

Yintoni
isifo
BESWEKILE
Eli Lilly (S.A.) (Pty) Limited
Reg. No. 570037107

Yimveliso ye Kliniki Yesifo
seSwekile, iSEBE
Lezamayeza, ISIKOLO SAMAYEZA,
kinunivesithi yaseNatal.
ISHICILELEWE YANIKEZELWA KWICANDELQ LESIF
SEWEKILE NGU ELI LILLY (SA) (Pty) LImIted.
Reg. No. 57/00371/07

IMIZIMBA YETHU ifuna iswekile
ukuze ibe namandla njengokuba nezityalo zifuna
amanzi ukuze zikhule. Kodwa iswekile eninzi
ayilunganga empilweni, njengokuba namanzi
amaninzi engafuneki kwizityalo. Sinayo indlela
yokuqinisekisa ukuba iswekile ayibi ninzi gqitha
egazini Iethu. Oku kwenziwa nge insulin ephuma
kwinjeke (pancreas) zethu. Emva kwesidlo, xa
ubuninzi bokutya buguqulelwe kwiswekile,
i-insulin iyaqinisekisa ukuba umgangatho
weswekile egazini awunyuki kakhulu.
Yintoni isifo
Esi sisifo apho iswekile ibaninzi egazini Iethu
ngenxa yobuncinane be insulin. Iswekile
seswekile? egazini Iethu inyuka kangangokuba ichithekel
emntsontsweni.
' ' Ukuntsontsa
zez'phl 9 kakhulu.
llmpawu.
Ukunxanwa kakhulu.
Ukudinwa.
Ukuncipha,
umzimba.
Ukulamba rhoqo.
Amehlo akaboni
kakuhle.
Uphinda phindwa
ngama dyunguza.
Maxa wambi
omnye ugulela
ukufa.

Umntu angazazi
njani ukuba
unesifo seswekile?
Xa ezimpawu zikhona umntu kufuneka aye
kwagqirha, ekliniki okanye esibhedlele.
Emvakokuba ugqirha evavanye umntsontso
negazi, uyakukuxelela ukuba unesifo seswekile.
Sinyangwa
njani isifo
seswekile?
Unyangwa ngugqirha, okunguye oza
kukucebisa ngento omowuyitye nanga mayeza.
UHLOBO LOKUTYA. Yeyona ndlela
ibalulekileyo yokunyanga. Uhlobo Iokutya
olunikwe ngugqirha malulandelwe ngokuthe
ngqo. Uyakuku cebisa ukuba ungagaleli
swekile etini yakho ungatyi kwanto eneswekile
enje ngekeyiki, jam, ibhiskithi, ityuwa
neziqhamo ezise nkonkxeni. Uzakuthi
ungasityi kakhulu isonka, irayisi yombona
(mealie rice), imilimili, namazambane.
Uzakukuxelela ukuba utye isonka
esinengqolowa eninzi, iimobtyi, imifuno,
intlanzi, amazambane anamaxolo.

Ukuncipha

komzimba

Ukuba utyebe kakhulu, nakanjani nciphisa umzimba ngokulandela amacebo kagqirha ngohlobo Iokutya nangokwenza imidlalo eyolula umzimba. Ukuhamba ngokukhawuleza yonke imihla kangange yure nangaphezulu lolona hlobo Iubalulekileyo Iokusebenzisa umzimba.

Ipilisi zesifo

seswekile

qirha uzakubhala ipilisi zabaguli abathile.

Ngugqirha kuphela ongagqiba kwelokuba isigulana esinesifo seswekile masinyangwe ngepilisi okanye nge insulin. Nokuba unikwe ipilisi lulandele uhlobo Iokutya lwesifo seswekile. l-Insulin

DEER

Ezinye izigulana zinyangwa nge sitofu (injection) se insulin kwisifo seswekile. Kubalulekile ukuba wazi ukuba usebenzisa Iuphi uh Iobo Iweinsulin yaye uluse benzisa kangakanani. l-Insulin isindisa ubomi. Ngokoke ungakhe ulinge usiyeke isitofu se insulin. Tofa nge insulin kwisiqingatha seyure phambi kwesidlo sakusasa xa utofa kanye ngemini.

