

## Calaamadaha Caabuqa cagta

Infekshanku **cudurka (caabuqa)** wuxuu burburin karaa cagtaada si degdeg ah sida dabka-duurka xaalufiyo cawska qalalan.

Haddii aad leedahay dalool (*boogaha*) maqaarka cagtaada, iska ilaali calaamadahan:

1. Xanuun cusub ama barar cagahaaga ah.
2. Dheecaannada dareeraha ah.
3. Ur xun
4. Qandho, dhidid, ama qandho.
5. Ka jirato calooshaada.
6. Ma jirto rabitaan cunto.

Haddii aad leedahay mid ka mid ah kuwaan, u tag takhtar ama qolka xaaladaha deg-dega ah ee xarun caafimaad oo khibrad leh **dhammaadka maalinta**.



## Caabuqa cagtaada ee *Qorshe Hawleed*

1. Aad isbitaal weyn oo ay joogaan dhakhaatiir takhasus leh. **FIIRO GAAR** AH: Kani *ma* noqon karo isbitaalka kuugu dhow gurigaaga.
2. Weydiiso inaad aragto **dhakhtar qalliin** oo daaweeya **caabuqyada cagaha**.
3. Weydiiso inaad aragto dhakhtar **takhasusle** kaas oo hubin kara (iyo -- haddii loo baahdo -- *wanaajiya*) **wareegga dhiiga cagtaada**. Tan waxa ku jiri kara dhakhtar qalliin oo ku takhasusay xididdada dhiigga, wadnaha, ama qalliinka guud. Dhakhaatiirta kale ee takhasuska leh qaarkood, sida dhakhaatiirta wadnaha (takhaatiirta wadnaha) ama dhakhaatiirta shucaaca ayaa sidoo kale awood u yeelan kara inay tan sameeyaan.

Waxaad yeelan doontaa **khatar halis** oo ah inaad yeelato **lugaha oo laga gooyo** haddii aad tagtid isbitaal oo **aan takhasus ah** oo lagu daaweyn karo wareegga dhiigga oo xun

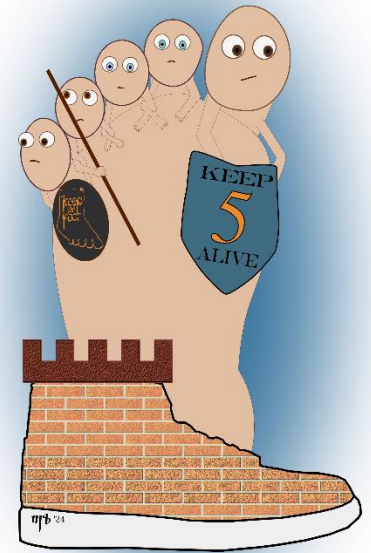
**ADIGA** ayaa ah u doodaha ugu muhiimsan caafimaadkaaga. Noqo qayb firfircoon oo ka mid ah kooxdaada daryeelka caafimaadka!

Brochure uu qoray oo uu sawiray Neal R. Barshes, MD, MPH. Qalabkani waxaa loogu talagalay ujeedooyin macluumaad oo keliya mana beddelaan talada ama talada dhakhtarka ama xirfadlayaasha kale ee daryeelka caafimaadka.



Ma qabtaa xanuunka macaanka?

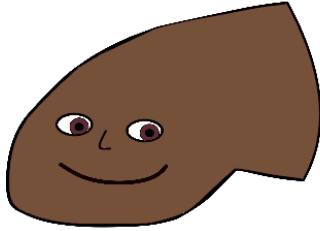
# ILAALI LUGAHAAD!



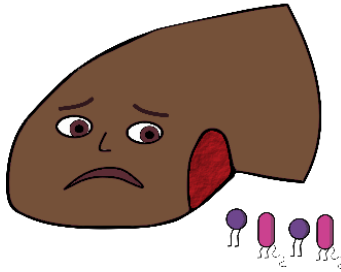
## Sonkorowga wuxuu *saameeyaa* LUGAHA

Ma joogi doontid meesha aad maanta joogto haddaan cagahaaga ahayn. Daryeel cagahaada!

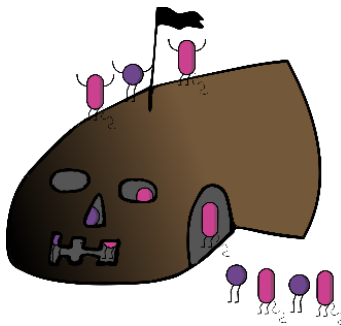
Maqaarka caafimaadka qaba oo dhan ayaa ah difaaca ugu fiican ee caabuqa.



Dadka qaba sonkorowga waxay halis ugu jiraan inay nabarro (*boogaha*) ka qaadaan cagahooda.



Haddii aan la daweyn, boogahani waxay u oggolaan karaan infekshannada (caabuqyo) iyo unugyada dhintay (*gangrene*) inay yeeshaan.



Dhibaatooyinka waxay keeni karaan inay kaa lumaan qayb ama dhammaan cagtaada (*goynta*).

Sida ugu fiican ee looga fogaado in lugaha la gooyo waa in la **ilaaliyo maqaarka caafimaadka qaba** ee cagtaada!

## Waa maxay Khatartaydu?

### ☐ KHATAR SARE

- Haddii lagaa gooyay suulka ama qayb kale oo cagtaada ah.
- Haddii aad qabto *cudurka halbowlaha durugsan* (wareega dhiiga xumaado, ama "adkaanta" halbowlayaasha).
- Haddii lagugu sifeeyo kelyaha oo shaqayn waayey.

### ☐ KHATARTA DHEX-DHEXAAD AH

- Haddii aad leedahay *neuropathy* (kabuubyo, ma dareemi karto xagga hoose ee cagahaaga)

### ☐ Khatar hoose/Caadi ah

- Midna arrimaha halista ah ee kor ku xusan

## Maxaan sameeyaa?

1. **Fiiri cagahaaga iyo kabahaada maalin kastaba.** Iska ilaali nabarrada, jeexjeexyada, dildilaaca, ama nabarrada. Isticmaal muraayad haddii aadan arki karin cagtaada. Fiiri gudaha ama dibadda kabahaaga. U tag takhtar ama bixiye kale oo daryeel caafimaad haddii aad dhib ku aragto.
2. **Jooji sigaarka - gabi ahaanba iyo weligeed.** Cabitaanka sigaarku wuxuu keenaa dhibaatooyin caafimaadka u daran. Taageero ka raadso 1-800-QUIT-NOW ama [www.smokefree.gov/la'aan](http://www.smokefree.gov/la'aan)
3. Waligaa caga-la'aan haku socon - xataa gurigaaga. Xiro kabo iyo sharabaadyo kuwaas oo raaxo leh oo si fiican ugu habboon.
4. Kala shaqee dhakhtarkaaga cadaadiska dhiiggaaga, kolestaroolka (xaydha jirkaaga), iyo xakamaynta gulukooska (oo ay ku jirto lambarkaaga *hemoglobin A1c*).