



Leicester Diabetes Centre

CREATE

SENEA WODE MPOTAM NKONIMDIFOO MMOA DAWURUBO KRATASIN NO BEDI DWUMA WO AKWAHOSAN KASA MU:



TWI VERSION



SE WODE MMOA A EDI KYINHYIA BEDI DWUMA WO NKITAHODIE A EFA ASETENA PA HO



SENEA WODE MPOTAM NKONIMDIFO MMOA DAWURUBO KRATASIN NO BEDI DWUMA WO AKWAHOSAN KASA MU:

Fa dawurubo kratasin no kyere onipa no. Ma won eberɛ na won dwene ho akwahosan asemɛ mfonini a wɔpɛ sɛ wɔne wo ka ho asem. Bisa biribi te sɛ...

“Wei mu nea ɛwo he na ebetumi aka w’akwahosan seesei anaa daakye?”

“Wei mu nea ɛwo he na wɔpɛ sɛ woka ho asem nne?”

BISA NSEMMISA A EBEMA WAKASA PII – nea mmuae no nye “aane” anaa “daabi” nkoa. Sɛ nhwɛsoɔ no; Sɛ anka wobebisa sɛ “Wo ho ye anaa?” Bisa “Wote nka sɛn?”

MMU ATEN - hwɛ sɛ wonhu onipa no sɛ watwa anaa wate, ɔye papa anaa bɔne.

Enye w’asɛdɛɛ sɛ wosiesie won, wodeɛ ne sɛ wobetie won na wama won afutuo sɛ wobetumi a.

FA KASAPA DI DWUMA – bisa nkurofo senea won ho te na hwehwe akwanya a wode beka “ayekoo”

KANYAN NA HYE NKURAN – boa won na wɔnte mfasoɔ a ɛwo asetena pa so.

Afei wodi nhwɛsoɔ ahodoɔ a ɛfa akwahosan mfonini biara akyi.



APƆWMUTENETENE DWUMADIE NSEMMISA NHWESƆ:

- “Sɛ wo nante pii anaa woyɛ nnɔɔma pii a ɛma yenya akwahosan pa. So wei yɛ biribi a wasusuw ho pɛn anaa?”
- “Dwumadie dodoɔ sɛn na wotumi yɛ”
- “Akwan bɛn na wossusuw sɛ wonante pii a ɛbɛboa wo?”
- “So biribi wɔ ho a w’ani gye ho sɛ woyɛ a ɛbɛma wo Apɔwmutenetene no ako n’anim?”
- “Wogyɛ wo ho di kosi he sɛ wobɛtɛtɛɛ wapɔw mu?”
- “So biribi wɔ ho a ebetumi asiw wo kwan ma worentɛtɛɛ wapɔw mu?”
- “Sɛ saa, wobɛyɛ dɛn adi wei so nkonim?”

APƆWMUTENETENE DWUMADIE MU NSEM TITIRE:

Apɔwmutenetene dwumadie biara yɛ sene sɛ wonyɛ hwee. Woyɛ dwumadie pii a ɛyɛ paa, titire abere a wote ɛbere a wode tena ase no so no. Sɛ wonante ntɛmntɛm kakra bɛyɛ simma 5-10 a ebetumi de mfɛɛ 4 aka wo nkwa nna ho. Mfasoɔ pii wɔ Apɔwmutenetene dwumadie so, nea ɛka ho ne: ɛbɛtɛ sɛnea wobɛnya komayarɛɛ ne asikyirɛ yarɛɛ no so, ɛbɛma wo ahɔɔden pii na ɛmma wontɛtɛtɛ pii, wobɛda yiye, wobɛnya ahɔɔden wɔ wo nnompe ne wo nnipadua mu na wei remma wontɛ ɛpɔ so yaa.



SISIE KESEE NSEMMISA NHWESOD:

- “So wope se woka wo mu duro ho asem?”
- “Wote nka sen efa sra dee a ewo w’afu ho no?”
- “Wote nka se ebeboa wo se wo so te anaa?”
- “Akwan ben so na wobanya mfaso se wo so te kakra?”
- “Okwan ben so na wote nka se w’abusua ne wo nnamfo bete nka afa wo so a ebete ho?”
- “Wobeye den ama wo so ate?”
- “Ahotoso ben na wowo se wobepaw aduanedie akwan a mfaso woso?”
- “Ede en na eboaa wo ma wo so tumi teeye kanee no?”
- “So biribi wo ho a ebetumi asiw wo kwan afiri wo so a ebete no ho?”
- “Se saa, wobeden atumi adi so?”

