

Waa maxay TIA? (WHAT IS A TIA?)

A TIA (transient ischemic attack (faalligid yar oo fudud)) waa digniinta faallig soo socda. Waxa uu dhacaa marka uu muddo kooban xirmo xidid ku jira maskaxda, oo waa calaamado ah faalligid oo si degdeg ah looga bogsado, badanaa ilaa hal saac. Calaamadaha muddada dheer waxay noqon karaan faalligid, xataa haddii ay baabba'aan.

MAXAA LOO RAADSANAYAA DARYEEL DEGDEGA OO AH TIA?

Daraasado ayaa muujinaya ilaa iyo 40% TIA waxa dadka ugu xiga waa faalligid. Qiimeyn hore iyo daaweyn ayaa ilaa 85% hoos u dhigi kara halista faalligidda labada maalmood ee ku xiga ka dib TIA.

WAA MAXAY CALAAMADHA FAALLIGIDDA CAADIGA AH IYO TIA?

BALANCE (DHEELLITIRKA)

Si kedis ah in loo waayo wadashaqeynta jirka ama dheellitirka

EYES (INDHAHA)

Aragga oo si kedis ah isu beddela

FACE (WEJIGA)

Itaal la'aan kedis ah hal dhinac oo ah wejiga ama qalloocsamid ah wejiga

ARM (GACANTA)

Itaal la'aan kedis ah gacan ama lug ama kabuubyo

SPEECH (HADALKA)

Hadal aan la fahmeyn, hadalka oo adkaada, fahmid la'aan ah hadalka

TERRIBLE HEADACHE (MADAX-XANUUN DARAN)

SI kedis ah in uu u bilowdo madax-xanuun daran



WAA MAXAY QAAR KA MID AH KHATARAHA LOOGU JIRO FAALLIGIDDA IYO TIA?

- Dhiig-kar badan
- Sokorow
- Kolosterool badan
- Xanuun ah wadnaha
- Wadnegaraac aan caadi ahayn
- Dhuubashada xididka xawlmariidka
- Sigaar-cabid
- Dhaqaaqid la'aan
- Khamra-cabid badan
- Dhaxal ah faalligidda qoyska



WISCONSIN COVERDELL
STROKE PROGRAM



WISCONSIN DEPARTMENT
of HEALTH SERVICES

DEGDEG U GARAAC 9-1-1. Ilbiriqsi kasta waa muhiim, oo qiimeyn degdeg ah ayaa faalligidda looga hortagi karaa.