



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

Helping Hand™

Health Education for Patients and Families

Madax wareerka: Xanuunka dhanjafka/goonjabka Headaches: Migraines (Somali)

Madax wareerka goonjabka waa madax wareer aad u daran oo leh astaamo gaar ah oo si isku mid ah qofka u qabta. Wuxuu inta badan ku dhacaa caruurta wuxuunaqofka ku bilaaban kartaa xili kasta. Madax wareerka goonjabka waa madax wareer la iska dhaxlo.

Haddii aad aaminsan tahay in cunugaagu qabo madax wareerka goonjabka, dhakhtarka ayaa ku oggaan doona baaritaan, wuxuuna wax kaa waydiin doonaa astaamaha, wuxuuna sidoo kale ku waydiin doonaa in qoyskaagu qabo madax wareerkaan joogtada ah. Sidoo kale baaritaano kale ayaa ka caawin karta cunugaaga inuu qorsheeyo daaweynta cunugaaga.

Marxaladaha madax wareerka goonjabka

Hanaanka madax wareerka goonjabku uu raaco waxaa loo yaqaan marxalado. Ilmuhu wuxuu dareemi karaa qaar kamid ah astaamaha soo socda ee marxalad kasta kahor inta uusan u gudbin marxalada xigta.

- Marxalada 1 aad: astaamaha hordhac ah ama marxalada digniinta ah – waxay sii jiri kartaa saacadaha ugu danbeeya illaa maalmo
 - daalka
 - hamaansashada
 - lalabo
 - is badbadal niyada
- Marxalada 2 aad: isku dhexyaac – 1 kamid ah 5 tii carruur ah ayaa dareemi doona isku dhexyaac; waxayna sii hayn doontaa 5 illaa muddo 1 saac ah
 - dawakhsanaan
 - kabuubyo
 - tababar dari
 - jaha-wareer
 - aragtida godad aan jirin
 - layman isku dhexyaacsan
- Marxalada 3: weerarka madax wareerka goonjabka – ee daran wuxuu sii jiri karaa 4 saacadood illaa 3 saac
 - mataga
 - lalabo
 - madax wareer daran oo wata lalabo
 - xasuusiyada codka iyo layrka

- Marxalada 4 aad: heerka ugu danbeeya ee goobjabka ama dib oga soo kabashada – wuxuu sii jiri karaa 1 ilaa 2 maalmood
 - daalka
 - is badbadal niyada
 - rabitaankiisa cuntada oo yaraaday

Waxyaabaha kiciya

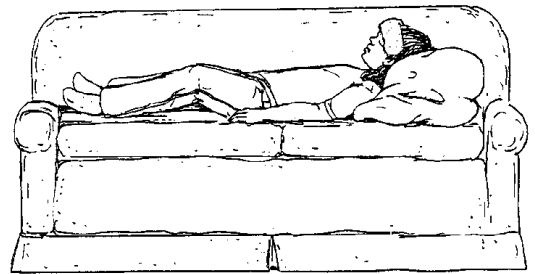
Waxyaabaha kiciya madax wareerka goonjabka waxaa loo yaqaan kiciyaasha. Waxyaabaha kiciya ilmuhu way ku kaladuwanaa karaan. Tusaalayaasha waxaha kiciya iyo waxyaabaha sababa waa:

