



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

Helping Hand™

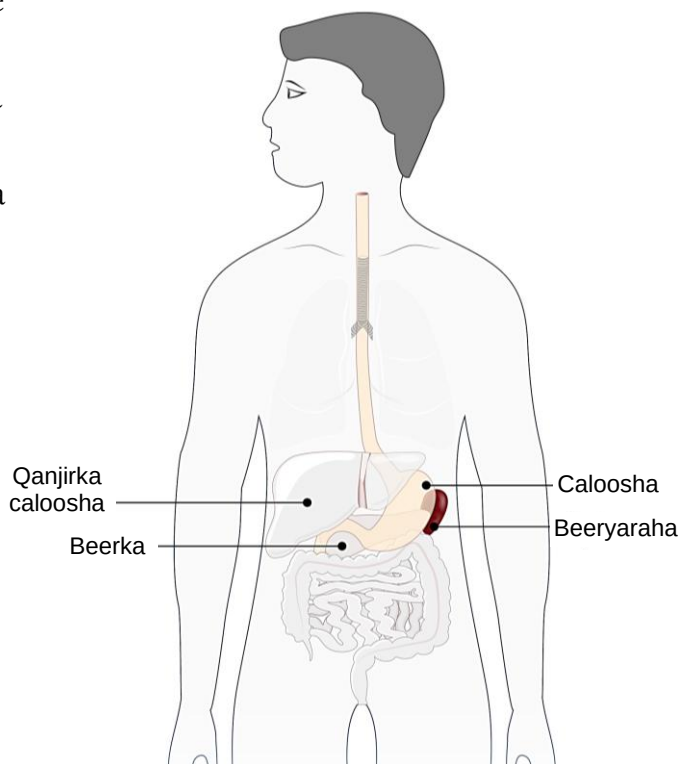
Health Education for Patients and Families

Cudurka Unugyada Dhiiga iyo Dhibaatooyinka Beeryaha Sickle Cell Disease and Spleen Crisis (Somali)

Beeryaraha waa xubin yar ee ku jirto dhinaca bidix ee kore ee caloosha, caadi ahaan ka hooseeyo feeraha (Sawirka 1). Shaqada beeryaraha ayaa ah ka hortagida caabuqyada halista ah isaga oo fiiltareynayo jeermisyada dhiiga galaa. Markii qof uu qabo cudurka unugyada dhiiga (SCD), beeryaraha uma shaqeeyo sida laga rabay.

Iyo SCD, canugaaga wuxuu ku jiraa halis sareyso oo caabuqyada ah. Dhibaatooyinka beeryaraha ayaa sidoo kale dhici karto:

- **Shaqo liidato:** Unugyada dhiiga jiran ayaa adag, dhagdhag ah, oo u qaabeysan sida mooska. Kuusida joogtada ah ee beeryaraha ayaa sababo nabaro, oo ka dhigeyso in uusan beeryaraha u shaqeynin si fiican.
- **Dhibaatooyinka beeryaraha: Kan waa xaalada degdega ah ee caafimaadka.** Waxaa sidoo kale loo yaqaan unugyada dhiiga cas ee gala beeryaraha. Tan ayaa ah markii unugyada dhiiga cas ay ku xanibmaan beeryaraha, taas oo sababeyso dhiigyari daran.



Sawirka 1 Beeryaha waa dhinaca bidix ee jirka. Wuxuu ka hooseeyaa feeraha oo u dhowyahay caloosha.

Dhibaatooyinka Beeryaraha

Unugyada dhiiga cas ayaa ku xanibmo beeryaraha oo ay meesha ku dhago. Unugyadaan xanibmay ayaa ku sababo beeryaraha inuu weynaado oo ay ka buuxsamaan dhiig.

- Dhiiga ku xayirmay beeryaraha ayaa ka illaaliyo dhiiga inuu ku qulqulo qeybaha kale ee jirka. Tan ayaa la micna ah inaysan jirin oksijiin badan ee la geeyo qeybaha kale ee jirka, sida maskaxda, sambabada, iyo wadnaha. Kan waa xaalada degdega ah ee caafimaadka.
- Dhibaataada beeryaraha ayaa badanaa ku dhacdo carruurta yaryar oo beeryaraha weynaado ah. Tan ayaa loola jeedaa in beeryarahooda uu ka weynyahay sida laga rabay.

Cabirka Beeryaraha

Kooxda unugyada dhiiga ayaa ku barayo sida loo dareemo beeryaraha canugaaga inta lagu jiro balamaha rugta caafimaadka. Waxaad sidoo kale tixraaci kartaa Sawirka 1 ee bogga 1.

- Carruurta qaarkood ee qabaa SCD waxay yeelanayaan beeryare weyn. Tan ayaa caadi u noqon karto iyaga. La hadal dhaqtarka ama bixiyaha daryeelka caafimaadka si aad u ogaatid cabirkee caadi u ah canugaaga.
- **Aad ayay muhiim u tahay in la dareemo beeryaraha canugaaga markii ay jiranyihiin.** Jirkooda ayaa jajabiyo unugyada dhiiga oo badan markii ay jiranyihiin. Waxaa jiro fursad sareyso oo ku xanibida unugyada dhiiga gudaha beeryaraha.

Daaweynta

Dhibaataada beeryaraha ayaa ah xaalad degdeg oo caafimaad oo waa in lagu daaweeyaa isbitaalka. Waxaa caadi ahaan lagu daaweeyaa dhiig ku shubida. Canugaaga wuxuu u baahanayaa inay si dhow u illaaliyaan kooxda daryeelka caafimaadka.

- Haddii canugaaga uu la kulmay hal qeyb oo dhibaataada beeryaraha, waxay ku jiraan halis sareyso oo lahaanshaha qeybta labaad.
- Carruurta qaar ayaa u baahan karo in beeryarahooda qaliin ahaan looga saaro. Haddii canugaaga uu qabo wax ka badan qeybaha dhibaatooyinka labada beeryare, kooxda Unugyada Dhiiga ayaa kaala hadlayo suurto galnimada qaliin qaadashada looga saarayo beeryaraha.

Goorta la Waco Dhaqtarka

Soo wac dhaqtarka canugaaga ama daryeel bixiyaha caafimaadka haddii beeryarahooda uu ka weynyahay sida caadiga ah:

- **Si joogta ah u fiiri cabirka beeryaraha canugaaga haddii ay qabaan kuwa ka mid ah aastaamahaan ee dhibaataada beeryaraha:**

- Maqaar sii cadadaay – Qandho – Xanaaqida ama xanaaq dhow
- Indho jaale ah – Wadno garaac degdeg ah – Aad uga daalan sida caadiga ah
- Calool xanuun – Dhibaatooyinka neefsashada
- Haddii canugaaga uu jirado inta lagu jiro maalinta, ka soo wac kaalisada unuga jiran (614) 722-8914 Isniinta illaa Jimcaha, 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.