

Coping with Chronic Illness

English/Aakiv

Having a long-term, or **chronic, illness** can disrupt your life in many ways. You may often be tired and in pain. Your illness might affect your appearance or your physical abilities and independence. You may not be able to work, causing financial problems. For children, chronic illnesses can be frightening, because they may not understand why this is happening to them.

These changes can cause stress, anxiety and anger. If they do, it is important to seek help. A trained counselor can help you develop strategies to regain a feeling of control. Support groups might help, too. You will find that you are not alone, and you may learn some new tips on how to cope.

Nyob nrug Kev Muaj Mob Quas Ntsuav

Green Mong/Moobleeg

Muaj **mob ntev**, lossis mob quas ntsuav, muaj feem cuamtshuam koj lubneej ntau yaam. Koj yuav nkeeg hab mob. Koj qhov mob muaj cuabkaav hloov koj lub cev ntaajntsug lossis koj kev ua ub nua hab koj kev nyob koj ib lee. Tejzag koj yuav ua tsi tau num, ua rua koj muaj teebmeem nyajtxag. Cov mivnyuas yau, kev mob yog ib yaam txaus ntshai, vim tejzag puab yuav tsi totaub has tas yog uacaag tshwmsim rua puab.

Kev hloov nuav yuav ua rua muajsab, txhawj hab npau. Yog muaj tej nuav, tseemceeb heev yuavtsum nrhav kev paab. Ib tug ua num npligsab muaj peevxwm yuav paab npaaj hauvkev rua tug mob rov tswj nwg txuj kev xaav. Tejzag paab tuabneeg txhawbzog yuav paab. Koj yuav pum has tas tsiyog muaj koj tuableeg xwb, hab koj yuav kawm tau qho yaam tswvyim paab koj tswj.

Nyob Nrog Kev Muaj Mob Qas Ntsuav

White Hmong/Hmoobdawb

Muaj **mob ntev**, lossis ua mob qas ntsuav, muaj feem cuamtshuam koj lubneej ntau yam. Koj yuav nkees thiab mob. Koj qhov mob muaj cuabkav hloov koj lub cev ntaajntsug lossis koj kev ua ub no thiab koj kev nyob koj ib lee. Tejzaum koj yuav ua tsis taus haujlwm, ua rau koj muaj teebmeem nyiajtxiag. Cov menyuaam yaus, kev mob yog ib yam txaus ntshai, vim tejzaum lawv yuav tsis totaub hais tias yog uacas tshwmsim rau lawv.

Kev hloov no yuav ua rau nyuajsiab, txhawj thiab npau. Yog muaj tej no, tseemceeb heev yuavtsum nrhiav kev pab. Ib tug ua haujlwm npligsab muaj peevxwm yuav pab npaj hauvkev rau tus mob rov tswj nws txoj kev xav. Tejzaum pab neeg txhawbzog yuav pab. Koj yuav pom hais tias tsiyog muaj koj tibleeg xwb, thiab koj yuav kawm tau qho yam tswvyim pab koj tswj.

English source and more information: MedlinePlus

<http://www.nlm.nih.gov/medlineplus/copingwithchronicillness.html>

Self-management: Taking Charge of Your Health

What is a chronic illness?

There are 2 main types of illness: acute and chronic. An acute illness doesn't last very long. It goes away either on its own or in response to treatment, such as taking medicine or having surgery. Strep throat is an example of an acute illness.

A **chronic illness** is ongoing. It affects your health over a long period of time—possibly your entire life. In many cases, there is no way to cure a chronic illness. Diabetes and high blood pressure are examples of chronic illnesses.

What can I do if I have a chronic illness?

It's important to understand that your chronic illness is a serious problem. If you don't believe this, you'll never be motivated to manage your illness effectively. Managing your illness involves making lifestyle choices and using prescribed medical treatments to be as healthy as possible. Unless you take care of your body, your chronic illness can cause more problems in the future. When you have a chronic health problem, it's easy to feel overwhelmed and helpless, as if the illness has taken over your life. For example, you may need to take daily insulin injections,

Tu-tug kheej: Tswj koj kev noj qaab nyob zoo

Kev mob quas ntsuav yog dlaab tsi?

