

# Tulaga e Tausia ai Lou Ma'i Suka mo Lou Soifuaga

Steps to Manage Your Diabetes



*Samoan*



*Association of Asian Pacific Community Health Organizations*

## What is Diabetes?

People with diabetes cannot properly use the energy that is in the food they eat. Some of this food energy is turned into glucose (sugar). The pancreas, an organ near the stomach, makes a hormone called insulin to help glucose get into body cells. When you have diabetes, your body doesn't make enough insulin, or can't use its own insulin very well. This problem causes glucose to build up in your blood.

Taking good care of diabetes can lower the chances of getting:

- Eye disease that can lead to a loss of vision or even blindness
- Kidney disease and kidney failure
- Nerve damage that may cause a loss of feeling or pain in the hands, feet, legs, or other parts of the body and can lead to amputations
- Heart disease and heart attacks
- Stroke
- Dental problems

Every person who has diabetes has different needs. Talk to your doctor about a treatment plan that is best for you. When you have diabetes, managing it can help you live a long and active life.

These are the steps you can take to manage your diabetes. Take this brochure with you when you go to your doctor.



## O le a le ma'i suka?

O tagata ma'i suka, ua latou le mafai ona fa'aaogaina tatau le malosi (energy), e maua i mea 'ai. O se vaega o lenei malosi, ua fa'aliliuina i le suka (glucose). E gaosia e le ate pili (pancreas) se homone (hormone) ua taua o le inisulini (insulin) e fesoasoani i le tauaveina o le suka i totonu o sela (cell). A maua 'oe i le ma'i suka, ua le lava le inisulini e faia e lou tino, pe ua le mafai fo'i e le tino ona fa'aaogaina tatau le inisulini. O le fa'afitauli lea e mafua ai ona fa'ateleina le suka i lou toto.

O le tausia lelei o lou ma'i suka e fa'aitiitia ai le avanoa e maua ai i le:

- Fa'ama'i o mata e mafai ona fa'aletonu ai le va'ai ma o'o ai ina tauaso.
- Fa'ama'i o fatuga'o/fatuma'a (kidneys), e mafai ona fa'aleagaina ai.
- Fa'aleagaina o neura e mafua ai le le lagona, po'o le le tiga o lima, vae po'o isi vaega o le tino, e i'u ai ina to'esea ia itu tino. (amputations)
- Fa'ama'i ma ma'i fa'afuase'i o le fatu. (heart attack)
- Ma'i oso fa'afuase'i e mafua ai le pe o itu tino. (stroke)
- Fa'afitauli o nifo. (dental)

E esesese mana'oga tatau (need) o tagata uma lava o lo'o maua i le ma'i suka. Talanoa i lau foma'i mo ni togafiti e sili ona lelei mo oe. A ua maua oe i le ma'i suka, o le lelei o lau va'aiga e mafai ai ona fa'aumiumi ma malosi ai lou soifua.

O tulaga nei e faia, e pulea ai lou ma'i suka. Ia ave lenei tusi pe'a e susu atu e va'ai lau foma'i.

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## Find Out What Type of Diabetes You Have

There are different types of diabetes. If you have diabetes, ask your doctor if you have:

**Type 1 diabetes.** People who have this type of diabetes need to take insulin every day.

**Type 2 diabetes.** This type of diabetes can often be managed by controlling the kind of food you eat and by doing physical activity. Some people may also need to take diabetes pills or insulin.

**Gestational diabetes.** This type of diabetes occurs during pregnancy.

### Many People Who Have Diabetes Do Not Know It

You may be at higher risk for diabetes than others if you have the following:

- Being older than 45
- Being overweight
- Having a close family member, like a parent, brother or sister, who has, or had, diabetes
- Having diabetes when you were pregnant (gestational diabetes)
- Being Asian American or Pacific Islander, African American, Hispanic/Latino, or Native American

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## Fesiligia po’o lea le ituaiga ma’i suka e maua ai ‘oe

E eseese ituaiga ma’i suka. A maua oe i le ma’i suka, fesili i lau foma’i pe maua oe i le:

**Ituaiga Ma’i Suka 1.** O tagata e maua i le ituaiga lea, e tatau ona fa’aaogaina le inisulini i aso uma.

**Ituaiga Ma’i Suka 2.** O le ituaiga ma’i suka lea, o le tele o taimi, e mafai ona pulea i le fuafuaina o ituaiga mea ‘ai e tausamia, ma faia fa’amalosi tino. O nisi, e tatau fo’i ona fa’aaogaina fuala’au ma’i suka, po’o le inisulini.

**Ma’i Suka Pe’a Ma’i Taga/Ma’i to O** le ituaiga ma’i suka lea, e maua ai pe’a ma’i taga.

E tele tagata o lo’o maua i le ma’i suka, ae latou te le iloaina.

Atonu e tele atu le a’afia o oe i le ma’i suka nai lo isi, pe afai e:

- Sili atu i le 45 ou tausaga
- Lapo’a ma mamafa lou tino
- Maua i le ma’i suka se isi, o lou aiga.
- Maua i le ma’i suka pe a ma’i taga ma’i to (gestational diabetes)
- Tagata Asia po’o le Pasefika, Aferika, Sipaniolo, Latino, ma tagata Amerika.

