Mf©Kvjxb Wvqv‡ewUm : gv I wkïi ¯^v¯’¨SuywK evovq

Wv. Gg gvgyb

dv‡Zgv †eM‡gi mšÍvb avi‡Yi wZb gv‡mi mgq Wv³vwi cixÿvq Wvqv‡ewUm aiv c‡o| Zvici †\_‡K Wv³v‡ii civgk© g‡Zv Jla Ges mšÍvb cÖm‡ei c~e© ch©šÍ wbqwgZ Bbmywjb wb‡Z n‡q‡Q Zv‡K| wba©vwiZ mg‡qi cÖvq GK gvm Av‡M wmRv‡ii gva¨‡g mšÍvb cÖme Kiv‡bv n‡qwQj| ev”Pvi IRb wQj gvÎ AvovB †KwR| dv‡Zgv †eM‡gi mšÍvb dvnv‡`i eqm GLb wZb eQi| R‡b¥i ci †\_‡KB wkïwUi wewfbœ ai‡bi AmyL †j‡MB Av‡Q| eq‡mi Zzjbvq e„w× Kg, †KvôKvwVb¨, R¡i n‡jB wLuPzwb, VvÐv, Kvwk †j‡MB \_v‡K| Wv³vi Rvbvb, Mf©Kvjxb gv‡qi Wvqv‡ewUm Ges ¯^í IRb wb‡q R‡b¥i Kvi‡Y wkï dvnv‡`i G mgm¨v| Mf©Kvjxb Wvqv‡ewUm gv I wkï Df‡qi Rb¨B SuywKc~Y©|

we‡k¦i Ab¨vb¨ †`‡ki g‡Zv evsjv‡`‡kI wewfbœ Kg©m~wPi gva¨‡g 14 b‡f¤^i AvšÍR©vwZK Wvqv‡ewUm w`em cvwjZ n‡q Avm‡Q| eZ©gvb miKvi mvaviY gvby‡li ¯^v¯’¨‡mev cÖ`v‡bi †ÿ‡Î `„p cÖwZÁ| AvšÍR©vwZK Wvqv‡ewUm †dWv‡ikb (AvBwWGd) 2019 mv‡ji wek¦ Wvqv‡ewUm w`e‡mi Rb¨ w\_g wba©viY K‡i‡Qb, "The Family and Diabetes" Gi fvev\_© Kiv n‡q‡Q-ÒWvqv‡ewUm cÖwZwU cwiev‡ii D‡ØMÓ| cwiKwíZ e¨e¯’vcbv ˆZwi Ki‡Z cvi‡j Wvqv‡ewU‡mi cvkvcvwk wewfbœ ai‡bi †ivM wbqš¿‡Y ivLv m¤¢e| Avgv‡`i †`‡ki †cÖÿvc‡U Wvqv‡ewUm cÖwZ‡iva I wbqš¿‡Y m‡PZbZv e„w×i welqwU AZ¨šÍ ¸iæZ¡c~Y©|

wek¦ ¯^v¯’¨ ms¯’vi g‡Z, c„w\_ex‡Z me‡P‡q D‡ØMRbK 10wU ¯^v¯’¨ mgm¨vi g‡a¨ Ab¨Zg Wvqv‡ewUm| c„w\_ex‡Z G gyn~‡Z© 45 †KvwUi AwaK †jvK Wvqv‡ewU‡m AvµvšÍ| evsjv‡`‡k cÖvq 80 jvL ‡jvK Wvqv‡ewU‡m AvµvšÍ| AvšÍR©vwZK Wvqv‡ewUm †dWv‡ik‡bi g‡Z, cÖwZ `yRb Wvqv‡ewUm AvµvšÍ gvby‡li g‡a¨ GKRb Rv‡bB bv †m Wvqv‡ewU‡m AvµvšÍ n‡”Q| GKRb cÖvßeq¯‹ Wvqv‡ewUm AvµvšÍ gvby‡li AvKw¯§K g„Zz¨i Avk¼v GKRb my¯’ gvby‡li †P‡q 50 fvM †ewk| Avk¼v Kiv n‡”Q †h, 2040 mvj bvMv` wek¦e¨vcx gvby‡li g„Zz¨i cÂg KviY n‡e Wvqv‡ewUm| Avi ZLb g„Zz¨ †e‡o wØ¸‡YiI †ewk n‡Z cv‡i|

