

Bella Waxay Aadeysaa Dukaanka

Ku caawi Bella in ay soo iibsato cuntooyinka Bella ka difaaci kara faalligidda. Cuntooyinka ay Bella cuneyso xarfahooda ayaa la isku qasay. Eeg xarfaha hoose oo ka dhex hel eray cunto u taagan oo midabbee.

DGRII _____

Wax la beerto oo adag, oo yaryar, oo badanaa guduudan, oo intaan la cunin biyo lagu kariyo. Waxaa ku jira barootiin badan, aayroon, oo caloosha ayaa ku socota.

BAKOORLOI _____

Khudaar cagaaran oo u eg geed kurtumo leh, oo ah bulbul, oo ka mid ah waxa la cuno ee ugu caafimaadka badan.

CAGAAR _____

Tusaaleyaal ka mid ah waa caleen midmid ah, caleen weyn, bagal, iyo isbiinaash. Cuntooyinkaas waa qaar ka mid ah kuwa ugu caafimaadka badan ee dunida laga helo.

MIOR- REEDUUD _____

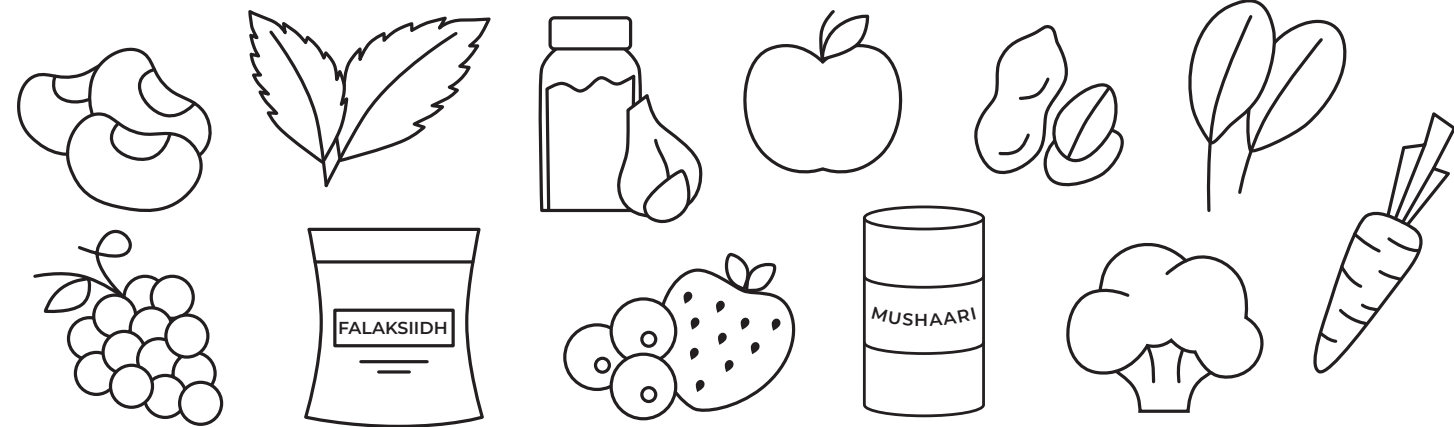
Wax laga soo gurto geedo duurka ah oo yaryar, oo leh dheecaan macaan ama kharaar. Waa wax la muudsado marka ay bislaadaan, oo fitamiin ayaa ku jira.

XWAASHA _____

Magac guud oo la isku yiraahdo waxyaabo dhandhan u yeela oo cuntada lagu karsado. Tusaaleyaal ka mid ah waa sanjibiil, basbaas, qorfe, huruud, iyo toon

INAHIINA FALAKIS _____

Iniino aan dhadhan lahayn oo u fiican caafimaadka dadka "oo magacoodu ka bilowdo fala". Waa in laga cuno 2 qaaddo maalintii oo waxay u fiican yihiin wadnaha, maskaxda, iyo jirka.



MA OGTAHAY?

Waxaad maskaxdaada falligidda uga ilaalin karto waa adigoo maalin kasta cuna miro, khudaar, cuntada laga sameeyo badarka, iyo digir. Cunista badan ee hilibka, jiiska, iyo ukunta waxay kordhin karaan halista faalligidda¹.



