

AGLIF N USELMED UNNIG D UNADI USSNAN
TASDAWIT LMULUD AT-MÆEMMER N TIZI-UZZU
TAZEDDAYT N TSEKLIWIN D TUTLAYIN
AGEZDU N TUTLAYT D YIDLES N TMAZIYT



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AKATAY N TAGGARA N USWIR N LMASTER
AKATAY N LMASTER

TAFULT: TUTLAYT D YIDLES N TMAZIYT
TAFERNA: TASNULFAWALT D TESNIREMT

ASENTEL

Tanekda d tesleḍt talyawit n tesniremt n waṭan n ssker

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Taselwayt
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Asnemmer

Asenemmer

***Deg tazwara, ad nessnemer atas taselmadt-ntey Massa
“Guerchuh Lydia” yef tmusniwin d yiwellihen i ay-d-tefka si
tazwara armi dtaggara n uxeddim.***

***Tanemmir ttameqrant iwidakk iay-yefkan afus ama d
imejjayen, ama d imudan ...tg***

Abuddu

Abuddu

Ad buddeyakatay-agi s tumert:

I yimawlan-iwæzizen “Baba d Yemma”, ad yesseyzefrebbi di leæmer-nsen.

I wergaz-iw Nordine d twacult-is.

I yessetma: Nasira, Fatiha, Linda.

I watmaten-iw: Madjid, achour, Karim, Nasim, Said, Ahcen.

I tlawin n watmaten-iw: Sisil, Zahia, Lila.

I temddukal-iw: Hakima, Assia, Saloua, Samira, Hanan, Hakima d Djazira.

I yinelmaden d iselmaden n ugzdu n tmaziyt s umata.

Nadia

Abuddu

Ad buddey akatay-agi s tumert i yimawlan-iwæzizen “Baba d Yemma” ad yessiyzef rebbi di leæmer-nsen.

I yessetma: Dalila, Linda, Samira, Dihia.

I watmaten-iw: ghiles d Yacine.

I Sofiane d twacult-is.

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I yinelmaden d yiselmaden n ugzdu n tmaziyt s umata.

Sonia

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Sgt:asget

sf: asuf

Ad:addad amaruz

fr.Français

Sb:asebtar

Izamulen

(). Asalay

**Tazwert
tamatut**

Tazwert:

Yal tameslayt,yal tutlatyt di ddunit tettbeddil tettegnerni,akken tettbeddil tudert n umdan. Imi atas n tayulin i lad-yettunlufun di tudert d timaynutin ur llint ara am zik-nni. Ur nezmir ara ad d-nini belli ayen yettihiwiğ, dwayen yessexdam umdan-ass-a,am wayen yellan deg yiseggasen iseddad.Timetti la tgemmu, tussna simmal la tettzad.Γef way-a ula d tutlayt tewwi-d fell-as ad tennerni, di yal tayult.

Tutlayt n tmaziyt, yas akken amawal-is yeğhed, maca tuget n wawalen-is d iqburen,ihl ula d nettat taenatt tesniremt, ladya tura imi tuyald tunşibt d tayelnawt deg tmurt nney.Ackuad tettusexdem deg waṭas n yehricen, ladya win n tussna.

Amdan di tudert n yall ass aybel-is ameqqran d şehha ines,d wamek ara ihader yef yiman-is seg waṭanen.Maca aya-gi maci dayen yellan deg ufus-is, atan d ayen i kecmen amdan melba ccwar yas mma llant kra n tmental maca ad yeqqim d tikci n rebbi am waṭan n tgezṣal,ul, ssker atg.

Deg uxeddim nnteyad neereḍ ad d-nexdem tanekda n waṭan n ssker s tmaziyt. Iwakken ad yuṣal d allal i wid yettnadin tamusni deg uḥric n tujjya s tutlayt tayemmat yerna, s wawalen ara yegzi ula d win ur nelli ara deg uḥric-a, ney win ur neyri ara s umata.

Tamukrist:

Aṭan n ssker yettwassen deg uḥric n tujjya,ula deg tudert n yal ass, atas i ttmeslayen fell-as yimdanen imi yettuqqet di tmetti. Dya nezmer ad d-nessegzi atan-agi s tmaziyt? Llan yirman icudden yerusentel-agi ney ilaq ad nerr lwelha yer imerḍilen ney ar tesnulfawalt?

Afran n usentel:

Aṭas n tmentilin i ay-yeğğan ad nefren asentel-agi:
Tasniremt d yiwet n tayult yehwağen ad tennerni di tmaziyt i wakken ad tetṭef akk tayulin. Nebya ad yili d allalgar yifassen n yimusnawen ara t-yessxedmen,ama d imejjayen yer yimuḍan nsen ama d imuḍan, ney d tiwaculin n yimuḍan akken ad gzun atan-agi d wamek ara s-lhun.

Ad nexdem tanekda n waṭan n ssker s tmaziyt, imi yezga umeslay fell-as ula deg yimawen n yimyaren dtemyarin.

Nra ad d-nessufey tutlaytseg tayult n tezrawt, yer tutlayt ara yemmeslayan yef tussna.

Iswi n unadi:

Gar tayulin yehwağen amawal di tmaziyt tella tussna: d tayult n n uxeddim ussna.

Deg axeddim-agi nntey:

Ad neereḍ ad nessegzi aṭan n ssker s tmaziyt,i wakken ad yuṭal d allal i wid yettnadin tamusni deg uḥric n tujjyas tutlayt tayemmat, yerna s wawalen ara yegzi ula d win ur nelli ara deg uḥric n tujjya.

Deg-sad d-nefk tasniremt yeqqnen yer tayult-agi i yezmer ahat umejjay ad tt-yessexdem akked yimuḍan-is laḍya wid ur nettmeslay ara tutlayin nniḍen.

Turdiwin:

Aṭan n ssker ur nezmir ara ad t-id nessegzi s telqayt, acku:

- ad ilin wawalen ixušen degunamek, wiyaḍ ur sein ara azal nsen s tmaziyt.
- Ulaç aṭas n yirman deg uḥric n tujjya
- Kra n wawalen yezmer ad ilin d imerḍilen si tutlayin tiberraniyin
- Ula deg tesnulfawalt ur d-nettaf ara aṭas n yirman icudden yer uḥric n tujjya

Uguren n unadi:

Deg unadi-agi id-nessewjed nufa-d ddeqs n wuguren ama d ayen yeenan ajmae n wammud ama deg wayen yeenan isegzawalen n uḥric n tujjya.

Ayen yeenan ajmae n wammud nufa-d ugur deg lexšaṣ n yidlisen ansi ara d-nawi ammud,armi nerra lwelha yer tansa n internet

Nufa-d dayen ugur n kra n wawalen s tefransist ur sein ara azal nsen s tmaziyt.

Rnu yer waya, imejjayen uṭur nruḥ akken ad negmer ugar n yisallen, ur ay-ttakken ara akud ad d-rren yef yisteqsiyen-ntey.

Tarrayt n unadi:

Deg usentel-ntey nebda axeddim yef sin yihricen:

Ixef amenzu:

Ad nexdem tanekda n waṭan n ssker s tmaziṭti deg ara nessegzi yal aḥric yerzan aṭan-agi am: tabadut-ines, anawen-ines, timitar-ines, adawi ines ...

Ixef wis ssin:

Ad nexdem tasleḥt talyawit n tesniremt n waṭan n ssker, akken ad d-nesbggen irman i yellan n tmaziṭt d wid yellan d ireṭṭalen si tama, akken dayen ara d-nesbggen tarrayin isi ddsen yiramn-agi d yizuran i seg d-kkan, si tama niḍen.

Ixefamenzu

**Tanekda n waṭan n
ssker s tmaziyt**

Tazwert:

Deg yixef -agi ad d- Nefk tanekda n waṭan n ssker s tmaziyt, deg-s ad d-nefk tabadut ines, timitar-is, annawen-is, ayen isi-d igellu, amek yettudawi

I-Tabadut n waṭan n Ssker :

D aṭan ur nḥellu ara, yettili-d mi ara yali ssker deg yidammen,sin ak-in aḍiḥan ur yettizmir ara ad isfares linsulin s wazal ilaqen.

Linsulin d hormone, yesseqad aswir n ssker deg yidammen, zzyada d walluy n ssker deg yidammen dayen i yettuqten.Tamentilt-is mazal ur as-tt-id-ufin ara.Aya-gisimmal i gellu-d s lemḍarrat timeqqranin i yiferdisen n tfekka,ladya izuran n yidammen.

