (Hesεεnamɔ)

Hemɔkεyeli mli ni oyɔɔ le, Te ekɔɔ ohewale kpakpa namɔ he tεŋŋ?



Akutsoŋ Hienaaŋbii Isg awolo:

Kεji Akutsoŋ hienaaŋbii nεε ke mεε na hewale kpakpa namo he sanegbaa eta Iε, esa ni ame ke emli saji awo Isg wolo nεε mli.

Be ni akεfee hewale kpakpa cwem ciwu Iε	Mεε enyie okεwie? Foo naajiem kome he aklabatsa	Mεni he okε amεwie? Folcwo nο ni he ni nyε wie Iε fεε he aklabatsa	Wiemoketscoco Iε, mεni nii okεfee? Folcwo nο ni okεfee Iε fεε he aklabatsa	Mεε ni okεwie Iε, ame teŋ mo loo mεε komεi yε tsui hela?	Mεε ni okεwie Iε, ame teŋ mo loo mεε komεi yε sikli hela?
07.03.23	1 2 3 4 5 6 7 8 9 10 Nο ni fe nyεŋma Iε, no Iε ηmaa yibci Iε yε biε:	Mlitsiimɔ Niiyeli loo Nifeemɔ Lahenɔwɔmɔ Mumɔŋ/henumɔ hile kpakpa	ηmalamo wiemɔ nii Dεŋwolo Niŋmalamo okadi wolo	Hεε Daabi Mibε nο mi maa ko	Hεε Daabi Mibε nο mi maa ko
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		Mumɔŋ/henumɔ hilɛ kpakpa			
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	1 2 3 4 5 6 7 8 9 10 Nɔ ni fe	Mlitsiimɔ Niiyeli loo Nifeemɔ	ŋmalamo wiemɔ nii Dεŋwolo	Hεε Daabi	Hεε Daabi

	ηνγήμα 1ε, ημαα yibci 1ε γε biε:	Lahenowomc Mumɔŋ/henumc hile kpakpa	Niŋmalamc okadi wolo	Mibe nɔ mi maa ko	Mibe nɔ mi maa ko
	1 2 3 4 5 6 7 8 9 10 Nɔ ni fe ηνγήμα 1ε, ημαα yibci 1ε γε biε:	Mlitsiimc Niiyeli loo Nifeemc Lahenowomc Mumɔŋ/henumc hile kpakpa	ηmalamo wiemc nii Dεŋwolo Niŋmalamc okadi wolo	Hεε Daabi Mibe nɔ mi maa ko	Hεε Daabi Mibe nɔ mi maa ko
	1 2 3 4 5 6 7 8 9 10 Nɔ ni fe ηνγήμα 1ε, no 1ε ημαα yibci 1ε γε biε:	Mlitsiimc Niiyeli loo Nifeemc Lahenowomc Mumɔŋ/henumc hile kpakpa	ηmalamo wiemc nii Dεŋwolo Niŋmalamc okadi wolo	Hεε Daabi Mibe nɔ mi maa ko	Hεε Daabi Mibe nɔ mi maa ko
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NOTES/COMMENTS/REMINDERS

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