

Stroke

A stroke occurs when the blood flow to the brain is decreased or stopped. The blood flow can be blocked from a blood clot, plaque or a leak in a blood vessel. Sometimes the blood flow to the brain is blocked for a brief time. There will be signs of a stroke, but the signs go away in minutes to hours. This is called a **TIA or transient ischemic attack or “mini stroke”**. This is a strong warning that there is a problem and a stroke could occur in the future. When the blood flow to the brain is blocked causing permanent damage, it is called a stroke. Tests can be done to find the type, location and cause of the blockage to the blood flow of the brain.

Signs

The effects of a stroke depend on the location and amount of damage to the brain . Signs are sudden and may include:

- Numbness, tingling or weakness in the face, arm or leg, often only on one side of the body
- Confusion or trouble understanding
- Problems speaking
- Problems seeing out of one or both eyes
- Dizziness or trouble with balance, coordination or walking
- Sudden severe headache with no known cause

Your Care

Call 911 as soon as you have any signs of a stroke. The goal of care is to stop further damage to the brain. It is key to get to the hospital right away.

It often takes a few days to see what type of damage has occurred. It is hard to predict recovery from a stroke. Care is planned based on your needs. It may include:

Miyir Beelid

Miyir beeliddu waxay dhacdaa marka u socodka dhiiggu uu ka joogsado ama ka yaraado maskaxda. Socodka dhiigga waxaa xannibi kara xinjirow dhiig, buruq ama dhiig bixid ku timaadda marinka dhiigga. Mararka qaarkood u socodka dhiigga ee maskaxda waxaa la xannibaa waqti gaaban. Waxaa markaas jiri doona calaamadaha miyir beelidda, laakiin calaamaduhu waxay ku tagayaan daqiiqado ilaa saacado. Tan waxaa loo yaqaanaa **TIA ama weerar gudbaya (transient ischemic attack) ama “Miyir Beelid Yar”**. Tani waa digniin xooggan oo ah iney jirto dhibaato oo miyir beelidna ay dhici karayso mustaqbalka. Marka u socodka dhiigga laga xannibo maskaxda isagoo keenaya waxyeello joogto ah, waxaa loo yaqaanaa miyir beelid (stroke). Baaritaanno ayaa la sameyn karaa si loo ogaado nooca, meesha iyo sababta xannibidda u socodka dhiigga maskaxda ku timid.

Calaamadaha

Saameynada miyir beeliddu waxay ku xiran tahay meesha iyo xaddiga waxyeellada maskaxda gaartay . Calaamaduhu waa kuwo lama filaan ah waxaana laga yaabaa iney ku jiraan:

- Kabuubyo, xat-xato ama daciiftinnimo ku timaadda wejiga, gacata ama lugta, badanaa hal dhinac oo jidhka ka mid ah oo keliya ku dhacda
- Jahawareer ama dhibaato wax fahmid
- Dhibaatooyin hadlid
- Dhibaatooyin ku yimaada aragga mid ama labada indhoodba
- Dawakhsanaan ama dhibaato isu dheellitirnaanta ah, is raacsanaanta ama socodka
- Madax xanuun daran oo lama filaan ah oo aysan jirin sabab la ogyahay oo keentay

Daryeelkaaga

911 u wac sida ugu dhakhsaha badan marka aad isku aragto wax calaamado miyir beelid ah. Hadafka daryeelku waa in la joojiyo waxyeello kale oo maskaxda gaarta. Waxay fure u tahay in aad isla markiiba isbitaalka horey ka aaddo.

Waxay badanaa qaadataa dhowr maalmood in lagu arko nooca waxyeellada dhacday. Way adag tahay in la saadaaliyo ka soo kabashada miyir beelka. Daryeelka waxaa la qorsheeyaa isagoo kus aleysan baahiyahaaga. Waxaana ka mid noqon kara:

Stroke. Somali.

- Therapy for rehabilitation
- Exercise to strengthen your muscles
- Adapting your activity to use the strong side of your body
- Learning how to talk and communicate
- Learning ways to eat and drink safely

Risk Factors

You are at risk for a stroke if you:

- Have high blood pressure, diabetes, high blood cholesterol, heart disease or a prior stroke
- Are from a family where others have had a stroke
- Are overweight
- Are inactive or do not exercise
- Have a lot of stress
- Eat foods high in cholesterol and fat
- Smoke or use tobacco
- Drink too much alcohol
- Use street drugs
- Have a head injury or a bleeding disorder

If you have any of these risk factors, talk to your doctor or nurse about ways to manage them .

To Prevent a Stroke

- Treat high blood pressure, diabetes, high cholesterol and heart disease if present
- Quit smoking
- Exercise
- Eat a healthy diet and lose weight if you are overweight
- Limit alcohol to 1-2 drinks a day
- Avoid falls and injuries

Talk to your doctor or nurse if you have any questions or concerns.

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- Daaweyn loogu talagalay dib u kabiid
- Jimicsi lagu adkaynayo murqahaaga
- La qabsashada hawlahaaga si aad u isticmaasho dhinaca xooggan ee jidhkaaga
- Barashada sida loo socdo loona xiriiriyo
- Barashada siyaabaha si ammaan leh wax loogu cuno looguna cabbo

Arrimaha Halista ah

Waxaad halis ugu jirtaa miyir beelid haddii:

- Aad qabto cadaadis dhiig oo sarreeya, sonkorow, kolestarool dhiig oo sarreeya, cudurka wadnaha ama miyir beelid hore
- Aad ka soo jeedo qoys halkaasoo kuwa kale ay miyir beelid ku dhacday
- Aad u cayilan tahay
- Aadan fir-fircooneyn ama aadan jir dhis sameynin
- Aad diiqo fara badan qabtid
- Aad cunto cunno uu kolestaroolka iyo dufanku ku sarreeyo
- Aad sigaar ama tubaako isticmaasho
- Aad cabto aalkolo fara badan
- Isticmaasho maan dooriyaha waddooyinka
- Uu madaxa dhaawac kaa gaaray ama dhiig bax aan caadi ahayn

Haddii aad qabto wax ka mid ah arrimahaan halista ah, takhtarkaaga ama kalkaalisada kala hadal siyaabaha loo maareyn karayo .

Si looga Hortago Miyir Beelidda

- Iska daawee cadaadiska dhiigga sarreeya, sonkorowga, kolestaroolka sarreeya iyo cudurka wadnaha haddiiba ay jiraan
- Jooji sigaar cabidda
- Jir dhis samee
- Cun cunno caafimaad leh miisaankana iska dhin haddii aad cayilan tahay
- Aalkolada ku xaddid ilaa 1-2 cabitaan maalintiiba
- Ka fogow in aad dhacdo ama dhaawacanto

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaacyo ah qabtid.

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