Sesotho Diabetics Terminology List.

	Term	ENGLISH SOURCE	SESOTHO TRANSLATION
		Definitions	**Mareo**
1	**Abnormal glucose tolerance**	When the body has trouble processing sugar properly, leading to higher than normal blood sugar levels.	Bongata bo sitang / sitisang ba tswekere
2	**Acidosis**	A condition where there is too much acid in the body, which can be dangerous.	Esiti e ngata mmeleng / Asidosise
3	**Acute**	Something that happens suddenly and is usually severe but short-term.	Lehlaba la potlako
4	**Acute glycemic control**	Quickly managing blood sugar levels to bring them back to normal.	Taolo ya tswekere e bohale bo hlabang / Taolo ya tswekere ya tshohanyetso
5	**Adipokines**	Hormones released by fat cells that affect how the body uses energy and sugar.	Dihomoune tsa mafura / Diadiphokhaene
6	**Advice**	Suggestions or recommendations given to help someone make better decisions.	Keletso
7	**Aerobic exercise**	Physical activities that increase heart rate and improve heart and lung health like walking or cycling.	Boikwetliso ba pelo le matshwafo / aerobiki
8	**Afternoon**	The time of day between noon and evening.	Thapama
9	**Alcohol**	Drinks like beer, wine, and spirits. that can affect blood sugar levels and overall health.	Tahi
10	**Angiopathy**	Damage to blood vessels, often caused by diabetes.	Tshenyomethapong / Enjiophathi
11	**Animal-based proteins**	Proteins that come from animals, like meat, eggs, and dairy.	Diprotheine tsa diphoofolo
12	**Antiretroviral**	Medications used to treat viral infections, like HIV.	Anthiretrovaerale
13	**Artificial sweeteners**	Sugar substitutes used to sweeten food and drinks that provide sweetness without the calories.	Tswekere ya maiketsetso
14	**Autonomic dysfunction**	When diabetes affects nerves that control automatic body functions like heart rate and digestion.	Tshitiso ya dilaolabophelo
15	**Balanced diet**	Eating a variety of foods in the right proportions to get all the nutrients your body needs.	Dijo tse phethahetseng
16	**Bare foot**	Not wearing any shoes or socks.	Leoto le feela
17	**Basal insulin dose**	A steady amount of insulin that works all day to keep blood sugar levels stable.	Insulini e lekanyeditsweng
18	**Bolus insulin**	Extra insulin taken with meals to manage the rise in blood sugar from eating.	Insulini ya tlatsetso
19	**Bathtub**	A large container for bathing.	Bate

20	**Bedtime**	The time when you go to bed to sleep.	Seroko / Nako ya ho robala
21	**Behaviour**	The way someone acts or conducts themselves.	Boitshwaro
22	**Beta-cells**	Cells in the pancreas that produce insulin.	Disele tsa Betha
23	**Biphasic**	Having two phases or stages.	Motswakopedi wa insulini
24	**Bleak/Pale**	Lacking color or looking washed out.	– pudufetseng
25	**Blood**	The red liquid that circulates your veins and arteries, carrying oxygen and nutrients.	Madi
26	**Blood glucose meter**	A device to measure blood sugar levels.	Semethi sa tswekere e mading / Selekanya tswekere sa madi
27	**Blood pressure**	The force of blood pushing against the walls of your arteries.	Kgatello ya madi
28	**Blood sugar (glucose) levels**	The amount of glucose (sugar) in your blood, which needs to be kept in a healthy range.	Boemo ba tswekere mading
29	**Blood test**	A test that uses a sample of blood to check for various health conditions.	Teko ya madi
30	**Blurred vision**	When your eyesight becomes unclear or fuzzy.	Pono e lerootho
31	**Body mass index (BMI)**	A measure of body fat based on your height and weight.	Tekanyo ya boima ba mmele (TBM)
32	**Bottle**	A container with a narrow neck, used for holding liquids.	Botlolo
33	**Breakfast**	The first meal of the day, usually eaten in the morning.	Thahameso
34	**Breast feed**	Feeding a baby with milk from the mother's breast.	Ho nyantsha / Ho antsha
35	**Carbohydrate counting**	Keeping track of the amount of carbohydrates you eat to manage blood sugar levels.	Ho bala dikhabohaedreite
36	**Carbohydrates**	Nutrients in food that provide energy, found in foods like bread, rice, and fruits.	Dikhabohaedreite
37	**Casein protein**	A type of protein found in milk that digests slowly.	Protheine ya Kheisin
38	**Cell**	The basic building block of all living things.	Sele
39	**Chronic**	Something that lasts for a long time or keeps coming back.	– sa foleng
40	**Coma**	A deep state of unconsciousness.	Khoma
41	**Complications**	Additional health problems that arise as a result of a disease or condition.	Thatafalo / Kopakopano
42	**Constipation**	Difficulty in passing stools, often resulting in hard, dry stools.	Ho sokelwa / Ho sibeha
43	**Consumption**	The act of eating or drinking.	Ho ja / Ho nwa
44	**Continuous glucose monitoring (CGM)**	A device that tracks blood sugar levels throughout the day and night.	Semethitswello sa boemo ba tswekere (SBT)