Muaj 2 hom mob: mob ceev hab ntev chronic. Cov mob ceev kuj mob tsi ntev. Nwg kuj txawj zoo nwg lossis tomqaab khu, xwsle noj tshuaj losyog muab phais. Txhaws hab mob qaa yog ob yaam pevtxwv txug tug mob ceev.

Tug **mob ntev** yuav mob tsi paub zoo. Yuav ua teebmeem rua koj kev nojqaab nyobzoo ntev tsawv—tejzag kuj yuav mob taag koj lub neej le. Muaj coob leej, yuav tsi muaj kev khu tau tug mob ntev nuav. Ntshaav qaab zib hab ntshaav sab yog ob yaam kev pevtxwv rua cov mob ntev.

Kuv yuav uacaag yog kuv muaj tug mob ntev?

Nwg tseemceeb kws totaub has tas koj tug mob yog ib qhov teebmeem luj. Yog koj tsi ntseeg le nuav, koj yuav tsi muaj sab saibxyuas tau koj tus mob. Kev saibxyuas koj tug mob nuav muaj feem yuav tau xaiv hloov koj lub neej hab siv kuabtshuaj lug tu txhajle nojqaab nyobzoo le nyob tau. Tshwj qhov kws koj tu koj lub cev zoo, koj tug mob ntev nuav muaj cuabkaav ua teebmeem ntxiv rua koj lub neej peg suab. Thaum koj muaj kev mob ntev nuav, nwg yoojyim heev kws koj yuav tsi

Tu-tus kheej: Tswj koj kev noj qab nyob zoo

Kev mob qas ntsuav yog dabtsi?

Muaj 2 hom mob: mob ceev thiab ntev *chronic*. Cov mob ceev kuj mob tsis ntev. Nws kuj txawj zoo nws lossis tomqab kho, xwsli noj tshuaj losyog muab phais. Txhaws thiab mob qa yog ib yam pivtxwv txog tus mob ceev.

Tus **mob ntev** yuav mob tsis paub zoo. Yuav ua teebmeem rau koj kev noj qab nyob zoo ntev tsawv—tejzaum kuj yuav mob tag koj lub neej li. Muaj coob leej, yuav tsis muaj kev kho tau tus mob ntev no. Ntshav qab zib thiab ntshav siab yog ob yam kev pivtxwv rau cov mob ntev.

Kuv yuav uacas yog kuv muaj tus mob ntev?

Nws tseemceeb uas totaub hais tias koj tus mob yog ib qhov teebmeem loj. Yog koj tsis ntseeg li no, koj yuav tsis muaj siab saibxyuas tau koj tus mob. Kev saibxyuas koj tus mob no muaj feem yuav tau xaiv hloov koj lub neej thiab siv kuabtshuaj los tu thiajli nojqab nyobzoo le nyob tau. Tshwj qhov uas koj tu koj lub cev zoo, koj tus mob ntev no muaj cuabkav ua teebmeem ntxiv rau koj lub neej pem suab. Thaum koj muaj kev mob ntev no, nws yoojyim heev uas koj yuav tsis pomqab ua licas, cuag li tus mob ciali kav kiag koj lub neej li lawm. Pivtxwv li no, koj

use an inhaler or monitor your blood pressure. However, you can take steps to control the negative effects of a chronic illness on your health. One method of taking control is called “self-management.”

What is self-management of chronic illness?

Self-management of chronic illness means that you take responsibility for doing what it takes to manage your illness effectively. It's important for you to be responsible for your health because the treatment recommendations your doctor makes won't do any good unless you follow them. He or she can't make decisions for you or make you change your behavior. Only you can do these things.

In self-management, you and your doctor are partners in care. Your doctor can provide valuable advice and information to help you deal with your illness. However, treatment plan that works best for one person with your condition won't necessarily work best for you. Talk to your doctor about the different

pumqaab ua lecaag, cuag le tug mob cale kaav kag koj lub neej le lawm. Pevtxwv le nuav, koj yuav tau txhaajtshuaj tswj ntshaav pemthaaj txhua nub, siv tshuaj txhawb paa lossis saib rawv koj le ntshaav sab. Txawm lecaag losxij, koj muaj cuabkaav tswj tej yaam tsi zoo ntawm koj tug mob ntev ntawm koj kev nojqab nyobzoo. Ib txuj kev tswj yog hu ua “kev saibxyuas tugkheej.”

Kev saibxyuas tugkheej rua kev mob ntev yog dlaabtsi?

