

Leina _____

Letlha la botsalo _____

Letlha la go belega _____

Paka ya boimana le ya morago ga go belega ke dinako tse di gaisang tsa go tlhatlhobelwa kotsi ya bolwetse jwa pelo le bolwetse jwa sukiri.

Boimana e ka nna tsela e tlhago e gatelelang boitekanelo jwa gago ka yone, go akaretsa pelo ya gago.

Tshedimosetso ya lesea la gago

Dibeke tse lesea le imilweng ka tsone fa le belegwa

dibeke

malatsi

Boima jwa mmele ka nako ya go belegwa

digerama

Boleele

cm

Sedikiso sa tlhago

cm

Bong

☐ Mosadi

☐ Monna

Dintlha tsa tshedimosetso ya gago

Lotso lwa gago ☐ Mosweu ☐ Montsho ☐ Mo-Asia ☐ Moagi wa mo Nageng ☐ Le lengwe _____

A o goga motsoko? ☐ Ee ☐ Nnyaa

A o ne o na le kgatelelo e e kwa godimo ya madi pele ga boimana? ☐ Ee ☐ Nnyaa

A o ne o na le bolwetse jwa sukiri pele ga boimana? ☐ Ee ☐ Nnyaa

A mmaago kgotsa batsalwammogo ba basadi ba ne ba na le kgatelelo e e kwa godimo ya madi kgotsa bolwetse jwa kgatelelo e e kwa godimo ya madi ka nako ya boimana? ☐ Ee ☐ Nnyaa

A mmaago, rrago kgotsa motsalwammogo mongwe o na le kgatelelo e e kwa godimo ya madi? ☐ Ee ☐ Nnyaa

A mmaago, rrago kgotsa motsalwammogo mongwe o na le bolwetse jwa sukiri? ☐ Ee ☐ Nnyaa

A mmaago, rrago kgotsa motsalwammogo mongwe o kile a nna le bolwetse jwa go tlhaselwa ke pelo kgotsa seterouku? ☐ Ee ☐ Nnyaa

A o kile wa nna le bolwetse jwa go tlhaselwa ke pelo kgotsa seterouku? ☐ Ee ☐ Nnyaa

Dinako tsa go lekolwa le go entiwa ga lesea la gago ke dinako tse di siametseng go tlatsa rekoto eno le motlamedi wa gago wa tlhokomelo ya boitekanelo.

Baya foromo eno mmogo le rekoto ya meento ya lesea la gago gore o kgone go gakologelwa motlhofo.

Matshwao a kotsi

A o kile wa nna le matshwao a kotsi a a amanang le boimana a bolwetse jwa sukiri kgotsa bolwetse jwa pelo?

Bolwetse jwa kgatelelo e e kwa godimo ya madi ka nako ya boimana	☐ Ee	☐ Nnyaa
Kgatelelo e e kwa godimo ya madi ka nako ya kimo	☐ Ee	☐ Nnyaa
Bolwetse jwa sukiri ka nako ya	☐ Ee	☐ Nnyaa
Go arogana ga polasenta le boalo jwa popelo	☐ Ee	☐ Nnyaa
Go belega pele ga nako (dibeke tse <37)	☐ Ee	☐ Nnyaa
Fa lesea le le mo popelong le sa gole ka selekanyo se se lebeleletsweng	☐ Ee	☐ Nnyaa
Go tsalwa ga lesea le setse le tlhokafetse/ lesea le le tlhokafalelang mo popelong	☐ Ee	☐ Nnyaa

Fa o sa tlhomamisa gore a o itemogetse dingwe tsa ditharaano tse di fa godimo, tsweetswee botsa motlamedi wa gago wa tlhokomelo ya boitekanelo

Basadi ba ba nang le kgatelelo e e kwa godimo ya madi ka nako ya boimana ba na le kotsi e e kwa godimo ya ditiragalo tsa boitekanelo mo isagong

4 x Kgatelelo e e kwa godimo ya madi

2 x Bolwetse jwa pelo

2 x Seterouku



2 x Bolwetse jwa diphilo

3 x Bolwetse jwa sukiri

2 x Bolwetse jwa letlhole la madi mo tshikeng

o mo kotsing



Fa e le gore o tshwaile mabokose mangwe **EE** mo tshedimosetsong ya gago le/kgotsa matshwao a kotsi

A o ne o itse?

Hisitori ya kgatelelo e e kwa godimo ya madi le bolwetse jwa sukiri ka nako ya kimo ga bo reye gore o tlaa nna le mathata a pelo le bolwetse jwa sukiri, mme o tshwanetse go dira gore boitekanelo jwa gago jwa ga jaana le jwa mo isagong jwa pelo le dilekanyo tsa sukiri e e mo mading di bewe leitho go fokotsa kotsi eo.