45	**C-peptide**	C-peptide is a byproduct the pancreas releases into the body when it makes insulin and a low level (or no C-peptide) indicates that your pancreas is producing little or no insulin.	Phepthaete ya kgokahanyo
46	**Daily activities**	The routine tasks and actions you do every day.	Mesebetsi ya letsatsi ka leng
47	**Dawn phenomenon**	A rise in blood sugar levels in the early morning hours.	Phahamo / Keketseho ya tswekere mesong
48	**Decision making**	The process of making choices or decisions.	Ho etsa diqeto
49	**Decreased**	Reduced in amount or level.	Fokotsehile
50	**Deficiency**	A lack or shortage of something.	Kgaello
51	**Depressed, embarrassed, sad, excluded, shy**	Feelings of sadness, low self-esteem, or social discomfort.	Ho sithabela, ho tlotlolleha, ho hlonama, ho kgethollwa, ho ba ditlhong
52	**Diabetes self-management**	Taking care of your own diabetes by monitoring blood sugar, eating healthy, and exercising.	Boitsamaisetso ba lefu la tswekere
53	**Diabetes-linked neuropathy**	Nerve damage caused by diabetes, leading to pain or numbness.	Lefu la methapokutlo le amanang le la tswekere
54	**Diabetic foot**	Foot problems that occur in people with diabetes, often due to poor circulation and nerve damage.	Bokulo ba leoto ke tswekere
55	**Diabetic ketoacidosis (DKA)**	A serious condition where high blood sugar leads to the production of high levels of toxic acids, called ketones, in the blood.	Lefu la tswekere la diesiti tsa keto (LTDK)
56	**Diabetic nephropathy**	Damage to the kidneys caused by high blood sugar levels over time.	Tswekere diphiong
57	**Diabetic neuropathy**	Damage to the nerves caused by high blood sugar levels, leading to pain or numbness.	Tswekere methapokutlong
58	**Diabetic retinopathy**	Damage to the eyes caused by high blood sugar levels, which can lead to vision problems.	Tswekere mahlong
59	**Diarrhoea**	Frequent, loose, or watery bowel movements.	Letshollo
60	**Diet**	The kinds of food that a person eats regularly.	Dijo / Daete
61	**Dietary choices**	The decisions you make about what foods to eat.	Kgetho ya dijo / daete
62	**Dietary fibre**	The part of plant foods that the body can't digest, which helps with digestion.	Ditlheferetsi
63	**Dinner**	The main meal of the day, usually eaten in the evening.	Dijo tsa mantsiboya / Tinare
64	**Directed Marketing**	Advertising aimed at a specific group of people.	Papatso e Tobileng
65	**Disaccharides**	A type of sugar made up of two simple sugar molecules.	Didaesakharaete
66	**Disposal**	Getting rid of something, like waste or used medical supplies.	Ho lahla

67	**Disposition index**	A measure of how well the body can produce and use insulin.	Tekanyo ya tlhahiso
68	**Dizziness**	Feeling lightheaded or unsteady.	Motsekelo / Modikwadikwane
69	**Do you often go to the toilet?**	A question asking if someone urinates frequently, which can be a sign of high blood sugar.	Na o atisa ho ya ntlwaneng?
70	**Drink water**	Consuming water to stay hydrated.	Nwa metsi
71	**Dry**	Lacking moisture or wetness.	Omme
72	**Dyslipidaemia**	An imbalance of fats/lipids in the blood, like high cholesterol.	Tlhokeho ya tekatekanyo ya mafura mading
73	**Efficacy**	How well something works or produces the desired result.	Bokgoni
74	**Encouragement, advice, hope, knowledge, information**	Positive support and guidance to help someone manage their health.	Kgothatso, keletso, tshepo, tsebo, tlhahisoleseding
75	**EPOC (Excess post-exercise oxygen consumption)**	The extra calories your body burns after exercise as it returns to rest.	Ngatafalo ya tshebediso ya oksejene ka mora boikwetliso
76	**Euglycemia**	Normal blood sugar levels.	Boemo bo tsitsitseng ba tswekere / Yuglisimia
77	**Examination**	A detailed inspection or assessment, often by a doctor.	Tlhahlobo
78	**Exceptions and excuses**	Situations where the usual rules don't apply or reasons given to avoid doing something.	Mekgelo le mabaka
79	**Exercise or physical activity**	Any movement that uses energy and helps keep the body healthy.	Boikwetliso kapa boikwetliso ba mmele
80	**Exercise-induced hypoglycemia**	Low blood sugar that happens during or after physical activity.	Tswekere e tlase ke kwetliso ya mmele / Haephoglisimia
81	**Expiry date**	The date after which a product should not be used.	Letsatsi la ho fellwa ke nako
82	**Failure**	Not achieving the desired result or goal.	Ho hloleha
83	**Fasting**	Going without food or drink for a period of time.	Ho itima dijo
84	**Fasting blood/plasma glucose**	A test that measures blood sugar levels after not eating for a certain period usually 8 hours or more.	Boemo ba tswekere ka mora boitimo
85	**Fats**	Nutrients in food like butter, oils, and nuts that provide energy and help the body absorb vitamins.	Mafura
86	**Fatty**	Containing a lot of fat.	– mafura
87	**Feet**	The lower extremities of the body, used for standing and walking.	Maoto
88	**Flexitarian diet**	A mostly vegetarian diet that occasionally includes meat or fish.	Mailanama ka mmoho