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## Get Regular Care for Your Diabetes

You deserve to get the best health care to help you manage your diabetes.

You should:

- Be able to get your health care needs taken care of regardless of your race, age, disability ability to pay, or immigration status.
- See a doctor, diabetes educator, and/or a nutritionist on a regular basis.
- Work with your health care team to make changes in your treatment plan when needed.
- Get support from family, friends, co-workers, and, if possible, other people with diabetes
- Be able to get help to pay for diabetes supplies, such as a blood glucose monitor, if you are on Medicare.

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## Ia faia pea tausiga mo lou ma'i suka

E tatau ma onomea ona maua se tausiga tau soifua maloloina (health care) e sili ona lelei mo le va'aia o lou ma'i suka.

E tatau ona e:

- Maua se tausiga tau soifua maloloina e tausia oe le afaiana ai lou, e aunoa ma le manatu i lou ituaiga tagatanu'u, lou matua, fa'afitauli fa'aletino, tulaga mo le totogiina o le talavai, po'o itu tau tagatanu'u nofo mau pe leai (immigration status).
- Va'aia se foma'i, faiaoga mo le ma'i suka, po'o se tasi ua agava'a i le fa'avasegaina o mea tausami e tatau ai.
- Galulue fa'atasi ma e tausia lou soifua maloloina, e mafai ai ona fetu'una'i ni suiga tatau o au togafitiga.
- Sa'ilia le fesoasoani mai lou aiga, uo, e o lo'o outou galulue, ma nisi tagata ma'i suka pe'a talafeagai ai.
- Mafai ona maua le fesoasoani mo le totogiina o mea faigaluega mo le ma'i suka, e i ai le masini e su'e ai le toto, pe'a auai oe i le polokalama a tagata matutua (medicare).



## Learn How to Manage Your Diabetes

Your doctor and your health care team can provide you and your family with correct information and help you learn how to manage your diabetes.

Do you:

- Know what type of exercise is best for you?
- Exercise regularly?
- Know what foods are healthy?
- Eat a healthy diet?
- Test your own blood sugar regularly?
- Take your medicine correctly?
- See your doctor regularly?
- Ask your doctor questions about your diabetes?

You should be doing all of these things in order to manage your diabetes.

Your doctor is not the only health care professional who can help you with your diabetes. Ask your doctor to help you set up an appointment with:

Eye Doctor (Ophthalmologist,  
Optometrist)  
Foot Doctor (Podiatrist)  
Diabetes Educator  
Dietitian  
Dentist  
Counselor  
Community Health Worker

These people, along with your doctor, are your health care team. They can help you make a plan for you to manage your diabetes. Having your own plan that fits with your life can help you stay healthy.



## A'oa'oina le va'ava'aiga o lou ma'i suka:

O lau foma'i, ma e tausia lou soifua maloloina, e mafai ona tu'uina atu ia te oe ni mataupu e fesoasoani i le va'aiga o lou ma'i suka.

Po'o e:

- Iloaina le ituaiga fa'amalosi tino e sili ona lelei mo oe?
- Fa'amalosi tino i taimi fa'atulagaina?
- Iloaina ma tausami mea taumafa e lelei mo le soifua maloloina?
- Tausami i mea ai tatau mo le soifua maloloina?
- Su'eina le suka i lou toto i taimi faatulagaina?
- Sa'o le inuina o au fuala'au?
- Va'aia lau foma'i i taimi fa'atulagaina?
- Fesili i lau foma'i mo tulaga o lou ma'i suka?

E tatau ona e faia nei mea uma, e lelei ai le va'aiga o lou ma'i suka.

E na'o le foma'i le tagata fa'apitoa e fesoasoani i lou ma'i suka ma le tausiga o lou soifual mamaloloina.

Fa'atalosagaina lau foma'i ina ia faia se avanoa e va'aia ai se:

Foma'i mata (ophthalmologist,  
optometrist)

Foma'i o vae (podiatrist)

Faiaoga fa'apitoa o le ma'i suka

Faiaoga fa'apitoa mo mea 'ai (dietitian)

Foma'i nifo

Tagata faufautua (counselor)

Tagata faigaluega o le soifua maloloina i le nu'u

O i latou nei, fa'atasi ai ma lau foma'i, e tausia lou soifua maloloina. E mafai ona latou fesoasoani e faia se polokalama lelei e va'aia ai lou ma'i suka. O le i ai o lau lava polokalama e tatau mo lou soifua o le a fesoasoani lea e maua ai lou soifua maloloina.

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## Control Your Blood Sugar Levels

The number one goal of diabetes treatment is to control your blood sugar levels. You must control your blood sugar levels to prevent problems such as eye disease, kidney disease, nerve damage, heart disease, and stroke. There are many ways that this can be done. These include:

- **Eat a healthy diet**
- **Get regular physical activity**
- **Take medicine correctly**
- **See your doctor regularly**
- **Test your own blood sugar regularly**

**Work with your health care team to find the best way for you to control your blood sugar levels.**

### Test Your Own Blood Sugar

You should test your own blood sugar on a regular basis to help you manage your diabetes. This test is very important because it tells you how well you are controlling your blood sugar level throughout the day.