- isbadelka hoormoonka
- nafaqo la'aanta jirta:
 - cabid la'aanta cabitaano ku filan ilmaha
 - ka boodida cuntooyinka ama oomateed la'aanta
- hurdo xumida:
 - hurada saa'idka ah ama hurdada aadka u badan
 - isku dhexyaaca jadwalada hurdada
 - jimicsiga aadka u badan
- welwelka wanaagsan ama midka xun:
 - dhibaatooyinka ka jira dugsiga ama shaqada
 - dhibaatooyinka saaxiibada ama xubnaha qoyska
 - sameynta hawlo aad u badan oo dheeraad ah
 - dareemida dareen xun waqti kasta (dareemida walaaca)
 - welwelka joogtada ah (walaac)
 - isbadelka wayn ee ku yimaada nolasha sida u guurista guri cusub ama u wareejida dugsi cusub
- Bii'ada:
 - layrarka iftiinka leh ama bixiya falaashyada
 - falaaraha qoraxda, cadceedada qoraxda
 - qaar kamid ah dhawaaqyada
 - isbadelka cimilada, cadaadiska dabaysha, altituudka, huurka hawada ee aadka u sareeya ama u hooseeya, ama kuleyka saa'idka ah ama qaboowga.
 - urka aadka u xoogan ee baraafuunada, tubaakada, qiiqa, shidaalka, waxyaabaha loo adeegsado nadaafada, kiimikooyinka, ama cuntooyinka.
- qaar kamid ah cuntooyinka iyo cabitaanada:
 - maadada kafeega (cabitaanada fudud, kafeega, shaaxa, jakulaatada, cabitaanada laga helo tamarta)
 - hilabka lagu daray maadada nitrades (hilabka doofaarka, baastada makarooniga, burka la solay, bologna)

- waxyaabaha midabka u yeela cuntada
- cuntooyinka lasoo baakadeeyay ee leh yiistiga
- yooqadka iyo labeenta dhanaanka ah
- macmacaanka macmalka ah (macmacaanka)
- monosodium glutamate (MSG) waxaa mararka qaar loo isticmaalaa cuntooyinka Eeshiyaanka
- qaar kamid ah khudaarta (liin dhanaanta cagaaran, cabitaanka khudaarta, mooska, canabka, rasbeeriga)
- jiiska muddada yaalay (jiiska cheddar, jiiska adag, jiiska laga sameeyo caanaha lo'a, jiiska caanaha lo'a ee la fariisiyay

Daaweynta

- Gees-gees u dhig cunugaaga ama seexi illaa madax wareerka ka baaba'aayo (Sawirka 1 aad).
- Qaybta hore ee madaxa ka saar maro diiran ama qaboow, hadba midka uu rab.
- Haddii uu u baahdo, sii daawooyinka loo soo qoray muddo hore sida macquulka ah, marka koowaad ood aragtid astaamaha madax wareerka goonjabka ee soo socda. Dhakhtarka cunugaagu wuxuu kuu sheegi doonaa kuurada daawooyin kasta laga qaato.
- Waxaad siin kartaa daawooyinka xanuun baabi'iyaha ah ee lagu dawo dukaamada sida ibuprofen (Motrin[®], Advil[®]), acetaminophen (Tylenol[®]), ama naproxen (Aleve[®]). Akhri qoraalka dhalada ku qoran ee lagu ogaanayo kuurada saxda ah iyo xiliga aad siineyso daawada cunugaaga.
 - Si aad cunuga oga ilaaliso madax wareerka laga dhaxlo qaadashada daawooyinka dheeraadka ah, ha siin daawada xanuun baabi'iyaha 2 maalmood ka badan halkii asbuuca.
 - Ha siin aasbiriin ama daawooyin kale ilaa inuu dhakhtarku oggolaado maahee.
 - Ha siin daawooyinka xanuunka ee laga soo gato dukaamada muddo ka badan 2 maalmood asbuucii. Haddii cunugu qaato daawooyin badan waxaa ku dhici kara madax wareerka laga dhaxlo cunista daawooyinka badan. Kuwaan waa madax wareeryada isla markiiba soo noqda, badanaa qofka ku dhaca, waxayna leeyihiin xanuun badan. Haddii cunugaagu si joogto ah ugu baahan yahay daawooyin, kala hadal dhakhtarkiisa.



Sawirka 1 aad Hurdada ama nasashadu waxay baabi'in karaan madax wareerka.