Se o ka se dirang go fokotsa kotsi e e ntseng jalo



Itshidile mmele ka go ikatisa bobotlana metsotso e le 150 ka beke



Ikemisetse go nna le boima jwa mmele jo bo gaisang



Ja dijo tse di farologaneng tse di nang le maungo le merogo e e mebalabala, go akaretsa matonkomane le dithotse; mme o fokotse letswai, mafura le sukiri tse o di jang



Tshela o sa goge motsoko



Anyisa ka lebele ka nako e telele ka fa go kgonegang ka teng



Robala bobotlana diura tse 6 ka gale



Bona motlamedi wa gago wa tlhokomelo ya boitekanelo go dira dipeelano tse di tlwaelegileng



Fetisa nako pele ga boimana jwa gago jo bo latelang, kopa thuso mo motlameding wa gago wa boitekanelo gore o tokafatse boitekanelo jwa gago thata pele ga boimana jo bo latelang mme o batle thuso go santse go na le nako fa o ima

O gakololwa gore o dire ditekolo tsa boitekanelo le diteko

- Go baya leithlo mo kgatelelong ya gago ya madi go botlhokwa gore o laole kotsi ya boitekanelo jwa gago jwa pelo morago ga boimana
- Boima jwa mmele, tekanyo ya boima jwa mmele go ya ka bolelee jwa motho, le sedikiso sa letheke di bontsha gore boitekanelo jwa gago ka kakaretso bo ntse jang
- Tlhatlhobo ya motlhapo go tlhola gore a motlhapo o na le le diporoteine tse di kwa godimo ke teko ya motlhapo e e dirisiwang go lemoga le go laola bolwetse jwa diphilo le bolwetse jwa sukiri.
- Himotlelobini e e kwa tlase e bontsha gore o na le anemia mme o tlhoka kalafi
- Estimated glomerular filtration rate (eGFR) [teko ya ka fa diphilo tsa gago di dirang ka teng] e lekanya selekanyo sa ka fa diphilo tsa gago di dirang ka teng
- 75g oral glucose tolerance test (OGTT) [teko e e tlholang bokgoni jwa mmele jwa go dirisa sukiri] e dirisiwa go tlhatlhobela bolwetse jwa sukiri jwa mofuta 2
- HbA1c e bontsha palogare ya dilekanyo tsa sukiri e e mo mading a gago mo dikgweding tse 3 tse di fetileng

Bona Lenaane la Dijo la FIGO



E a Atlanegisiwa tekolo le teko	Go nya	Dibeke tse 6	Dikgwedi tse 3	Dikgwedi tse 6	Dikgwedi tse 12
Letlha la leeto					
Kgatelelo ya madi [†] (mmHg)	/ ☐ Go na le bothata	/ ☐ Go na le bothata	/ ☐ Go na le bothata	/ ☐ Go na le bothata	/ ☐ Go na le bothata
Boima jwa mmele (Kg)	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata
Tekanyo ya boima jwa mmele go ya ka boleleele jwa motho (Kg/m ²)	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata
Sedikiso sa letheke (cm)	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata
Teko ya motlhapo ya diporoteine			☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata
Himotlelobini (g/dL)		☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata
eGFR* (mL/min/1.73 m2)		☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata	☐ Go na le bothata
OGTT** (mmol/L)		☐ Go na le bothata		☐ Go na le bothata	
HbA1c***† (%)		☐ Go na le bothata		☐ Go na le bothata	
Teko ya mafura a a mading		☐ Go na le bothata			

Fa go tlhokega le/kgotsa moo go nang le ditlamelo; go atlanegisiwa †Thathobho ya ngwaga le ngwaga dikgwedi tse 12 morago ga go belega. Malebana le basadi ba ba itemogetseng: *Go sa dire sentle ga diphilo ka nako ya boimana, ** Bolwetse jwa sukiri ka nako ya kimo.

Kgatelelo e e kwa godimo ya madi



Buisana le dingaka tsa gago



Tsaya melemo ka gale



Ikemisetse go nna le kgatelelo ya madi ya 130/90 mmHg kgotsa e e kwa tlase

Boima jo bo feteletseng jwa mmele



Ja dijo tse di nang le dikotla



Fithelela boima jwa mmele jo bo gaisang



Itshidile mmele ka go ikatisa

Maduo a teko a a nang le bothata



Buisana le dingaka tsa gago



Boeletsa teko morago ga dikgwedi tse 6