89	**Food**	What people and animals eat to get energy and nutrients.	Dijo
90	**Food scale**	A device used to measure the weight of food.	Sekala sa dijo
91	**Foot ulcers**	Open sores on the feet that are common in people with diabetes.	Diso tsa maoto
92	**Gangrene**	The death of body tissue due to lack of blood flow or infection.	Ho shwa ha disele / Gangrine
93	**Gastroparesis**	A condition where the stomach empties too slowly, often caused by nerve damage from diabetes.	Temalo ya methapokutlo ya mohodu / Gastropharesise
94	**Gestational diabetes**	Diabetes that develops during pregnancy.	Lefu la tswekere boimaneng
95	**Ghrelin**	A hormone that stimulates hunger/appetite.	Selakadisadijo / Setsosatakatso ya dijo / Ghrelini
96	**Glucagon**	A hormone that raises blood sugar levels.	Sephahamisatswekere mading / Glukhagone
97	**Glucose**	A type of sugar that is the body's main source of energy.	Tswekere
98	**Glucometer**	A device to measure blood sugar levels.	Semithatswekere / Selekanyatswekere
99	**Glucose control**	Managing blood sugar levels to keep them within a healthy range.	Taolo ya tswekere
100	**Glucose test**	A test to measure the amount of sugar in the blood.	Teko ya tswekere
101	**Glucose tolerance**	The body's ability to process sugar.	Mamello ya tswekere
102	**Glucose tolerance test (GTT)**	A test that measures how well the body handles sugar after drinking a sugary solution.	Teko ya mamello ya tswekere (TMT)
103	**Gluten-free diet**	A diet that avoids gluten, a protein found in wheat, barley, and rye.	Dijo tse hlokang gluthene / Daete e hlokang gluthene
104	**Glycaemic index (GI)**	A measure of how quickly a food raises blood sugar levels.	Tekanyo ya lebelophahamo la tswekere mading (TLTM) / Tekanyo ya Glaesemiki (TG)
105	**Glycaemic load (GL)**	A measure of how much a food will raise blood sugar levels, based on portion size.	Boima ba lebelophahamo la tswekere mading (BLTM) / Boima ba Glaesemiki (BG)
106	**Glycemic control**	Keeping blood sugar levels within a healthy range.	Taolo ya lebelophahamo la tswekere mading / Taolo ya Glaesemiki
107	**Glycogen depletion**	Using up the body's stored sugar during physical activity.	Ho fela ha tswekere sebeteng le mesifeng / Ho fela ha glaekhojene
108	**HbA1c (Glycated Hemoglobin)**	A test that shows average blood sugar levels over the past 2-3 months.	HbA1c (Teko ya Hemoglobine e kgomaretsweng ke tswekere) / Hemoglobine e glaekheithete
109	**Health and quality of life**	How healthy and satisfied a person feels in their daily life.	Bophelo le boleng ba bophelo