II-Anadi n yidammen :

Iwakken ad izer umuḍin ma yella yuḍen aṭan n ssker, ilaq-as ad yexdem anadi n yidammen akken ad iḥar azal n ssker deg yidammen-is .

Azal n ssker deg yidammen, yemgarad deg umdan yer wayeḍ, almend n wayen yečča, ma yella umdan ur yečči ara ilaq ad yili gar 0.70g/l ar 1.10g/l.

Ilaq ad yexdem anadi n yidammen taṣebḥit, uqbel ma ad yessew lqehwa

III- Anawen n waṭtan n ssker

Tadukli Tagraylant n Tezmert OMS,tebḍa aṭan n ssker yef 03 n wannawen:

Anaw amenzu

Anaw wis sin

Ssker n tadist

III-1-Anaw amenzu:

Yettaṭaf azal n 6 % seg wid yuḍnen ssker ,yettwassen s yisem n waṭan n ssker yettkalen yef linsulin, ney aṭan n ssker id-ibeddun deg tallit ntemzi.Yettaṭaf igerdan imectah ney ilmezyen.Anaw-agi ar ass-a ur as-id ufin ara tamentilt ansi id-yekka ur yettudawi ara s tmusniwin i d-ufan ar ass-a.

III-1-1-Timitar n waṭan n ssker:

- Amuḍin ur yettaṭaf ara aman n tassa
- Ad yenqes deg lmizan
- Ad yettlaz yal taswiṭ, ad yesnagar
- Ad yettfad
- Ad yetthassa s εeggu

III-2-Anaw wiss sin:

Yettaṭaf 92% wid yuḍnen ssker, ayen i wumi qqaren aṭan n ssker ur nettkal ara yef linsulin, ney win i d-yettbanen deg talit n temyer. Linsulin deg tfekka ur ixeddem ara axeddim-is, s umata yettaṭaf imdanen meqqren di leamer, laḍya wid yesṣan ugar n 40 n yiseggasen. Tamentilt n wanaw-agi yettek-dseg uḍar n twacult.

Deg wayen yeeṇan timitar d ayen i d-yettbanen deg wanaw amenzu i d-yettbanen deg wis sin, maca deg wanaw wissin ur d-ttbanent ara mlih ak, amuḍin ur yettfaq ara yuḍen aṭan n ssker, alamma izad fel-as lhal.

III-3-Ssker n tadist: (diabète gestational)

D win wanaw amenzu, yettaṭaf gar 3 ar 6% tlawin yellan s tadist, d zzyada n ssker deg yidammen, deg-s yettali leglukuz yef wakken yellan deg tyara tamagnut. Yettban-d segakradyur wis krad n tadist, sin ak-in yettruḥu mbaed tadist. Tilawin yuḍnen ssker n tadist seεunt uguren mi ara ad d-arwent. Fer sdat nutenti d warraw nsent yezmer ad tent yekcem ssker anaw wis sin. Ilaq ad nexdem amgarad garsin wanawen-agi, acku adawi nsen yemgarad. Asexdem n linsulin ur yettdumu ara

Mi ara tili tmeṭṭut s tadist ssker yezmer ad yili s sin n yiberdan yemgaraden :

- **Tayara tamenzut:** tettili yer tmeṭṭut yesṣan aṭan n ssker, yettnarni di tallit n tadist.
- **Tayara tis snat:** yettaṭaf tmeṭṭut di tallit n tadist kan, mbeed ad iruḥ

III-3-1-Anadi n yidammen di tallit n tadist:

Anadi-agi n O'ssulbivan yettwaḍlb-d syur uyerbaz ayelnaw nyimejjayen n tlawin ma yella ur d-yessebgen ara acemma ilaq ad yettuεawed di smana tis 25 mebla tarda. Anadi-agi yettwaḥseb iṣeḥḥa (positif) mi ara yili ssker swaswa ney yuli yef 7,7mm/l ney 1,4 n yigramen s llitra

Ixef amenzu: Tanekda n waṭan n ssker

b nAnadi-agi maci bessif ad yettwaxdem di tmurt n Fransa.

III-3-2-Adawi n waṭan n ssker di tallit n tadist:

Tameṭṭutyellan s tadist ilaq-as ad tetteassa iman-is, rnu yer way-a llan kra n yinadiyen ara ten-texdem am unadi yef yizri, anadi n tgezṣal, anadi n yidammen, i wakken ad teḍmen d akken tigezṣal-is xeddmment axeddim nsent akken iwata.

Yettwaxdam unadi -agi n ssker di tfekka, i wakken ad naf ma yella yeqreb yer win n tyara tamagnut, akken amuḍin ad yexdem ayen ilaqen akken adiqerreuguren n walluy n ssker yer llufan yellan di tēbbuḍ n yemma-s.

Asexdem n tkaciyin mgal aṭṭan n ssker n twacult n **SULFAMIDES** Sakked **BIGUAMIDES**, di tallit n tadist ur laqent ara.

Adawi n waṭan n ssker di tallit n tadist, ur yemgarad ara yef udawi ines di tyara tamagnut, asexdem n linsulin yettili-d s tēssast n umejjay n tlawin.

III-3-3-Ayen isi-d i gellu ssker n tadist :

Ssker n tadist igellu-d s kra n lemḍarrat, ma yella tameṭṭut ur tḥuder ara iman-is , ad as-d am tazzla n yidammen. Tazzla-agi d nettat i d sebba d ayenni mi ara d-tarew, ur tettili ara d tamagnut, Tettili-d s ucellaḥ n uēbbuḍ. tameṭṭut uqbel tadist ilaq- as ad tẓar imejjayen n tarwa d wid n yizri.

IV-Tudert s waṭan n ssker:

I wakken ad yidir umuḍin i helken aṭan n ssker tudert igerzen, maci d ayen iweeren. Ilaq-as kan ad yissin amek ara yesseḥbiber yef tgella ines, ad yessinef akk ayen i d-igellun s uṣubbu n ssker, akken dayen ad yetteassa iman-is, akken ur as-yettali ara.

IV-1-Amuḍin di tudert n yal ass (Hygiene de vie):

I wakken ad yidir umuḍin tudert igerzen ilq-as:

-Ad iqader akud deg yiḥricen n tudert i merra , ladiya ayen yeenan akud n lmakla d tisegnatin n linsulin.

- Ad ibāeḍ yef tissit n ccrab , acku d ssebba tagejdant n uṣubbu n ssker

- Ad ibāeḍ yef ddexan

IV-2-Tudert n llufan yuḍnen aṭan n ssker:

Llufan-agi yezmer ad yidir tudert i garzen, am netta am tezyiwin -is , maca mi ara yili meẓẓi t-laḡ-as tēssast s ẓur yimawlan-is. Sin-ak-in yezmer ad yetteffey weḥd-s,acku ad yili yezra d acu i as-ilaqen i waṭan-is, d wayen i si-d yettawin lemḍarrat.

IV-3-Llufan i ihelken daxel n uyerbaz:

Llufan ihelken aṭan n ssker, yezmer ad yelmed deg uyerbaz am netta am yinelmaden nniḍen,yezmer ad yečč deg uyerbaz mebla ugur , maca imawlan-is ilaq ad sselmen tadbelt (l'administration), iselmaden d akken llufan-agi yehlek ad rnun ad ssemmlilen ger umejjay n ẓerbaz d umejjay n ssker, akken ad hedren ẓef tudert n llufan-agi.

Deg uyerbaz ilaq ad sēun ttawilat s way-s ara dawin aṭan-agi am tsegnatin n linsulin. Ad asen fken akk isallen ẓef tudert-is (lmakla yiss-s addal ixeddem, ayen ilaqen ma yella yuli ney iṣubb -as ssker) .

Llufan-agi yezmer ad yexdem addal, aṭan maci d ayen ara d-yilin d ugur, maca aselmad n waddal ilaq ad yeelem s waṭan n llufan-agi .Ad yissin timitar ines, ad yettaḡḡa llufan ad yesgunfu si lweqt ẓer wayeḍ, ad as-yanef ad yečč mbaed yal lḡehd. Ma yella iṣubb-as ney yuli-as ssker ad t-yeḡḡ ad yestaefu , ad yessiwel i yimawlan-is ney iṣallen n usellek .

