

Baaritaanka khatarta cudurka wadnaha (Cardiovascular disease risk screening)

Baaritaanka khatarta cudurka wadnaha waxaa lagu baaraa caafimaadka wadnahaaga iyo halbawleyaasha dhiiga. Marka dhakhtarkaagu ku baaro, waxaad helaya cabir kuu sheegaaya heerka aad ugu dhowdahay inuu kugu dhaco wadne istaag ama istaroom 10 sano ee soo socota (haddii aadan wax isbadello ah samayn si aad u yareyso khatarta).

Adiga iyo dhakhtarkaaga ayaa u adeegsan kara cabirka baaritaanka gaarka ah si aad u qorsheysaan talaabooyinka lagu yareynaayo khatartaada. Yareynta khatartaada ayaa kaa hor istaagaysa inuu ku dhaco wadne istaag ama istaroom.

Maxaa la ii baarayaa?

(Why should I get screened?)

Qof kasta wuxuu leeyahay heer khatarta cudurka wadnaha ah. Wadanka Canada, cudurka wadnaha (nooca cudurka wadnaha) ayaa ah sababta 2aad ee ugu badan ee loo dhinto. Saacad kasta, 12 qof oo Kanada u dhashay oo ka wayn da'da 20 sano oo qaba cudurka wadnaha ayaa dhinta. Maareynta khatarta ayaa muhiim u ah caafimaadkaaga iyo tayada nololaha.

Khatartaada waxaa saamayn kara:

- Isticmaalka tubaakada
- cadaadiska dhiiga
- heerarka kalastaroolka
- sonkoroow
- taariikhda qoyska
- heerka jimicsiga
- da'da (ragga ayaa caadiyan laga helaa cudurka wadnaha inta u dhexaysa da'aha 55 ilaa 64 sano; haweenka ayaa caadiyan laga helaa cudurka inta u dhexaysa 65 ilaa 74 sano)
- cabista khamriga
- qaabka cunto cunista
- galmada (ragga ayaa 2 jibaar u badan inay la xanuunsadaan wadne istaag marka loo eego haweenka)
- heerarka walaaca
- miisaanka

Ogaanshaha khatartaada gaarka ah ee xanuunka wadnaha ayaa kaa caawinaaya inaad talaabo qaado si aad u yareyso khatartaada.

Sidee ayaa loo sameeyaa baaritaanka khatarta cudurka wadnaha?

(How is cardiovascular disease risk screening done?)

Gudaha Alberta, baaritaanka khatarta ayaa adeegsada natiijooyinka baaritaanka shaybaadka caafimaadka ee dhakhtarkaaga qoyska ama dhakhtarka kale ee rasmiga ah uu diyaarin karo. Dhakhtarkaaga ayaa su'aalo dhawr ah kaa waydiin doona taariikhdaada caafimaadka buuxinaayana foomka codsiga shaybaarka. Kadibna waxaad tagi kartaa shaybaadhka si laguu baaro.

Shaybaadhka ayaa u adeegsada xogta dhakhtarkaagu baxsho natiijooyinka baaritaanka dhiigaaga si uu u xisaabsho fursada boqolkiiba ee aad ku qaadi karto wadne istaag ama istaroog 10 sano ee soo socda. Aalada ay adeegsadaan waxaa la dhahaa cabirka khatarta ah ee Framingham (FRS, Framingham risk score).

Qof kasta oo jira da'aha u dhexeeya 40 iyo 75 ayaa la baari karaa. Waa muhiim in lagu baaro haddii aad qabto xanuuno kale sida sonkoroowga ama cudurka kalyaha.

Waxaan doonayaa inaan ogaado cabirka khatartayda. Ma kala hadli karaa dhakhtarkayga in la ii baaro?

(I would like to know my risk score. Can I talk to my doctor about being screened?)

Haa. Waydiinta dhakhtarkaaga baaritaanka iyo sharxida sababta aad dooneyso in lagu baaro ayaa xakamayn dheeri kuu siinaysa caafimaadkaaga. Waxay sidoo kale ku siinaysaa adiga iyo dhakhtarkaaga xogta aad u baahan tahay si aad u yareyso khatartga wadne istaaga ama istarooga.

Mararka qaar way adkaan kartaa inaad dhakhtarkaaga waydiisato baaritaanno ama aad u sharaxdo sababta aad u dooneyso in lagu baaro. Barashada xog badan oo ku aadan waxa kordhin kara khatartaada cudurka wadnaha ayaa kaa caawin karta inaad la hadasho dhakhtarkaaga.