110	**Health care provider**	A professional who provides medical care, like a doctor or nurse.	Mofani wa tlhokomelo ya bophelo
111	**Health conscious**	Being aware of and concerned about your health and making choices that promote good health.	Ho ba sedi ka bophelo
112	**Health goals**	Targets set to improve or maintain health.	Dipheo tsa bophelo
113	**Healthy**	Being in good physical and mental condition.	– phetse hantle
114	**Healthy fats**	Fats that are good for your heart and overall health, like those found inavocados, nuts and fish.	Mafura a molemo
115	**Heart attack**	A medical emergency where the blood supply to the heart is blocked.	Tlhaselo ya pelo
116	**Heart disease**	Conditions that affect the heart, like coronary artery disease.	Lefu la pelo
117	**Heart failure**	A condition where the heart can't pump blood effectively.	Ho hloleha ha pelo
118	**High blood pressure**	When the force of blood against the artery walls is too high.	Kgatello e phahameng ya madi
119	**High-quality proteins**	Proteins that contain all the essential amino acids your body needs.	Diprotheine tsa boleng bo phahameng
120	**Intravenous fluids**	A medical facility where patients receive care, including fluids given through a vein.	Mekedikedi e pompelwang
121	**Hydration**	Having enough water in your body to function properly.	Ho ba le metsi mmeleng
122	**Hyperglycemia**	High blood sugar levels.	Tswekere e phahameng mading / Haephaglaesemia
123	**Hypersensitive**	Overly sensitive or reactive to stimuli.	Kutlo e fetelletseng
124	**Hypertension**	High blood pressure.	Kgatello e phahameng ya madi
125	**Hypoglycemia**	Low blood sugar levels.	Tswekere e tlase mading / Haephoglaesemia
126	**Hypoglycemic episode**	A sudden drop in blood sugar levels, causing symptoms like dizziness or confusion.	Ketsahalo ya tswekere e tlase mading
127	**Inconvenience**	Something that causes trouble or difficulty.	Tshitiso
128	**Increased**	Made larger or greater in amount.	– eketsehile
129	**Infant, toddler, pre-school child, school child, adolescent, puberty, adult**	Different stages of human growth and development.	Lesea, ngwana e monyane, ngwana wa sekolo sa mathomo, ngwana wa sekolo, motjha, bohlankana kapa borwetsana, motho e moholo
130	**Inflammation**	The body's response to injury or infection, causing redness, swelling, and pain.	Borurusi
131	**Informed decision**	A choice made after understanding all the relevant information.	Qeto e nahanisitsweng
132	**Inject**	To put a liquid, like insulin, into the body using a needle.	Hlaba / Enta

133	**Injection**	The act of putting a liquid into the body using a needle.	Mohlabo / Ente
134	**Injury**	Harm or damage to the body.	Temalo
135	**Insoluble fibre**	A type of fibre that doesn't dissolve in water, helping with digestion.	Ditlheferetsi tse sa monyeheng
136	**Inspection**	A careful examination or review.	Tekolo / Tlhahlobo
137	**Instore advertisements**	Ads placed inside a store to promote products.	Dipapatso tsa ka hare ho lebenkele
138	**Insulin**	A hormone that helps control blood sugar levels.	Insulini
139	**Insulin deficiency**	Not having enough insulin to control blood sugar levels.	Kgaello ya insulini
140	**Insulin dose (multiple daily dosing)**	The amount of insulin taken, often several times a day.	Tekanyo ya insulini (ya makgetlo ka letsatsi)
141	**Insulin dosing adjustments (correction dose)**	Changing the amount of insulin taken to correct blood sugar levels.	Diphetolo tsa ditekanyo tsa insulini (tekanyo e lokisang)
142	**Insulin injecting device (insulin pen), syringe, needle (needle size and needle length), insulin pump**	Tools used to deliver insulin into the body.	Sesebediswa sa ho enta / hlaba insulini (pene ya insulini), serinji, nale (boholo le bolelele ba nale), pompo ya insulini
143	**Insulin pen**	A device used to inject insulin, shaped like a pen.	Pene ya insulini
144	**Insulin resistance**	When the body doesn't respond well to insulin, leading to high blood sugar.	Kganyetso ya insulini
145	**Insulin secretion index**	A measure of how much insulin the pancreas produces.	Tekanyo ya tlhahiso ya insulini
146	**Insulin sensitivity**	How well the body responds to insulin.	Karabelokutlo ya mmele ho insulini
147	**Insulin storage (fridge, cool place, cooler bag, ice brick, clay pot)**	Keeping insulin at the right temperature to maintain its effectiveness.	Polokelo ya insulini (sehatsetsi, sebaka se phodileng, mokotla o phodisang, setene sa leqhwa, pitsa ya letsopa)
148	**Insulin therapy**	Using insulin to manage blood sugar levels.	Kalafo ka insulini
149	**Insulin-carbohydrate ratio**	The amount of insulin needed to cover the amount of carbohydrates in a meal.	Reshiyo ya insulini ho dikhabohaedreite
150	**Insulin-clamp**	A research method used to measure how well the body uses insulin.	Mokgwatshebetsotaolo ya insulin / Tlelempe ya insulini
151	**Intermittent fasting**	Alternating periods of eating and fasting.	Ho itima dijo ka dinako tse itseng