Sawiro oo arag cuntada u fiican caafimaadka

¹Orlich MJ, iyo qorey kale. Cuntada dadkaan hilibka cunin iyo cimriga Daraasadeynta 2aad ee Dadka u Fiican Caafimaadkooda. JAMA Intern. Med. 2013

Baro calaamadaha faalligidda!

DEGDEG UGA JAWAAB

(KNOW THE SIGNS OF A STROKE! BE FAST)

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)

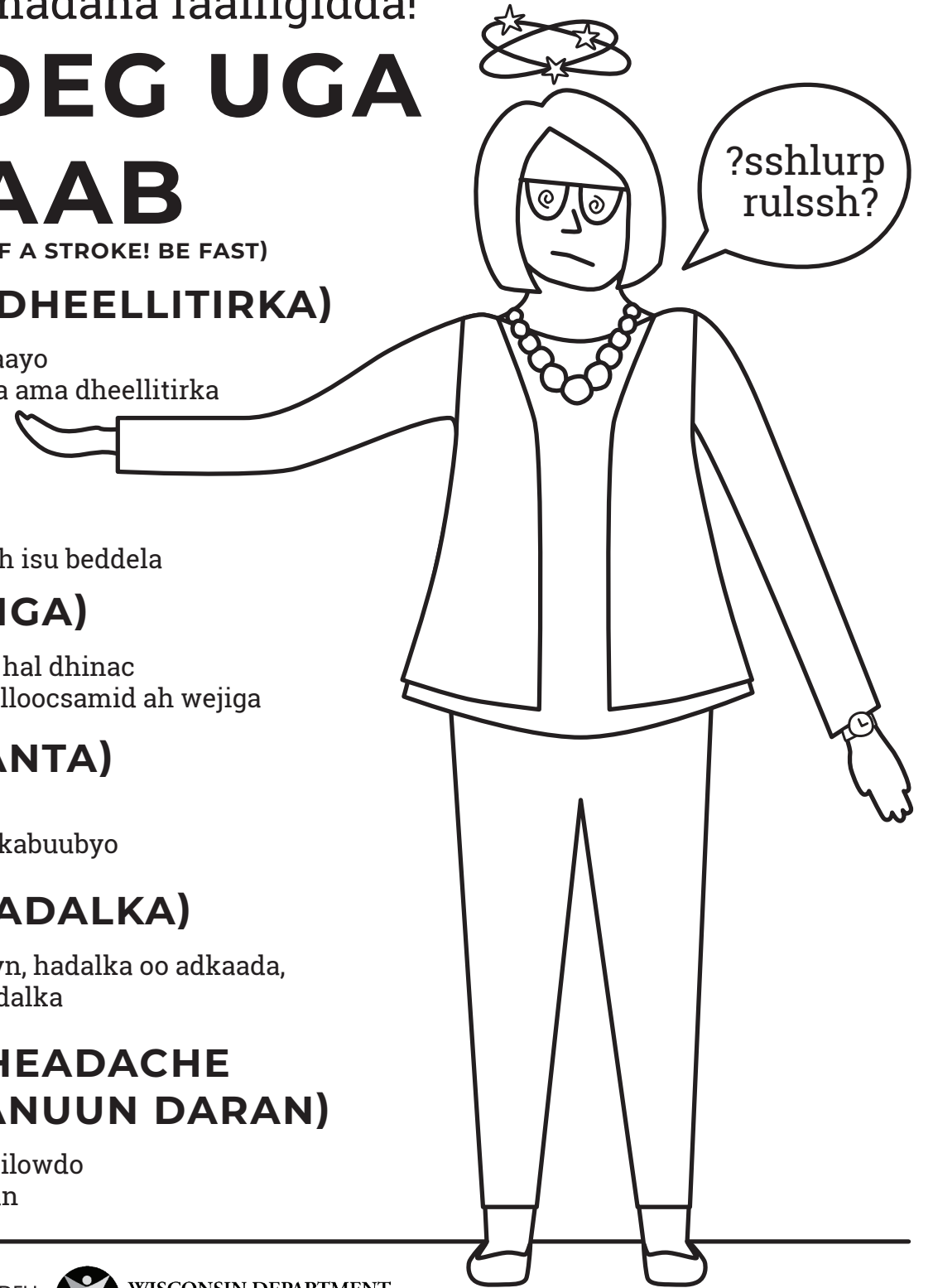
Itaal la'aan kedis ah gacan ama lug ama kabuubyo

