

Symptoms of hypoglycaemia in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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SUKARI SHUKATITI NI NINI?

Sukari shukatiti ni hali ambapo kiwango cha sukari katika damu kipo chini kupita kiasi cha kawaida

Mtu aliye na ugonjwa wa kisukari anaweza kuwa na kiasi kidogo cha sukari katika damu yake kwa sababu ya;

- Kufanya mazoezi bila kula chakula
- Kukosa kula chakula wakati unaofaa



Unywaji wa pombe



Kuzidisha kiasi cha dawa kinachohitajika

Ishara/dalili za sukari shukatiti katika damu.

1. Moyo wako kupiga kwa kasi/haraka sana
2. Kutetemeka
3. Kuhisi njaa
4. Kizunguzungu
5. Kuona kiwiliwili
6. Kuchanganyikiwa
7. Kutokwa na jasho sana
8. Uchovu



Iwapo utakuwa na ishara kama hizi, kula au unywe vyakula vilivyo na sukari mara moja; Kwa mfano



Iwapo mtu amepoteza fahamu, rowesha sukari kidogo kisha umpake kwenye ufizi wa meno

FAHAMU: Usimpe mtu aliyepoteza fahamu chakula au kinywaji chochote kupitia kinywani /mdomoni



Kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya

Kwa maelezo zaidi kuhusu ugonjwa wa Kisukari tembelea kituo cha afya kilichoko karibu nawe au kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya.

Nambari ya simu: 2718010/2733794



TAASISI YA UGONJWA WA KISUKARI DUNIANI