152	**Keeping records of diabetes**	Tracking blood sugar levels, meals, and insulin doses to manage diabetes.	Ho boloka direkoto tsa lefu la tswekere
153	**Ketosis**	A state where the body uses fat for energy instead of carbohydrates.	Ketosese
154	**Ketoacidosis**	A dangerous condition where the body produces too many ketones, making the blood acidic.	Diesiti tsa keto / Ketoasitosise
155	**Ketogenic diet**	A high-fat, low-carb diet that forces the body to burn fat for energy.	Dijo tsa Ketojeniki / Daete ya Ketojeniki
156	**Ketones**	Chemicals (acids) produced when the body burns fat for energy.	Dikhithone
157	**Kidney function**	How well the kidneys are working to filter waste from the blood.	Tshebetso ya diphio
158	**Kitchen appliances**	Devices used in the kitchen, like a stove or refrigerator.	Disebediswa tsa motlakase / kgase tsa kitjhine
159	**Kitchen utensils**	Tools used in the kitchen, like knives and spoons.	Disebediswa tsa kitjhine
160	**Lacto Vegetarian**	A vegetarian diet that includes dairy but not eggs.	Dijo tsa meroho le dihlahiswa tsa lebese / Daete ya meroho le dihlahiswa tsa lebese
161	**Lacto-Ovo Vegetarian**	A vegetarian diet that includes both dairy and eggs.	Dijo tsa meroho le dihlahiswa tsa lebese le mahe / Daete ya meroho le dihlahiswa tsa lebese le mahe
162	**Lancet**	A small, sharp tool used to prick the skin for blood sugar testing.	Dinalete tse phunyang letlalo / Lansete
163	**Leptin**	A hormone that helps regulate hunger and energy balance.	Sefokotsatakatso ya dijo / Taolotakatso ya dijo / Lepthine
164	**Lifestyle**	The way a person lives, including habits and daily activities.	Mokgwa wa Bophelo
165	**Liver function**	How well the liver is working to process nutrients and remove toxins.	Tshebetso ya sebete
166	**Long acting**	Something that works over a long period of time, like certain types of insulin.	Tshebetso ya nako e telele / Tshebetso e tshwarellang
167	**Low glycemic index**	Foods that cause a slow, steady rise in blood sugar levels.	Tekanyo e tlase ya tswekere mading / Tekanyo ya Glaesemike e tlase
168	**Low-carb diet**	A diet that limits the amount of carbohydrates eaten.	Dijo tse nang le dikhabohaedreite tse tlase / Daete e nang le dikhabohaedreite tse tlase
169	**Low-quality proteins**	Proteins that do not contain all essential amino acids.	Diprotheine tsa boleng bo tlase
170	**Lunch**	A meal eaten in the middle of the day.	Dijo tsa motshehare
171	**Macroangiopathy**	Damage to large blood vessels, often caused by diabetes.	Tshenyeho ya methapo e meholo / Makroenjiophathe
172	**Macrovascular complications**	Problems with large blood vessels, like those in the heart and legs.	Mathata a methapo e meholo ya madi

173	**Meal**	An occasion when food is eaten, like breakfast, lunch, or dinner.	Sejo / Dijo
174	**Measuring equipment**	Tools used to measure things, like blood sugar levels or food portions.	Disebediswa tsa ho lekanya
175	**Medical nutrition therapy (MNT)**	A treatment approach that uses diet to manage medical conditions.	Kalafo ya phepo e nepahetseng ya meriana (KPM)
176	**Medicine**	Substances used to treat or prevent diseases.	Moriana
177	**Mediterranean diet**	A diet based on the traditional eating habits of people in Mediterranean countries, rich in fruits, vegetables, and healthy fats.	Dijo tsa Medithereniene / Daete ya Medithereniene
178	**Metabolic syndrome**	A group of conditions that increase the risk of heart disease and diabetes.	Matshwao a malwetse a tshilo / Sindromo ya tshilo
179	**Microangiopathy**	Damage to small blood vessels, often caused by diabetes.	Tshenyeho ya methatswana / Maekroenjiophathe
180	**Microvascular complications**	Problems with small blood vessels, like those in the eyes and kidneys.	Mathata a methatswana ya madi
181	**Mindful eating**	Paying attention to what and how you eat, focusing on the experience of eating.	Ho ja ka kelohloko
182	**Mistakes (what's not working)**	Errors or actions that don't lead to the desired outcome.	Diphoso (ho sa sebetseng)
183	**Monitoring**	Keeping track of something, like blood sugar levels or health progress.	Ho disa
184	**Monosaccharides**	The simplest form of sugar, like glucose or fructose.	Dimonosakharaete
185	**Mono-unsaturated fats**	Healthy fats found in foods like olive oil and avocados.	Mafura a sa hwameng a bontonngwe / Mafura a monoansatjhureithete
186	**Nauseous (Please check word used - Nauseated?)**	Feeling like you might vomit.	Ho nyekelwa
187	**Needle**	A thin, pointed tool used to inject liquids into the body.	Nale / Nalete
188	**Nephropathy**	Kidney damage or disease.	Tshenyeho ya diphio
189	**Neuropathy**	Nerve damage, often causing pain or numbness.	Tshenyeho ya methapokutlo
190	**Non-compliant**	Not following medical advice.	Ho se ikamahanye
191	**Nutrition (carbohydrates, proteins, fats, vitamins, minerals, fibre)**	Essential nutrients needed for health.	Phepo e ntle (dikhabohaedreite, diprotheine, mafura, divithamine, diminerale, ditlheferetsi)
192	**Obese**	Having a very high amount of body fat, which can lead to health problems.	– nonne tlolo / nonne haholo

