

# Dhaawaca Sonkorta iyo Neerfaha

## Diabetes and Nerve Damage

Nerve damage caused by high blood sugar levels in the body from diabetes is also called **diabetic neuropathy**. Most people with diabetes will develop some nerve damage, especially as they get older and have diabetes for many years.

Nerve problems are more common if you have diabetes and:

- Have problems controlling your blood sugar
- Are overweight
- Have high blood pressure
- Have high cholesterol

### Types of Nerve Damage

There are several types of nerve damage that can occur with diabetes, but the two more common types are:

- **Peripheral neuropathy** that often causes pain or loss of feeling in the toes, feet, legs, hands and arms. Most often the feet and legs are affected before the hands and arms.
- **Autonomic neuropathy** that causes changes in digestion of food, bowel and bladder function and sexual response. It can also affect the nerves that control the heart and blood vessels, lungs and eyes. This type is also linked to something called hypoglycemia unawareness, which happens when you no longer have warning signs of low blood sugar levels.

Dhaawaca neerfaha ee sababay heerarka sonkorta dhiiga sareeyo ee jirka oo ka bilowda sonkorta waxaa sidoo kale loo yaqaan **dhaawaca neerfaha sonkorta**. Dadka inta badan ee qaba sonkorta waxaa ku dhacayo qaar ka mid ah dhaawaca neerfaha, gaar ahaan sida ay sii weynaanayaan oo u qabaan sonkorta oo sannooyin badan.

Dhibaatooyinka xididka aad ayuu caadi u yahay haddii aad qabtid sonkorta iyo:

- Qabo dhibaatooyinka xakameynta ee sonkorta dhiigaada
- Wuu cayil dhaafsanyahay
- Qabo dhiig karka sareeyo
- Qabo dufan sareeyo

### Noocyada Dhaawaca Neerfaha

Waxaa jira dhoor noocyo ee dhaawaca neerfaha ee la dhici karo sonkorta, laakin labada noocoo kale ee caadiga ah waa:

- **Dhaawaca neerfaha siinyaalada** ee inta badan sababtaa xanuunka ama lumitaanka dareenka ee suulasha, cagta, lugaha, gacmaha iyo garbaha. Inta badan cagta iyo lugaha way saameysay gacmaha ka hor iyo garbaha.
- **Dhaawaca neerfaha dhaqdhaqaaqa** ee sababaa isbeddelada ee dheefshiidka cuntada, shaqada saxarada iyo kaadi haynta iyo jawaabta galmada. Wuxuu sidoo kale saameyn karaa dareemaha xakameeyo xididada wadnaha iyo dhiiga, sambabada iyo indhaha. Noocan wuxuu sidoo kale ku xiranyahay wax loo yaqaan dareen la'aanta sonkorta, taas oo ka dhacdo marka aadan markale qabin astaamaha digniinta ee heerarka dhiiga sonkorta ee hooseya.

## Prevent Nerve Damage

Keep your blood sugar in a normal range. Work with your doctor and diabetes care team to learn how to manage your blood sugar levels.

As part of your care, your doctor should do a foot exam every year to check if you have any sign of loss of feeling in your toes or feet.

## Daily Foot Care

Check your feet every day for any open skin, sores or red spots. You may have a sore spot and not feel it because of the nerve damage. If you find skin problems, talk to your doctor.

- Clean your feet each day with warm water and mild soap. Do not soak your feet. Dry your feet well with a soft towel. Be sure to dry between your toes.
- Check your feet and toes for cuts, scrapes, blisters, red spots, sores or other problems. Be sure to check the top, bottom and sides of your feet. Check under and around each toe. You may need to use a mirror or get someone to help you check the bottom of your feet.
- Apply a moisturizing lotion to the skin of your feet, but avoid lotion between the toes.
- Use a pumice stone gently to smooth calluses or corns after a shower. Never cut or shave off calluses or corns.
- When toe nails get long, cut the nails straight across and file with an emery board to smooth any rough edges.

## Ka hortagaa Dhaawaca Neerfaha

Ku haay sonkorta dhiigaaga heer caadi ah. La shaqey dhakhtarkaaga iyo kooxda daryeelka sonkorta si aad u baratid sida loo maamulo heerarka sonkorta dhiigaaga.

