

# Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that feeds the heart muscle becomes blocked. Blood flow stops to a part of the heart. If treatment is not done right away, this part of the heart muscle dies. A scar forms in this part of your heart.

Blockage may occur from:

- Fatty deposits called plaque
- A spasm in the blood vessel
- A blood clot

## Signs of a Heart Attack

- Pain or pressure in the middle of your chest, arm, jaw, shoulders, neck or stomach. It may spread from one place to another.
  - Feeling of tightness, crushing, aching, choking, squeezing, burning or heartburn
  - Occurs both during activity and at rest
  - Lasts for more than 15 minutes
- Sweating
- Shortness of breath
- Weakness
- Nausea or vomiting
- Feeling scared
- Dizziness

Call 911 **right away** if you have any of these signs. Sit or lie down until the emergency squad arrives. Do not drive to the hospital or delay by calling your doctor.

# Wadne Qabad

Wadne qabad waxaa kaloo loo yaqaannaa myocardial infarction ama MI. Wuxuu dhacaa marka marin dhiig oo quudiya muruqa wadnaha uu xannibmo. Socodka dhiigga ayaa ka joogsada qayb wadnaha ka mid ah. Haddii aan isla markiiba la daaweyn, qaybtaan muruqa wadnuhu way dhimataa. Nabar ayaa ku sameysanta qaybtaan wadnahaaga.

Xannibanku wuxuu ka imaan karaa:

- Isu ururka dufan loo yaqaanno bakteeriyada qurunta
- Isku kaduudasho aan caadi ahayn ee muruqa marinka dhiigga
- Xinjirow dhiig

## Calaamadaha Wadne Qabadka

- Xanuun ama cadaadis kaa qabta bartamaha feedhahaaga, gacanta, daanka, garbaha, qoorta ama caloosha. Waxaa laga yaabaa inuu meel ka tago oo meelo kale ku faafo.
  - Dareemidda cidhiidhi, bur-bur, xanuun, margasho, maroojin, gubasho ama wadnaha oo ku gubanaya
  - Wuxuu dhacaa waqtiyada hawlaha iyo waqtiyada nasashada labada
  - Wuxuu jiraa in ka badan 15 daqiiqadood
- Dhidid
- Neefsashada oo kugu adkaata
- Daciiftinnimo
- Lalabbo ama matagid
- Cabsi dareemid
- War-wareer

**Isla markiiba** wac haddii aad qabtid mid ka mid ah calaamadahaan. Fadhiiso ama seexo ilaa iyo kooxda gar-gaarka deg-degtu kaaga timaaddo. Baabuur ha u wadanin in aad isbitaalka ku aaddo ama dib ha u dhiganin in aad wacdo takhtarkaaga.

## **Discharge Instructions After a Heart Attack**

The heart takes several months to heal.

- Go to your follow-up doctor's appointment.
- Ask about getting into a cardiac rehab program.
- Limit your activity for 4-6 weeks.
  - Rest each day.
  - Increase your activity over time.
  - Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering, or shaving.
  - Limit stair climbing. Take the stairs slowly.
  - Avoid lifting more than 10 pounds or 4.5 kilograms.
  - Do not vacuum, mow grass, rake or shovel. You may do light housework.
  - Ask your doctor when you can drive and when you can return to work. You may ride in a car short distances.
  - Sexual activity can be resumed when you are able to walk up 20 stairs without problems.
- Follow the diet your doctor and dietitian suggest.
  - Eat foods that are low in fat.
  - Avoid salty foods.
- Weigh yourself each day to check for fluid build-up. Extra fluid makes your heart work harder.
  - Call your doctor if you gain 2-3 pounds or 1 kilogram overnight.
- Avoid temperatures that are very hot or very cold.
  - Do not take hot or cold showers.
  - Do not use a hot tub, spa or whirlpool.
  - Stay indoors during humid weather or very hot (higher than 80° F or 27° C) or cold (lower than 30° F or 1° C) temperatures.

## **Tilmaamaha Soo saaridda Wadne Qabashada ka Dib**

Wadnuhu wuxuu ku soo bogsadaa dhowr bilood.

- Aad ballanta uu takhtarkaagu ku dabagalayo arrinka.
- Weydiiso in aad gasho barnaamij dib u soo kabiid wadne.
- Hawlahaaga xaddid ilaa 4-6 toddobaad.
  - Maalin kasta naso.
  - Hawlahaaga waqti ka waqti u sii kordhi.
  - Naso 1 saac ka dib markaad cunto cuntooyin iyo ugu yaraan 30 daqiiqadood hawlaha sida qubeysiga, maydhashada ama xiirashada ka dib.
  - Xaddid jaranjaro fuulidda. Jaranjarada si gaabisa u qaado.
  - Ka fogow qaadidda wax ka badan 10 pounds ama 4.5 kiilo garaam.
  - Wax ha xaaqin, caws ha jarin, ha geed qaadin ama wax ha falin. Shaqooyinka fudud waad sameyn kartaa.
  - Takhtarkaaga weydii goorta aad baabuur wadi karto iyo goorta aad shaqada ku noqon karto. Waxaad masaafuoyin dhow u fuuli kartaa baabuur.
  - Hawlaha galmada waa la soo celin karaa markaad awooddo in aad fuuli karto ilaa 20 jaranjaro adigoon dhibaato ku qabin.
- Raac cuntada ay takhtarkaaga iyo cunto qoruhu kuu soo jeediyaan.
  - Cun cuntooyinka dufanku ku yar yahay.
  - Ka fogow cuntooyinka cusbada leh.
- Maalin walba is miisaan si aad u hubisid in dheecaan kugu kordhayo. Dheecaan dheeraad ah wadnahaaga shaqada ayuu ku sii adkaynayaa.
  - Wac takhtarkaaga haddii ay kugu kordhaan 2-3 pounds ama 1 kiilo garaam oo miisaan dheeraad ah.
- Ka fogow heerkullada aadka u kulul ama aadka u qabow.
  - Ha ku maydhan biyo kulul ama qabow.
  - Ha isticmaalin tuubbooyinka biyaha kulul, il biyood ama biyo wareeg ku qul-qulaya.
  - Guriga joog waqtiga cimilada huurka leh ama heerkullada aadka u kulul (wixii ka sarreeya 80° F ama 27° C) ama qabowga (wixii ka hooseeya 30° F ama 1° C).

Your doctor may give you other instructions.

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

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Takhtarkaaga ayaa laga yaabaa inuu ku siiyo tilmaamo kale.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

Heart Attack. Somali.

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