193	**Obesity**	A condition where a person has too much body fat, often leading to health issues like diabetes or heart disease.	Mononotlolo / Monono o moholo
194	**Oligosaccharides**	A type of carbohydrate made up of a few sugar molecules, found in foods like beans and lentils.	Dioligosakharaete
195	**Omega-3 fatty acids**	Healthy fats found in fish, flaxseeds, and walnuts that are good for the heart and brain.	Diesiti tse mafura tsa Omega-3
196	**Omega-6 fatty acids**	Fats found in vegetable oils and nuts that are essential for health but should be balanced with omega-3s.	Diesiti tse mafura tsa Omega-6
197	**Oral glucose tolerance test**	A test where you drink a sugary solution to see how well your body handles sugar over time.	Teko ya molomo ya mamello ya tswekere
198	**Oral hypoglycaemic agents**	Medications taken by mouth to help lower blood sugar levels in people with diabetes.	Meriana e nowang ho theola tswekere mading
199	**Orthostatic hypotension**	A sudden drop in blood pressure when standing up, which can cause dizziness or fainting.	Kgatello e tlase ya madi ya tshohanyetso e bakwang ke ho raoha
200	**Overdose**	Taking too much of a medication or substance, which can be dangerous or even life-threatening.	Ho feta tekanyo / Phetiso ya tekanyo
201	**Ovo Vegetarian**	A vegetarian diet that includes eggs but not dairy products.	Dijo tsa meroho le mahe / Daete ya meroho le mahe
202	**Oxidative stress**	Damage to cells caused by an imbalance between harmful molecules (free radicals) and antioxidants in the body.	Kgatello ka keketseho ya oksijene diseleng / Kgatello ya oksideithive
203	**Package**	A container or wrapping used to hold a product, like a box or bag.	Sephuthelwana
204	**Paleo diet**	A diet based on eating like our ancient ancestors, focusing on whole foods like meat, fish, vegetables, and nuts, while avoiding processed foods.	Dijo tsa baholoholo / batala / Daete ya baholoholo / batala
205	**Palpitations**	A feeling that your heart is beating too fast, too hard, or irregularly, often described as a "racing heart."	Pelo e rutlang / Ho otla ha pelo ka potlako
206	**Pancreas**	An organ near the stomach that produces insulin to control blood sugar and helps digest food.	Manyeme / Lefetshwana
207	**Pancreatic beta cells**	Cells in the pancreas that make insulin, the hormone that helps control blood sugar levels.	Disele tsa manyeme / lefetshwana tsa betha
208	**Pass out**	To lose consciousness, often temporarily, due to a drop in blood pressure, low blood sugar, or other reasons.	Ho idibana / Ho akgeha / Maididi
209	**Peripheral vascular disease (PVD)**	A condition where blood flow to the arms and legs is reduced, often causing pain or numbness, and is common in people with diabetes.	Bolwetse ba methapo ya ditho tse dipentong (BMDD)

