



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

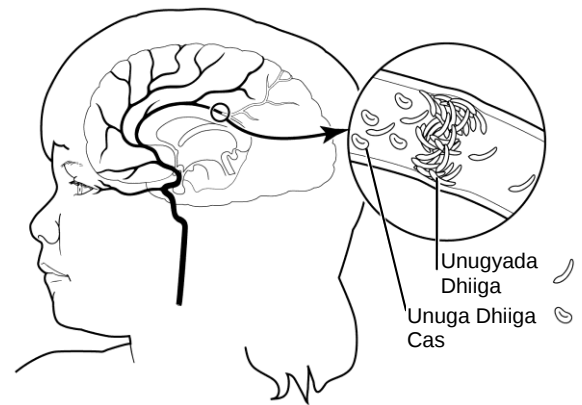
Helping Hand™

Health Education for Patients and Families

Cudurka Unugyada Dhiiga iyo Istarooga Sickle Cell Disease and Stroke (Somali)

Carruurta leh cudurka unugyada dhiiga (SCD) ayaa halis ugu jiro inay qabaan istaroog. Istarooga ayaa dhaco markii qulqulka dhiiga ama maskaxda ay xinibanto. Xanibidaan ayaa gaabiso ama joojiso oksijiinka aado maskaxda. Tan ayaa sababi karto waxyeelo maskaxda.

Gudaha SCD, xididada dhiiga ee maskaxda waxaa waxyeeli karo kuusida ku sababeyso xididada dhiiga inay nabar noqdaan iyo ciriiri (Sawirka 1). Tan ayaa saameyn karto saadka dhiiga ee galo maskaxda oo ku sababo istaroog.



Sawirka 1 Unugyada jiran ayaa xanibayo qulqulka dhiiga ee maskaxda tago.

Calaamadaha iyo Aastaamaha

U soo wac 911 caawinta xaalada degdega haddii canugaaga uu qabo wax aastaamahaan ah:

- Qalalka – wuxuu noqon karaa jirka oo dhan ama kaliya qeybo jirka ah
- Ku adagtahay neefsashada
- Qalooca wajiga
- Isbadel ku yimaada araga
- Hurdo aad u daran
- Madax xanuunka, iyo ama diliq la'aan (matagida)
- Ku adag socodka
- Ku adag la hadlida ama fahmida dadka kale
- Liito ama aan dhaqaajin karin hal dhinac oo jirka ah
- Lama kicin karo qofka

Carruurta qaar ee qabo SCD ayaa yeelan karo istaroog aamusan. Tan ayaa la micna ah inaysan jirin wax aastaamo ah iyo aastaamaha istarooga caadiga ah ka hor ama inta ay dhaceyso. Badelkii, istarooga aamusan ayaa sababi karo isbadelada dabeecada iyo dhibaatooyinka xasuusta ama waxbarashada. Fadlan la hadal kooxdaada unugyada dhiiga haddii aad qabtid walaacyada ku saabsan isbadelada dabeecada lama fillaanka ah ama dibaataada dugsiga.

Xaqiiqaha Halista

- Haddii canugaaga uu qabo burutiinka dhiiga SS ama cudurka unugyada dhiiga la dhaxlay oo ebar, waxay halis sareyso ugu jiraan istaroog. Halista qiyaastii waa 10%. Halista istarooga aamusan qiyaastii waa 30%.
- Waxaa jiro fursad sareyso oo canugaaga inuu yeelanayo istaroog kale haddii ay qabeen mid waqtiga la soo dhaafay. Halista istarooga labaad ee dhacayo waa 60 illaa 80%.

Ka hortagida

- Sheybaarka kumbuyuutarka Cabiraha Istarooga (TCD) waa baaritaan cabiro halista istarooga. TCD ayaa cabiro xawaaraha qulqulka dhiiga ee maskaxda ku socdo. Baaritaanka ma dhibaateeyo (Sawirka 2).
- Haddii TCD muujiyo in canugaaga uu halis ugu jiro istaroog, waxay u baahan karaan in TCDs lagu sameeyo marar badan. Dooqyada daaweynta kale ee looga hortago istarooga ayaa lagaagala hadli karaa, sida ku shubida dhiiga iyo daawada hydroxyurea.



Sawirka 2 TCD waxay adeegsadaan ul yar ee loo yaqaano baaritaanka banaanka madaxa canugaaga.

Daaweynta

Ku shubida dhiiga ayaa la siinayaa canugaaga haddii ay qabaan istaroog.

- Ku shubida dhiiga ayaa yareeyo unugyada dhiiga oo si wanaagsan uga caawiyo qulqulka dhiiga ee aaga ay saameysay ee maskaxda. Tan waxaa lagu sameeyaa ka caawinta ka hortaga waxyeelo kaloo dheeraad ah ee maskaxda.
- Maskaxda canugaaga waxaa lagu fiirinayaa iyada oo la yeelanayo baaritaanka Raajo gaar ah sida baaritaanka kumbuyuutarka raajada (CT) ama kumbuyuutarka raajada madaxa (MRI).
- Haddii canug qabo cudurka unugyada dhiiga uu lahaa istaroog, waxay aad ugu badanyihiin inay yeeshaan istaroog kale illaamaa tallaabooyin laga qaado oo looga hortago. Kooxdaada unugyada dhiiga ayaa kaala hadlayo daaweynta ka hortaga.

Goorta la Waco Dhaqtarka

Haddii canugaaga uu jirado, ka soo wac kaalisada unuga jiran (614) 722-8914 Isniinta illaa Jimcaha laga bilaabo 8 a.m. illaa 4:30 p.m.

- Haddii aanan la heli karin, fadlan ka soo wac Rugta caafimaadka Unuga Jiran (614) 722-3250.
- Maqribadii, dhammaadyada isbuuca, iyo fasaxyada, ka soo wac (614) 722-2000 oo ku weydii wacitaanka dhaqtarka dhiiga.