

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a group of lung diseases that block the flow of air as you breathe out or exhale. Some of the most common diseases include:

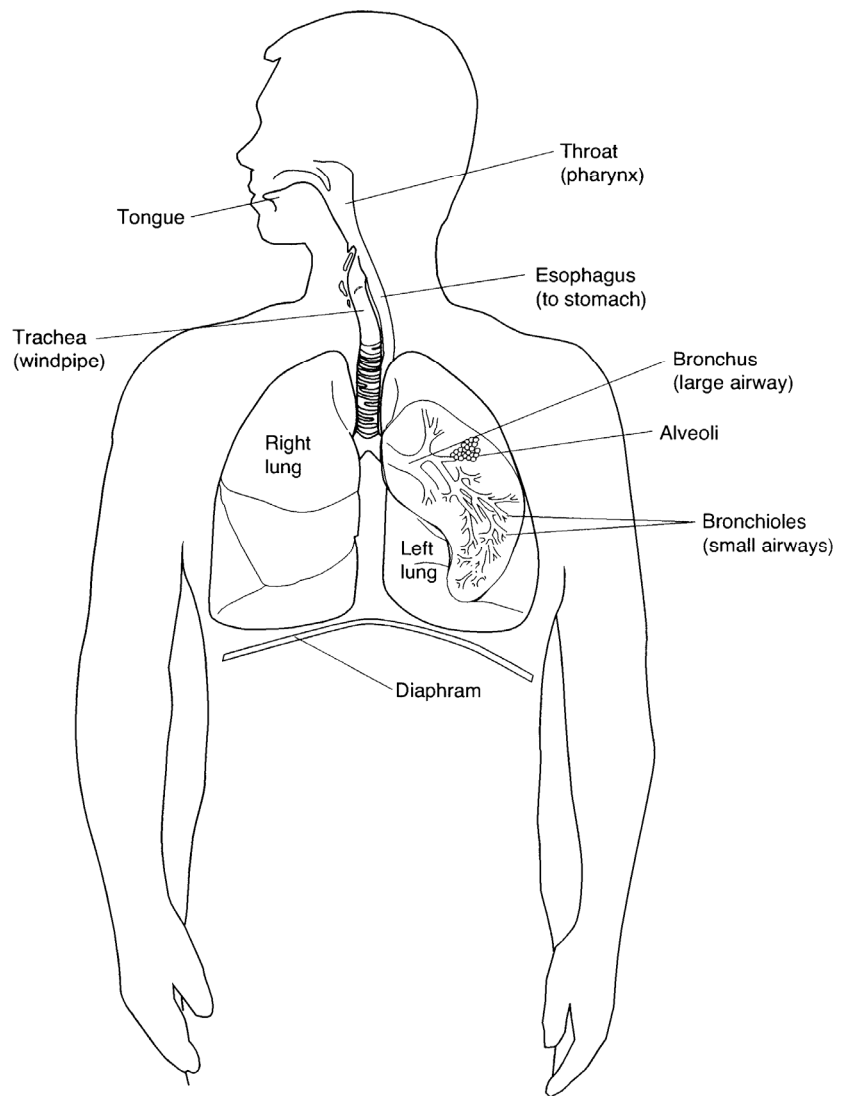
- Emphysema
- Chronic bronchitis
- Asthma

Air needs to move in and out of your lungs to meet your body's needs. When the flow of air out of the lungs is blocked, stale air becomes trapped in the lungs. This makes it harder for the lungs to get enough oxygen to the rest of the body.

Causes

The leading causes of COPD are:

- Smoking
- Working in a polluted environment
- Second hand smoke

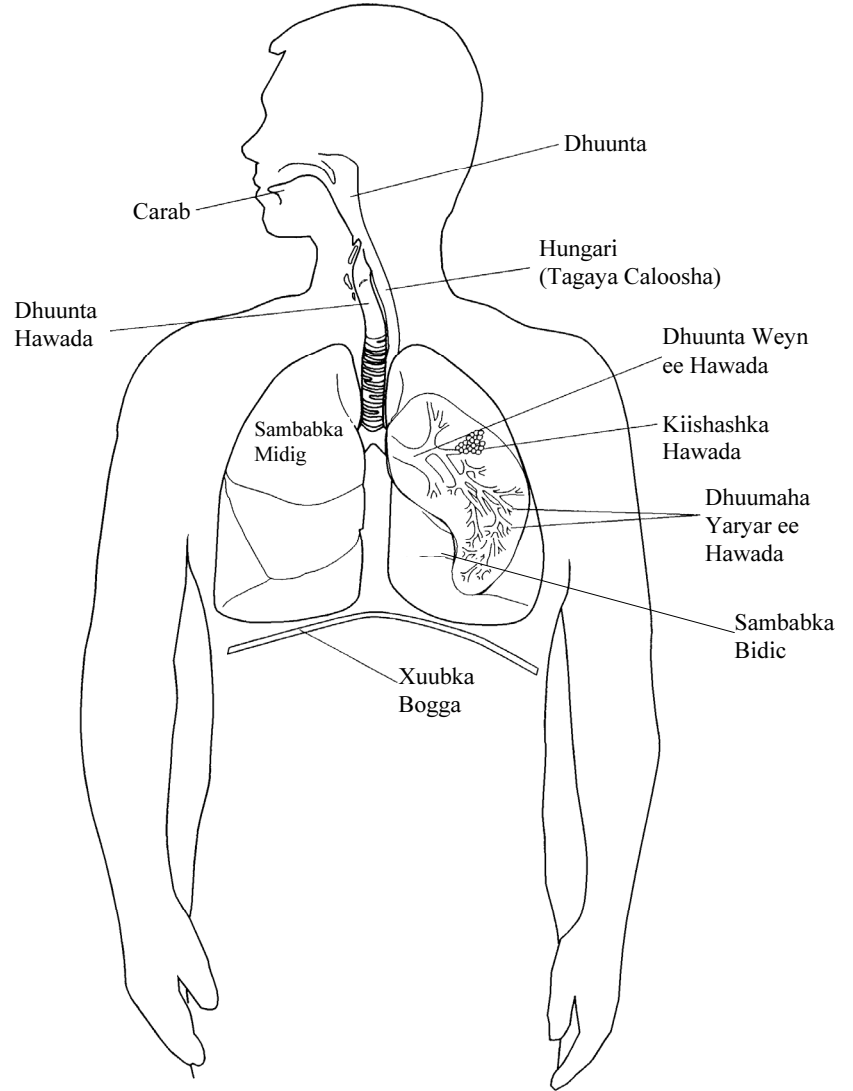


Cudurka Sambab Xaniban oo Mudo Dheer Jiray (Chronic Obstructive Pulmonary Disease) (COPD)

COPD waa koox ah cudurada sambabka oo xaniba socodka hawada marka aad neefta sii daynaysid ama qaadanaysid. Qaar ka mid ah cudurada ugu caamsan waxa ka mid ah:

- Sambab Barar (Emphysema)
- Barankiito Mudo Dheer Jirtay (Chronic bronchitis)
- Neef (Asthma)

Hawadu waxay gashaa oo ka soo baxdaa sambabadaada si loo haqabtiro baahida jidhkaaga. Marka socodka hawada ka soo bixi lahayd sambabadaada uu xanibmo, hawada la isticmaalay ayaa ku joogsata sambabadaada. Taasi waxay keenaysaa inay sambabada ku adkaato inay jidhka intiisa kale gaadhsiiyaan hawo ku filan.



Sababaha

Sababaha ugu horeeya ee keena COPD waa:

- Sigaar-cabista
- Deegaan wasakheysan oo laga shaqeeyo
- Qiiqa sigaarka ay dad kale cabeen

Chronic Obstructive Pulmonary Disease (COPD). Somali.

Signs

The signs of COPD are:

- Coughing
- Wheezing
- Feeling short of breath

These signs can be serious enough to affect your daily activities.

Your Care

Your doctor will do a medical exam and order tests such as:

- Chest x-ray
- CT scan
- Blood test
- Pulmonary function test

The damage to your lungs from COPD cannot be reversed and there is no cure. With the help of your health care team, you can manage the disease to slow its progress. To manage your COPD:

- Stay active.
- Quit smoking.
- Maintain a healthy weight.
- Eat a balanced diet.
- Drink a lot of fluids.
- Control stress.
- Take your medicines such as inhalers, steroids and antibiotics as ordered.
- Do home oxygen therapy if ordered.
- Attend a pulmonary rehab program to learn about COPD and exercise to improve your health.

Talk to your health care team about your questions and concerns.

Calaamadaha

Calaamadaha COPD waa:

- Qufac
- Xiiq
- Neefshada oo dhib kugu ah

Calaamadahaasi waxay noqon karaan kuwo culus oo saameyn kara hawlo maalmeedkaaga.

Daryeelkaaga

Dhakhtarkaaga ayaa sameyn doona baadhitaan caafimaad oo amri doono baadhitaano ay ka mid yihiin:

- Raajo laabta ah
- Sawir loo yaqaano “CT scan”
- Baadhitaan dhiig
- Baadhitaanka shaqeynta sambabada

Dhaawaca sambabadaada ka soo gaadha COPD lagama baabi’in karo mana jirto bogsiimo. Adiga oo gargaar ka helaya kooxda daryeelka caafimaadkaaga, waxa aad maamuli kartaa cudurka si loo yareeyo socodkiisa.

Si aad u maamushid COPD:

- Noqo qof firfircoon.
- Jooji Sigaar-cabista.
- Yeelo miisaan caafimaad leh.
- Cun cunto isku dheelitiran.
- Cab cabitaano badan.
- Xukun walaaca ama giigsanaanta.
- Dawooyinkaaga ay ka mid yihiin kuwa la neefsado (inhalers), kuwa ah istariyoodh (steroids) iyo antibiyootikada u qaado sida lagu sheegay.
- Samee haddii la amro ku-daweynta oksijiinta guriga lagu isticmaalo.
- Ka qaybgal barnaamij dhaqancelin sambab si aad wax uga baratid COPD isla markaana samee jimicsi si aad u hagaajisid caafimaadkaaga.

Kala hadal kooxdaada daryeelka caafimaadka wixii aad su’aalo iyo walaac qabtid.

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