210	**Personalised nutrition**	A diet plan tailored to an individual's specific health needs, goals, and preferences.	Phepo e ntle ya bomong / Phepo e ntle mothong ka mong
211	**Physical activity**	Any movement that uses energy, like walking, running, or playing sports, which helps keep the body healthy.	Tshebetso ya mmele
212	**Pins and needles**	A tingling or prickling sensation, often felt in the hands or feet, usually caused by pressure on nerves.	Bohatsu
213	**Plant-based proteins**	Proteins that come from plants, like beans, lentils, and nuts.	Diprotheine tsa dimela
214	**Polysaccharides**	Complex carbohydrates made up of many sugar molecules, like starch.	Dipholisakharaete
215	**Polyunsaturated fats**	Healthy fats found in foods like fish, nuts, and seeds.	Mafura a sa hwameng a bontongata / Mafura a pholiansatjhureithete
216	**Poor concentration**	Difficulty focusing or paying attention.	Tsepamisokutlo e fokolang
217	**Positive behaviour (focus on important things, reinforce what works, motivation, take responsibility, determination)**	Encouraging good habits and attitudes to manage health effectively.	Boitshwaro bo hantle (tsepamisa maikutlo dinthong tsa bohlokwa, tiisa se sebetsang, kgothatso, nka boikarabelo, boikemisetso)
218	**Postprandial glucose**	Blood sugar levels after eating a meal.	Boemo ba tswekere ka mora dijo
219	**Prediabetes**	A condition where blood sugar levels are higher than normal but not high enough to be diabetes.	Mathuleng a lefu la tswekere
220	**Pregnant**	The condition of carrying a developing baby in the womb.	– immeng
221	**Prescribed**	Ordered or recommended by a doctor, like medication or treatment.	– laetsweng
222	**Protein**	omplex biomolecules made up of long chains of amino acids. They play a crucial role in various biological functions.	Protheine
223	**Rapid heart beats**	When the heart beats faster than normal, often due to stress or exercise.	Pelo e otla ka potlako
224	**Rate of perceived exertion (RPE)**	A measure of how hard you feel you are working during exercise.	Sekgahla sa boinahanelo sa boikitlaetso (SBB)
225	**Recycling**	Reusing materials to reduce waste.	Tshebedisobotjha / Phehlobotjha / Phetolobotjha

226	**Replacement meal**	A meal substitute, often in the form of a shake or bar, used to replace a regular meal.	Sejokemedi
227	**Resistance**	The ability to withstand or oppose something, like disease or stress.	Kganyetso
228	**Resistance training**	Exercises that build muscle strength, like lifting weights.	Boikwetliso bo ahang mmele / Kwetlokgabo ya mmele
229	**Retinopathy**	Damage to the retina in the eye, often caused by diabetes.	Tshenyeho ya mahlo / Rethinophathe
230	**Safety**	Being free from harm or danger.	Polokeho
231	**Sandwich**	A food item made with two slices of bread and a filling in between.	Samentjhisi / Sendwitjhe
232	**Saturated fats**	Fats found in animal products and some oils that can raise cholesterol levels.	Mafura a hwamang
233	**Self monitoring**	Keeping track of your own health, like blood sugar levels or diet.	Boitekolo
234	**Shoes**	Footwear worn to protect and comfort the feet.	Dieta
235	**Short acting**	Something that works for a short period of time, like certain types of insulin.	Tshebetsokgutshwane
236	**Sick days**	Days when you are unwell and may need to adjust your diabetes management.	Matsatsi a ho kula
237	**Side effect(s)**	Unintended effects of a medication or treatment.	Ditlamorao
238	**Silent ischemia**	A condition where there is reduced blood flow to the heart without noticeable symptoms.	Phallotlase ya madi ho ya pelong / Iskhemiya e kgutsitseng
239	**Small meal portions**	Eating smaller amounts of food at each meal to help control blood sugar levels.	Dikarolwana tsa dijo
240	**Smoke**	To inhale and exhale the smoke of burning tobacco or other substances.	– tsuba
241	**Smoking**	The act of inhaling and exhaling smoke from cigarettes or other tobacco products.	Ho tsuba
242	**Snack (noun)**	Eating small amounts of food between main meals.	Seneke
243	**Soluble fibre**	A type of fibre that dissolves in water, helping to lower cholesterol and control blood sugar.	Ditlheferetsi tse monyehang
244	**Somogyi effect**	A rebound high blood sugar level after a nighttime low blood sugar episode.	Poelosekwele ya tswekere e phahameng ya madi / Ketsahalo ya Somogyi
245	**Starches**	A type of carbohydrate found in foods like potatoes, rice, and bread.	Disetatjhe
246	**Stomach pain**	Discomfort or pain in the abdomen.	Lehlaba ka mpeng / Ho tshwarwa ke mala
247	**Store**	A place where goods are kept for future use or sale. To keep something for future use.	Polokelong / Setoro
248	**Stove**	A kitchen appliance used for cooking food.	Setofo
249	**Stroke**	A medical condition where blood flow to the brain is interrupted, causing brain damage.	Strouku