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



WISCONSIN COVERDELL STROKE PROGRAM



WISCONSIN DEPARTMENT of HEALTH SERVICES P-02107FSO (12/2019)

Bogga internetka: U DEGDEG Bella



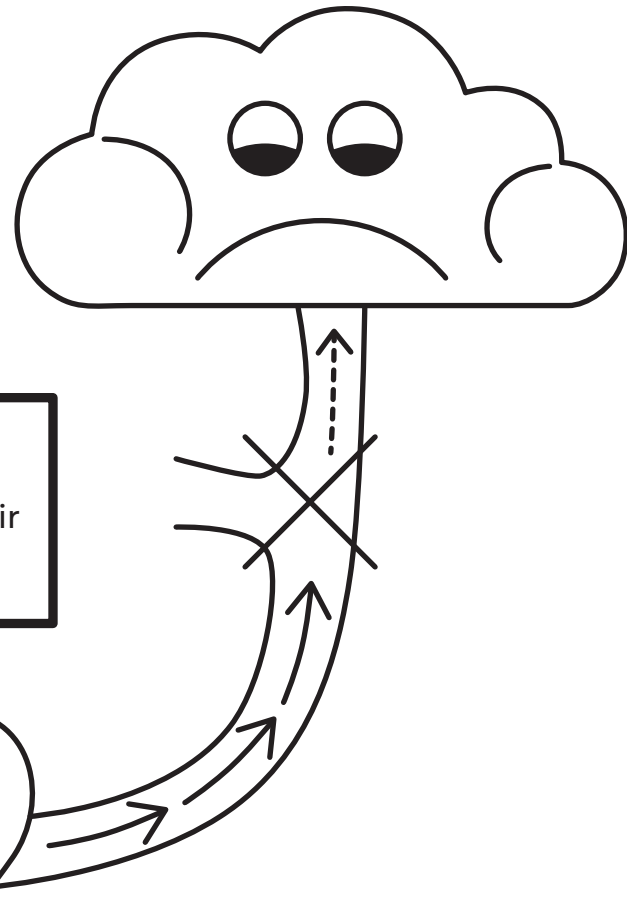
Fiidiyow: Sida la isaga yareeyo khatarta faalligidda



DEGDEG U GARAAC 9-1-1
Ilbiriqsi kasta waa muhiim!

Waa maxay faalligiddu?

Maskaxdaadu waxay u baahan tahay dhiig iyo ogsijiin uga yimaadda xididdada 24/7. Faalligiddu waxay dhacdaa markay maskaxda soo gaari waayaan dhiig ama ogsijiin ku filan.