Your doctor and health care team can help you learn:

- What type of test to use
- How to do the test correctly
- How often to test
- How often to report the test results
- How to get the supplies you need to do the tests.

### Ask your doctor for a Hemoglobin A1c Test

This test is not the same blood test you give yourself. This test is very important because it tells how well you have controlled your blood sugar over the last 2 to 3 months.

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## Ia pulea le maualuga o le suka i lou toto:

O le sini numera tasi i le togafitia o le ma'i suka, o le pulea lea o le maualuga o le suka i lou toto. E tatou ona pulea le maualuga o le suka i lou toto, ina ia puipuia ai oe mai fa'afitauli e pei o fa'ama'i o mata, o fa'amai'i o fatuga'o, fa'aleagaina o neura, fa'ama'i o le fatu, ma le ma'i oso e pe ai le itu tino. E tele auala e mafai ona fa'ataunu'u ai ia fuafuaga. E i ai le:

- Tausamia o mea taumafa tatau mo le soifua maloloina
- Fa'amalosi tino i aso uma.
- Ia sa'o le inuina o fuala'au
- Va'ai lau foma'i
- Su'e e 'oe lava le maualuga o le suka i lou toto i taimi fa'atulagaina

Galulue fa'atasi ma e tausia lou soifua maloloina, e maua ai se auala e sili ona lelei e pulea ai le maualuga o le suka i lou toto.

### Su'e Lava e 'Oe le Maualuga o le Suka i Lou Toto.

E ao ina e su'eina le maualuga o lou suka i taimi fa'atulagaina. O le su'ega lea e sili ona taua, aua e fa'ailoa atu ai po'o fa'apefea le fuafuaina o le maualuga o le suka i lou toto i le aso atoa.

O lau foma'i ma e tausia lou soifua maloloina e mafai ona fesoasoani atu ma ia e iloa ai:

- Le ituaiga su'ega e fa'aaogaina
- Le faiga sa'o ole su'ega
- Pesu'einafa'afia
- Pe fa'afia ona lipotia le fa'aiuga o le su'ega sa faia
- Pe fa'apefea ona maua mai mea faigaluega mana'omia mo le faiga o le su'ega

### Fa'atalosaga i Lau Fom'ai Mo Le Su'eina o Lou Toto (Hemoglobin A1c)

O le su'ega lea, e le tutusa ma le su'ega o lo'o faia e 'oe. E taua tele lea su'ega aua e fa'ailoa mai ai le lelei o le fuafuaina o le maualuga o le suka i lou toto i masina e lua pe tolu ua tuana'i.

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## Get Checked for Long-Term Problems and Learn How to Prevent and Treat Them

To check for problems that diabetes can cause, you should see your doctor and your health care team regularly. Doing this can prevent problems or find them early, when they can be treated and managed well.

Talk to your doctor and health care team about how often you should get these tests.

- Blood pressure checks
- Cholesterol tests
- Other blood fat tests
- Foot exams
- Eye exams
- Kidney tests
- Dental exams

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## Ia siakiina oe mo ni faafitauli maotua pe fa'aumiumi atu, ma le aoaoina i auala e puipuia ma togafitia ai.

A siaki mo ni fa'afitauli e mafua mai i le ma'i suka, e ao ina e va'aia lau foma'i, ma e tausia lou soifua maloloina i taimi fa'atulagaina. O le auala lea e vave ai ona iloa ma fo'ia ai fa'afitauli.

Talanoa i lau foma'i ma e tausia lou soifua maloloina, pe fa'afia ona faia su'ega nei:

- Siaki le maualuga o le toto
- Su'eina o le ga'o kolesetolo i le toto (cholesterol)
- Suega o isi ituaiga ga'o i le toto
- Suega (exam) o vae
- Suega o mata
- Suega o fatuga'o/fatuma'a
- Suega o nifo





## To take good care of your diabetes, be sure to follow these 5 steps:

1. Find Out What Type of Diabetes You Have.
2. Get Regular Care for Your Diabetes
3. Learn How to Manage Your Diabetes.
4. Control Your Blood Sugar Levels.
5. Get Checked for Long-Term Problems and Learn How to Prevent and Treat Them.

Remember, even if you have diabetes, by keeping your blood sugar levels under control, you can expect to live a long and active life.

## E tatau ona faia tulaga nei e lima e lelei ai le tausiga o lou mai suka:

1. Saili po'o lea le ituaiga ma'i suka o maua ai' oe.
2. Ia maua tausiga mo lou ma'i suka i taimi fa'atulagaina.
3. Aoao le tausiga o lou mai suka.
4. Ia pulea le maualuga o le suka i lou toto.
5. Ia siakiina oe mo ni fa'afitauli maotua pe fa'aumiumi atu, ma a'oa'oina i auala e puipuia ma togafitia ai.

Manatua, tusa lava pe maua 'oe i le ma'i suka, a lelei ona pulea le maualuga o le suka i lou toto, o le a e malosi ma umi ai aso o lou soifua.



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