

## Achike k'o chi nawetemaj pa ruwi' ri rujotolem rukab'il ri kik'?

Jub'a' jumül man nk'achoj ta el ri yab'il. Po ri man nub'ij ta chi k'o chi yakäm. K'o rub'eyal ruchojmirisaxik wi natij aq'om chuqa' nachajij ützt ri ak'aslemal.

Wi naya' kan ri rutijik ri aq'om, xtitzolin pe rujotolem ri yab'il. Roma ri', janila k'atzinel chi jumül natij awaq'om achi'el nub'ij chawe ri aq'omanel.

Wi man ützt ta ruchojmirisaxik ri yab'il, tikirel nuk'am pe rusokotajixik ri k'uxaj, runäq' wachaj, ri kinäq', ri aq'anaj, rukaqnaq' ri eyaj chuqa' ri mayoj. Wi jumül natij ri aq'om chuqa' nanimaj achike nub'ij chawe ri aq'omanel, yatikir nachajij ronojel k'ayewal.

E k'iy nkib'ij chi re yab'il re'npe roma jun mayoj o jun xib'iri'il po majun ta ri. Po k'o b'ey nnimür jub'a' ritzelal ri yab'il roma jun mayoj jun k'ayewal chupam rukaslem ri yawa'. Janila k'atzinel yatzi-jon rik'in ri aq'omanel wi janila nana' ritzelal ri yab'il.

## Ruchojmil ri yab'il

Q'ij:  
Rukaqal kik' A1C:  
Rukab'il kik' (pa meway):  
Ruchuq'a' kik':  
Ralal:  
Ruchajixik aq'anaj:

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## Rujotolem rukab'il ri kik'



Re yab'il re' nub'an chi ri ch'akulaj man ntikir ta nuk'is el ri rukab'il. Roma janila jotöl rukab'il, nsokotäj julëy chik tanaj chi re ri chakulaj ch'akulaj achi'el ri kinäq' chuqa' ri runaq' wachaj. Man nchojmirisax ta chuqa' tikirel nuk'am pe ruyab'il ri k'uxaj.

K'o b'ey rujotolem rukab'il ri kik' nk'oje' pa jun ach'alalri'il (achi'el ri atitaj mama'aj, ri te'ej tata'aj, o ri nimalaxela'). Chuqa' k'atzinel ri ak'aslemal roma ri ti'ojirik o ri majun nub'an ta silonik ntikir nroyoj ri yab'il.



## Retal ri yab'il



Chaqi'j chi'aj



K'iy chuluj



Chaqi'j tz'umal



Wayijal



Moy wachaj



Kosik



Rumulinik k'uxaj

## Nk'atzin aq'om?

Ri aq'omanel xtub'an jun tojtob'enik rik'in xtutz'et ri rukaqal kik' A1C. Re tojtob'enik re' nuk'ut achike rub'anon ri rukab'il ri akikel chupam ri ox'i'ik' xeq'ax yan. Wi choj utz k'o chi nk'oje' chuxe' ri 7%.

Ri aq'omanel chuqa' rik'in jub'a' xtuk'utuj chawe jun tojtob'enik richin rukab'il ri akikel pa meway. Wi ke re nub'ij, man yatikir ta yawa' 8 ramaj chuwach xtelesax ri kik'. Nel utz wi nk'oje' chuxe' ri 100; wi njote' el rik'in jub'a' retal ri yab'il nuk'ut ri'.

Wi jotol ri rukaqal kik' A1C o rukab'il ri akikel rik'in jub'a' achajin yan ri yab'il. Ke ri k'o bey xtuya' chawe jun aq'om ri aq'omanel richin nxule' ri rukab'il.

## Achike juley samaj nk'atzin roma ri yab'il?

Nachajij utz ri awaqan richin yatikir natz'et wi k'o ch'a'k, sokotajik, q'anya', rukaqil, o sipojik. Wi nawil jun ch'a'k majun nk'achoj ta k'o chi natzijoj chi re ri aq'omanel.



Nachaj ri eyaj ronojel q'ij richin k'a man xpe ta jun ruk'ayewal ri eyaj o rukaqnaq' ri eyaj.

Nab'an silonik ronojel q'ij. Tikirel yab'iyin o yatel po chuqa' k'o rutzil ri samaj pa juyu' o chi jay.

K'o bey ri aq'omanel xtub'ij chi k'o chi najal ri awa'im. K'o jujun wa'im nkijotob'a' janila rukab'il ri kik', achi'el ri way, ri aröx, ri kaxlan way, ri kab', chuqa' ri ruya'al ri ruwach che'. K'iy bey k'o chi natij re taq wa'im re' xaxe' jub'a'. Chuqa' wi natij kape o ya' man yatikir ta naya' k'iy kab' chupam.



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