

kaha'u? Fakaholo ho sino, toe ngaungaue ange, tauhi ho'o kai'ki he ngaahi me'akai fakamo'ui lelei pea fakasi'isi'i moe kai 'o e me'akai ngakongako. 'E lava ai 'o fakahaofi koe mei he suka'pe ko hono mapule'i lelei 'o e suka. Kapau 'oku 'osi ma'u koe 'e he suka, tauhi ki he ngaahi tō'onga fakamo'ui lelei pea ke toutou sio ki ho'o toketā kae lava 'o fakasi'isi'i ai na'a hoko ha ngaahi fakatu'utamaki ki ho sino.

Kapau 'oku te'eki ke ke tala ki ho ngaahi famili ofi'oku ma'u koe 'e he suka, pea ke tala leva kiate kinautolu he taimi'ni. 'Oku mahu'inga mo tokoni ki he'enu mo'ui lelei he kaha'ū kapau te nau 'ilo 'oku puke ha taha 'o e famili'i he suka. 'E toe tokoni ai kia nautolu ke nau fai ha ngaahi me'a 'e fakasi'isi'i'aki ai ha'a nau ala puke he mahaki suka.

Ka toe fiema'u ha ngaahi fakamatala pea ke fetu'utaki ki he Diabetes Australia NSW he 1300 136 588 . 'Oku 'iai mo e ngaahi fakamatala fekau'aki mo e mahaki suka'oku 'osi paaki 'i he lea faka-'Alepea, Siaina, Sipenisi mo e 'Itali. Kapau 'oku'ke fie fetu'utaki he telefoni kae fiema'u ha tokoni 'i he lea faka-Pilitania pea ke telefoni ki he Translating and Interpreting Service (TIS) he 131 450.

'E lava ke ke 'ilo mo ha toe ngaahi fakamatala 'i he lea faka-Pilitania 'i he initaneti 'a e Multicultural Communication he <http://mhcs.health.nsw.gov.au>

Tongan
12 July 1999

**'E ala fakatu'utamaki ke ke puke he
mahaki tupu vave taha 'i mamani?**

**Are you at risk from the world's
fastest growing disease?**

‘E ala fakatu’utamaki ke ke puke he mahaki tupu vave taha ‘i mamani?

**Are you at risk from the world’s
Fastest growing disease?**

Ngaahi me’a ‘eni ‘e fakatupunga ai ha’o puke’

‘Okú ke ta’u lahi hake he ta’u 40

‘Oku ‘iai pe na’e ‘iai hao famili ‘oku suka

Na’e ‘iai ha’o pēpē na’e lahi hake hono mamafā he kilo ‘e 4, pe na’á’
ke suka lolotonga ha’o feitama

‘Oku ‘ikai ke ke fa’a fakamalohisino ‘i he haafe houa pe si’i hifo ai
he ‘aho kae tu’o tolu he uike

Ko e fua ‘a e kongalotō ‘oku lahi hake he 100cm kia tangata kae
95cm ‘a fefine

Ko e fua ho totō ‘oku ma’olunga hake he 140/90, pe ‘okú ke
lolotonga folo fo’i ‘akau toto ma’olunga

Na’e fa’ele’i koe ‘i he taha ‘o e ngaahi feitu’u ko ‘eni: Faka-Tonga
‘o ‘Iulope, Middle East, Faka-Tonga Hahake ‘o ‘Esia, pe koe toko
taha Polinisia pe ‘Esia ‘Initia koe.

