

A Precious Gift of Health

የጤና እንጎቻ

A Guide to Good Health for People Living with Diabetes

ስኳር/ዲያቤቲስ ያለባቸው ሰዎች ጤንነታቸውን ለመንከባከብ መከተል ያለባቸው የጤና መመሪያ፤

Samuel has recently found out he has diabetes – as if life isn't complicated enough!

እንዴት ስኳር በሽታን(ዲያቤቲስ) በማስታመም ኦሮን ባዎንታዊ ሁኔታ ለመኖር እንዲችሉ እርሱና ቤተሰቦቹ ስለሚያደርጉት ጉዞ ይከታተሉ። እንዲሁም ስለስኳር በሽታ የሚያስተምራቸውን ሰዎች ማለትም ዶክተር፣ የስኳር በሽታ ባለሙያ ነርስ እና የምግብ ስርዓት ባለሙያዎችን ያደምጣሉ።

Follow him and his family on a journey as they learn about living positively with diabetes. Meet the people that teach them about diabetes such as the doctor, the diabetes nurse and the dietician.

ሳሙኤልና ቤተሰቦቹ ባኗኗር ዘይቤአቸው ላይ ቀስ በቀስ ለውጥ እያሳዩ ነው። ይኸውም ይበልጥ ለጤና ተስማሚ የሆነ ምግብ በማብሰልና በመመገብ፣ ያካል እንቅስቃሴ በማድረግ፣ ጭንቀትን በመቀነስና ስኳር በሽታውን ሳሙኤል ስለሚያስታምበት ሁኔታ በመማር ነው።

Samuel and his family are slowly making changes to their lifestyle through healthy food choices and cooking, staying active, reducing stress and learning to manage Samuel's diabetes.

ይህ ሺዲዮ ተዘጋጅቶ የቀረበው፤ ሜልበርን በሚገኘው የፋትስክሬይ ምእራባዊ ጤና አገልግሎት ሰራተኞች፤ ከኢትዮጵያውያን ማህበራዊ ጉዳይ ሰራተኞችና እንዲሁም የኢትዮጵያ ማህበረሰብ አባላት ጋር በመማከር ነው።

A video in the Amharic language with English subtitles. Developed by Western Region Health Centre, Footscray and produced by ERC Media, Educational Resource Centre. Funded by Department of Human Services

COST

\$10 (includes GST) for service providers and professional organisations

\$5 (includes GST) for Amharic speaking community members

Cheque only for purchases through the mail



Human Services



Peoplefirst

'A Precious Gift Of Life' – A Guide to Good Health for People Living with Diabetes

ORDER FORM

Name _____

Organisation _____

Address _____

Number of videos to be purchased:

Do you give consent to be contacted in 6 months for evaluation purposes?

Yes/No (please circle)

Amount enclosed: \$ _____

Please send order to:

Diabetes Nurse Educator

Western Region Health Centre

72–78 Paisley Street

Footscray, Victoria

Australia 3011