

“Ntshav qab zib yog ib yam kab mob uas heev, tab sis koj muaj peev xwm yuav hwj xwm tau nws.”



Koj puas paub tias tus kab mob ntshav qab zib feem ntau ua rau cov neeg laus qhov muag tsis pom kev, raum tsis ua hauj lwm, thiab ua rau raug txiav ceg?

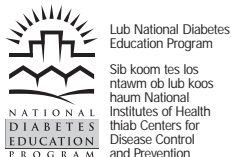
Tus kab mob ntshav qab zib yog ib qho teeb meem uas muaj tshwm sim nce sai rau cov neeg Esxias Asmesliskas thiab cov neeg Pasxisfiv Aisliasdawm. Tab sis koj muaj peev xwm hwj xwm tau koj tus kab mob ntshav qab zib kom nyob nyab xeeb rau tamsim no thiab lub neej pem suab uas yog tswj koj cov ntshav qab zib kom sib luag.

Tswj koj cov ntshav qab zib kom ze rau qhov nyob sib luag uas yog xaiv cov zaub mov zoo noj thiab ua hauj lwm kom tawm fws. Noj koj cov tshuaj thiab mus ntsuas koj cov ntshav qab zib tsis so.

Hwj xwm koj tus kab mob ntshav qab zib. Koj yuav paub tau tias koj nyob nyab xeeb thiab muaj zog ntau dua qhov qub lawm. Qhov zoo tshaj plaws tom qab ntawd, koj yuav txo tau kev mob nkeeg kom tsawg tshaj rau koj.

Kev tswj koj tus kab mob ntshav qab zib. Rau lub neej txoj sia.

Xav paub ntau tshaj nov thov hu rau 1-800-438-5383. Los yog ntsib peb tau rau ntauw <http://ndep.nih.gov> kom nej paub ntau dua nov.



Lub National Diabetes Education Program
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COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

2 1/16"x10"

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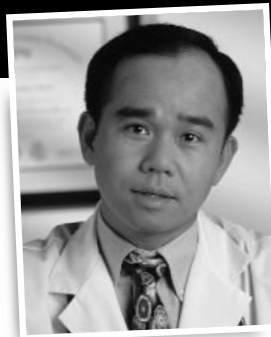
Hwj xwm koj tus kab mob ntshav qab zib. Koj yuav paub tau tias koj nyob nyab xeeb thiab muaj zog ntau dua qhov qub lawm. Qhov zoo tshaj plaws tom qab ntawd, koj yuav txo tau kev mob nkeeg kom tsawg tshaj rau koj.

Kev tswj koj tus kab mob ntshav qab zib. Rau lub neej txoj sia.

COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

4 1/2"x 5 1/4"

“Ntshav qab zib yog ib yam kab mob uas heev, tab sis koj muaj peev xwm yuav hwj xwm tau nws.”



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COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

4 1/2"x 2"

“Ntshav qab zib yog ib yam kab mob uas heev, tab sis koj muaj peev xwm yuav hwj xwm tau nws.”



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COV LUS SAU TAWM NO YOG LOS NTAWM KEV PAB CUAM DAWB

2 1/16"x5 1/4"

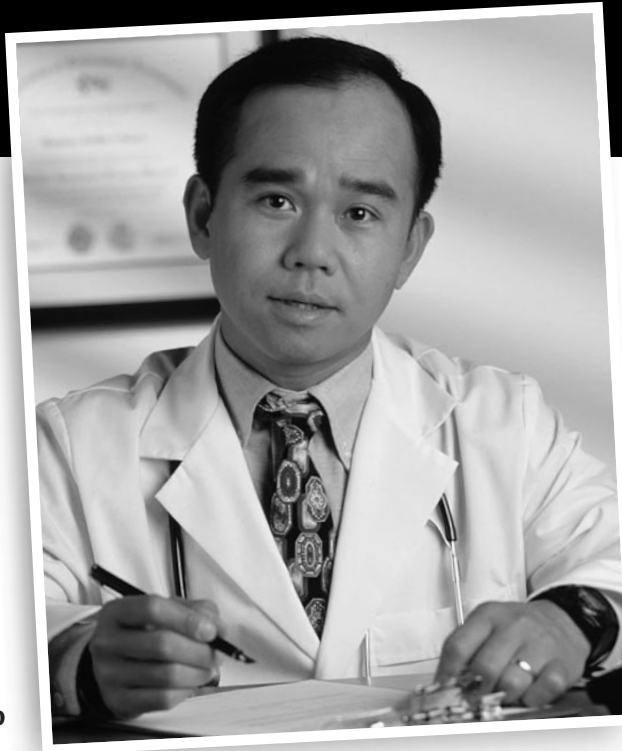
Hmong - National Diabetes Education Program: "From the Doctor" Newspaper Ads (65 line screen). This artwork is camera-ready and may be reprinted and disseminated without permission.

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Koj puas paub tias tus kab mob ntshav qab zib feem ntau ua rau cov neeg laus qhov muag tsis pom kev, raum tsis ua hauj lwm, thiab ua rau raug txiav ceg? Tsis tas li ntawd, koj muaj feem xyuam tau txais kab mob plawv thiab hlwb ntsha tawg lossis txhaws.

Tus kab mob ntshav qab zib yog ib qho teeb meem uas muaj tshwm sim nce sai rau cov neeg Esxias Asmesliskas thiab Pasxisiv Aisliasdawm. Tab sis koj muaj peev xwm hwj xwm tau koj tus kab mob ntshav qab zib kom nyob nyab xeeb rau tamsim no thiab lub neej pem suab uas yog tswj koj cov ntshav qab zib kom nyob sib luag.

Kuv thawj zaug tau pom txoj kev tswj tus kab mob ntshav qab zib kom nyob sib luag ua rau kuv cov neeg mob paub tau tias lawv no pauv ntau npaum li cas. Yog tias koj muaj kab mob ntshav qab zib, tswj koj cov ntshav qab zib kom ze rau qhov nyob sib luag uas yog xaiv cov zaub mov zoo noj thiab ua hauj lwm kom tawm fws. Noj koj cov tshuaj thiab mus ntsuas koj cov ntshav qab zib tsis so. Thiab yog tias koj paub leej twg muaj kab mob ntshav qab zib no, ho txhawb lawv kom lawv tswj lawv tus kab mob ntshav qab zib kom txhob nce siab.



Hwj xwm koj tus kab mob ntshav qab zib. Koj yuav paub tau tias koj nyob nyab xeeb thiab muaj zog ntau dua qhov qub lawm. Qhov zoo tshaj plaws tom qab ntawd, koj yuav txo tau kev mob nkeeg kom tsawg tshaj rau koj.

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diabetes.
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