Waxaad iskudayi kartaa aalada xisaabisa khatarta cudurka wadnaha kahor inta aadan u tagin dhakhtarkaaga si aad fikir uga hesho khatartaada. Helista xogtaan kahor inta aadan booqan ayaa keenuusa inaad wada hadal waxtar leh la sameeyso waxayna idin ka caawinaysaa inaad go'aano isla gaartaan.

Sidee ayaan ku helayaa cabirka khatartayda?

(How will I get my risk score?)

Shaybaadhka ayaa xisaabin doona khatartaada una diraaya dhakhtarkaaga. Cabirkaaga khatarta ayaa sidoo kale lagu qori doonaa ciwaankaaga MyHealth Records. Waa muhiim inaad ogaato cabirka khatartaada maadaama uu kaa caawinaayo inaad maareyso caafimaadkaaga.

Muxuu ka dhigan yahay cabirkayga khatarta?

(What does my risk score mean?)

Cabirkaaga khatarta ayaa lagu qiimeyn doonaa khatar yar, khatar heer dhexe, ama khatar heer sare ah.

Ayadoo aan laga eegayn cabirkaaga, isbadellada qaab nololeedka ayaa yareyn karta khatarta.

Waxaan qabaa khatar heer dhexe ama heer sare ah, kadibna dhakhtarkaaga ayaa ku talin kara inaad biloowdo cunista daawada statin kaasoo yareynaaya khatartaada. Statin waa koox daawooyin ah oo gacan ka gaysta yareynta kalastaroolka dhiigaaga.

Haddii aad sonkorow qabto, cudurka wadnaha (atherosclerosis, ama xanuunka xun ee kalyaha, waxaa si toos ah laguugu aqoonsanayaa inaad khatar wayn ku jirto waxaa lagu bilaabi doonaa daawada statins. Haddii aad qabto midkood xanuunadaan, kala hadal dhakhtarkaaga dookhyadaada daawaynta.

Sidee ayaan ku yareyn karaa heerkaayga khatarta?

(How can I lower my risk score?)

Waad yareyn kartaa cabirka khatartaada adoo isbadello ku samaynaaya noloshaada. Waxaa jira labo qaab oo ugu waawayn oo lagu yareeyo khatartaada qaabista wadne istaag ama istar oog.

Cun daawada statin. Haddii heerkaaga khatartu uu sareeyo ama dhexdhexaad yahay, dhakhtarkaaga ayaa ku talin kara statin. Statin waa mid kamid ah daawooyin caadiyan dhakhaatiirtu qoraan. Waxay gacan ka gaystaan kahortaga inuu kugu dhaco wadne istaag ama istar oog. Dadka qaar ayaa ka walwala ciladaha ka dhasha statins. Wax badan ka ogow daawada statins.

Isbeddelo ku samee qaab nololeedka. Cunista statin keliya ayaa yareynaysa khatartaada qaadista wadne istaag ama istar oog, laakiin waa muhiim inaad qaado talaabooyin kale. Isbadellada qaab nololeedka ayaa muhiim u ah yareynta khatartaada xanuunka wadnaha. Waxaa jira qaabab badan oo lagu badelo qaab nololeedkaaga laguna yareeyo khatartaada.

- **Iska yaree khamriga**

- Cabista khamri aad u badan ayaa kordhin karta cadaadiskaaga dhiiga. Waxay sidoo kale kordhin kartaa maadada dufanka ee dhiigaaga, oo loo yaqaano triglycerides. Labadaba arimahaan ayaa kordhin kara khatartaada qaadista cudurka wadnaha.
- Haweenku waa inaysan cabin wax ka badan 1 mar maalintii. Raggu waa inaysan cabin wax ka badan 2 mar maalintii. Ayadoo ku xiran cabirkaaga khatarta, waxaad dooni kartaa inaad yareyso cadadka khamriga aad cabto xataa intaas kasii yar ama inaadba joojiso dhammaan khamriga.

- **Cun cuntooyin caafimaad leh**

- Yareynta cuntooyinka aadka loo warshadeeyay sida macmacaannada, jibsiga, ama roodhiga cad ayaa ah meel wanaagsan oo laga bilaabo.
- Yaree cadadka cusbada aad cunto. Cusbo aad u badan ayaa kordhin karta cadaadiskaaga, taasoo ah khatar keenaysa cudurka wadnaha.
- Diirada saar haruurka guud, khudaarta, miraha, iyo hilibka jirka ah.
- Biyo cab badelka aad cabi lahayd cabitaannada sonkoraysa sida khamriga.
- Isbadello lagu sameeyo cuntadaada ayaa adkaan karta. Waxaa jira khayraad ku caawin kara, sida tasmada cuntada ee Canada.
- Kala hadal dhakhtarkaaga inuu kugu xiro dhakhtarka cuntada. Wuxuu kaala shaqeyn karaa dhisida dabeecadaha cuntada oo caafimaad leh oo buuxinaaya baahiyahaaga gaarka ah iyo xanuunkaaga.

