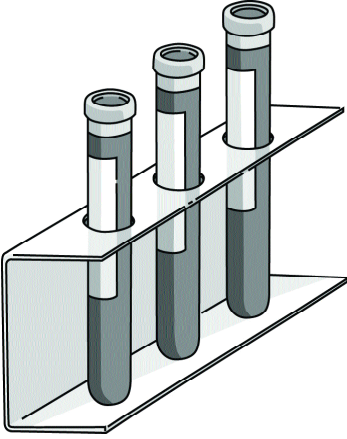


ABC-yada Maamulidda Sonkorowga

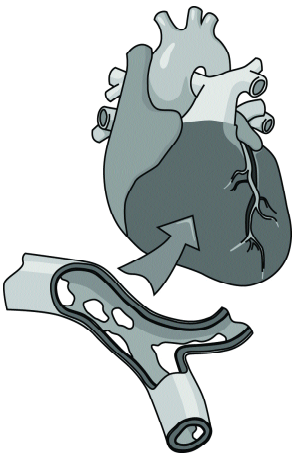
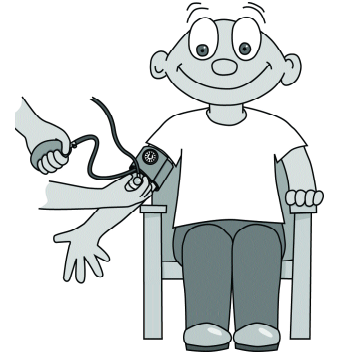
Baaridda A1c, Cadaadiska Dhiigga iyo Kolestaroolka



A1c = Glycosylated Hemoglobin, Glycohemoglobin (baaritaan dhiig) wuxuu sheegi karaa cel celiska heerka sonkorta dhiigga ku jirta muddo 2-3 bilood ah. Ururka Sonkorowga Mareykanka waxay kula taliyeen in heerka A1c uu ka yar yahay 7%.

Dhiig Kar

Lambarrada ugu sarreeya (systolic) iyo lambarrada ugu hooseeya (diastolic) waxay kuu sheegayaan xoogga dhiigga ku jira derbiyada halbowlahaaga. Ururka Sonkorowga Mareykanka heerka kolestaroolka waa in uu ka hooseeyo 200 mg/dl, LDL ka hooseeyo 100 mg/dl, HDL ka sarreeyo 40 mg/dl ragga iyo ka sarreeyo 50 mg/dl dumarka, iyo triglycerides ka hooseeyo 150 mg/dl.



Kolestarool = Qaybta Dufanka, Lipoprotein (baaritaan dhiig) Ururka Sonkorowga Mareykanka heerka kolestaroolka waa in uu ka hooseeyo 200 mg/dl, LDL ka hooseeyo 100 mg/dl, HDL ka sarreeyo 40 mg/dl ragga iyo ka sarreeyo 50 mg/dl dumarka, iyo triglycerides ka hooseeyo 150 mg/dl.