Sida qeyb ka ah daryeelkaaga, dhakhtarkaaga waa inuu sameeyaa baaritaanka cagta sannad walba si loo hubiyo haddii aad qabtid wax astaamo ah ee lumitaanka dareenka ee suulashaada ama cagtaada.

## Daryeelka Caagta Joogtada ah

Hubi cagtaada maalin walba oo maqaar walboo furan, xanuunanada ama goobaha gaduudan. Waxaad qabi kartaa goobo xanuun ah oo aadan dareemin iyada sababtoo ah dhaawaca neerfaha. Haddii aad ogaatid dhibaatooyinka maqaarka, la hadal dhakhtarkaaga.

- Ku nadiifi cagtaada maalin walba biyo qadac ah iyo saabuun qafiif ah. Ha biyo gelin cagtaada. Si wanaagsan ugu qalaji cagtaada shukumaan jilicsan. Iska hubi inaad qalajisid inta u dhaxeeyo suulashaada.
- Ka hubi cagtaada iyo suulasha sarmo, nabaro, finan, goobo gaduudan, xanuuno ama dhibaatooyin kale. Iska hubi inaad hubisid dusha cagta, hoosta iyo dhinacyada. Fiiri hoosta iyo agagaarka cag walba. Waxaad u baahan kartaa inaad isticmaashid muraayad ama heshid qof kugu caawiyo fiirinta hoosta cagtaada.
- Codso kareemka qoyan ee maqaarka cagtaada, laakin ka fogow kareemka u dhaxeeyo suulasha.
- Si tartiib ah u isticmaal dhagaxa qubeyska si aad u sintid nabarada ama xayaasiyaadda qubeyska kadib. Marnaba ha jarin ama ha u xiirin nabarada ama xayaasiyaadda.
- Markii cidiyaha suulasha dheeraadaan, si toos ah u jar cidiyaha oo dhan iyo ku jimeey cidi simaha geesaha rafka ah.

- Wear clean, dry socks that fit comfortably.
- Wear shoes or slippers to protect your feet. You should never go barefoot. Wear shoes that fit well and offer good support. Be sure to check inside your shoes before putting them on to make sure there are no objects in them and there are no tears, rough spots or sharp edges.
- Xiro sigsaan nadiif, qalalan ee raaxo leh oo kuula eg.
- Xiro kabaha ama dacaska si loo ilaaliyo cagtaada. Waa inaad marnaba bixin kabo la'aan. Xiro kabo si wanaagsan kuula eg oo ku siiya taageero wanaagsan. Iska hubi inaad hubisid gudaha kabahaaga ka hor inta aadan gelin si aad u hubisid inaysan jirin wax diidmo ah oo ma jiraan wax ilimo, goobaha raafka ama geesaha afafka leh.

## Signs of Nerve Damage

Signs will vary based on the nerves that are affected. Some people have no signs at all. Some signs may get worse over time and some people report the signs are worse at night.

Signs may include:

- Numbness, tingling, loss of feeling or pain in the toes, feet, legs or fingers, hands and arms
- Muscle loss in the feet or hands
- Nausea and vomiting or problems with indigestion
- Diarrhea or constipation
- Problems with urine flow or control
- Dizziness or fainting when standing or sitting up that causes a drop in blood pressure called orthostatic hypotension
- Weakness
- Erectile dysfunction in men or vaginal dryness in women
- Heart rate changes

If you have any of these signs, visit your doctor for a physical exam.

## Astaamaha Dhaawaca Dareenka

Astaamaha waxay ku kala duwanaanayaan neerfayaasha ay saameysay. Dadka qaar ma lahan wax astaamo ah gabi ahaanba. Qaar ka mid ah astaamaha way ka sii dari karaan wakhti kadib iyo dadka qaarkood waxay soo wargeliyeen astaamaha inay daranyihiin habeenkii.