Ka hortaga

- Cunugaagu waa inuu sameeyo jadwal hurdo oo joogto ah waana inuu helo nasasho ku filan.
- Iskuday in jadowalka joogtada ah cunugaagu ku sameeyo dugsiga iyo guriga.
- Sii cunto si fiican aad iskugu dheelitirtay waqtiyo isku mid ah. Ilmahaaga ha u oggolaan inuu cuntada ka baado oo uusan cunin.
- Xasuusi inuu cabo biyo inta lagu jiro maalinta hana u qaato jubad biyo ay kujiraan dugsiga.
- Ku dhiirigeli inuu sameeyo jimicsi joogto ah, ugu yaraan 3 jeer asbuucii.
- Xakamee welwelka. Xiriirka wanaagsan ee ka dhaxeeya waalidiinta iyo carruurta waa muhiim si ay oga warhayaan waxyaabaha dhibaaya cunugooda.
- Waydii dhakhtarka cunugaaga daawooyinka kale ee la heli karo ee ka caawin kara xakameynta ama yareynta madax wareerka, sida tababarka ka falcelinta madax wareerka, farsamada nasashada, duugista jirka, cirbada lagu mudo maqaarka ama la kulmida tallo-bixiye.
- Qaar kamid ah feetamiinada iyo nafaqooyinka dheeraadka ah ayaa caawiya qaar kamid ah dadka. Waydii dhakhtarkaaga mida badqabka u leh cunugaaga oo uu qaadan karo.

DATE	TIME OF DAY	HOW LONG HEADACHE LASTED	DESCRIPTION OF HEADACHE (Describe the headache, including any other symptoms that occurred with the headache. Also describe what caused the pain and what treatment that helped)	PAIN LEVEL (1 to 10)
12/14	2:30pm	1 hr	Severe throbbing pain behind the eyes and forehead. Took 2 tablets.	5
12/15	7:00pm	30 min		

Balamaha dabagalka

Sawirka 2 aad Qor diiwaanka madax wareerka cunugaaga oo usoo qaado balanta dhakhtarka.

- Hayso diiwaanka madax wareerka cunugaaga illaa intii muddo ah (Sawirka 2 aad). Arrintaan waxay ka caawinaysaa dhakhtarka inuu qorsheeyo daaweynta cunugaaga ee ugu wanaagsan. Isticmaal Diiwaanka Madax wareerka ee kujira Buug yarahaan, kalaandarka, ama ablikeeshinka raadraaca ku sameeyo madax wareerka.
- Diiwaanka madax wareerka usoo qaado dhammaan booqashooyinka balamaha dabagalka ah.

Goorta ay tahay in la waco dhakhtarka

Dhakhtarka cunugaagu wuxuu u baahan karaa inuu isbadel ku sameeyo daaweynta haddii:

- madax wareerka goonjabka ah uu ilmuhu dareemo muddo ka badan labo jeer bishii.
- madax wareerka goonjabka ah uu cunugaaga ka hor istaago inuu sameeyo hawlaha caadiga ah ama uu saameyn ku yeesho dugsiga ama ciyaaraha.
- madax wareerku si joogto ah usoo laablaabto uuna kasii daro.

- meesha madax wareerku ka billoowda ay isbadesho.
- madax wareerku yimaado subaxda hore.
- uusan baabi'in asbuuc kadib, marka dhaawaca madaxa ilmaha uu soo gaaray.
- uu si joogto ah hurdada oga toosiyo ilmaha.

Goorta la raadsado daryeelka degdega ah

U qaad cunugaaga qolka xaaladaha degdega ah **isla markiiba ama wac 911** haddii cunugaagu qabo:

- madax wareer saa'id ah, ama ah mid si degdeg ah ugu dhaca cunugaaga, gaar ahaan haddii aragtida indhaha ee cunuga ay xumaadaan (haddii halkii sheyba uu la noqdo 2 wax), haddii uu muujiyo isku dhexyaac, hurdada uu ka kici waayo, ama haddii uu dareemo matag uusan joojin karin oo joogto ah (matag si xawli ah oga soo baxaaya afka).
- Madax wareer ku billoowday qandho saa'id ah ama xanuun aad u daran siina xumaanaya.