Ukuba kufanele utofe kabini yonke imihla, tofa nge insulin kwisiqingatha seyure ngaphambi kwesidlo sakusasa, sasemini nesango kuhlwa. Qiniseka qho ukuba utya intwana-ntwana (snacks) ngo 10:00 ekuseni nango 3:00 emalanga naxa uzakulala ebusuku, ukuba ngaba usebenzisa isitofu se insulin. I-Insulin ungatofa ngayo ethangeni, amazantsi esisu okanye ezingalweni.

lindlela

zokutofa

1.

2.

Phakamisa okanye tsweba isikhumba

ngobhontsi neminwe.

Faka inaliti ku 90'' (ingene ngqo) hayi ku 45''.

Cinezela ngasemva, uze uyekelele

ngasemva.

Beka uboya obumfuma-mfuma kulendawo

utofe kuyo, uze ususe inaliti.

AKULUNGANGA

Indawo Sebenzisa elinye
icala nendawo
ongatofa kuzo maxa onke, indawo
' ' otofe kuyo a
nge Insulm wukuphmda
utofekuyo
ingaphelanga iveki.
Isifofu osinikwayo
masingabi
ngaphantsi kwe
3 cms kwesinye.

AMATHANGA

Ukuxuba i-insulin Shikixa iimbodlela zeinsulin kwi mpama
zezandla zakho. Ungayihlukuhli ngamandla.
Tsala i-insulin ECACILEYO
ngombala kuqala.
Okwesibini tsala i-insulin
ENGACACANGA ncam ngombala.
ICIACILE AYICACANGA

lswekile mayibe
ncinane kakhulu?
Njengokuba izityalo zingenako ukuphila
ngaphandle kwamanzi, nemizimba yethu
ayinakusebenza nge swekile encinane kakhulu.
Maxawambi kungenzeka uthathe ipilisi okanye
utofe kodwa ulibale ukutya okanye utye
kancinci.
Uzaku caphuzelelwa yintliziyo, kuncangcazele
izandla neminwe, netloko ebuhlungu kancinane.
Xa oku kungenzeka ngokukhawuleza sela
amanzi aneswekile okanye isiselo nokuba utya
iswiti. Ngokoke kuba Iulekile kakhulu ukuhlala
uphethe iswiti (ingakumbi xa usebenzisa
isitofu se - insulin) ukuyisebenzisa xa
kuyimfuno engxamisekileyo.
Zikhathalele
iinyawo zakho
Hlamba iinyawo zakho kumanzi ashushu
anesepha yonke imihla.
UNGAZE UZIYEKE IXESHA ELIDE emanzini
iinyawo zakho.
Xa ubona izilonda ezinyanweni zakho, yiya
kugqirha okanye ekliniki.
SUKUZAMA ukuzinyanga naziphi izilonda
okanye intlungu ngokuzisika okanye
uzincwele ngokwakho.
inba izihlangu qho ukugquma nokukhusela
inyawo zakho.
Ungaze uhambe ngenyawo unganxibanga
zihlangu.
Kubaiulekile kakhulu ukuyilandela Ie
miqathango. lzigulane azina nzwane,
inyawo kwanemilenze ngenxa
yokungazikhathaleli inyawo zabo.

Kunganiukuba
isifo seswekile
kufuneke si
nyangisiswe?
Akukho zimpawu xa usithintele isifo seswekile.
Awuzukuntsontsa kakhulu, yaye awunaku
nxanwa kakhulu.
Ukusithintela ngendlela kunganqanda inkathazo
emehlweni, izintso, isifo sephepha (TB) ne
(gangrene). Ukusithintela ngendlela esi Sifo
kungenza ukukhulelwa okune mpumelelo
nomntwana ophile kakuhle.
Ungenzanixaxa
ungathanga?
Maxa onke yiya kugqirha, kwikliniki okanye
esibhedlele xa uziva ungaphilanga.
Uzakwazi njani
ukubaisHo
Uzakuziva uphilile. Awuzukuntsontsa
kakhulu okanye unxanwe kakhulu.
Xa uvavanya umntsonotso awuzu kufumana nto
Siyanyangeka? okanye uzakufumana umzila nje weswekile.
Ukuba uvavanya igazi uyakulifumana Iiphakathi
kuka 4 no 10.
Khumbula Isifo seswekile siyanyangeka ingakumbi xa
ulandela ingcebiso zikagqirha.

Amanqaku:

Too little sugar?

Just as plants cannot do without water, so our_ body cannot function with very little sugar. Sometimes it may happen that you took your injection or pill but forgot to eat or ate too little. Then you will experience palpitations, shaking of your hands and fingers, sweating, light-headedness. If this happens immediately drink some sugar water or a cold drink or eat a sweet. Therefore it is important to carry a sweet with you all the time (especially if you are on insulin injection) for use only in case of such an emergency.