‘Okú ke ma’u ha ua pe toe lahi hake ‘o e ngaahi me’a ko ‘eni:

- ‘Oku fu’u lahi ho’o tu’u ofi’
- ‘Okú ke fieinua ma’upē
- Na’e toki holo ho sinō ta’e ‘iai hano ‘uhinga
- Taimi ‘e ni’ihi ‘oku fa’a mamate pe makinikini ho ongo va’e’
- ‘Oku nefu ho’o sio’
- ‘Okú ke ongo’i hela’ia ma’upē
- ‘Oku veli ho kili’pe ‘oku fa’a ‘iai ha mahaki ki ho kili’

E ala fakatu’utamaki ke kamata ha’o puke he suka’pe kuo ‘osi ma’u
koe ia ‘e he suka’ kapau na’á ke ‘io ki ha ua pe lahi hake ‘o e ngaahi
me’a koia he lisi ‘i ‘olunga. ‘Oku totonu ke ke sio ki ho’o toketā ke
ne sivi koe. ‘Oku a’u ki he fā kilu ‘a e lahi ‘o e kakai ‘i ‘Aositelelia
‘oku ma’u nautolu ‘e he suka’ ka ‘oku ‘ikai ke nau ‘ilo kiai.

Ko e taha ‘o e ngaahi ‘uhinga ‘oku fu’u lahi ai ‘a e kakai ‘i mamani
kotoa, kau ai ‘a ‘Aositelelia, he faka’au kē nau mate he suka, koe
‘ikai fai ha tokanga ki he ngaahi fakatu’utamaki ‘o e suka. Ko e
taimi koia ‘oku ‘ikai lava ‘o fakafuofua’i ai ‘a e lahi ‘o e suka’pe koe
‘ikai lava ke mapule’i lelei ‘a e suka’, ‘e lahi leva e ngaahi
fakatu’utamaki e ala hoko hangē koe mahaki mafu, pa kalava, ‘ikai
toe ngāue ‘a e kofu ua, kui, tu’usi ‘a e nima’pe koe va’e’pea moe
ongo’i vaivaia.

Ko e ha e me’a ‘oku ‘ikai lahi ai ‘etau tokanga ki he suka? ‘UHINGA
‘e ni’ihi ko e kakai koia ‘oku ma’u ‘e he suka, ‘oku nau fa’a ‘asi
mo’ui lelei pe nautolu ia. Ka koe kakai ‘e ni’ihi ‘oku suka, ‘oku nau
ongo’i sai pe nautolu ia pea nau pehe aipē ‘oku ‘ikai fiema’u ke nau
tokanga’i ‘enau suka. ‘Oku ‘ikai ke lava ‘o sio ki he mahaki suka ‘i
tu’a he sinó ka ‘oku hanga ‘e he mahaki suka’ia ‘o fai fakalongolongo
‘a e ngaahi maumau ‘i loto he sino. ‘Oku ‘ikai ke lava ‘e he sinó ‘i
he’ene puke he suka’ ‘o mapukepuke ‘a e me’a ‘oku ui ko e glucose ‘i
he toto. Ko e taimi ‘oku tupu ke lahi ai ‘a e glucose he sino, té ne
lava ‘o fakatupu ha maumau ki he ngaahi konga kehekehe ‘i loto he
sino.

Ko e toe ‘uhinga ‘e taha ‘oku ‘alu ki he lahi ange ai ‘a e puke he
mahaki suka’i he ngaahi fonua lahi, ko e lahi ‘a e tu’umālie. He’e
lahi ai mo e pa’anga ke fakatau ‘a e ngaahi me’akai ngakongako,
pehē ki he fakatau kā, fakatau e ngaahi me’angāue ‘o fakasi’isi’i ai
‘etau ngāue kae tupu ai ha’atau toe sino ange mo ‘ikai te tau fa’a
ngaungaue. Ko e ongo me’a ia ‘e ua ‘oku’na fakatupu ‘a e puke he
suka.

Kuo taimi ke tokanga ‘aupito ki he mahaki suka. Kapau ‘okú ke
fakakaukau te ke ala puke he suka, pea ke sio leva ki ho’o toketā.
Kapau ‘oku ‘ikai ke ke puke ke suka’he taimi ni, ‘oku kei
fakapotopoto pe ke ke siofi ho’o tō’onga mo’ui. ‘Oku totonu ke liliu
ha’o ngaahi tō’onga ‘aia ‘e fakasi’isi’i ai na’á ke puke he suka’i he