gv‡qi Wvqv‡ewUm M‡f©i ev”Pvi Ici A‡bK cÖfve †dj‡Z cv‡i| †hgb-ev”Pvi Rb¥MZ ÎæwU n‡Z cv‡i, Mf©cvZ n‡Z cv‡i, i³Pvc †e‡o †h‡Z cv‡i, M‡f©i ev”Pvi IcRb †e‡o A¯^vfvweK n‡Z c‡i, mg‡qi Av‡M †Wwjfvwi n‡q †h‡Z cv‡i, M‡f©i ev”Pvi AvKw¯§K g„Zz¨ NU‡Z cv‡i, ev”Pv R‡b¥i ci k¦vm-cÖk¦v‡m Kó n‡Z cv‡i I nvB‡cv MøvB‡mwgqv NwUZ RwUjZv †`Lv w`‡Z cv‡i| ZvQvovI AšÍtmË¡v gv‡qi ü`‡ivM I Ab¨vb¨ RwUjZvq gvZ…g„Zz¨i Avk¼v †e‡o hvq|

Mf©ve¯’vq Wvqv‡ewUm nIqvi SuywK †mBme bvix‡`i \_v‡K hv‡`i cwiev‡i Kv‡iv Wvqv‡ewUm Av‡Q, Av‡M AwaK IR‡bi (Pvi †KwR ev †ewk) mšÍvb A\_ev ÎæwUhy³ mšÍvb Rb¥`v‡bi BwZnvm \_vK‡j; AÁvZ Kvi‡Y †c‡U A\_ev R‡b¥i ciciB mšÍvb gviv hvIqvi BwZnvm \_vK‡j; evievi mšÍvb bó nIqvi BwZnvm \_vK‡j; Mf©ve¯’vq mšÍv‡bi cvwbi cwigvY AwZwi³ n‡j wKsev c~e©eZ©x Mf©ve¯’vq Wvqv‡ewUm \_vK‡j Mf©ve¯’vq Wvqv‡ewUm nIqvi SuywK †e‡o hvq wØ¸Y|

eZ©gv‡b Mf©Kvjxb Wvqv‡ewU‡m AvµvšÍ bvixi msL¨v 6 †\_‡K 16 kZvsk| †`‡ki Wvqv‡ewUm †ivMxi msL¨v cÖvq 1 †KvwU| AwaK SuywKi g‡a¨ i‡q‡Q Av‡iv 1 †KvwU| Avi Mf©eZx gv‡q‡`i cÖwZ Pvi R‡bi GKRbiB Wvqv‡ewUm n‡q \_v‡K| G‡K †R‡÷kbvj Wvqv‡ewUm e‡j| Mf©eZx gwnjv‡`i 1-3% G cÖKv‡ii Wvqv‡ewU‡m †fv‡M, mPvivPi Mf©ve¯’vi 14-26Zg mßv‡n| Mf©Kvjxb 2 †\_‡K 5 kZvsk bvix Wvqv‡ewU‡m AvµvšÍ n‡Z cv‡ib| G‡`i g‡a¨ 87 `kwgK 5 kZvsk gv Mf©RwbZ Wvqv‡ewU‡m AvµvšÍ nb Ges 12 `kwgK 5 kZvsk gv Mf©avi‡Yi Av‡M †\_‡K Wvqv‡ewU‡m †fv‡Mb|