Care of your feet

Wash your feet in warm soapy water every day.

NEVER SOAK your feet in water.

If you notice any sores on your feet, go to your doctor or Clinic.

DO NOT try to treat any sores or pain by making cuts or incisions on your own.

Always wear shoes that cover and protect your feet.

Never walk bare foot.

It is very important that these instructions are followed. Patients have lost toes, feet and even legs because of poor foot care

Why must diabetes
be treated
properly?

With control of diabetes you will have no
symptoms. You will not pass a lot of urine; nor will
you feel very thirsty.

Good control will prevent eye problems, kidney
problems, gangrene, tuberculosis. Good control
will result in a successful pregnancy and a
healthy baby.

What must you do
when you are not
well?

Always go to your doctor or clinic or hospital if
you do not feel well.

How will you know
if diabetes is under
control?

You will feel well. You will NOT be passing a lot of
urine or feeling very thirsty.

If you are testing urine you will find no or only a
trace of sugar.

If you are testing blood you will find it is between
4 and 10.

Remember

Diabetes is compatible with a normal life provided
you follow the doctors advice.

Pinch the skin up with thumb and fingers
Insert needle at 90° (straight in) not 45°
Depress plunger, then release hold
Place cotton wool at site and remove needle
Injection
techniques
P9P?

Insulin injection Use a different
Site and Site each
sute's time', so the same Abdomen
Site IS not used
more than once a
week.

No injection should
be given less than
3 cms from
another one.

Mixing insulins Roll the vials in the palm of your hands.
Do not shake vigorously.

Draw up CLEAR insulin
first

Draw up CLOUDY insulin
second
CLOUDY

How does one
know that one has
diabetes?

How is diabetes
treated?

When these symptoms are present one should
go to a doctor or a Clinic or a hospital. After
testing one's blood and urine the doctor will say if
one has diabetes.

This is done by a doctor, who will give advice on
diet and medication.

DIET: This is a very important method of
treatment. The diet given by a doctor must be
followed very strictly. He will advise you not to
have sugar in your tea and any foods containing
sugar like cakes. jami biscuits minerals, canned
fruit. He will advise you to have less bread.
mealie rice. mealie meal. potatoes. He will
encourage you to eat whole wheat bread, beans,
vegetables, fish, potatoes with the peel.

Weight reduction

If one is obese, one must lose weight by following the doctors advice on diet and by exercise.

Walking fast everyday for about one hour or more is a very good form of exercise.

Diabetic pills

The doctor will prescribe pills to some patients.

Only the doctor can decide whether a diabetic patient should be treated with pills or with insulin. Even when pills are given the diabetic diet must be followed.

Insulin

Some patients need insulin injections for treatment of diabetes. It is very important that you know what insulin you are on and how much you must take. insulin is life saving. Therefore never miss your insulin injections. Insulin must be injected half an hour before breakfast if one takes only one injection every day.

WAIT

If one takes two injections everyday insulin must be taken half-hour before breakfast and half-hour before supper. Never skip breakfast, lunch and supper. Make sure you take regular snacks at 10:00am and 3:00pm and bedtime, if you are taking insulin injections. Insulin can be injected in your thighs, lower abdomen or arms.

Developed by the Diabetes Clinic, Department
of Medicine, Medical School,
University of Natal.
Printing sponsored as a service to diabetics by
Eli Lilly (SA) (Pty) Limited.
Reg No. 57/00371/07

OUR BODY needs sugar for energy just as plants need water to grow. But too much sugar is bad for health, just as too much water is not good for plants. We have a way of making sure that the sugar in our blood does not become excessive. This is done by a substance called insulin which is secreted from our pancreas. After a meal, when most of our food is converted into sugar, insulin makes sure that the sugar level in the blood does not rise too much.

What is diabetes mellitus?

This is a disease in which the sugar in our blood becomes too high because of too little insulin. The blood sugar gets so high that it starts spilling into the urine.

What are the symptoms?

Passing too much urine.

Feeling very thirsty.

Feeling tired.

Weight loss.

Feeling very hungry all the time.

Blurring of vision.

Recurrent boils.

Pruritis vulvae.

Sometimes one

may become so

sick that one goes

into coma.

""iE

IIIABHES

Eli Lilly (SA) (Pty) Limited

Reg. No. 57/00371/07