



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

Helping Hand™

Health Education for Patients and Families

Dhawaqyada Wadnaha

Innocent Heart Murmurs (Somali)

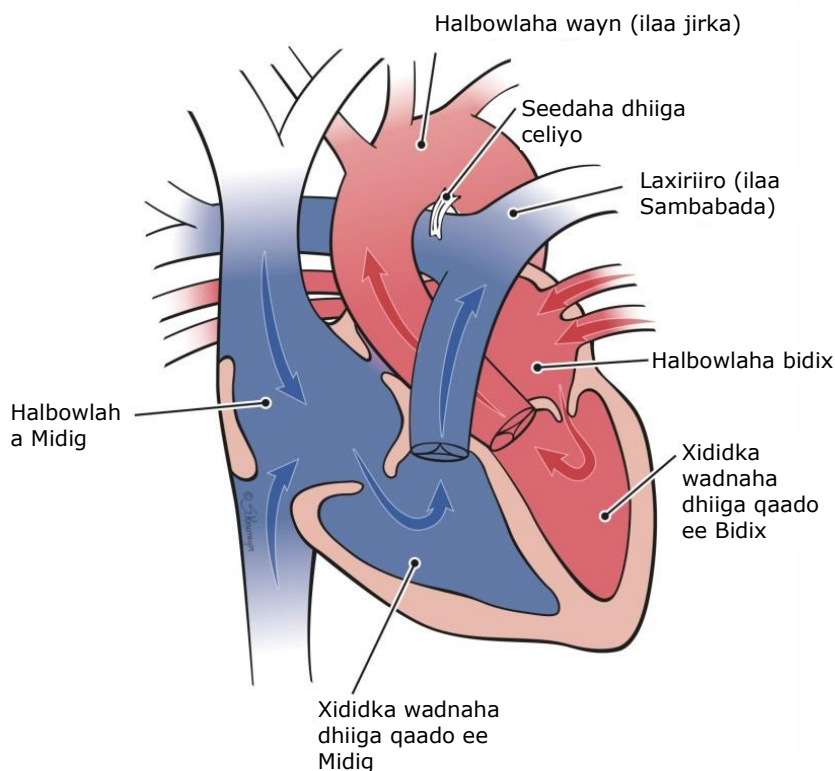
Dhawaqyada wadnaha waa dhawaq dheeraad ah oo la maqlo iyada oo la dhageysanayo wadnaha. Dhawaqyada wadnaha aan dhibaataada laheen. Waxaa sababay dhiiga qulqulka wadnaha, ma aha cudur wadne (Sawirka 1). Dhawaqyada wadnaha ah caadi ayuu ku yahay carruurta iyo inta badan waa katagaa ka hor inta canuga uusan noqon qof weyn. Dhawaqyadaan waxaa sidoo kale loogu yeeri karaa dhawaqyada shaqeeyo, dhawaqyada nafsaaaniga, ama dhawaqyada gariirka.

Baaritaan

Dhawaqa wadnaha waxaa caadi ahaan lagu baaraa sida ku saleysan taariiqda canugaaga iyo jir ahaan loo baaro. Mararka qaarkood waxaa loo baahdaa baaritaanno kale.

Maxay Tani la Micnatahay

- Canuga qabo dhawaqa wadnaha wuxuu leeyahay wadno caadi ah oo uma baahno in laga xadeeyo howl walba.
- Dhawaqa wadnaha wuxuu ku qeylo dheeraan karaa howsha, jimicsiga, ama jirada. Ma dhibaateen doonto canugaaga.
- Canugaaga uma baahno daaweyn ama daawo.
- Dhaqtarka canugaaga, bixiyaha daryeelka caafimaadka, ama shaqaalaha xarunta caafimaadka way ka jawaabi karaan su'aalo kale.



Sawirka 1 Wadno caadiga ah iyo qulqulka dhiiga