IV-4-Addal di tudert n umuḍin n ssker

Astuqqet n waddal yelha mliḥ i umuḍin ,di tudert n yall ass ma ulac 30n dḡayeḡ deg wass. llant kra n tewsat in waddal laqent i umuḍin ad tent-yexdem (sport conseillé), am t-in anda ar yessexdem lḡehd. Addal n ugraw am ddabex n ufus,ddabex n uḍar, lḡambaz.

Llant dayent tewsat in ur laqent ara am tid id-igellun s lemḍarrat i tfekka n umuḍin am:

- Tazzla n tkerwas,tazzla n umuṭu
- Addal n umennuṣ(sports violents) am : judo,box,karati
- Addal id-irennun di lmizan : Muscilation
- Addal anda yeezel umuḍin iman-is am:leum.

Addal yesēa azal meqqren di tudert n umuḍin, ad yessiweḍ ad ysseḡeād aswir n ssker deg yidammen, rnu ẓer way-a ad yessenḡes azal di tsegnit n lisulin.

IV-5-Ayen ara yetbee umuḍin uqbel ma ad yexdem addal:

Amuḍin ilaq ad yečč lmakla ur nesei ara aṭas n ssker, uqbel ma ad yexdem addal.
Ma yella waddal ara yexdem yesseṭab:

- Ilaq-as ad yessenqes azal n tsegnit n linsulin.
- Ilaq ad yečč tagella uqbel mi ara ixeddem, mbaed yal lḡehd (effort)
- Ilaq dayen ad yettawi yid-s, yal mi ara yexdem addal ssker ney aman n lfakya,
- Aslaymay ukud ixeddem ilaq ad yili yehṣa dakken amuḍin yehlek aṭṭan n ssker.
- Ma yella umuḍin yessexdam linsulin, ilaq-as ad yettawi yides taqerret n **GLUCAGON**
- Ma yella yeqqim tallit meqqren ur yexdim ara addal, ilaq-as ad iciwer amejjay-is uqbel ma ad yexdem.

IV-6-Amuḍin n ssker deg uxeddim:

Amuḍin i helken aṭṭan n ssker, ixeddem am netta am umdan ur nuḍin ara ,maca d lexdami tifessasin acku ur as-ilaq ara ad yeṭeb.Γef way-a llantkra n lexdami yewwi-d adibaed fella-sent am : tanhart n wayen zṛayen am ukamyun, ttawilat n usiweḍ (transport public) , axeddim n larmi , iyallen n laman , lxedma n leywabi.

I wakken ad yexdem yal lxedma ilaq-as ad ihder akked umejjay ines d umejjay n uxeddim akken ad as-d-fken axeddim i as-ilagen.

IV-7-Amuḍin n ssker di tallit n tadist:

Tameṭṭut ihelken aṭṭan n ssker tezmer ad tili am nettat am tlawin nniḍen , maca yella wacu ara teḍfer,i wakken ur as-id igellu ara s lemḍarrat am i nettat ney i llufan yellan deg uεebbuḍ-is .

Ilaq-as ad tetteassa azal n ssker deg yidammen-is, aṭas n tikkal uqbelyal tiremt akked mbaed ssaεa d uzgen.Yal mi ara as-yali ilaq ad terr tsegnit n linsulin , acku ma yuli-asney iṣub-as ad as-id yeglu s lemḍarrat yef tudert n llufan.

Ilaq ad tẓerr amejjay-is n tlawin d win n ssker, yal tikkelt ladya deg ukradyur wis kraḍ. Ad ternu ad tettqissi (l'attention), acku ma ur teḍfir ara ttawilat-agi, yezmer ad d-ilal llufan uqbel lawan (prématuré), Tameṭṭut-agi tezmer ad d-tarew s ucellaḥ n uεebbuḍ, ma yella ur tezmir ara ad-tarew tarwa tamagnut (naissance normale). llufan n tmeṭṭut yuḍnen aṭṭan nssker ad yagar win tmeṭṭut ur nehlik ara s 550 g di lmizan , tuttḍa d ayen yelhan s waṭas, acku tessengas deg usexdem n tsegnatin n linsulin.

IV-8- Imuras di tudert n umuḍin n ssker:

Amuḍin ihelken aṭan n ssker, yezmer ad yesseḍdi Imuras am netta am yemdanen nniḍen , maca llan kra n yiwelliḥen ara yeḍfer am:

Ad yettawi yides attafṭar n tēssast ines , tiseḡnatin n linsulin akked (l'ordonance) n imejjayen ines, ad yesseḥbiber yeḥ ddwa ines , mi ara yesseḍdi imuras ilaq-as ad yili yeḡreb yeḥ tanessufart (pharmacie) akked useḡnaf (hopital), ilaq ad yeḡleb lmakla i as-ilaqen, ad yawi yides azal n tseḡnatin n linsulin i as-ikaḡen, akk tallit-nni n yimuras.

V- Amḡared ger uṣubbu d walluy n ssker :

V-1-Aṣubbu n ssker:(Hypoglycémie):

Seddaw n 0,70 d aṣubbu n ssker(hypoglycémie)

Mi ara yili wazal n ssker deg yidammen n umuḍin iṣub, tamentilt-is ma yella ur yeḡḡi ara akken ilaq, ney ma yella yeḡya, yeḥ ay-a ilaq-as ad yeḡḡ ssker ney tiḡidanin i wakken ad yali, aṣubu-agi n ssker yezmer ad d-yeglu s lmeḡarrat i tfekka,amdan yezmer ad yekcem deg unuddem ma yella ur iduwi ara akken ilaq.

V-1-1-Timitar n uṣubbu n ssker:

- Amuḍin udem-is ad yuḡal d awray
- Ad t-id teffey tidi d tasemaḡt
- Ad yettergigi si zzeaf
- Ad t-yettaḡraḥ uqerruy-is yal tikkelt
- Ad itett yal taswiḡt,ad yesnagar
- Amuḍin ad yezgu yefcel

V-1-2-Timental n uṣubbu n ssker

Amuḍin ma yella ur yeḡḡi ara akken ilaq, ney yeḡya ad as-iṣub ssker

V-1-3-Adawi n uṣubbu n ssker:

Di tazwara, ilaq usteḡsi i umuḍin ma yella yuḡden aṭṭan ssker, llant sin n waddaden:

Ixef amenzu: Tanekda n waṭan n ssker

V-1-3-1-Addad amenzu:

Mi ara yili umuḍin yerra-d s lexbar s lḥala-s , amuḍin yezmer ad yečč ney ad yessew , win yellan yid-s ad t-id ieiwen akken d yeqqim, sin ak-in ad as-yefk ayen ziden ad t-yečč am:

- lkas n uyefki
- 03 teḥjurin n ssker
- Lkas n lgazuz
- Lkas ameqqran n waman n lfakya
- 03 tyenjawin n tamemt
- Melmi yesteeḥa, ilaq-as ad iẓer amejjay ines

V-1-3-2-Addad wis sin:

Mi ara yili umuḍin yefsex, win yellan yid-s ur yezmir ara ad as-yefk ad yečč , ney ad yessew kra. Amuḍin di liḥala-agi ilaq-as ad yezzel ar lqaea yef yidis n tyellist (sécurité),sin ak-in ad rju-n iyalen n usellek, ara t-yawin yer usegnaf

V-2-Alluy n ssker: (Hyperglycémie):

Ugar n 1,10 d alluy n ssker (hyperglycémie)

D alluy n ssker deg yidammen ,tamentilt ines ma yella umuḍin yečča lmakla yessew leglucid, uqbel ma ad yewwet tisegnit n linsulin, ney ma yella yuḍen .Mi ara yili gar 1.10 g/l ney 1.25 g/l deg liḥala-agi ad yettwaḥsab yeqreb yer waṭan n ssker, ney ad yili yekcem-it. Lant tikkal nniḍen ya ad yexdem linsulin ur d-yettak ara azal ilaqen.

Mi ara yali ssker deg yidammen s wazal meqqren, igellu-d s lmeḍarrat timeqqranin i wallen, i tgezẓal.Alluy-agi yezmer ad yessiweḍ amuḍin ad yekcem deg unuddem n waṭtan n ssker.

V-2-1-Timitar n walluy n ssker:

- Amuḍin ad yettfad yal taswiḥ
- Ur yettaṭaf ara aman tassa
- Ad yefcel

Tamawt:

Ma yella wawal n ssker nessexdem-it wehdes mebla ma nerna-as arbib ney ayen i as-irennun lmaena, ay-agi yebya ad d-yini ssker (diabète sucré).