Astaamaha waxaa ku jiri karo:

- Kabuubashada, jiricashada, lumitaanka dareenka ama xanuunka suulasha, cagta, lugaha ama faraha, gacmaha iyo garbaha
- Lumitaanka muruqa ee cagta ama gacmaha
- Lalabada iyo mataga ama dhibaatooyinka ee saxarada
- Shubanka ama calool fadhiga
- Dhibaatooyinka qulqulka kaadida ama xakameynta
- Dawaqaadka ama suuxdinta marka taaganyahay ama kor fadhiyo ee sababo hoos u dhaca dhiig karka ee loo yaqaan hoos u dhaca dhiig karka
- Tabardarada
- Yaraanshaha kacsiga ee ragga ama qalalsanaanta farjiga ee haweenka
- Isbeddelada qiimaha wadnaha

Haddii aad qabtid wax ka mid ah astaamahaan, booqo dhakhtarkaaga baaritaanka jirka.

## Your Care

### Testing

Your doctor will examine you and ask you questions about any signs you have. Tests may be ordered such as:

- Nerve conduction study or electromyography (EMG) that uses electrical signals to check nerves.
- Ultrasound that uses sound waves to check organs such as your bladder or stomach.

### Treatment of Your Nerve Damage

Treatment depends on the type of nerve damage you have and may include:

- Pain control with medicines, physical therapy or other treatments.
- Medicines to treat diarrhea or constipation.
- Eating small amounts of food every few hours, and limiting fats and fiber for indigestion problems.
- Physical therapy to help with coordination issues.
- If you have foot problems, talk to your doctor about seeing a foot doctor called a podiatrist. The nerves that go to the feet are often affected by diabetic neuropathy.
  - Loss of feeling may mean you do not feel a sore or blister.
  - Circulation problems may add to the risk of infection and slow healing in the feet.

## Daryeelkaaga

### Baaritaanka

Dhakhtarkaaga adiga ayuu ku baarayaa oo ku weydiinayaa su'aalo ku saabsan astaamo walba ee aad qabtid. Baaritaanada waxaa lagu amri karaa sida:

- Sameynta daraasada neerfaha ama baaritaanka howlaha korontada jirka (EMG) ee isticmaasho siinyaalada korontada si loo baaro neerfooyinka.
- Raajada isticmaasho haadinta dhawaqa si loo baaro jirka sida kaadi hayntaada ama caloosha.

### Daaweynta Dhaawaca Neerfahaaga

Daaweynta waxay ku xirantahay nooca dhaawaca neerfaha aad qabtid oo waxaana ku jiri kara:

- Xakameynta xanuunka iyo daawooyinka, daaweynta jirka ama daaweynada kale.
- Daawooyinka lagu daaweynayo shubanka ama calool fadhiga.
- Cunista tirooyin yar ee cuntada dhoor saacad ee walba, iyo xadeynta dufanta iyo buunshada oo dhibaatooyin walboo saxarada ah.
- Daaweynta jirka ee lagu caawinayo arrimaha xiriirka.
- Haddii aad qabtid dhibaatooyinka cagta, kala hadal dhakhtarkaaga wax ku saabsan aragtida dhakhtarka cagaha ee loo yaqaan dhakhtarka cagta. Xididaha ee mara cagta inta badan waxaa saameeyay dhaawaca neerfaha sonkorta.
  - Lumitaanka dareenka waxay la micna noqon kartaa inaad dareemin xanuunka ama finanka.
  - Qeybinta dhibaatooyinka waxay ku dari kartaa halista infekshanka iyo daaweynta yar ee cagta.

## Managing Your Diabetes

You also need to manage your diabetes as ordered by your doctor to keep your blood sugar levels in a normal range and prevent further nerve damage:

- Check your blood sugar often.
- Take your diabetes medicines as directed.
- Follow your meal plan.
- Exercise each day.
- Do daily foot care to protect your feet.

**Talk to your doctor or nurse if you have any questions or concerns.**

## Maamulida Sonkortaada

Waxaad sidoo kale u baahantahay inaad maamushid sonkortaada sida ay ku amreen dhakhtarkaaga si loogu haayo heerarka sonkorta dhiigaaga ee heer caadi ah oo ka ilaaliso dhaawaca neerfaha oo kale:

- Baar sonkorta dhiigaaga inta badan.
- Qaado daawooyinka sonkortaada sida laguugu tilmaamay.
- Raac qorshaha cuntadaada.
- Jimicso maalin walba.
- Samey daryeelka cagta oo maalin walba ah si aad u ilaalisid cagtaada.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.**