Nationwide Children's
When your child needs a hospital, everything matters.

Helping Hand™ *Health Education for Patients and Families*

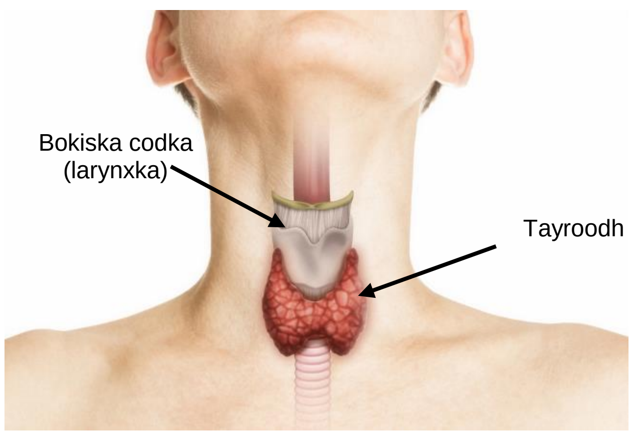
# Hypothyroidism-ka
# Hypothyroidism (Somali)

Hypothyroidism macnaheedu waa jirku ma samaynayo hoormoon tayroodh ku filan koritaanka caadiga ah, horumarinta lafaha, iyo inuu xakameeyo sida jirku u isticmaalo tamarta si uu u shaqeeyo (dheefshiidka). Marka dheefshiid hoos u dhaco, hawlo badan oo jirka ah ayaa hoos u dhacaya.

Qanjirka tayroodhka oo aan shaqayneyn waxaa sababi kara dhagax, qaliin, shucaac, daawo, dhaawac qanjirka tayroodh ah, dhibaatooyinka qanjirada pituitariga, ama xaalad difaaca jirka. Marka jirku si qalad ah isu weeraro oo uu dhaawaco tayroodhka, waa cillad difaaca jirka ah oo loo yaqaan cudurka Hashimoto.

## Qanjirka Thyroidka

Qanjirka thyroidka waa qanjir ku yaal gunta hoose ee qoorta. Waxay u qaabaysan tahay balanbaalis (Sawirka 1). Waxay ka dhigtaa 2 hormoon oo muhiim ah oo lagu kala magacaabo triiodothyronine (T3) iyo thyroxine (T4). Qanjirka pituitary wuxuu maskaxda ku sameeyaa hoormoon kale oo muhiim ah oo loo yaqaan hormoonka hormoonka kicinta-tayroodhka (TSH). TSH waxay u sheegtaa qanjirada tayroodhka inay sameeyaan T3 iyo T4.




**Sawirka 1** Qanjirka tayroodhka ee qoorta


© 2016, dib loo eegay 2023, Nationwide Children's Hospital
Sii socda…

Si wada jir ah, hormoonnadan ayaa gacan ka geysta xakameynta qaddarka jirku u baahan yahay:

- Dheefshiidka.
- Korriinkaiyo kobaca maskaxda iyo jirka.
- Waxqabadka wadnaha, beerka iyo killida.

## Hypothyroidismka lagu dhasho

Hypothyroidism ee lagu dhasho macnaheedu waa inaad ku dhalatay qanjir aan shaqayneyn.

Dhammaan dhallaanka cusub waxaa laga baaraa hypothyroidism wax yar ka dib dhalashada. Daaweynta waa in la bilaabo toddobaadyada ugu horreeya ee nolosha si looga hortago waxyeellada joogtada ah ee maskaxda iyo dhibaatooyinka waxbarashada.

Waxaa jira 2 nooc oo hypothyroidism lagu dhasho:

- Hypothyroidism kumeelgaarka – Heerarka hoormoonka tayroodh ee aan caadiga ahayn ee ay keento daawada tayroodh ee la qaato xilliga uurka ama marka jirka waalidka uurka leh uu si khalad ah u weeraro qanjirka tayroodhka ilmaha. Hypothyroidism kumeelgaarka sida caadiga ah wuu tagaa oo uma baahna daaweyn waqti dheer ah.
- Hypothyroidism abid ah – Sababo la xiriira koritaanka aan caadiga ahayn ee tayroodh, sida isagoo aad u yar, maqan, ama meel qaldan.

Takhtarka ilmahaaga ama bixiyaha xanaanada caafimaadka waxaa laga yaabaa inaysan ogaanin haddii hypothyroidism-ka lagu dhasho uu yahay mid joogto ah ama kumeelgaar ah ilaa ay ka gaarayaan 2 ilaa 3 sano.

## Calaamadaha

Ilmahaagu waxa laga yaabaa inay yeehsaan ama yeelan calaamado. Calaamadaha hypothyroidism ee carruurta way ka duwan yihiin kuwa dadka waaweyn. Carruurta waaweyn iyo dhalinta waxa laga yaabaa inay yeeshaan astaamo isku mid ah. Calaamadaha ugu caadigaa waa:

- Dhallaanka: Midab jaale ah oo maqaarka ama indhaha ah (cagaarshow) iyo quudxumo.
- Caruurta: Miisaanka oo kordha, oo aan sii dheerayn (koritaanka tooska ah oo gaabis ah), dhibaatooyinka diiradda, hurdo la'aanta, daalka, dareemidda qabow, garaaca wadnaha oo yaraada, iyo calool istaag.
- Dhalinta: Calaamadaha la mid ah kuwa carruurta, oo ay weheliso baaluqnimada dib udhacda iyo wareegga caadada oo aan joogto ahayn.

## Baarista

Waxaa laga yaabaa in ilmahaaga lagu sameeyo:

- Baaritaannada dhiigga si loo cabbiro heerka hormoonnada tayroodhka iyo qanjirada pituitaryga.
- Ultrasound kaas oo isticmaala codka si uu u abuuro sawirada qanjirada tayroodhka.
- Raajooyin si loo arko koritaanka lafaha.

## Daawaynta

Daaweynta hypothyroidism waa mid fudud, badbaado leh, oo waxtar leh. Ilmahaagu wuxuu qaadan doonaa hal kaniini subax kasta si uu u bedelo hoormoonka tayroodh ee maqan.

## Goorta la Arkayo Dhakhtarka

- Ilmahaagu wuxuu si joogto ah ula kulmi doonaa takhtar ama bixiyaha xanaanada caafimaadka. Marka hore, waxay noqon kartaa 3 ilaa 4 biloodba mar. Markay sii weynaadaan oo hypothyroidism la xakameeyo, waxay booqan doonaan 6 ilaa 12 biloodba mar.
- Marka la helo daawaynta saxda ah iyo qiyaasta saxda ah ee daawada, fursadaha ilmahaagu u leeyahay korriinka caadiga ah iyo korriinka ayaa wanaagsan.