

Dadka badana diabetes ka qaba indhaha daciif noqday

Haday indhaga daciif noqdan waxa laga yaba inay ku dhacan hadi hur tag laga sameyn wayo
Dhor melod ba kuso dirnay ad balanta indhaha ka samaysan kartid.

Numberka waraqada kuso dirnay la socda so
wac adiga sidi balan lugugu sameyo.



Marka indhaha laga firinayo
onkuyalahaga horay uso qado fadlan.



Indhaha gojo ba laga shubaya marki
laga firinayo.



Sababta gojada lugugu shubayo waxay tahay
Ina indhahaga si fican oo lihi arko



Ila 20 daqigo bay qadaneysa intey dawada
indhaha galeyso



Markey dawada ku gasho sawir ba
indhaha laga qadaya kadib.



Mar Mar balanta kadiba hadu qofka socon karin ambulance ba qada bacdal balanta.



Ina gari gari watid ma lugu ogala ila Iyo 6 sac kadib.



Hadi ad wax su'alo ah qabtid fadlan warqada
kuso dirnay booka la socda ka aqriso.

<https://www.gov.uk/phe/diabetic-screening-easy-read>