Kev saibxyuas tugkheej ntawm kev mob ntev txhais tau tas koj leeg feemxyuam kws yuav ua txhuayaam txhuatsaav lug saibxyuas koj tug mob. Tseemceeb heev kws koj rov leeg teg num kws tswj koj kev noj qaab nyob zoo vim kev khu kws koj tug kws khumob pumzoo ntawd yuav tsi paab dlaabtsi tsuas tshwj tas koj ua lawvle nwg has. Nwg tsi muaj cuab kaav txavtxim sab rua koj lossis ua kuas koj hloov koj tug cwjpw. Tsuas yog koj xwb txhaj yuav hloov tau tej nuav.

Ntawm kev saibxyuas tugkheej, koj hab koj tug kws khumob koomteg tu koj tug mob. Koj tug kws khumob yuav paab muab tswvyim hab lwmyaam lug paab koj taav koj tug mob. Txawm le ntawd los, kev npaaj tu mob kws ntxim rua tug mob le koj ko kuj muaj feem kws yuav tsi

yuav tau txhajtshuaj tswj ntshav piamthaj txhua hnuv, siv tshuaj txhawb pa lossis saib rawv koj li ntshav siab. Txawm licas losxij, koj muaj cuabkav tswj tej yam tsis zoo ntawm koj tus mob ntev ntawm koj kev nojqab nyobzoo. Ib txoj kev tswj yog hu ua “kev saibxyuas tuskheej.”

Kev saibxyuas tuskheej rau kev mob ntev yog dabtsi?

Kev saibxyuas tuskheej ntawm kev mob ntev txhais tau tias koj lees feemxyuam uas yuav ua txhuayam txhuatsav los saibxyuas koj tus mob. Tseemceeb heev uas koj rov lees tes haujlwm uas tswj koj kev nojqab nyobzoo vim kev kho uas koj tus kws khomob pomzoo ntawd yuav tsis pab dabtsi tsuas tshwj tias koj ua raws li nws hais. Nws tsis muaj cuab kav txiavtxim siab rau koj lossis ua kom koj hloov koj tus cwjpw. Tsuas yog koj xwb thiaj yuav hloov tau tej no.

Ntawm kev saibxyuas tuskheej, koj thiab koj tus kws khomob koomteg tu koj tus mob. Koj tus kws khomob yuav pab muab tswvyim thiab lwmyam los pab koj tav koj tus mob. Txawm li ntawd los, kev npaj tu mob uas ntxim rau tus mob li koj ko kuj muaj feem uas yuav tsis ntxim rau koj. Nrog koj tus kws

treatment options available and help him or her create a plan that's right for you. After all, nobody knows more than you do about your feelings, your actions and how your health problems affect you.

As part of self-management, it's also your responsibility to ask for the help you need to deal with your illness. This support can come from friends and family members, as well as from your doctor or a support group for people with your health problem.

How can self-management help a person who has a chronic illness?

Once you've decided to take an active role in managing your illness, you and your doctor can work together to set goals that will lead to better health. These goals will be part of an overall treatment plan.

Pick a problem.

Take an honest look at the unhealthy aspects of your lifestyle. Start with a particular behavior that you'd like to change in order to have better control of your illness. For example, you might decide that you

ntxim rua koj. Nrug koj tug kws khumob thaam txug tej hom kev tu mob kws muaj nyob rua ntawd hab paab nwg npaaj kuas tau qhov kws raug rua koj. Tomqaab txhua yaam tav, yeej tsi muaj leej twg paub txug koj tshaaj le koj paub txug koj kev xaav, yaam kws koj ua hab tej teebmeem mobnkeeg cuamtshuam koj lecaag.

Ib feem ntawm kev saibxyuas tugkheej, kuj yog koj feemxyuam kws yuav thov lwm tug paab koj khu koj tej kev mob. Qhov kev txhawb nuav kuj tau lug ntawm tej phoojywg hab tsev tuabneeg, nrug rua koj tug kws khumob hab tej paab tuabneeg kws sis txhawbzig es muaj mob le koj.

Kev saibxyuas tugkheej yuav paab tau lecaag rua ib tug tuabneeg kws muaj mob ntev?

Thaum koj txavtximsab lug saibxyuas koj tug mob, koj hab koj tug kws khomob yuav siskoom teg npaaj tej homphaj kws yuav coj koj moog rua kev nojqaab nyobzoo tshaaj qub. Cov hom phaj nuav yog ib feem ntawm koj kev khumob.