VI-Tinḍiwin nniḍen n waṭṭan n ssker :

Llant dayen atas n tinḍiwin (variation) n waṭṭan n ssker tid id d-yekkan seg uzar n tawacult (d'origine génétique) ney tid id d-yekkan seg les (hormones).

VI-1-Sskeradernez: (Diabète bronzé)

Qqaren-as dayen (l'hémochromatose) d aṭṭan yettek-d seg umbabi n wazal n wuzzal, (fer) deg ticlaḥ n wuddus (tissus de l'organisme).

VI-2-Ssker amessas: (Diabète insipide)

Yettili-d mi ara ilint tgezḥal ur zmirent ara ad semsente (concentrer) aman n tassa susekcem n tesgilt (émission) s lqidar meqqren n tufsiyin, (liquide) deg waman n tassa. Annaw-agi n waṭṭan n ssker, yezmer ad yesɛu atas n tmentilin, maca seant akk assay srid akked yir axeddim n tgezḥal. Agḍal (absence) n l'hormone i wumi qqaren (antidiabétique) i ḥebbes imessigen, (fuite de liquide) deg tembult n waman n tassa.

VI-3-Ssker n tgezḥal: (Diabète rénal)

Yettili-d s tilin (excessive) n ssker deg waman n tassa, maca azal n ssker deg yidammen d amagnum, deg wannaw-agi azal n ssker yettili d amagnum ur yesɛi ara assay akked (diabète sucré), mi ara yili wazal n ssker deg yidammen yuli.

VII-Lemḍarrat n waṭṭan n ssker :

Aṭṭan n ssker, igellu-d s lemḍarrat i tfekka n umdan. Llant kra n lemḍarrat timecṭaḥ am lexšaṣ n ssker deg yidammen, ay-agi ittek-d ma yella amuḍin ur yetthadar ara iman-is akken i wata. Maca Llant dayen lemḍarrat timeqqranin i yettayan amdan ur tettefyent ara : aṭṭan nwul, aṭṭan n tgezḥal, lexšaṣ deg yizri, axṣar deg yidammen ayen id-igellun s tieɛiqqert, leğruḥ ur ḥellun ara di lawan, uguren di lğerḥ n yiḍarren, aṭṭan n l'infection deg uksum n wuglan amuḍin ur itet ara.

VIII-Adawi n waṭan n ssker:

Γas akken aṭan n ssker ur yesɛi ara ddwaara t-yessehlun, maca yella wayen ara yexdem umuḍin akken ad yessehbiber yef tezmert-ines.

VIII-1-Anaw amenzu:

Amuḍin yekkat tisegnatin n linsulin, rnu yer way-a yetthadar ayen yeeṇan tagella,

VIII-2-Anaw wis sin:

Amuḍin yettdawi anaw-agi s usehbibe yef lmakla yis-s, ad itett ayen ur nettḍurru ara ṣeḥḥa ines:

- Ad itett di lweqt, ur yettezzgal ara tiram n lmakla
- Yal tiremt, ilaq ad tejmeɛ ger lxedra d uksum
- ad yessenqes seg tizidanin am: lgazuz d wayen yesɛan zzit.
- Ad yessexdam zzit n uzemmur di lmakla-is
- Ad itett tagella ur nesɛiara lglucid am: tomatic, lexyar, lleft
- Ad itett ayen I wumi yezmer n lxedra azegzawt am: sselq,
- Ad Itett lfakya am:
- Ad ilehḥu yef uḍar, ad yessenqes deg tenhart; ad iqass azal n ssker deg yidammen uqbel ma ad yelḥu, mbaed mi yelḥa, akken add-iban ma yella ubeddel.
- Tuzert ur t-laq ara i umuḍin n ssker, ilaq-as ad yessenqes **1kg** deg wagur

IX-Iberdan ara yetbeɛ umuḍin akken ur iseɛu ara uguren deg yiḍarren-is:

- Ur ilaq ara ad ilehḥu ḥafi
- Ad yessbiɛid iḍarren-is yef lḥamu
- Ur yettlusu ara iseब्baḍen n ccetwa
- Ur yettlusu ara iseब्baḍen i deyqen mlih
- Tameṭṭut ur tettlusu ara iseब्baḍen elayen
- Yal ass ad isefqed umuḍin iḍarren-is s usexdem n lemri
- Ma yella iwala kra n limarat deg yella ccek ney tettbeddil yini n yiḍarren-is, ilaq ad icawer amejjay-is
- Ad yessizdig iḍarren-is s waman yehman

X-Kra n tiktiwin ur nṣeḥḥi ara yef waṭtan n ssker:

Aṭas id-yeqqaren belli megdul i umuḍin ad yečč ssker, ay-agi ur iṣṣeḥḥa ara, azal n ssker ur ilaq ara ad iṣeddi **1,10 g**deg wass deg wayen itett, ama d ayen ziden ney d tagella nniḍen.

Qqaren dayen ur ilaq ara tissit n lgazuz, d ssaḥ maca yezmer umuḍin ad itess lgazuz ur nesei ara ssker(boisson light)

Tella dayen temsalt n lxelea a ṭas i d-yeqqaren amdan yettaṭaf –it waṭan n ssker si lxelea, ay-agi ur iṣeḥḥi ara, amuḍin ad yili yuḍen ssker maca ur as-ifaq ara almi d ass-nni i deg t-yuy kra ad d-yexdem anadi dya ad yaff yesea aṭan n ssker. Axlae ur yettili ara d tamentilit n waṭan n ssker.

Taggrayt n uḥric amenzu:

Deg yixef-agi , Llan kra n wawalen ur d-nufi araazal nsen s teqbaylit am:
Hormone, infection, linsulin.

Llan kra n yirman nufa-d azal nsen s tefrensist deg yisegzawalen :

Amedya:

Dallet.J,Mammeri.M,

Kran n wawalen nniḍen nudssiten s usemlili n ssin wawalen :

Imedyaten:

Anuddem n ssker → coma de diabète

Aṣubbu n ssker → hypoglycémie

Alluy n ssker → hyperglycémie

Kra n wawalen ur d-nufi ara azal nsen s tmaziyt neḡḡa-ten d imerḍilen:

Imedyaten:

Hormon, linsulin, zzyada, lḡerḡ...

Ixef wis sin

**Tasleḍt talyawit n
tesniremt n waṭan n
ssker**

Tazwert:

Deg yixef wis sin ad nexdem tasleđt talyawit n tesniremt n wađan n ssker, deg-s ad nebđu irman ilmend n tewsit. Irman iherfiyen, irman iuddimen, irman uddisen, irman iwalnuten, irman imerđilen

I-Tabadut n kra n yiraman:**I-1-Tasnalya:**

D ađric n tseđdast iselđen tanđiwin talyawiyin n yinumak. Tessebgan-d akk tanđiwin talyawiyin n yal awal itekkin yer yiwet n tesmilt. Mi ara yekcem wawal deg usatal yemgaraden, yal tanđa deg usatal yettbeddil-itt.

«la morphologie, est une partie de la grammaire qui traite des variation formelles des signification, elle doit donc presenter toutes les variation formelles, pour un meme monem ou synthème, appartenant a une meme classe déterminée, lorsque dans l'énoncé, il entre dans un contexte différent toute variation dans un contexte et qui subit l'action du divers facteurs»¹

I-2-Tasniremt:

Yal tayult ney yal tussna teħwağ agraw n yirman isi ara d-tessebgen tikta i as-ilagen, agraw-agi n yirman bennun tasniremt.

«Toute discipline et a plus forte raison toute science a besoin d'un ensemble de termes, par les quels, elle désigne les notions qui lui sont utiles, cet ensemble se termes constitue sa terminologie². »

I-3- Irem :

Deg tesniremt, tayunt tasniramant d tayunt i d-yemmalen anamek yebnan d awal (irem aherfi) ney atas n wawalen, irem uddis i d-yemmalen tikti deg yiwet n tayult.

«En terminologie : unité terminologique est l'unité signifiant constituée d'un mot (terme simple) ou plusieurs mots, terme complexe qui désigne une notion, a l'intérieur d'un domaine.³ ».

¹ GUILBERT, la créativité lexicale, Larousse, Paris, 1975

² DUBOIS « Dictionnaire de linguistique et des sciences du langage, Berti, Alger, 2014 P 481

I-4- Tasnulfawalt :

D abrid n usnulfu n wawalen itraren, d asilay n tayunin timaynutin, ama deg talya nay deg unamek.

