# O le Ma’i O le Suka

**Tu’ufa’atasia e**

**Ann Marie Brooks, MSN, CDE**

**ma**

**Fa’aliliuina i le Gagana Samoa e**
**Senerita Auvaa**

# O le Ma'i Suka

- O le ma'i suka e leaga.

- O le ma'i suka e faaumatia ai lou soifua.

- O le to'atele (o tagata Samoa) e maua ile ma'i suka (tele nauā le suka i le toto).

- E fa'aleagaina ai:
  Lau va'ai (tauaso)
  Vae (mutumutu ai vae)
  Feusuaiga ma lou to'alua

- O le tele o le suka i lou toto e fa'aleagaina ai:
  Lou fatu
  Lou Mafaufau
  Ou fatu ma'a
  Alatoto o lou tino.
  Ou Nifo

- E lē o i ai se fofo o le ma'i suka ae e mafai ona e pulea lelei le suka. E mafai ona e ola soifua maloloina.

English: Diabetes is serious; diabetes can kill; many Polynesians (Samoans) have diabetes; Diabetes (too much sugar in the blood) hurts the body; you could lose your: sight, feet and sexuality. Too much sugar in the blood can hurt; your heart, your brain, your kidneys, your blood vessels, and your teeth. There is no cure for diabetes but you can control diabetes. You can be healthy.

# E Tolu Ituaiga Ma'i Suka

- **Muamua---**E tele ina aafia ai le tupulaga talavou; e tatau ona faia tui.

- **Lua----------**E tele ina aafia ai tagata ua sili atu ma le 30 tausaga le matua, a le o le tui, o fualaau e fa´aaogaina.

- **Tolu---------**E tele ina aafia ai tinā o lo'o ma'itaga, e tatau lava ona tausia lelei e le tinā ia lava, ina ia maua se pepe maloloina.

Three kinds of diabetes: Type 1 usually strikes younger people, must have insulin; Type 2 usually strikes people over 30, may use insulin or pills. Third, gestational (during pregnancy), mother needs special care to have a healthy baby.

.

**O Le Fa'atulagaina Lelei O Le Malosi O Le Suka I Lou Toto, E Maua Ai E Oe Le Soifua Maloloina.**

- A maualalo tele (lalo ifo o le 70), e te fa'alogoina le tete o ou tino toe afu tele.

- A maualuga tele (luga a'e o le 200), e te fa'alogoina lou vaivai ma lou fia moe.

- O e gasegase (ma'i) nei?

  Siaki lou suka,
  Ola saogalemu,
  Inu ia lava le vai auli

**Siaki Le Mauluga Po'o Le Maualalo O Lou Suka.**

- Pe a fa'atonuina oe e le foma'i.

- Pe afai ua e fa'alogoina se suiga i lou tino.

- O le tulaga lelei lava e tatau ona iai lou suka o le va o le 80 – 110 ae e te le'i taumafa, ae lalo ifo o le 160, pe afai ua te'a le 1-2 itula talu ina uma ona e tausami.

English: Normal blood sugar keeps you healthy; too low (below 70), you feel shaky and sweaty. Too high (over 200), you feel tired and sleepy. Are you sick today? Test your sugar, be safe; drink plenty of water. Test Blood sugar levels when the doctor says, when you feel "odd," and a good/safe level is : 80-110 pre-meal, under 160 after eating.

# Fualaau O Le Suka

- O isi tagata ua latou fa'aaogaina fualaau.
- O isi tagata ua fa'aaogaina le tui.
- Inu fualaau i  taimi fa'atulagaina.
- Inu fualaau i aso taitasi.

Diabetes Medicine:  Some people take pills; some people take insulin; take medicine on time; take it every day.

## Fa’atatau Mo Oe

- O oe lava e pule.

- E te fesoasoani lava oe ia te oe:

  Aua e te taumafaina le tapa’a.
  Vaai lelei le maualuga/maualalo o lou suka.
  Vaai lelei le maualuga/maualalo o lou toto.
  Faia talavai o ou mata ma ou vae.
  Faia lou tui o le fulu
  Siaki pe o le a le malosi o le ga’o o lou tino, ma
  Inu le fualaau o le asipurini (aspirin) i aso uma, se’i vagana ua taofia e le fomai

English: About you: you are the boss, you can help yourself; don’t smoke, watch blood sugar, watch blood pressure, have regular checkups of your eyes, feet; have a flu shot, cholesterol, and take a baby aspirin every day unless the doctor says no.

## ´E Mafai Ona Fesoasoani Lou Aiga Ma Au Uo Ia Te Oe

- Ia umi se taimi o e gao`io`i pe faia ni fa’amalosi tino.
- Filifilia o mea taumafa e lelei mo le soifua maloloina.
- Ia maua e oe le fiafia.
- Siaki lou suka.
- Auina atu oe i le fomai.
- Fa’atauina o au sapalai po’o vailaau ma fualaau.

English: Family and friend can help you: move more, choose healthy foods, feel happy, test blood sugar, get to the doctor, and get supplies or medicine.

# E Umi Lava Ona Lelei Ou Vae

- Pe a fetaui lelei ou se’evae.
- Pe afai e molemole ma lelei totini e te fa´aaogaina.
- Fufulu ou vae i aso uma ma fa’amago lelei.
- Aua e te savali e aunoa ma ni ou se’evae.
- Afai o i ai se manu’a i ou vae, ia vaaia loa le fomai, aua ne’i fa’atali.

