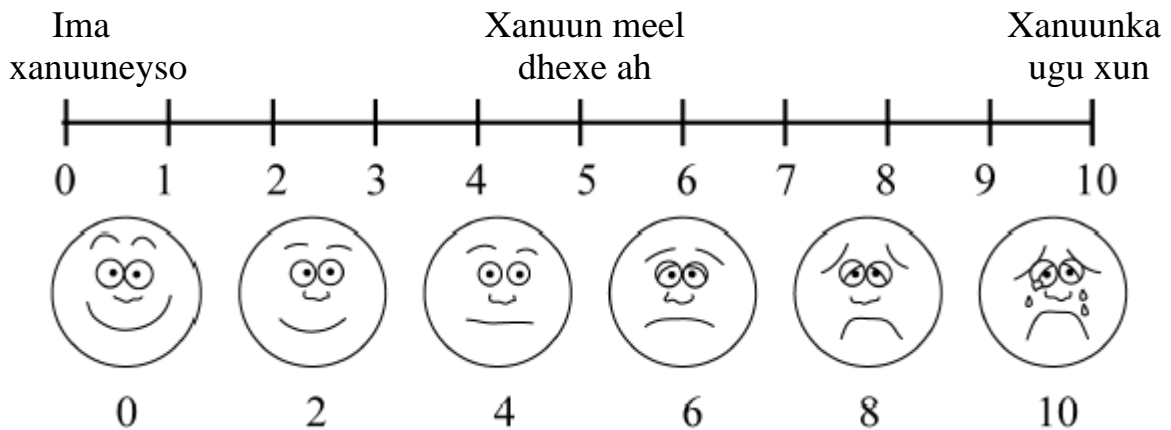


Wax ku Saabsan Xanuunkaaga

Waqtii badan ayey dadku xanuunka qabaan qalliin ama dhibaato awgood. Xanuunku waa habka uu jidhku dhanbaalka ugu diro maskaxdaada ee ah in caawino loo baahan yahay. Haddii xanuunkaaga aan la maareynin, soo kabashadaadu waqti dheer ayey qaadan doontaa. Noo sheeg sida aad dareensan tahay iyo waxa uu heerka xanuunkaagu yahay si markaas aan u awoodno inaan kaaga baabi'ino lurka. Adiga oo keliya uun baa garanaya sida aad dareemeysid.

Waxaan ku weydiin doonnaa inaad noo sheegto wax ku saabsan xanuunkaaga.

- **Xaggee ayuu xanuunku kaa hayaa?** Tilmaan meesha jidhkaaga ka mid ah ee ku xanuuneysa.
- **Miyuu xanuunku ku baahay qaybaha kale ee jidhkaaga?**
- **Goorma ayuu xanuunku billowday?**
- **Ilaa intee ayuu xanuunku leegyahay?** Tilmaan lambar ama wejiga na tusaya inta uu xanuunkaagu leegyahay.



- **What does it feel like?** Does it burn, tingle or ache? Is it dull or sharp? Is it constant or does it come and go?
- **Is it worse at any time of the day?** Morning? Evening?
- **What makes the pain feel better? What makes the pain feel worse?** What have you done to try to relieve the pain? Does the medicine make it feel better? Does it hurt more when you are active or lying still?
- **Does the pain affect other parts of your life?** Does it make it hard to sleep, eat, or care for yourself or others? Does it cause you to be upset, teary or less patient?

Talk to your doctor or nurse about your pain. Share your concerns and ask questions.

- **Sidee ayuu yahay xanuunku?** Ma ku gubanaysaa, xatxataynaysaa ama xanuunaysaa? Ma mid damman baa mise mid fiiqan? Ma mid joogto ah baa mise wuu yimaadaa oo iska tagaa?
- **Miyuu waqti maalinta ka mid ah ugu daran yahay?** Subixii? Fiidkii?
- **Maxaa xanuunka mid intii hore dhaama ka yeela? Maxaa keena in xanuunku ka sii daro?** Maxaad samaysay si aad isugu daydo inaad xanuunka iska yarayso? Miyey daawadu xanuunka ka dhigtaa mid sidii hore dhaama? Ma wuxuu aad kuu xanuunaa marka aad fir-fircoon tahay mise marka aad jiifto?
- **Miyuu xanuunku saameeyaa qaybaha kale ee noloshaada?** Miyuu kugu adkeeyaa in aad seexato, cunto, ama aad is daryeesho amadaryeesho kuwa kale? Miyuu kuu keenaa xanaaq, ilmeyn ama sabar la'aan?

**Dhakhtarkaaga ama kalkaalisada kala hadal xanuunkaaga.
Walaacyadaada la socodsii su'aalana weydii.**

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