- **Hel wax xoogaa jimicsi ah**

- Helista jimicsi joogto ah ayaa kaa caawinaysa inaad maareyso sababaha khatarta keenaysa cudurka wadnaha, sida cayilka badan iyo dhiigkarka.
- Inaad jimicsi sameeyso ku dhawaad 30 daqiiqo inta badan maalmaha asbuuca (ama in ka badan 150 daqiiqo asbuuc kasta) ayaa haboon. Inaad socod aado maalin kasta ayaa ah bilow wanaagsan.

- **Maaree walaacaaga**
 - Walaaca daran ee mudada gaaban iyo kan mudada dheer ayaa saamayn kara caafimaadka wadnahaaga.
 - Inkastoo aadan iska ilaalin karin dhammaan istareeska, inaad ka fogaato waxyaabaha walaaca kugu ridaaya, inaad jimicsi sameeyso, iyo inaad neef dheer qaadato ama niyada dejiso ayaa ah qaababka lagu mareeyo istareeska.
 - Inaad ogaato sida aad uga falceliso walaaca ayaa kuu noqon karta biloow wanaagsan. Haddii aad ogaato inaad dhibaato ku qabto maareynta istareeska, kala hadal dhakhtarkaaga sida aad u yareynayso istareeska.
- **Jooji sigaarka**
 - Sigaarka ayaa waxyeelo u gaysan kara wadnahaaga iyo xididada dhiigaaga. Nicotine ayaa sidoo kale kor u qaada dhiigkarka.
 - Joojinta sigaarku waa dhib badan tahay, laakiin caawimaad ayaad helayaa. AlbertaQuits ayaa ku hagi kara talaabo kasta.

Xagee kale ayaan ka helayaa caawimaad aan ku yareeyo khatartayda?

(Where else can I get help to lower my risk?)

Bilaabista samaynta isbadelaan ayaa u muuqan karta mid culays badan wayna adkaan kartaa inaad ogaato meesha aad a bilaabayso. Balaarinta kooxdaada daryeelka si aad ugu darto dhakhtarka cuntada ama shaqaalaha bulshada ayaa kaa caawin karta kala guurkaan. La hadal dhakhtarkaaga oo la xiriir Barnaamijka Noloshaha Caafimaadka leh ee Alberta (Alberta Healthy Living Program si aad u hesho taageerooyinka la heli karo.

Waxaa sidoo kale jira khayraadka badan ee oonlaynka ah. Haayada Heart and Stroke Foundation ayaa ah meel wanaagsan oo laga bilaabo.

Xog qusaysa Qiimaynta Khatarta Xanuunka Wadnaha

(Related to cardiovascular disease risk assessment)

- Yaree cadaadiska dhiigaaga
- Cunto caafimaad leh
- Jirdhiska iyo jimicsiga
- Joojinta sigaarka
- Statins

Si loo helo tallada kalkaalisada oo 24/7 ah iyo xogta kale ee caafimaadka guud ka wac Health Link lambarka 811. Haddii aad u baahan tahay turjumaan, keliya sheeg luuqada aad u baahan tahay.

Markii U danbaysay ee Loo cusbooneysiyyey: Jimco, Bisha Sideedaad 05, 2022

Qoraaga: Cardiovascular Health and Stroke SCN, Alberta Health Services

Agabkaan badal uma ahan talada dhakhtarka xirfada leh. Qalabkaan waxaa loogu talagalay xog guud keliya waxaana loogu talagalay qaabka "sida ay tahay", "meesha ay tahay". Inkastoo dedaallada macquulka ah la sameeyay si loo xaqiijiyo saxnaanta xogta, Alberta Health Services cidna uma sameeyso matalaad ama damaanad, hadal ahaan, qorala ahaan ama sharci ahaan, marka laga hadlaayo saxnaanta, u qalmida, dhamaystirka, waafiqida ama dhisnaanta jirka sababo gaar ah gaar ah oo la xariira oo xogta noocaas ah. Alberta Health Services waxay iska bari-yeelaysaa dhammaan waxyeelada ka imaan karta isticmaalka xogtaan, iyo sheegashooyin, ficilo, dalabaad iyo dacwado kasta oo ka dhalan kara isticmaalka noocaas ah.