



# FAHAMKA NOOCA I IYO NOOCA 2 MACAANKA CARRUURTA

## SIDA LOO BAARO NOOCA IAAD EE MACAANKA

### BAADHITAANKA AUTO-ANTIBODIES-KA

Tilmaamaha ayaa ku talinaya waxyaabaha soo socda:

- Glutamic acid decarboxylase antibody 65 (GAD-65)
- Zinc transporter 8 antibody
- Islet cell tyrosine phosphatase 2 autoantibody (IA-2, IA-2A)
- Caafimaad ahaan dad badan ayaa sidoo kale baaritaan ku sameeya insulin ka jirka ee loo yaqaano auto-antibodies

Marka la ogaado 2 unug oo difaaca jirka ah oo positive ah, waxaa la tixgeliyaa in la sameeyo tijaabooyinka sanadlaha ah ee gulukooska dulqaadka ee afka laga qaato si loo baaro dysglycemia.

C-peptide waxaa sidoo kale lagu dalban karaa qeyb ka mid ah shaqada shaybaarka. Tani waxay go'aaminaysaa inta insulin ee wali la soo saaray.

Unugyada difaaca jirka ayaa ku jira 80% carruurta marka ay gaaraan da'da 3.

## MARXALADDA NOOCA IAAD EE MACAANKA

<b>MARXALADDA IAAD</b>	<ul style="list-style-type: none"> <li>• BG caadiga ah</li> <li>• Presymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\geq 2</math> Unugyada jiho habaabay</li> <li>• Khatarta T1D 44% 5 sano gudahood</li> </ul>
<b>MARXALADDA 2AAD</b>	<ul style="list-style-type: none"> <li>• Xanuunka dhiigga<sup>1</sup></li> <li>• Presymptomatic</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\geq 2</math> Unugyada jiho habaabay</li> <li>• Khatarta T1D 75% 5 sano gudahood</li> </ul>
<b>MARXALADDA 3AAD</b>	<ul style="list-style-type: none"> <li>• Baaritaanka Kiliinikada</li> <li>• Calaamadaha</li> </ul>	<ul style="list-style-type: none"> <li>• Hyperglycemia</li> </ul>
<b>MARXALADDA 4AAD</b>	<ul style="list-style-type: none"> <li>• Hoos u dhaca joogtada ah ee unugyada Beta</li> <li>• Overt T1D</li> </ul>	

1. Iska caabinta kulukoosta oo yaraata, 2. Dhibaatooyinka Gulukoosta soonka  
Sims et al. *Sci Transl Med.* 2021, *El Sayed et al. Daryeelka Macaanka* 2023

## GOORTA AY TAHAY IN LA BAARO MACAANKA NOOCA IAAD

- Daraasado badan ayaa taageeraya in la baaro carruurta ehelkooda qaba cudurka macaanka nooca 1.
- Waxaa sidoo kale jira caddaymo taageeraya in la baaro dadka qaba taariikh nololeed ahaan ama qoyska leh xaalado kale oo dacifaaca jirka ah ama cudurro xasaasiyadeed.
- Baadhitaanka guud si weyn LOOGUMA talinayo.
- Si looga hortago in cudurku u dhaco sida sonkorowga ketoacidosis.

## KOODHADHKA BAADHITAANKA

- **E10.1-E10.9** Baadhitaanka cudurka macaanka ee nooca 1aad
- **Z13.1** Kulanka baaritaanka cudurka macaanka mellitus
- **Z13.9** Kulanka baaritaanka aan la cayimin
- **Z83.3** Taariikhda qoyska ee cudurka macaanka
- **Z83.49** Xanuunada kale ee ku dhaca xubnaha taranka, nafaqada, iyo habdhiska dheefshiidka ee qoyska
- **E34.9** Xanuunada ku dhaca xubnaha taranka oo aan la cayimin



## GOORTA AY TAHAY IN LA BAARO MACAANKA NOOCA 2AAD

- Waxaa jira faa'iidooyin iyo waxyeellooyin ku saabsan A1c, Kulukoosta fasting, OGTT, iyo Kulukoostaa oo aan kala sooc lahayn

## MARXALADDA NOOCA 2AAD EE MACAANKA

<b>NORMOGLYCEMIA</b>	<ul style="list-style-type: none"> <li>• Kulukoosta Fasting &lt;100</li> <li>• Kulukoosta 2h &lt;140</li> <li>• HbA1c 5.6 ama ka hooseeya</li> </ul>
<b>XANUUNKA MACAANKA HOR LEH</b>	<ul style="list-style-type: none"> <li>• Kulukoosta Fasting 100- 125</li> <li>• Kulukoosta 2h 140- 199</li> <li>• HbA1c 5.7-6.4%</li> </ul>
<b>CUDURKA T2D EE DHALINYARADA KU DHACA</b>	<ul style="list-style-type: none"> <li>• Kulukoosta Fasting 126 iyo wixi ka koreeya</li> <li>• Kulukoosta 2h 200 ama ka koreeya</li> <li>• Kulukoosta HbA1c 6.5 ama ka koreeya</li> </ul>

## GOORTA AY TAHAY IN LA BAARO MACAANKA NOOCA 2AAD

- Ururka sonkorowga ee Maraykanka wuxuu ku talinayaa saddexdii sanaba mar (marar badan haddii aad miisaankaaga kordhaaya).
- USPSTF laguma talin mana ku talin in la baaro dhalinyarada aan calaamadaha lahayn.

## CIDDA AY TAHAY IN LA BAARO

Carruurta miisaanka culus ama cayilan (qaangaadhka ah ama ugu yaraan 10 sano jir) oo leh hal qodob oo khatar ah oo dheeraad ah oo ka mid ah waxyaabaha soo socda:

- Xanuunka T2D ee qoyska u leh taariikh ahaan (heerka koowaad ama labaad)
- Dadka laga tirada badan yahay ama qowmiyadda
- Calaamadaha difaac u yeelashada insulin
- Yar ama weyn marka loo eego da'da uurka
- Xanuunka macaanka ee hooyada ama uur jifjifka

## KOODHADHKA BAADHITAANKA

- **E11.9** Nooca 2aad ee macaanka aan dhib lahayn



Wixii macluumaad dheeraad ah, fadlan booqo:

<https://tinyurl.com/yyu6vmuu>