Mf©Kvjxb mg‡q gv‡qi i‡³i Møy‡Kv‡Ri gvÎv ¯^vfvwe‡Ki †P‡q ‡ewk \_vK‡j A\_©vr mKv‡j Lvwj †c‡U i‡³i Møy‡Kv‡Ri gvÎv 6.1 wgwj. †gvj/wj. (110 wgwjMÖvg/‡WwmwjUvi) ev Zvi †P‡q †ewk A\_ev 75 MÖvg Møy‡KvR LvIqvi 2 NÈv c‡i 7.8 wgwj‡gvj/wjUvi (140 wgwjMÖvg/‡WwmwjUvi) ev Zvi †P‡q †ewk n‡j Zv‡K Mf©Kvjxb Wvqv‡ewUm wn‡m‡e kbv³ Ki‡Z n‡e|

Mf©Kvjxb Wvqv‡ewU‡m †Zgb wbw`©ó †Kv‡bv jÿY †bB Z‡e wKQz wKQz †ÿ‡Î Svcmv `„wó, Nb Nb cª¯ªve, †hvwbc\_ I Pvgovi msµgY, AwZwi³ K¬vwšÍ, AwZwi³ cvwbi Z…òv, Nb Nb g~ÎZ¨vM, ewg ewg fve A\_ev ewg Kiv BZ¨vw` jÿY¸‡jv Wvqv‡ewUm n‡j cÖKvk cvq| Avevi ÿzav e„w× cvIqv m‡Ë¡I IRb K‡g †M‡j GwU Mf©Kvjxb Wvqv‡ewU‡m AvµvšÍ nIqvi GKwU we‡kl jÿY|

Mf©Kvjxb Wvqv‡ewUm gv I mšÍvb Df‡qi †ÿ‡ÎB A‡bK RwUj mgm¨v m„wó Ki‡Z cv‡i| gv‡qi †ÿ‡Î Mf©ve¯’vq i³ Pvc e„w× †c‡Z cv‡i, Mf© \_wj‡Z cvwbi cwigvY e„w× †c‡Z cv‡i, wbw`©ó mg‡qi Av‡MB cÖme Ae¯’vi m„wó n‡Z cv‡i| cÖmv‡ei iv¯Ívq Bb‡dKkb n‡q M‡f©i ev”Pv bóI n‡Z cv‡i| cÖmeKvjxb mg‡q cÖme †`wi n‡Z cv‡i| cÖme cieZ©x mg‡q `ya Avm‡Z †`wi n‡Z cv‡i| ev”Pvi †ÿ‡Î gv\_v e‡ov n‡Z cv‡i| GQvov G‡ÿ‡Î wkïi Rb¥MZ ÎæwUI †`Lv †h‡Z cv‡i †hgb- Anencephaly, Microcephaly, netural Tube defect, ASD, VSD etc. n‡Z cv‡i|

Mf©Kvjxb Wvqv‡ewU‡mi wPwKrmvi Rb¨ ïaygvÎ Bbmywjb Bb‡RKkb e¨envi Ki‡Z n‡e| Wvqv‡ewU‡mi wPwKrmvq gy‡L LvIqvi Jla e¨envi bv KivB fv‡jv| hv‡`i Mf©avi‡Yi Av‡M †\_‡KB Wvqv‡ewUm Av‡Q Ges gy‡L LvIqvi Jla e¨envi K‡ib Zv‡`i †ÿ‡Î Mf©mÂvi n‡q‡Q †evSvi mv‡\_ mv‡\_B gyL LvIqv Jla eÜ K‡i Bbmywjb e¨envi ïiæ Ki‡Z n‡e|