250	**Sugar**	A sweet substance used to flavor food and drinks, which can affect blood sugar levels. Sugar is an umbrella term for many types of simple carbohydrates	Tswekere
251	**Sugar alcohols**	Sweeteners that have fewer calories than sugar and are often used in sugar-free products.	Dinatefisi tse tswekere
252	**Support (understanding, encouragement, role models, motivate)**	Help and positive reinforcement from others to manage health effectively.	Tshehetso (kutlwisiso, kgothatso, mehlala, – kgothatsa)
253	**Swallow**	To move food or liquid from the mouth to the stomach.	Kwenya / Metsa
254	**Sweat**	Moisture released by the skin to cool the body down.	Mofufutso
255	**Sweat**	To produce moisture from the skin, especially when hot or nervous.	- fufulelwa
256	**Sweets**	Foods that are high in sugar, like candy and desserts.	Dijo tse tswekere / Dipompong / - dimonate / - dimenyemenye
257	**Symptoms of 'hyper' (glycemia)**	Signs of high blood sugar, such as frequent urination, thirst, dry mouth, blurred vision, weight loss, and difficulty concentrating.	Matshwao a tswekere e phahameng
258	**Symptoms of 'hypo' (glycemia)**	Signs of low blood sugar, such as weakness, difficulty concentrating, headache, drowsiness, confusion, seizures, anxiety, palpitations, cold sweating, and hunger.	Matshwao a tswekere e tlase
259	**Symptoms of too many ketones**	Signs of a dangerous condition called ketoacidosis, caused by high levels of ketones in the blood. Signs of high ketone levels, such as heavy breathing, chest pain, abdominal pain, vomiting, drowsiness, confusion, and coma.	Matshwao a khithonengata
260	**Syringe**	A device used to inject liquids into the body or draw blood.	Serinji / Ente / Lethopo
261	**Tablets**	Solid forms of medication that are taken by mouth.	Dipidisi / Dipilisi
262	**Teacher**	A person who educates others, often in a school setting.	Titjhere
263	**Teasing, bullying, name-calling**	Negative behaviors that can affect a person's emotional well-being. Negative behaviors that involve making fun of or hurting others.	Ho soma, ho hlorisa, ho rohaka
264	**Test / testing**	Checking or measuring something, like blood sugar levels.	Tlhahlobo / Ho hlahloba

265	**Test strips**	Small strips used to measure the concentration of a chemical for example blood sugar levels.	Metjellane ya tlhahlobo
266	**Thirst**	A feeling of needing to drink something.	Lenyora
267	**Trans fats**	Unhealthy fats found in some processed foods that can raise cholesterol levels.	Mafura a behetsweng moedi
268	**Treatment failure**	When a treatment does not work as expected.	Ho hloleha ha kalafo
269	**Type 1 diabetes**	A condition where the body does not produce insulin, requiring daily insulin injections.	Lefu la tswekere mofuta wa 1
270	**Type 2 diabetes**	A condition where the body does not use insulin properly, often managed with diet, exercise, and medication.	Lefu la tswekere mofuta wa 2
271	**Type 3 diabetes**	A term sometimes used to describe Alzheimer's disease linked to insulin resistance in the brain.	Lefu la tswekere mofuta wa 3
272	**Under the skin, subcutaneous fat**	Fat stored just beneath the skin.	Tlasa letlalo, mafura a fumanwang tlasa letlalo
273	**Units**	Measurements used to describe amounts, like insulin doses.	Diyuniti
274	**Unsaturated fats**	Healthy fats found in foods like olive oil, nuts, and fish.	Mafura a sa hwameng
275	**Urine**	Liquid bodily waste excreted by the kidneys.	Moroto
276	**Urine test strips**	Strips used to test for substances in urine, like ketones and glucose.	Metjellane ya diteko tsa moroto
277	**Vegan diet**	A diet that excludes all animal products, including meat, dairy, and eggs.	Dijo tsa meroho le ditholwana feela / Daete ya meroho le ditholwana feela
278	**Vegetarian**	A diet that excludes meat but may include dairy and eggs.	Dijo tsa meroho, ditholwana, dihlahiswa tsa lebese le mahe / Daete ya meroho, ditholwana, dihlahiswa tsa lebese le mahe
279	**Vial**	A small container used to hold liquids, like medication (insulin).	Botlolwana ya phekomekedikedi / Setshedi sa phekomekedikedi / Vaele
280	**Visits to the doctor or paediatrician**	Regular check-ups with a healthcare provider to monitor health.	Ho bona ngaka / ngaka ya bana / Ho ya ngakeng / ngakeng ya bana
281	**Vomit**	To expel the contents of the stomach through the mouth.	Hlatsa
282	**Waist-to-hip ratio**	A measure of body fat distribution, calculated by dividing waist size by hip size.	Reshiyo ya letheka ho noka
283	**Warm water**	Water that is heated to a comfortable temperature, not cold or hot.	Metsi a futhumetseng
284	**Wash**	To clean something, like hands or food with soap and water or just water.	Hlatswa
285	**Weight**	The measure of how heavy something is, often used to assess health.	Boima ba mmele / Weite

286	**Where to inject insulin**	Common sites for insulin injections, like the thigh, upper arm, abdomen, and buttocks.	Moo o ka hlabang insulin / Sebaka sa tlhabo ya insulini
287	**Whey protein**	A type of protein found in milk, often used in supplements.	Protheine ya hloya
288	**Wound**	An injury to the body, such as a cut or sore.	Leqeba