SISIE NSEM TITIRE:

Se wo so te 5kg a ete senea wobanya koma yaree no so 30%.

Se wo so te a ete senea wobanya asikreyaree no so, kokoram ahodo bi ne asaabo yaree so. Ebetumi ama w’adwenem akwahosan no atu mpon na aboa nnipa bi ma won ho ato won.

Bo mmoden te senea wo sisi kesee no te no so ma ennuru senea wo mu duro te no so efa.



ADUANE NSEMMISA NHWESOD:

- “Wosusu se “aduan pa” te sen?”
- “Wote nka sen efa wo daadaa aduan ho?”
- “So wobetumi adwene akwan a wobetumi ama w’aduan aye nea ahoden wom?”
- “So nsakraee bi wo ho, se kesse anaa ketewa, a wosusu se wobetumi aye?”
- “Wobeye den aye wei?”
- “So biribi wo ho a ebetumi asi wo kwan ma w’adi aduan a ahoden wom?”
- “Se saa, so biribi wo wo a wobetumi aye de asi wei kwan?”

ADUANE NSEMMISA TITIRE:

- Adidipa bete senea wobenya komayaree, strok ne asikreyaree.
- Ee se eboa nnipa ma womu duro no ye nea efata.
- Se wodi sralee ne asikre kakraa bi ne atosodee pii a ebeboa.



SENEA WO MOGYA BO

SENEA WO MOGYA BO NSEMMISA NHWESOD:

- “So watumi aye wo BP mu nhwehwemu?”
- “So obi akyerɛkyerɛ senea wo BP akenkan kyerɛ no mu akyerɛ wo?”
- “Ɔkwan bɛn so na wosusu sɛ wo mogya a ɛbo yiye no betumi aboa wo?”
- “Nnooma bɛn na wosusu sɛ ebetumi aboa senea wo mogya bo no na aye papa?”

SENEA WO MOGYA BO NSEM TITIRE

- Nnipa dodoɔ no ara nna senkyerɛnne biara adi abere a wɔwɔ mmogya mmorosoo. Hyɛ mogya mmorosoo a wohwehwe mu ho nkuran bere biara a akwanya no bɛba. Senea wo mmogya no bo no ba fam a ɛbɛte senea wobenya komayareɛ ne asabo yareɛ nyinaa so, strok ne asikreyareɛ.
- Sɛ yɛde nnipa a wɔyɛ kɛsɛɛ toto afoforo ho a wobetumi anya mmogya mmorosoo mpɛn 3 asene afoforo. Sɛ wotenetene w’apɔw mu, woso te na wodi nkyene kakraa bi a ebetumi ate senea wo mogya bo no so, nanso ɛho behia sɛ wofa topae wo nkwa nna nyinaa.

TAWANOM



TAWANOM NSEMMISA NHWESOD:

- “So ɛnha wo sɛ yɛbɛka tawanom ho aɛm?”
- “Nɛm a edidisɔ yi mu nea ɛwɔ he na ɛfa wo ho saa bere yi?”
 - “Mennwene ho sɛ megyae tawanom?”
 - “Medwene ho sɛ megyae tawanom?”
 - “Mayɛ nhyehyɛ sɛ megyae tawanom wɔ ... (da)”
- “Ɔkwan bɛn so na tawanom a wobegyaɛ no bɛboa wo ne w’abusua?”
- “Ɔkwan bɛn so na nhyehyɛ a wobɛyɛ sɛ wobegyaɛ tawanom na waka wo nhyehyɛ no ho aɛm akyɛrɛ afoforɔ no, bɛboa wo ma w’agyaɛ?”

TAWANOM NSEM TITIRE:

- Tawanom ma sɛnea wobenya asikreyarɛɛ no kɔ n’anim na ɛma sɛnea wobenya akwahosan haw ahodoɔ nyinaa a komayarɛɛ ne strok ka ho no kɔ n’anim.
- Sɛ nkurɔfoɔ pɛ sɛ wogyae a, ɛsɛ sɛ wɔboa wɔn na wɔhyɛ wɔn nkuran titiri abere a wantumi anhyɛ ne ho so ne ɛno akyiri.



NKATEE AKWAHOSAN NSEMMISA:

- “Wote nka sen nansa yi?”
- “Nnooma ben na eho hia wo?”
- “Edeen na wope se woka ho asem?”
- “So wote nka se abusuafoɔ, namfoɔ ne/ mpɔtam no boa wo?”
- “So wote nka se woka mpɔtamfoɔ no ho?”
- “Nnooma ben na ema w’ani gye?”