Xaiv ib qhov teebmeem.

Ua tuabzoo saib yaam kev tsi zoo rua koj kev nojqaab haushuv nyob rua huv koj lub neej. Pib ntawm ib tug cwjpwk kws koj xaav hloov kuas paab koj tswj koj tug

khumob tham txog tej hom kev tu mob uas muaj nyob rau ntawd thiab pab nws npaj kom tau qhov uas raug rau koj. Txhua yam no, yeej tsis muaj leej twg paub txog koj tshaj li koj paub txog koj kev xav, yam uas koj ua thiab tej teebmeem mobnkeeg cuamtshuam koj licas.

Ib feem ntawm saibxyuas tuskheej, kuj yog koj feemxyuam uas yuav thov lwm tus pab koj kho koj tej kev mob. Qhov kev txhawb no kuj tau los ntawm tej phaujywg thiab tsev neeg, nrog rau koj tus kws khomob thiab tej pab neeg uas sib txhawbzog es muaj mob li koj.

Kev saibxyuas tuskheej yuav pab tau licas rau ib tus neeg uas muaj mob ntev?

Thaum koj txiavtximsiab saibxyuas koj tus mob, koj thiab koj tus kws khomob yuav sibkoom tes npaj tej homphiaj uas yuav coj koj mus rau kev nojqab nyobzoo tshaj qub. Cov hom phaj no yog ib feem ntawm koj kev khomob.

Xaiv ib qhov teebmeem.

Ua tibzoo saib yaam kev tsis zoo rau koj kev nojqab haushuv nyob rau huv koj lub neej. Pib ntawm ib tug cwjpwk uas koj xav hloov kom pab koj tswj koj tus mob kom zoo dua qub. Pivxam hais tias, koj txiavtximsab tias koj noj

don't eat enough vegetables, get enough exercise or take your medicines as your doctor tells you to.

Get specific.

Once you've identified a problem, state a specific goal for dealing with it. The more specific your goal is, the more likely you are to succeed. For example, instead of saying, "I'm going to exercise more," decide what kind of exercise you'll do. Be specific about what days of the week you'll exercise and what times you'll exercise on those days. Your new goal might be: "During my lunch hour on Mondays, Wednesdays and Fridays, I'm going to walk 1 mile in the park."

Plan ahead

After you've stated your goal, think of things that could go wrong and plan how you'll deal with them. For example, if it rains and you can't go to the park, where you will go to walk? If you plan how to handle problems in advance, they won't prevent you from meeting your goals.

mob kuas zoo dlua qub.
Pevxaam has tas, koj txavtximsab tas koj noj zaub tsi txaus, fuamkhaaj evxawxais tsi txaus lossis tsi noj tshuaj le koj tug kws khumob has kuas koj noj.

Tsom meej rua ib yaam.

Thaum koj nrhav tau ib qhov teebmeem lawm, tsim ib lub homphiaj lug dlaws. Koj yim tsom tuabzoo rua ib yaam twg, koj yim yuav muaj peevxwm ua tav. Pevxaam le nuav, tsi xob has tas, "kuv yuav ua fuamkhaaj ntau tshaaj qub," tabsis yuav tsum txavtximsab ua yaam fuamkhaaj twg. Npaaj meej seb nub twg ntawm lub limtam koj yuav ua fuamkhaaj hab yuav ua thaum pistsawg teev. Tejzag koj lub homphiaj tshab yog: "Txhua zag thaum kuv noj sus nub Monday, Wednesday, hab Friday, kuv yuav taug kev 1 mais huv lub tshaav uasi."

Npaaj ua ntej

Tomqaab koj has koj lub homphiaj lawm, xaam seb teebmeem yuav tshwmsim yog dlaabtsi hab npaaj dlaws tej teebmeem ntawd. Pevtxwv has tas, yog lug naag es moog taug kev tsi tau tom tshaav uasi, koj yuav moog qhov twg? Yog tas koj npaaj dlaws tej teebmeem uantej, tej ntawd yuav tsi taav koj kev kws ua tav le koj cov homphiaj.

zaub tsis txaus, huamkhaj evxawxais tsis txaus lossis tsis noj tshuaj li koj tus kws khomob hais kom koj noj.