Mf©ve¯’vq mK‡jiB mwVK cwigv‡Y I mylg Lv`¨ MÖnY Kiv DwPZ| Mf©Kvjxb Wvqv‡ewU‡m AvµvšÍ n‡j ‡ivMx‡K Aek¨B GKwU wbw`©ó Lv`¨ ZvwjKv †g‡b Pj‡Z n‡e| mvaviYfv‡e Lv`¨ ZvwjKvq ˆ`wbK 40 fvM Avwgl, 40 fvM kK©iv I 20 fvM Pwe© RvZxq Lv`¨ ev d¨vU \_vK‡Z cv‡i| Mf©Kvjxb mg‡q Aek¨B GKRb cywówe` A\_ev GKRb Wvqv‡ewUm we‡kl‡Ái civgk© g‡Zv Lv`¨ ZvwjKv †g‡b Pj‡Z n‡e| Wvqv‡ewUK †ivMx‡`i Mf©ve¯’vq wbqwgZfv‡e nvév nuvUvi Af¨vm \_vK‡Z n‡e| Z‡e †Kv‡bv Ae¯’v‡ZB †Kv‡bv fvwi e¨qvg Kiv wVK bq| wbqwgZfv‡e i‡³i myMvi cixÿv I Bbmywj‡bi gvÎv wba©viY Ki‡Z n‡e| GQvovI wbqwgZ i³Pvc gvcv, Mf©¯’ wkïi e„w× mwVKfv‡e n‡”Q wKbv, Zv cwigvc KivI GKRb Mf©eZx Wvqv‡ewUK bvixmn mKj Wvqv‡ewUK †ivMxi Rb¨ AZ¨šÍ ¸iæZ¡c~Y©|

‡Kv‡bv RwUjZv bv \_vK‡j GKRb Mf©eZx Wvqv‡ewUK bvixi cÖme ¯^vfvweKfv‡e n‡Z cv‡i| Mf©Kvjxb Wvqv‡ewUm \_vK‡jB wmRvwiqvb Acv‡ikb Ki‡Z n‡e Ggb †Kv‡bv K\_v †bB| cÖm‡ei ci hZ ZvovZvwo m¤¢e wkï‡K gv‡qi ey‡Ki `ya †L‡Z w`‡Z n‡e|

fv‡jv ¯^v¯’¨ my¯’ Rxe‡bi cÖZxK| Wvqv‡ewUK †iv‡Mi wel‡q m‡PZbZv GKwU ¸iæZ¡c~Y© welq| miKvi †`ke¨vcx ¯^v¯’¨ AeKvVv‡gv Dbœqb, cÖ‡qvRbxq Wv³vi I bvm© wb‡qvMmn Ab¨vb¨ my‡hvM-myweav e„w×‡Z ch©vß D‡`¨vM MÖnY K‡i‡Q| miKvi MÖvgxY Rbc‡`i gvby‡li ¯^v¯’¨‡mev wbwðZ Kivi j‡¶¨ KwgDwbwU wK¬wb‡Ki Kvh©µg m¤cÖmviY K‡i‡Q| †h mKj Mf©eZx bvix KwgDwbwU wK¬wbK †\_‡K cÖmec~e©K I cÖm‡evËi †mev MÖnY K‡ibwb, ¯^v¯’¨ mnKvix I cwieviKj¨vY mnKvixMY Zv‡`i Lyu‡R †ei K‡i KwgDwbwU wK¬wb‡Ki †mev e¨e¯’vq wb‡q Av‡mb| GQvovI miKvi UvBc Iqvb Wvqv‡ewUK †ivMx‡`i webvg~‡j¨ Bbmywjb †`Iqvi wPšÍv K‡i‡Q|

m‡e©vcwi Wvqv‡ewUm GKwU RwUj wKš‘ wbqš¿Y‡hvM¨ †ivM| cÖv\_wgK Ae¯’vq aiv co‡j wbqš¿‡Y ivLvi gva¨‡g gv I mšÍv‡bi RwUjZv A‡bKvs‡k Kgv‡bv m¤¢e|cÖ‡qvRb ïay m‡PZbZv, wbqwgZ Jla †meb Ges wbqgZvwš¿K k„•Ljvc~Y© Rxeb hvc‡b Af¨¯Í nIqv|

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(wcAvBwW-wkï I bvix Dbœq‡b m‡PZbZvg~jK †hvMv‡hvM Kvh©µg wdPvi)