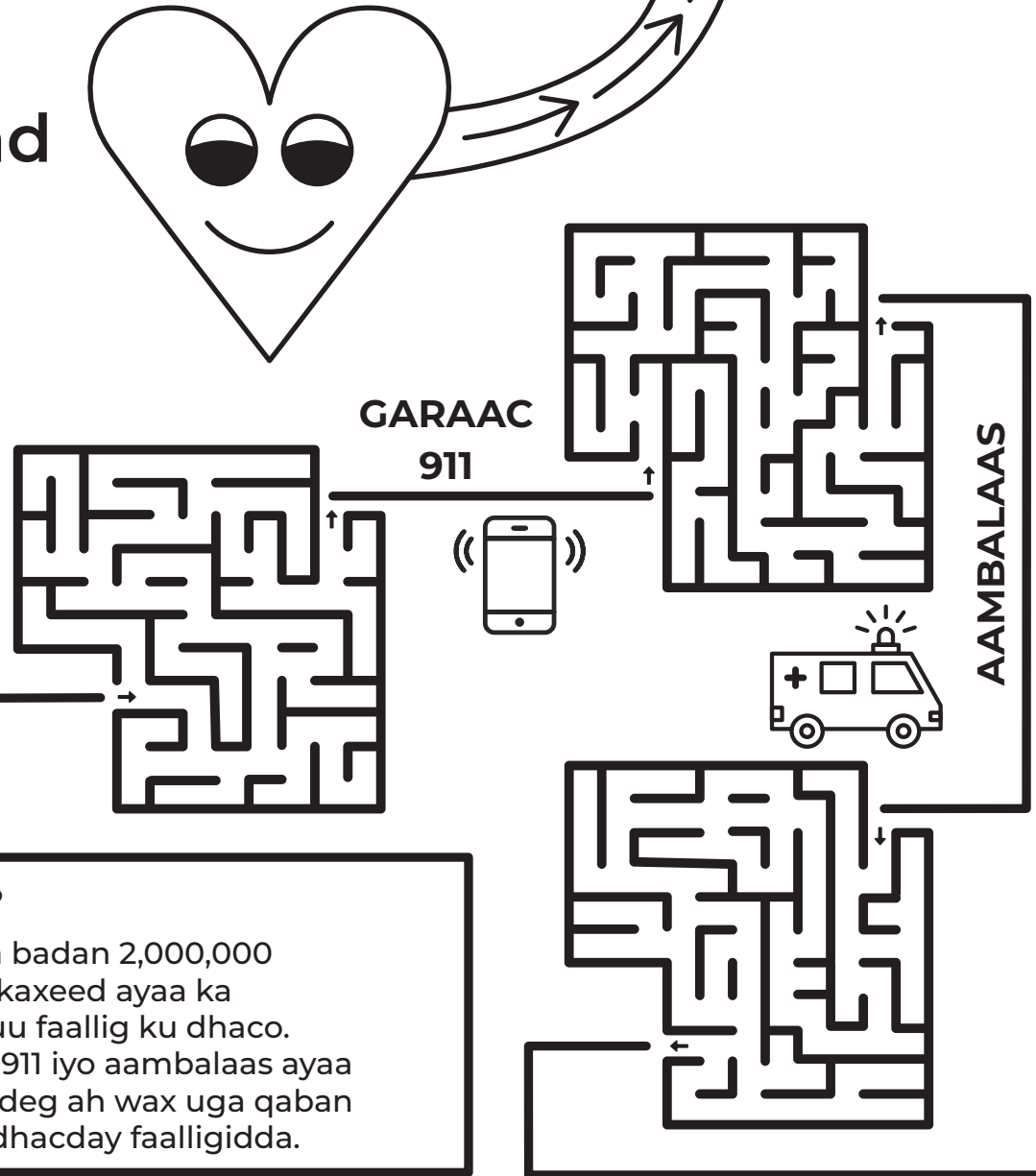


MA OGTAHAY?
Badanaa faalliggu wuxuu dhacaa markay xinjir dhiig ah dhex istaagto xididka maskaxda.

Ka caawi Bella xaalad kasta ilaa ay gaarto isbitaalka.



KA-BILOW



MA OGTAHAY?
Halkii daqiiqo in ka badan 2,000,000 oo ah unugyo maskaxeed ayaa ka dhimanaya qofka uu faallig ku dhaco. Marka loo garaaco 911 iyo aambalaas ayaa isbitaalkuna si degdeg ah wax uga qaban karaa qofka ay ku dhacday faalligidda.

Hubso Bella Calaamadaheeda Faalligidda

Bella waxaa ku dhacay faalligid. Goobo geli calaamadaheeda oo dhan.

- Balance (Dheellitirka)
- Eyes (Indhaha)
- Face (Wejiga)
- Arm (Gacanta)
- Speech (Hadalka)
- Terrible Headache (Madax-Xanuun Daran)



MA OGTAHAY?
Qeybo kala duwan oo ah maskaxda ayaa dadka ku caawiya hadalka, socodka, dheellitirka, aragga, xasuusta iyo barashada waxa ku cusub. Markuu faallig dhaco, qeybo ka mid ah maskaxda ayaa joojinaya inay si fiican u shaqeeyaan.