NKATEE AKWAHOSAN NSEM TITIRI:

- Se woma nkurɔfoɔ kwan ma woka senea wote nka ne nnooma a eho hia won a ebeboa onipa no paa.
- Se wobenya akwahosan pa a edi mu a, ese se woka wo ho a wodwene ne wo ho a wohwe, animdifoo hwe (ɔɔkotani se eho behia a) ne mpɔtam hwe nyinaa bom.



NSANOM NSEMMISA NHWESOO:

- “So enha wo se yebeka nsanom ho asem?”
- “Deen na wowo ka fa nsa dodoɔ a ese se wonom ho?”
- “So wobepɛ se wosesa nsa dodoɔ a wonom?”
- “Mfasoo ben na wo ne w’abusua benya se wote nsa dodoɔ a wonom no so?”
- “So biribi wo ho a ebetumi asi wo kwan abere a wope se wote nsa dodoɔ a wonom no so no?”
- “Se saa, dee na wobetumi aye na w’adi wei so?”

NSANOM NSEM TITIRI:

- Wobetumi anya komayareɛ, strok ahodoɔ, mogya mmorosoo, asikreyareɛ ne tirimuka abere a wonom nsa pii no.
- Kalbries a ewo nsa mu no wo soro na ebetumi ama nkurofoɔ anya sradɛɛ pii wo baabi a won afu wo no.

NNODMA KAKRA YI BETUMI ABOA WO WO ADESUA YI MU:

DODOO KESE

Staakye ye aduane nnuru a eho hia, esiane se ema yen ahodon, 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

$\frac{1}{2}$ Atosodee a
enyε-staakye



$\frac{1}{4}$ Staakye Nnuane



$\frac{1}{4}$ Protein ahodon



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

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?

TU NKURŲFOŲ FO NA WŲNHWEHWE AYARESA MMOA SE WŲWŲ SENKYERENNE A EDIDISOŲ YI MU BIARA A...

- **Ɛyaa ne ahoyera wŲ wŲn koko mfinimfini**
- **Ɛyaa ne ahoyera wŲ wŲn nsa mu, ne benkum so abatiri, abatwŲw, abŲdwe, anaa n'akyi**
- **Onnya atinka biara wŲ n'anim, ne nsa, anaa ne nan, titire wŲ ne nnipadua no fa**
- **Ateetee, Ųbre ansa na w'akasa anaa Ųnte kasa ase**
- **N'ani baako anaa ne nyinaa ntumi nhu ade papa**
- **Ųbre ansa na w'anantew, anisobiri, ontumi ngyina faako**
- **Tipae a ano ye den na yennim nea Ɛde baaye**
- **Ntwahwe ne adetŲsoŲ**

Hope (Anidasoɔ) –

- Deen na ɛma wo anidasoɔ?

Organized religion (Nyamesom Nhyehyɛ) –

- So wowɔ mpɔtam bi na wei boa wo?

Personal (Ankorankorɔ) -

- Sɛn na wote nka fa honhom nnoɔma ho?-
- Gyidie bɛn na wode di dwuma seesei?

Effects (Nkɛntɛnsɔɔ)

- Ɔkwan bɛn so na wo gyidie ka w'akwahosan hwɛ ahiadeɛ seesei?



HYEHYɛ WO TWERɛTOHɔ NO:

Se wokasa kyere obi anaa nnipakuo bi efa won akwahosan ho a, mesrew kyere wo tweretohɔ no mu, ete sɛɛ wei...

MPOTAM NKONIMDIE TWERETOHɔ:

Akwahosan Kasa Da	Nnipa dodoɔ sɛn na wone won kasayɛ? Twa mmuaɛɛ baako ho	Deɛn na wokaa ho asɛm? Twa nea efa ho nyinaa ho	Deɛn na wode dii dwuma ma eboaa wo kasa no? Twa nea efa ho nyinaa ho	So nɔ nnipa/nkurɔf oɔ no wo komayareɛ?	So nɔ nnipa/nkurɔf oɔ no wo asikreyareɛ?
07.03.23	1 2 3 4 5 6 7 8 9 10 Eboro 10 Twerɛ nɔma no wo ha:	Emu duro Aduane Dwumadie Senea Mogya Bɔ Honhom/nkateɛ yiyedie	Hwee Nhoma Dawurubɔ kratasin	Aane Daabi Mengye nni	Aane Daabi Mengye nni
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		Honhom/nkatee yiyedie			
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NOTES/COMMENTS/REMINDERS

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