Tsom meej rau ib yam.

Thaum koj nrhiav tau ib qhov teebmeem lawm, tsim ib lub homphiaj los daws. Koj yim tsom tibzoo rau ib yam twg, koj yim yuav muaj peevxwm ua tiav. Pivxam li no, tsis txhob hais tias, "kuv yuav ua huamkhaj ntau tshaj qub," tabsis yuavtsum txiavtximsiab ua yam huamkhaj twg. Npaj meej seb hnuv twg ntawm lub limtam koj yuav ua huamkhaj thiab yuav ua thaum pistsawg teev. Tejzaum koj lub homphiaj tshiab yog: "Txhua zaug thaum kuv noj sus hnuv Monday, Wednesday, thiab Friday, kuv yuav taug kev 1 mais hauv lub tshav uasi."

Npaj ua ntej

Tom qab koj hais koj lub homphiaj lawm, xam seb teebmeem yuav tshwmsim yog dabtsi thiab npaj daws tej teebmeem ntawd. Pivxam hais tias, yog los nag es mus taug kev tsis tau tom tshav uasi, koj yuav mus qhov twg? Yog tias koj npaj daws tej teebmeem uantej, tej ntawd yuav tsis tav koj kev uas ua tiav li koj cov homphiaj.

Check your confidence level.

Ask yourself, “How confident am I that I’ll be able to meet this goal?” If the answer is “Not very confident,” you may need to start with a more realistic goal.

Follow up

As you’re working toward your goal, check in regularly with your doctor to let him or her know how you’re doing. If you’re having trouble following the plan, talk to your doctor to figure out why. Your setbacks can be learning experiences that help you make a new plan for success.

One of the most important things to remember is that you can change your behavior. Even though your illness makes you feel helpless at times, if you work with your doctor to set goals and you take responsibility for following through with them, you can make changes that will lead to better health.

Tshuaj koj kev ruajsab.

Nug koj tugkheej, “Kuv ruaj sab npaum twg has tas yuav ua tav lub homphaj nuav?” Yog koj teb has tas, “Tsi ruaj sab pistsawg,” koj yuav tau pib tej yaam kws koj ua tau.

Taug qaab

Thaum koj tab tom ua kuas tav le koj lub homphaj, rov nrug koj tug kws khumob thaam ua ntu zug seb koj ua tau lecaag lawm. Yog koj muaj teebmeem ua tav le lub homphaj, nrug koj tug kws khumob saablaaj seb vim lecaag. Qhov koj poobqaab nuav yuav paab koj kawm tau tej yaam kws paab koj npaaj lub homphaj tshab kuas ua tav.

Yaam tseemceeb tshaajplawg rua koj ncu ca yog qhov kws koj muaj peevxwm hloov koj tug cwjpw. Txawm tas ntau zag koj tug mob ua rua koj taag tswvyim los, yog tas koj nrug koj tug kws khumob npaaj cov homphaj hab koj leeg feemxyuam ua kuas tav le cov homphaj, koj yuav hloov tau koj tug kheej kws yuav paab koj muaj kev nojqaab nyobzoo dlua qub.

Tshuaj koj kev raujsiab.

Nug koj tuskheej, “Kuv rauj sab npaum twg hais tias yuav ua tiav lub homphiaj no?” Yog koj teb hais tias, “Tsis rauj sab pistsawg,” koj yuav tau pib tej yam uas koj ua tau.

Taug qaab

Thaum koj tabtom ua kom tiav li koj lub homphiaj, rov nrog koj tus kws khomob tham ua ntu zus seb koj ua tau licas lawm. Yog koj muaj teebmeem ua tiav li lub homphiaj, nrog koj tus kws khomob sablaj seb vim licas. Qhov koj poobqaab no yuav pab koj kawm tau tej yam uas pab koj npaj lub homphiaj tshiab kom ua tiav.

Yam tseemceeb tshajplaws rau koj nco cia yog qhov uas koj muaj peevxwm hloov koj tus cwjpw. Txawm tias ntau zaus koj tus mob ua rau koj tag tswvyim los, yog tias koj nrog koj tus kws khomob npaj cov homphiaj thiab koj lees feemxyuam ua kom tiav li cov homphiaj, koj yuav hloov tau koj tus kheej uas yuav pab koj muaj kev nojqaab nyobzoo dua qub.