Deg wayen yarzan tasnulfawalt n talya, d asnulfu n tayunin timaynutin , tasnulfalt n unamek , terza asexdem n amesnamek yellan yakan di tutlayt, ad as nefk tummayt ur yesei yakan , armi yettwasexdem deg usatal amaynut ney yettwaxdem s-yur umesnamek niḍen.

« C'est le processeur de formation des nouvelles unités lexical, on distingue la néologie de forme et la néologie de sens :

La néologie de forme consiste a fabriquer pour se faire de nouvelle unité, la néologie de sens consiste a employer un signifiant existant déjà dans la langue considérée en lui conférant un contenu qu'il n'avait pas jusqu'alors- que ce contenu soit conceptuellement nouveau ou qu'il ait été jusque la exprimé par un autre signifiant.⁴ »

I-5- Isem:

« D awal i d-yemmalen amdan,ayersi w ney tayawsa, isem yezmer ad yili d amalay ney d unti, d asu ney d asget ,am wakken yezmer ad yili deg waddad ilelli ney deg waddad amaruz. »⁵

Isem di tmaziyt yesca kraḍ n tmitar:

Timitar n tewsit: amalay/unti

Timitar n umḍan: asuf/asget

Timitar n waddad: addad ilelli/addad amaruz

I-5-1-Tukksa n yismawen:**I-5-1-1- Asalayn yisem:**

“Asalay d lqaleb yulyen s tira, tikwal ttilint-d tergalin irennun yer uẓar akken ad yili d awal⁶”

³ DUBOIS, Opcite. P 480

⁴ DUBOIS, ibid, P 322

⁵ MAMMERI, M .Tajerrumt n tmaziyt (tantala taqbaylit), éd BOUCHEN ,Paris, 1988 ,p 22 .

⁶ MAMMERI, M, Opcite

Amedya:

Amdan

Aẓar-is M D N

Asalay-is ($aC_1C_2aC_3$)**Amedya:**

Anuddem:

Aẓar-is: N D M

Asalay-is ($aC_1uC_2ec_3$)**I-5-1-2- Aẓarn yisem:***“Ur yettbeddil ara,yesεa anamek melba asalay “⁷***Amedya:**

Aṭṭan → T N

Tazzla → Z L

I-5-1-2-a-Aẓar n yisem yesεan yiwet n tergalit**- Amedya:**

L → d aẓar n yisem amalay → ul

I-5-1-2-b-Aẓar n yisem yesεan snat n tergalin:**- Amedya:**

Z l → d aẓar n yisem unti → tazzla

D S → d aẓar n yisem amalay → uddus

5-1-2-c-Aẓar n yisem yesεan kraḍ n tergalin:**Amedya**

Clḥ → d aẓar n yisem unti → ticlah

⁷ COHEN, D. « Racines », in. A la croisée des études libyco-berbère, Mélanges offerts à Paulette GALLAND- Pernet, éd Librairie Orientaliste PAUL GEUTHNER, 1993, p161

II- Irman iherfiyen:

Deg wammud nney nufa-d 29 n yirman d iherfiyen.

II-1-Irman iherfiyen imalayen:

Deg wammud nney nufa-d 14 n yirman iherfiyen imalayen.

- Isem amalay:

“Di teqbaylit tuget n yissmawen imalayen beddun s teyra: a, u, i⁸”

II-1-1-Irman iherfiyen imalayen I beddun s teyra “a”:

Deg wammud nney nufa-d 12 n yirman.

Imedyaten:**- Aṭan :**

(a c₁ac₂) Ḍ N

Aṭan: sm,ml,sf

Sgt: aṭanen

Ad am: waṭan

Fr: maladie

- Aḍiḥan:

(ac₁ic₂ac₃) Ḍ Ḥ N

Aḍiḥan: Sm, ml, sf

Nt: taḍiḥant

Sgt: iḍiḥanen

Ad am: uḍiḥan

Fr: pancréa

⁸ NAIT ZERRAD, K Grammaire berbère contemporain (kabyle) morphologie , éd ENAG , Alger 1995 , 44

- Aḥader:(ac₁ac₂ec₃) Ḥ D R

Aḥader: sm, ml, sf

Nt: lemḥadra

Ad am: uḥader

Fr: protection

- Asfares:(asc₁ac₂ec₃) F R S

Asfares: sm,ml,sf

Ad am: usfares

Fr: production

- Aẓar:(ac₁ac₂) Ṣ R

Aẓar: sm, ml, sf

Sgt: iẓuran

Ad am: uẓar

Fr: origine génétique

- Amuḍin:(amuc₁ic₂) Ḍ N

Amuḍin: sm, ml, sf

Sgt: imuḍan

Ad am: umuḍin

Fr: malade

- Asafar:(ac₁ac₂ac₃) S F R

Asafar: sm, ml,sf

Sg: isufar

Ad am: usafar

Fr: médicament

- Agḍal:(ac₁c₂a₃c₃) G Ḍ L

Agḍal:sm, ml, sf

Ad am:ugḍal

Fr:absence

- Aferdis:(ac₁ec₂c₃ic₄) F R D S

Aferdis: sm, ml, sf

Sgt: iferdisen

Ad am: uferdis

Fr: organe

- Amejjay:(ameC₁ay) J

Amejjay: sm, ml, sf

Sgt: imejjayen

Ad am: umejjay

Fr: médcin

- Asniger: (asc₁ic₂ec₃) N G R

Asniger:sm, ml, sf

Ad am: usniger

Fr: grignotage

Asegnaf:(asec₁c₂a₃) G N F

Asegnaf:sm, ml, sf

Sgt: isegnaf

Ad am: usegnaf

II-1-2-Irman iherfiyen imalayen ibeddun s teyra « i »:

Deg wammud nney nufa-d drus maḍi yiwen n yirem.

Imedyaten:**- Idim:**

(ic₁c₂) D M

Idim: sm, ml, sf

Sgt: idammen

Ad am: yidammen

Fr: sang

II-1-3- Irman iherfiyen imalayen ibeddun s “u”:

Deg wammud nney nufa-d yiwen n yirem.

Imedyaten:**UL:**

(uc₁) L

Ul: sm, ml, sf

Sgt: ulawen

Ad am: wul

Fr: Coeur

II-2-Irman iherfiyen untiyen:**- Isem unti:**

Yettalay yisem unti s tmerna n “t” di tazwara, d “t” di taggara n yisem amalay, n yisem asuf ney asget

Deg wammud nney nufa-d 15 n yirman.

II-2-1-Irman iherfiyen untiyen ibeddun s “t”:

Deg wammud nney nufa-d 14 n yirman.

Imedyaten:**- Tigezzelt:**(tic₁eC₂ec₃t) G Z L

Tigezzelt: sm,nt,sf

Sgt: tigezzal

Ad am: tgezẓelt

Fr:rein

- Tassa:(taC₁a) S

Tassa: sm, nt, sf

Sgt:tasswin

Fr:foi

- Tɛiqqert:(tic₁iC₂C₃t) Σ Q R

Tɛiqqert: sm, nt, sf

Ad am: tɛiqqert

Fr: stérile

Tafekka:(tac₁eC₂a) F K

Tafekka:sm, nt,sf

Sgt: tifekkiwin

Ad am: tfekka

Fr: corps

Tazmert :(ta c₁C₂ec₃t) Z M R

Tazmert: sm, nt, sf

Sgt: tizemmar

Fr : santé

Tadist:(taC₁ic₂t) DS

Tadist: sm, nt, sf

Sgt: tidusin

Fr: grocresse

Tujjya :(tuC₁c₂a) J

Tujjya: sm, nt, sf

Fr: médecine

Tinḍiwin :(tiC₁c₂ic₃in) N Ḍ

Tinḍiwin: sm, nt, sf

Sf:tanḍa

Ad am: tenḍiwin

Fr: variation

Tamentilt:(taC₁ec₂c₃ic₄t) M N T L

Tamentilt: sm, nt, sf

Sgt: timental

Ad am: tmentilt

-Fr: cause

Tisegnit:(tiseC₁c₂it) G N

Tisegnit: sm, nt, sf

Sgt: tisegnatin

Ad am: tsegnatin

Fr: injection

Tuffsit:(tuc₁c₂it) F S

Tuffsit: sm, nt, sf

Sgt: tuffsiyin

Fr: liquide

Takacitt:(tac₁ac₂itt) K C

Takacitt: sm, nt, sf

Sgt: tikacyin

Fr: comprimé

Tayellist:(tac₁eC₂ic₃t) Γ L S

Tayellist: sm, nt, sf

Sgt: tiyellas

Ad am: tyellist

Fr: sécurité

Tansufart:(tac₁c₂uc₃ac₄t) N S F R

Tansufart: sm, nt, sf

Sgt: tinsufar

Ad am: tensufart

Fr: pharmacie

II-2-2-Irman iherfiyen untiyen ibeddun s tergalin nniḍen:

Deg wammud nney nufa-d yiwen n yirem.

