

Anemia

Anemia is a lower than normal red blood cell count. Red blood cells carry oxygen to all parts of the body. When there is a low number of red blood cells, less oxygen is getting to the parts of the body. This can make a person feel tired and weak.

Causes

- Problems with how iron and other foods are used by the body
- Not eating enough iron-rich foods
- Bleeding in the mouth, esophagus, stomach or intestines
- Vaginal bleeding or heavy menstrual flow
- Babies less than one year old who drink cow's or goat's milk
- Babies who are fed formula that does not have extra iron.

Signs

If you have any of these signs, talk to your doctor.

- Feeling weak or tired
- Pale skin, lips, gums, lining of eyes, nails or palms of hands
- Trouble thinking clearly or feeling confused
- Dizziness or faintness
- Shortness of breath or chest pain
- Rapid heart beat
- Babies and children may grow too slowly

Dhiig yari

Dhiig yari waa tirada unugyada dhiigga cas-cas oo ka yar sidii caadiga ahayd. Unugyada dhiigga cas-cas waxay ogisjiinta u xambaaraan qaybaha jidhka oo dhan. Marka ay tirada unugyada dhiigga cas-cas yar yihiin, ogsijiin yar ayaa soo gasha qaybaha jidhka. Tani waxay qofka ka yeeli kartaa mid dareema in uu daallan yahay oo daciif yahay.

Sababaha

- Dhibaatooyin ka yimaada sida feerada ama birta iyo cuntooyinka kale uu jidhku u isticmaalo
- In aan la cunin cunto ay feeradu ku badan tahay
- Dhiig ka yimaada afka, hunguriga, caloosha ama xiidmaha
- Dhiig ka yimaada hoosta haweeneyda ama dhiig bax badan oo caadada ka yimaada
- Dhallaanka ka yar hal sano ee cabba caanaha lo'da ama caanaha adhiga
- Dhallaanka lagu quudiyo caano boore aan lahayn feero ama bir dheeraad ah.

Calaamadaha

Haddii aad qabto wax calaamadahaan ka mid ah, takhtarkaaga la hadal.

- Daciif ama daal dareensan tahay
- Maqaarkaaga, faruuryaha, cirridka, indhaha dhinacyadooda, ciddiyaha ama calaacalaha gacmuhu midab beelaan
- Dhibaato ku qabto si kala cad u fekeridda ama jahawareer dareensan tahay
- War-wareer ama miyir beelid
- Neefsashada oo kugu gaabata ama feedho xanuun
- Wadnaha oo si deg deg ah u garaacma
- Dhallaanka iyo carruurta oo si gaabisa u kora

Daryeelkaaga

Takhtarkaagu wuxuu baari doonaa si uu u ogaado sababaha dhiig yarida kuu keenay iyo in uu qorsheeyo daaweyntaada. Daaweyntaada waxaa ku jiri kara:

Anemia. Somali.

Your Care

- Your doctor will do tests to find the cause of your anemia and to plan your treatment. Your treatment may include:
- Eating healthy meals that include fruits, vegetables, breads, dairy products, meat and fish. Eat iron-rich foods such as leafy vegetables, red meats, nuts and beans. Your doctor may want you to meet with a dietitian to plan healthy meals.
- Taking an iron supplement.
- Drinking 6-8 glasses of liquids each day.
- Getting a transfusion to replace iron and blood that you have lost.

Call your doctor **right away** if you:

- Are too dizzy to stand up
- Have shortness of breath

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

Daryeelkaaga

- Takhtarkaagu wuxuu baari doonaa si uu u ogaado sababaha dhiig yarida kuu keenay iyo in uu qorsheeyo daaweyntaada. Daaweyntaada waxaa ku jiri kara:
- Cunidda cuntooyin caafimaad leh oo ay ka mid yihiin furuto, khudrad, rooti, waxyaabaha caanaha laga sameeyo, hilib iyo kalluun. In aad cunto cuntooyin feeradu ku badan tahay sida khudradda caleenta ah, hilibka guduudan, naatiska iyo digirta. Takhtarkaagu waxaa laga yaabaa in uu doonayo in uu la kulmo cunto qore si laguugu qorsheeyo cuntooyin caafimaad leh.
- In aad qaadato feero kordhiye.
- Cabidda 6-8 koob oo cabitaanno ah maalin walba.
- In lagu siiyo dhiig ku shubid si loo beddelo feerada iyo dhiigga kaa lumay.

Isla markiiba takhtarkaaga wac haddii aad:

- War-wareeysid markaad istaagto
- Ay neefsashadu kugu gaaban tahay

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah aad qabtid.

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