English: Feet can last. Shoes must fit. Socks must be smooth. Wash feet daily and dry. Don’t go barefoot. Do you have a sore? See a doctor, don’t wait

# ‘O Le Fa’agaoioia O Lou Tino, E Maua Ai E Oe Le Malosi

- Faia mea e te fiafia lava iai.
- Taumafai e faia i aso uma lava.

English: Moving makes you stronger. Do something you like. Try to do it every day.

# O Mea Taumafa Mo Le Soifua Lau Lelei

- O meaai lelei e sili lona taua.
- O le fa'atulagaina o lou mamafa (ou pauna) e sili ona taua.
- E tatau ona mafai e le tino ona gaoioi solo.
- E manaomia e le tino le aofaiga fa'atulagaina o mea'ai.

1. Ia tolu (3) aiga o le aso (aua ne'i misia se aiga).
2. Taumafa i meaai eseese e lelei ma aoga mo oe.
3. O mea taumafa fou lava, e sili atu lona lelei.
4. Fa'aeteete lou taumafaina o mea'ai falai po'o meaai mai faleaiga e iai, McDonald ma le Burger King.

English: Food for health: healthy food is important: healthy weight is important; the body must be able to move. The body needs the right amount of food. Eat 3 meals a day (don't skip meals). Eat a variety of good foods. Fresh food is best (no way to describe fiber). Eat less fried or "fast" foods.

# O Le Lisi O Mea Taumafa I Lalo O Le Lanu Meamata E Fiafia Iai Le Lautele—E Mafai Ona E Taumafaina I Ni Vaega E Tele

- Latisi, kapisi, pepa (Fualaau Aina Lanu-meamata).
- Kaloti
- Kolifalaoa (Cauliflower)
- Tamato
- Polokali (Broccoli)
- Aniani
- Lau Luau
- Kukama

English: Green light foods; you can eat a lot. The foods listed are: green vegetables, lettuce, cabbage, peppers, cucumbers, carrots, cauliflower, onions, taro leaves. The photos are: broccoli, onions and tomatoes, kimchee, and greens.

.

# O Meaai Fa’atulagaina I Lalo O Le Lanu Samasama

- Ia taumafaina se vaega o nei mea taumafa i aso taitasi, e taua tele le aofa’i e te fa´aaogaina.
- O fualaau aina suamalie, ia 3-4 ete fa´aaogaina i le aso.
- O le susu po’o le iokati (yogurt), e 2-3 ipu i le aso.
- O fuamoa, e na o le 3 i le vaiaso, o aano o manu fasi, moa po’o le i’a, e 4-8 aunese i le aso.
- O meaai e tele ai le masoa, na o le 2-3 (pe afa ipu) foi e fa´aaogaina i au taumafataga i le aso.
- O tagata laiti e laititi fo’i mea taumafa latou te fa´aaogaina a’o alii galulue malosi, e sili atu mea taumafa latou te fa´aaogaina.
- O ata ia o mea taumafa e fesoasoani ia te oe.

| | | |
|---|---|---|
| Fualaau-aima-suamalie | | Mago |
| Araisa | Talo | Maso |
| Ufi | I’a | Tapioka |
| Niu | Manioka | Apamasi |
| Fa´imata | | |

English: Yellow light foods: East some every day, amount is important. Fruit, 3-4 pieces per day. Milk or yogurt, 2-3 cups per day: eggs, 3 per week, lean meat or chicken or fish, 4-8 ounces per day. Starchy foods, 2-3 servings (half cup) per meal. Small people eat less and working men eat more. Shown are green bananas, fruit, taro, yams, tapioca and manioc, as well as rice. Note: These foods are healthy and we are only suggesting that portions must be limited due to cultural problems with portion sizes.

Greenshell Mussels

Smith's
Smith's

BOTAN
CALROSE
RICE

# O Meaa´i Fa’atulagaina I Lalo O le Lanu Mumu

- Meaa´i o le lanu mumu, ia fa’aeteete, taumafa na o sina vaega itiiti lava.

Pateta Tipi (chips)
Keke
Pepakuki
Asikulimi
Pata poo masalini (margarine)
Melonesi (mayonnaise)
Sua o le salati (salad dressing)
Masima
Ava Samoa/Kava
Ava Malosi
Mea taumafa lololo (pa’u puaa)
Apa susu suamalie
Popo
Meaa´i falai toe gao´a

# Fa’afetai

Senerita Auvaa, Fa’aliliuina i le gagana Samoa (Translator)

Rev. Saitumua Tafaoialii, First Samoan Congregational Christian Church of Utah (EFKS), Reviewer

Totino o le Uarota a Mapusaga i Utah, Siteki a Hunter
(Members of the Mapusaga Ward, Hunter Stake)

Anne Marie Brooks, Fa’atonu (Editor)

Paul Brooks, Pu’eata ma Komipiuta (Photographer and Computer Support)

Ofisa o Mataupu Tau Polenisia i Utah (Utah Office of Polynesian Affairs)

Pares Polynesian Market, Mr. James Chung

Island Imports

Pacific Mart

Smith’s Food and Drug

Ann Marie & Paul Brooks, Pu’e Ata (Photographers)

Thomas Stokoe, Reviewer

Utah Diabetes Control Program

Supported by Cooperative Agreement #U32/CCU815668 from the Centers for Disease Control and Prevention (CDC). This book is in the public domain and is not copyrighted. Anyone may reproduce any or all of the contents. The contents are solely the responsibility of the Authors and do not necessarily represent the official view of the CDC.