

Isticmaalka neefta iyo iStarodhka guriga **Asthma and Home Steroid Use (Somali)**

Neeftu waa marka marin-hawadeedka, ama neef mareenka, ee sambabada ku jira ay aad uga falceliyaan waxyaabaha qaarkood. Haddii cunigaaga uu qabo neef, waxaa halis ugu jiraa neef mareenka oo bararo, sidoo kale loo yaqaano "ladagaalanka neefta". Waxay sababi karaan ladagaalanka neefta:

- Neef qaadasho said ah ama dhib leh
- Qufac iyo xiiqdheer
- Hulaaqa ama bararka
- Nuugista hawada (dib u laabashada) xabadka ama caloosha; feeraha muujinaya
- Dhidid
- Xanaaq-dhawi
- Maqaar sii cadadaay

Takhtarka ama bixiyaha xanaanada caafimaadka ayaa dalbaday dawooyin degdeg ah oo cawimaad ah, ama "badbaadin," in la isticmaalo haddii cunigaagu uu ku dhaco neef.

- Daawooyinka cawimaada degdega ah, sida albuterol ama Xopenex®, waxay caawiyaan nasinta marin-hawadeedka si ay weerarka u joojiyaan.
- Cunigaagu wuxuu u baahan yahay inuu isticmaalo dawadan 4tii saacadoodba mar marka uu leeyahay calaamadaha weerarka.

Istaroydhyada

Istaroydhyada, sida prednisone iyo prednisolone (Orapred®), waa dawooyin yareeya bararka marin-hawadeedka. Waxay isticmaalaan marka dawooyinka cawimaad ee degdega ah aanay joojin karin weerarka neefta.

- Dhakhtarku waxa uu soo dalbaday dawooyinka istaroydhyada ee cunigaaga. Istarodhyada afka waxay noqon kartaa kaniiniyo ama qaab dareere ah. Dhakhtarku wuxuu dalban doonaa dareere haddii cunigaagu aanu liqi karin kiniiniyada.

- Ubadi udhowanshaha istarodhyada oo si sahlan loo heli karo. Isticmaal marka dawooyinka gargaar ee degdegga ah aanay caawinayn calaamadaha weerarka neefta.
- Istarodhyada afka waxa badanaa la dalbadaa markiiba 5 maalmood. Dhakhtarku waxa uu dalban karaa in ka badan ama ka yar iyaga oo ku salaysanayo taariikhda cunigaagu.

Waxa la sameeyo

1. Bilow dawada gargaarka degdegga ah haddii cunigaagu ay ka muuqdaan calaamadaha weerarka, sida qufaca, xiiqda, ama neefsashada oo dhib ah. Tani waxay ka dhigan tahay inay ku sugan yihiin Aagga Jaallaha ee Qorshaha ficilka Wax kaqabashada Neefta (sida ugu dhaqsiga badan).
2. Haddii cunigaagu weli muujinayo calaamadaha weerarka ka hor inta aan la gaadhin wakhtiga kuurada xigta ee daawada gargaarka degdegga ah, waxay ku sugan yihiin Aagga Liimiga ee sida ugu dhaqsiga badan. Bilow daawada istarodhka.
3. U sheeg xafiiska dhakhtarka cunigaagu markii ay bilaabeen daawada istarodhka. Wac xafiiska dhakhtarka wakhti kasta oo aad qabto su'aalo ku saabsan xiiqda ama daawooyinka neefta cunigaagu, xataa haddii ay tahay saacado ka dib.
4. Cunigaagu waa inuu dhammeeyaa dawada oo dhan sida saxda ah ee la amray ka dib markay bilaabaan istarodhyada.

Waxyaabaha muhiimka ah ee la xasuusto

- Usii daawada sida saxda ah ee ugu qoreen dhakhtarka iyo farmashiistaha.
- Ka fiirso dhanka waxyeellooyinka. Dhibaatooyinka kasoo darso badankood wa iney baxaan marka dawada lajojiyo.
- Haddii ilmahaagu ka soo baxo finan maqaarka ah, kajooji daawada oo wac dhakhtarka.
- Soo cusbooneysi kulli dawooyinka ka hor inta aan dawadu kaa dhamaan.
- Wac dhakhtarka haddii cunigaagu qaato daawo badan ama haddii qof kale qaataba.

Goorta la Raadsado Gargaar

Wac 911 ama aad Qolka Xaaladda Deg dega haddii cunigaagu:

- Qufac daran ama neefsashada oo dhib said ah ka dib qaadashada daawada gargaarka degdegga ah iyo istarodhyada.
- Bararka gacmaha, cagaha, ama canqowyada.