Imedyaten:**Lxelæa:**(Lc₁ec₂c₃a) X L Σ

Lxelæa:sm, nt, sf

Sgt: lxeleat

Fr: choque

III-Irman uddisen:

Tabadut n yisem uddis:

« Asuddes d asemlili n sin ney ugar n sin wawalen ad ssufyen awal d amaynut. »⁹

Deg wammud nney nufa-d 17 n yirman uddisen.

III-1-Annawen n usuddes:

“Di teqbaylit llan sin wannawen n usuddes.”¹⁰

III-2-Asuddes s usdukel n yiferdisen:

Asuddes-agi d asdukel ger sin wawalen stenzeyt

Isem+n+isem

Imedyaten:

- **Axşar n yidammen:** d awal uddis

Yesdukel isem “axşar” akked yisem “idammen”

Axşar: (a c₁c₂a c₃) X Ş R

Axşar: sm, ml, sf

Ad am: wexşar

Yidammen: (Yic₁aC₂en) D M

Yidammen:sm, ml, sgt

Fr: sang

- **Ażar n twacult:** d awal uddis

Yesdukel isem “ażar” d yisem “twacult”

Ażar: (ac₁a c₂) Ż R

Ażar:sm,ml, sf

Sgt: iżuran

Ad am: użar

⁹ LEHMANN,A. Introduction à la lexicologie sémantique et morphologique, éd NATHAN ,Paris ,1985 ,P 110 .

¹⁰ HADADOU , M A .Guide de la lecture et de la langue berbère, éd ENAL , Alger, P241 .

Fr: veins

Twacult:(tc₁c₂uc₃t) W C L

Twacult: sm, nt, sf

Sgt: tiwaculin

Fr: origine génétique

- **Tazzla n yidammen:**d awal uddis

Yesdukel isem “tazzla” d yisem “idammen”

Tazzla:(taC₁C₂a) Z L

Tazzla: sm, nt, sf

Fr:hémorragie

Yidammen: sm, ml, sgt (yettwaxdem yakan)

- **Anuddem n ssker:**d awal uddis

Yesdukel isem “anuddem” d yisem “ssker”

Anuddem: (ac₁uC₂ec₃) N D M

Anuddem: sm, ml, sf

Ad am: unuddem

Ssker:sm,ml, sf (yettwaxdemyakan)

Fr: coma du diabétique

- **Tacliḥt n wuddus:**d awal uddis

Yesdukel isem “tacliḥt” d yisem“uddus”

Tacliḥt: (tac₁C₂ic₃t) C L Ḥ

Tacliḥt: sm, nt, sf

Sgt: ticellaḥ

Ad am: ticellaḥ

Fr: tissu

Uddus:(uC₁uc₂) D S

Uddus: sm,ml, sf

Ad am: wuddus

Fr:tissus de l’organisme

- **Alluy n ssker:** d awaluddis

Yesdukel awal “alluy” akkedwawal “ssker”

Alluy: (aC₁uy) L

Alluy: sm, ml, sf

Ad am: walluy

Ssker: sm, ml, sf (yettwaxdem yakan)

Fr: hyperglycemie

- **Aşubbu n ssker:** d awaluddis

Yesdukel isem “aşubbu” akked yisem “ssker”

Aşubbu: (ac₁uC₂u) Ş B

Aşubbu: sm, ml, sf

Ad am: uşubbu

Ssker: sm, ml, sf (yettwaxdem yakan)

Fr: hypoglycemie

- **Tayara tamagnut:** d awal uddis

Yesdukel isem “tayara” akked yisem “tamagnut”

Tayara (tac₁ac₂a) Γ R

Tayara: sm, nt, sf

Ad am: tyara

Fr: état

Tamagnut: (tamac₁c₂ut) G N

Tamagnut: sm, nt, sf

Ad am: tmagnut

Fr: état normale

- **Anadi n yidammen:** d awal uddis

Yesdukel isem “anadi” d yisem “idammen”

Anadi: ac₁ac₂i) N D

Anadi: sm, ml, sf

Sgt: inadiyen

Ad am: unadi

Yidammen : (Yic₁aC₂en) D M

Yidammen: sm, ml, sgt

Fr: Sang

Fr: analyse medical

- **Ssker adernez**: d awal uddis

Yesdukel isem "ssker" d yisem "adernez"

Ssker: sm, ml, sf (yettwaxdem yakan)

Adernez: (ac₁ec₂c₃ec₄) D R N Z

Adernez: sm, ml, sf

Ad am: udernez

Ssker: (yettwasleḍ yakan)

Fr: diabète bronzé

- **Ssker amessas**: d awal uddis

Yesdukel isem "ssker" d yisem "amessas"

Ssker: sm, ml, sf (yettwaxdem yakan)

Amessas (ac₁eC₂ac₃) M S S

Amessas: sm, ml, sf

Sgt: imessasen

Ad am: imessasen

Fr: Diabète insipid

- **Ssker n tgezẓal**: d awal uddis

Yesdukel isem "ssker" d yisem "tgezẓal"

Ssker: sm, ml, sf (yettwaxdem yakan)

Tgezẓal: sm, nt, sgt

Sf: tgezẓelt

Fr: Diabéte rénal

- **Tazyant n wul:**dawal uddis

Yesdukel isem “tazyant” d yisem “ul”

Tazyant: (ta_{c1}c₂c₃t) Z Γ N

Tazyant: sm, nt, sf

Sgt: tizyanin

Ad am: tezyent

Wul:(wuc₁) L

Wul: sm, ml, sf

Sgt: ulawen

Fr: arrêt cardiaque

- **Iżuran n yidammen:** dawal uddis

Yesdukel isem “iżuran” d yisem “yidammen”

Iżuran :(ic₁uc₂an) Z R

Iżuran: sm, ml, sgt

Sf: aẓar

Ad am: yiżuran

Yidammen:sm, ml, sgt (yettwaxdem yakan)

Fr:veins

- **Ssker n tadist:**dawal uddis

Yesdukel isem” ssker” akked yisem “tadist”

Ssker:(C₁c₂ec₃) S K R

Ssker:sm,ml,sf

Tadist:(ta_{c1}ic₂t)

Tadist:sm,nt,sf

Fr: diabéte gestationnel

Aswir n ssker: d awal uddis

Yesdukel isemaswir” akked yisem ssker”

(ac₁c₂i₃) S W R

Aswir: sm, ml, sf

Ad am: uswir

Ssker: (yettwaxdem yakan)

Fr: niveaux du sucre

- **Acellaḥ n uɛbbuḍ** :dawal uddis.

Yesdukel isem “acellaḥ” akked yisem “ aɛbbuḍ ”

Acellaḥ: (ac₁eC₂ac₃)

Acellaḥ: sm, ml, sf

Ad am: ucellaḥ

Uɛbbuḍ: (uc₁eC₂uc₃) Σ B D

Uɛbbuḍ:sm, ml, sf

Sgt: iɛbbaḍ

Fr:accouchement césarienne

IV-irman isuddimen:

Asuddem:

“Asuddem d asileḥ n wawal s tmerna n yiwṣilen .Awal seg i d-yeffey usuddim qqaren-as tayyemt”

“ Asuddem d yiwen n ubrid n usnulfu wawalen di tutlayt .¹¹”

Deg wammud nney nufa-d 03 n yirman isuddimen.

IV-1-Asuddem n teyda :

« D assay yellan ger uwṣil n usuddim d tyayemt ¹².”

