

# Heart Failure

With heart failure, also called congestive heart failure, the heart muscle is weakened and does not pump as strong as it should. The blood flow slows and fluid can build up in your lungs or other parts of your body. This does not mean that your heart has stopped pumping blood. Because heart failure does not go away, you will need to learn how to manage your condition.

## Causes of Heart Failure

- Heart disease
- High blood pressure
- Heart valve problems
- Lung diseases
- An infection or virus
- Heavy alcohol or drug use
- Heart problems at birth
- Thyroid or kidney disease

## Your Care

- Take your medicines as ordered by your doctor.
- Weigh yourself every morning at the same time. Keep a record of your daily weights.
- Limit salt or sodium in foods and drinks.
- Call your doctor for any of the signs listed below—do not delay calling.
- Pay attention to how you are feeling.
- Exercise each day, but rest as needed.
- Put your feet up to reduce ankle swelling.
- Keep your doctor appointments.
- Limit your daily liquids if ordered by your doctor.

# Hawl gabidda Wadnaha

Hawl gabidda wadnaha, oo sidoo kalena loo yaqaanno dheecaanka ku urura wadnaha ee hawl gabsiiya wadnaha, muruqa wadnaha ayaa daciifa dhiiggana uma soo shubo sidii xoogga lahayd ee ay ahayd inuu u soo shubo. Socodka dhiigga ayaa hoos u dhaca ka dibna dheecaan ayaa ku ururi kara sanbabadaada ama qaybaha kale ee jidhkaaga. Tan macnaheedu maahan in wadnahaagu uu joojiyey inuu dhiigga soo shubo. In hawl gabidda wadnuhu aysan tagaynin awgeed, ayaad u baahan doontaa inaan barato sidii aad u maamuli lahayd xaaladdaada.

## Sababaha Hawl gabidda Wadnaha

- Cudur wadne
- Dhiigkar sarreeya
- Dhibaatooyin haniye wadne
- Cudurro sanbab
- Hurgun ama fayras
- Isticmaalka aalkolo ama mukhaadaraad
- Dhibaatooyin wadne waqtiga dhalashada
- Cudur qanjir ama kelli

## Daryeelkaaga

- Daawooyinkaaga u qaado sida uu takhtarku ku faray.
- Subax kasta isla waqti is miisaan. Xafido diiwaanka miisaan maalmeedkaaga.
- Iska xaddid cusbada ama sodyamka ku jira cuntooyinka iyo cabitaannada.
- Takhtarkaaga wac markaad wax ka mid ah calaamadaha hoose aad isku aragto—dib ha u dhigin wicitaanka.
- Feejignaan sii sida aad dareensan tahay.
- Maalin kasta jimicsi samee, laakiin sidii loo baahnaa u naso.
- Cagaha kor saaro si aad u yarayso bararka anqaqga.
- Xafid ballammada takhtarkaaga.
- Xaddid dareerrada aad maalin walba qaadatid haddii uu takhtarku kugu amro.

Heart Failure. Somali.

- Lose weight if you are overweight.
- Stop smoking.
- Avoid alcohol.
- Get the flu vaccine each year. Talk to your doctor about the pneumonia vaccine.

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

- Gain 2 pounds or 1 kilogram in a day or 3-5 pounds or 1-2 kilograms in 5 days.
- Have swelling in your legs, feet, hands or abdomen or feel that your shoes, waistband or rings are tighter.
- Feel short of breath.
- Use more pillows when you sleep or need to sleep in a chair.
- Cough at night or have increased cough or chest congestion.
- Are more tired or weak.
- Have a poor appetite or nausea.
- Feel dizzy or confused.
- Urinate less often.

Call 911 **right away** if you:

- Feel short of breath even with rest
- Have chest pain, pressure or tightness
- Faint
- Have rapid, irregular heartbeats

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

- Is caatee haddii aad si xad dhaaf ah u cayillan tahay.
- Jooji sigaar cabidda.
- Ka fogow aalkolada.
- Qaado tallaalka ifilada sanad kasta. Takhtarkaaga kala hadal tallaalka cudurka sanbab bararka ama numooniyada.

**Isla markiiba** takhtarkaaga wac haddii:

- Uu kugu kordho miisaan 2 pounds ama ama 1 kiilo garaam hal maalin ama 3-5 pounds ama 1-2 kiilo garaam 5 maalmood.
- Ay ku bararaan lugaha, cagaha, gacmaha ama uur ku jirta ama aad dareento in kabahaaga, suunka ama faraatigu ay cidhiidhi kugu noqonayaan.
- Dareento neefsashada oo ku gaabanaysa.
- Isticmaasho barkimo markaad seexanayso ama aad u baahato inaad kursi ku seexato.
- Habeenkii qufacdo ama qufacu kugu kordho ama feedho caabuqid.
- Daallan tahay ama daciifto.
- Cunto cuniddaadu xumaato ama lalabbo ku qabato.
- Dareento wareer ama isku dhex yaac.
- Inyar aad kaadiso.

**Isla markiiba** wac 911 haddii:

- Aad dareento in neeftu kugu gaaban tahay xataa markaad nasato
- Aad qabato feedho xanuun, cadaadis ama giigsamid
- Aad miyir beeleyso
- Aad isku aragto wadne garaac aan xawaarayneynin, oo aan joogto ahayn

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

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