Awal yezmer ad d-yuddem seg yisem ney umyag, akken nezmer ad d-nessileḥ isem n tigawt ,isem akmam, isem n wallal,isem n umeskar

¹¹ HADADOU,opcit,p240

¹² HADADOU,ibid, p241

Asuddem seg yisem:

Isem n tigawt:

Amedya:

Asfares:

(ac₁c₂ac₃ec₄) S F R S

Asfares: sm, ml, sf

Ad am usfares

Fr: production

Isem n wallal:

Amedya:

Tisegnit:

(tise_{c1}c₂it) G N

Tisegnit: sm, nt, sf

Sgt: tise_{gn}atin

Ad am: tse_{gn}atin

Fr: injection

Isem n umigaw:

Amedya:

Amej_{jay}:

(ame_{C1}ay) J

Amej_{jay}: sm, ml, sf

Sgt: imej_{jay}en

Ad Am: umej_{jay}

Fr: mé_dcin

V-Irman imerḍilen:**Tabadut n umerḍil:**

“Amerḍil, d awal i d-tewwi kra n tutlayt si tutlayt nniḍen.¹³”

Deg wammud nney nufa-d 11 n yirman.

V-1-Annawen n umerḍil:

“Si tillay tiqdimin tiqdimin tamaziyt treṭṭel-d seg tutlayin nniḍen : tafransist, tafiniqit, talatinit, taterqit maca tuget n wawalen tewwi ten-id si taerabt.¹⁴”

V-2-Irman imerḍileni d-yekkan si tefransist:**Imedyaten:**

LInsulin: (lic₁C₂UC₃iC₄) N S L N

LInsulin: Sm, ml, sf

Fr: linsuline

Leglukuz: (lec₁C₂UC₃UC₄) G L K Z

Leglukuz: sm, ml, sf

Fr: le glucoze

Agram:

(ac₁C₂ac₃) G R M

Agram: sm, ml, sf

Sgt: igramen

Ad am: ugram

Fr: gramme

Hormone:

(C₁OC₂C₃OC₄e) H R M N

Hormone: sm, ml, sf

¹³Duboi, J. Dictionnaire de linguistique et des sciences du langage, éd Larousse, Paris, 1994.

¹⁴HADDADOU, M A. OP, CIT, P241.

V-3-Irman imerđilen i d-yekkan si taerabt:**Imedyaten:****Ssker:**(C₁C₂eC₃) S K R

Ssker: sm, ml, sf

Fr: diabéte

Lğehd:(lc₁ec₂c₃) Ğ H D

Lğehd: sm, ml, sf

Fr: effort

Lmakla:(L c₁ac₂c₃a) M K L

Lmakla: sm, nt, sf

Fr: nourriture

Lmizan:(l c₁ic₂ac₃) M Z N

Lmizan: sm, ml, sf

Fr: poids

Dexxan:(c₁eC₂a c₃) D X N

Dexxan: sm, ml, sf

Fr: tabac

Lqahwa:(lc₁ac₂c₃a) Q H W

Lqahwa: sm, nt, sf

Fr : café

Zzyada :(C₁yaC₂a) Z D

Zzyada : sm, nt, sf

Fr/ augmentation

Lđerh :(lc₁ec₂c₃) Ğ R H

Fr: bléssure

Taggrayt n uđric wis sin:

Deg uđric-agi nessaweđ nebđa **60** n yirman icudden yer tesniremt n waťan n ssker yef yirman iđerfiyen, irman uddisen, irman isuddimen d yirman imerđilen, nexdem-asen tasleđt. Yal irem nefka-d aźar d usalay ines, tawsit d umđan, addad amaruz-ines, d wazal ines s tefransist. Nufa-d**29** n yirman iđerfiyen deg sen, **14** n yirman imalayen, **15** yirman d untiyen, nesleđ dayen **17** yirman uddisen, **03** d isuddimen, **11** d ireťťalen.

**Taggrayt
tamatut**

Di tezrawt nntey, nexdem tanekda n waṭṭan n ssker s tmaziyt d tesleṭt talyawit n tesniremt-is .

Uqbel ma ad nexdem tazrawt-agi, di tazwara nyil ur d-nettaf ara irman i ywulmen deg uḥric n tujjya, maca segmi i nexdem tanekda n waṭṭan -agi nufa-d imawalen yesɛan irman i ywulmen di taḡult -agi i neḥwaḡ.

Maca nufa-d kra n wuguren imi nufa-d aṭas n yireṭṭalen, ula deg yimawalen, ahat nezmer ad d-nessufey seg yizuran n tutlayt irem n tmaziyt.

Nebḡa axeddim yef sin n Yixfawen.

Ixef amenzu :

Nexdem tanekda n waṭṭan n ssker s tmaziyt. Deg-s nefka-d tabadut n waṭṭan n ssker , timitar ines, annawen-is , adawi ines di tallit n tadist, tudert n yal ass , ayen s wayes d-igellu, adawi inesatg.

Ixef wis ssin:

Deg yixef –agi nexdem tasleṭt talyawit n tesniremt n waṭṭan ssker
Nessawed nesleḡ⁶⁰ nyirman, yal irem nefka-d aṣar d usalay-is, tawsit d umḡan-is, sin ak-in nefka-d azal ines s tefransist

Nebḡa irman i lmend n tewsit.

Irman iḥerfiyen imalayen

Amedya:

Aṭṭan

Irman iḥerfiyen untiyen

Amedya:

Tujjya

Irman isuddimen:

Amedya:

AmejJay

Ismawen uddisen:

Amedya:

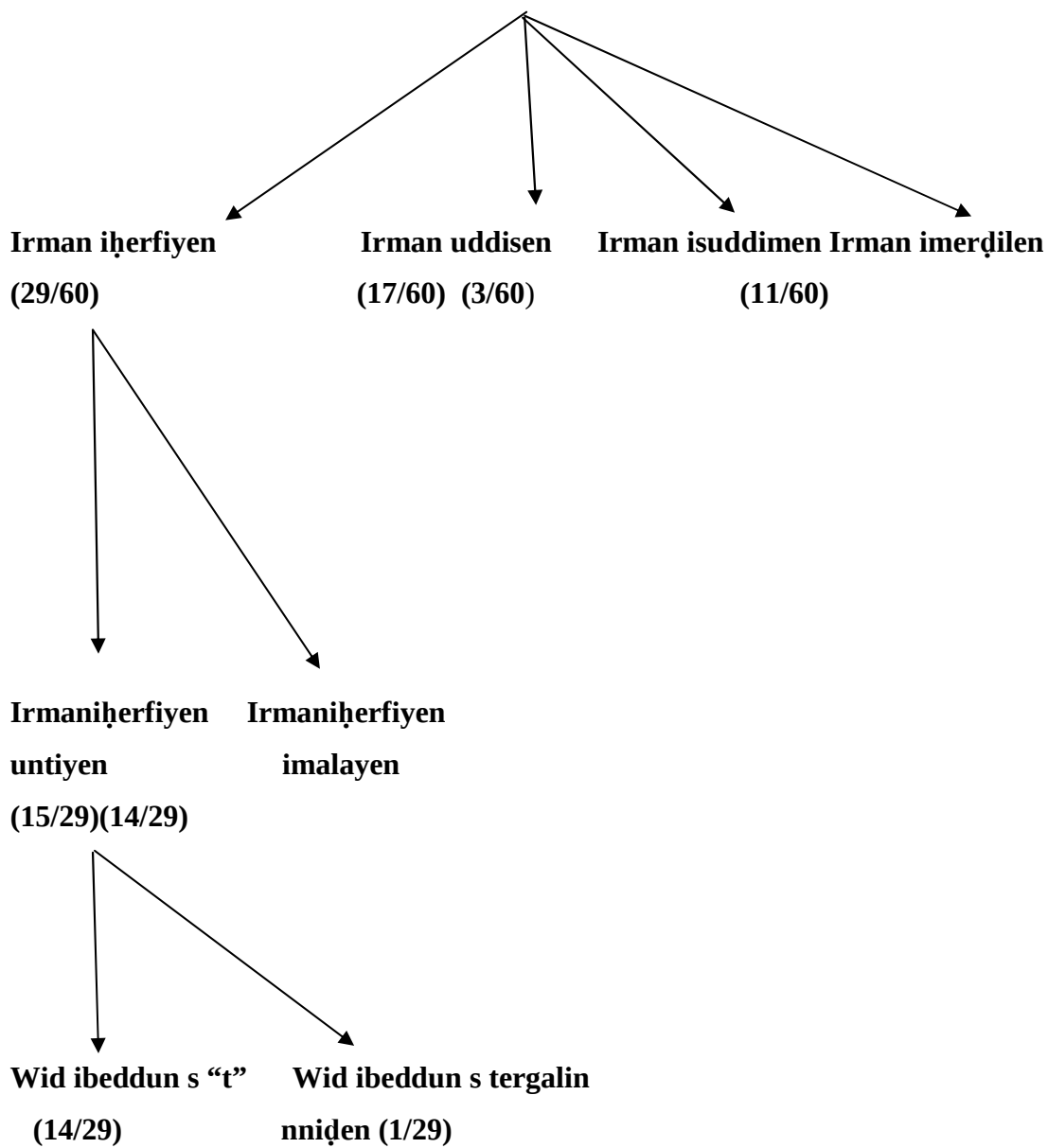
Tazzla n yidammen

Irman imerđilen:

Amedya:

Ssker

Irman icudden yer tesniremt n wařan n ssker(60)



S wakka ,ad d-naf belli laqent atas n tezrawin deg wayen yeanan tasniremt larya t-in yerzan amawal n tujjya yef way-a , nessaram ad ilin inadiyen nniɗen yaɗanan tasniremt larya ayen yeanan tussna , akken nessaram amawal n tmaziyt ad yennerni , ad yecbu imawalen n tutlayin nniɗen

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Tiybula:

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<http://forum.doctissimo.fr/nutrition/...>

Timerna

Ammud

Ammud

Ażar	Isem s teqbaylit	Isem s tefransist
Ḍ N	Aṭṭan	Maladie
Ḍ Ḥ N	Aḍiḥan	Pancréa
Ḥ D R	Aḥder	Protection
F R S	Asfares	Production
Ẓ R	Ażar	Vein
Ḍ N	Amuḍin	Malade
S F R	Asafar	Médicament
G Ḍ L	Agḍal	Absence
F R D S	Aferdis	Organe
J	AmejJay	Médecin
N G R	Asniger	Grignotage
S K R	Ssker	Diabète
M Z N	Lmizan	Poids
D X N	Dexxan	Tabac
Ǧ R Ḥ	lǧerḥ	Blessure
G N F	Asegnaf	Hopital
G Ẓ L	Tigezzelt	Rein
Σ Q R	Tiɛiqqert	Stérille
S	Tassa	Foie
F K	Tafekka	Corps
J	Tujjya	Médecine

N D W	Tinđiwin	Variation
M N TL	Tamentilt	Cause
G N	Tisegnit	Injection
F S	Tuffsit	Liquide
K C	Takacitt	Comprimé
Γ L S	Tayellist	Sécurité
M K L	Lmakla	Nouriture
Q H W	Lqahwa	Café
Z D	Zzyada	Augmentation
N S F R	Tanessufart	Pharmacie
X L Σ	Lxelæa	Choque
X Ş R / D M	Axşar n yidammen	
Ẓ R / W C L	Ażar n twacult	Origine Génitique
Z L / D M	Tazzla n yidammen	Hémorragie
N D M / S K R	Anuddam n ssker	Coma du diabète
C L Ħ / D S	Tacliš n wuddus	Tissus de l'organisme
L / S K R	Alluy n ssker	Hyperglycémie
Ş B / S K R	Aşubbu n ssker	Hypoglycémie
Γ R / G N	Tayara tamagnut	Etat normale
N D / D M	Anadi n yidammen	Analyse médicale
S K R / D R N Z	Ssker adernez	Diabète bronzé
S K R / M S S	Ssker amessas	Diabète insipide
S K R / G Ẓ L	Ssker n tgezał	Diabète rénal
Z Γ N / L	Tazyant n wul	Arrêt cardiaque
Ẓ R / D M	Iżuran n yidammen	Veins

S K R / D S	Ssker n tadist	Diabète gestationnel
S W R / S K R	Aswir n ssker	Niveaux du sucre
C L H / Σ B D	Acellah n uεebbuḍ	Césarienne
N S L N	Linsulin	Linsuline
G L K Z	Leglukuz	Leglucose
G R M	Agram	Gramme
H R M N	Hormone	Hormone

Amawal

Amawal:

Awalen s teqbaylit	Awalen s tefransist
Aħric	Chapitre
Ammud	Corpus
Aħerfi	Simple
Ayawas	Plan
Azar	Racine
Asalay	Shéme
Amalay	Masculin
Asuf	Singulier
Asget	Pluriel
Awşil	Préfix
Assay	Relation
Amerđil	Emprunt
Anamek	Sens
Amedya	Exemple
Annaw	Type
Iswi	But
Ixef	Chapitre
Asuddes imsented	Composition proprement dite
Asuddes s usdukel	Composition synaptique
Ayel naw	National
Ayurbiz	Scolaire

Agbur	Sommaire
Amyag	Verbe
Isem	Nom
Ayawas	Sommaire
Tanulfawalt	Néologie
Taniremt	Terminologie
Tiybula	Bibliographie
Tarrayt	Methode
Tasleḡt	Analyse
Talyiwin	Formes
Tayunin	Unités

Adiwenni akked yimejjayen

- D acu i d aṭṭan n ssker?
- D ṣṣah i tekk-d si lxelea ?
- Ansi i d-itekk?
- Aḥal n wanawen i yesea ?
- D acu tent tmitar n wanaw amenzu?
- Ansi i d-itekk?
- D acu tent tmitar n wanaw amenzu?
- Amek i d- ibeddu?
- Acu ara yexdem umuḍin akken ad iẓer yuḍen aṭṭan n ssker?
- D acu i d aṣubbu n ssker ?
- D acu i d alluy n ssker ?
- D acu i d amgared yellan gar- asen ?
- D acu tent tmitar nsen ?
- D acu ara yexdem umuḍin di liḥalat –agi ?
- S wacu id-igellu-n ?
- Aṭṭan n ssker yettqerriε tameṭṭut akken ur tettili ara s tadist ?
- Yella waṭan n ssker yettaṭafen kan di tallit n tadist ?
- Amek ara tẓer belli tuḍen ?
- Amek ara t-dawi ?
- Ma yella ur t-duwi ara , d acu tent lemḍarrat s wayes ara as-id yeglu ?
- Amek tedder tmeṭṭut yuḍnen ssker tudert n yal ass ?
- Amek i yettidir llufan ihelken aṭan n ssker di tudert n yal ass ?
- Amek ara yettidir llufan-agi yuḍnen daxel n uyerbaz ?
- Amek yetiidir umuḍin yuḍnen ssker deg uxeddim?
- D acu ten xeddimen ur n-laq ara ad tn yexdem umuḍin n ssker ?
- D acu ten t wid i yezmer ad ten yexdem ?
- Yezmer umuḍin n ssker ad yessæddi imuras am netta am yemdanen nniḍen ?
- Amek ara yexdem akken ad tenyessæddi akken ilaq ?
- Amuḍin n ssker ilaq-as ad yexdem addal, d acu ten wanawen n waddal ias-ilaqen?

- D acu ten wid ur as-nlaq ara ?
- Tuget n yimuḍan seεεun uguren deg yiḍarren nsen, acu ten iberdan ara yeḍfer akken ur iseεεu - ara uguren-agi ?
- Aṭas id-yeqqaren aṭan n ssker yesεa tinḍiwin nniden, d acu-tent ?
- S wacu id-igellu waṭan-agi ?
- Amek ara t-idawi umuḍin ?

Adiwenni akked umuḍin:

- Amek i t-faqeḍ belli tuḍneḍ aṭan n ssker?
- Dacu-tent tmitar i ak-id-ibanen?
- I melmi truḥeḍ yer umejjay?
- Imir kan,ney terḡiḍ kra n wussan?
- Weḥd-k i truḥeḍ ney yella win i yeddaneḍ yid-k?
- Amek i as-d-tesfehmed i umejjay?
- Yenna-ak-d srid belli tesseḍ aṭan n ssker,ney yefka-ak-id ad d-txedmed anadi n yidammen?
- Amek tesseelmed tawacult-ik?
- Amek i t-qubled aṭan-agi?
- yusa-ak-id zzay i wakken ad tqabled?
- Acu-t wanaw n ssker i tuḍneḍ?
- Amek tettdawid aṭan-agi?
- Acu-tt tgella i ak-ilaqen?
- Amek i tettidired s waṭan-agi di tudert n yal ass,deg uxeddim,deg uyrbaz....tg?
- Aṭan-agi ahat yella-ak-id d ugur ladya deg yimuras?
- Ma yella tettaraḍ yer wul-ik sdat lyaci ielmen s waṭan-ik?

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