

Seizures

Seizures are sudden, uncontrolled changes in brain activity. This is often described as having convulsions, spells and attacks. **Epilepsy** refers to having seizures over time.

Signs of Seizures

Sometimes people feel a warning sign before the seizure. This may be a funny feeling, a headache, vision change or a strange noise. The time between the warning sign and the seizure varies.

During a seizure there may be:

- Uncontrollable body motions such as body stiffening, jerking or facial twitching
- Staring spells
- Problems breathing
- Drooling
- Loss of bowel or bladder control
- Confusion

The person will be very tired and confused after the seizure. **Try to write down what happens during the seizure. Include the date, time, how long it lasted, and exactly what happened.**

Causes of Seizures

It is not always known why people have seizures. Causes may include:

- Head injury
- Pressure on the brain from a tumor, infection or bleeding

Miyir Beelidda

Miyir beeliddu waa isbeddel lama filaan ah, oo aan la koontaroolin oo ku dhaca hawlaha maskaxda. Tan waxaa badanaa lagu tilmaamaa weerar lama filaan ah, ku soo boodid iyo weerarro. **Suuxiddu** waxay ka timaaddaa miyir beelid muddo socotay.

Calaamadaha Miyir Beelidda

Mararka qaarkood dadku waxay dareemaan calaamad digniin ah oo ka soo horreysa miyir beelidda. Tani waxay noqon kartaa dareemidda si in aad tahay, madax xanuun, aragga oo isbeddela ama dhawaaq la yaab leh. Waqtiga u dhexeeya calaamadda digniinta iyo miyir beeliddu wuu kala duwan yahay.

Waqtiga miyir beelidda waxaa laga yaabaa in ay jiraan:

- Dhaqaaq jidh oo aan la koontaroolin karaynin sida jidhka oo giigsama, ruxasho ama af qalloocsan
- Miyir beelid indho taagmid ah
- Neefsashada oo dhibaato noqota
- Dhareerid
- Saxaro ama kaadi ceshan waayid
- Jahawareer

Qofku aad ayuu u daallanaan doonaa oo wuu isku dhex yaaci doonaa miyir beelidda ka dib. **Isku day in aad qorto waxa dhacaya waqtiga miyir beelidda. Ku soo dar taariikhda, waqtiga, inta uu ku hayey, iyo waxa dhabta ah ee dhacay.**

Sababaha Miyir Beelidda

Mar walba lama yaqaanno sababta ay dadku u miyir beelaan. Sababahase waxaa ka mid noqon kara:

- Dhaawac madaxa ku yimaada
- Cadaadis maskaxda la saaro oo ka yimaada buro, jeermis ama dhiig bax

- High fevers
- Alcohol or drug abuse
- A problem you are born with
- Medicines

Your Care

Your doctor will try to find the cause of your seizures. Treatment may include medicine or surgery. Most seizures can be managed with medicine. Take the medicine as ordered. Wear a medical identification bracelet or pendant. People who have seizures may not be allowed to drive.

Talk to your doctor or nurse if you have any questions or concerns or for information about support groups.

- Qandho aad u daran
- Aalkolo iyo mukhaadaraad isticmaalid
- Dhibaato aad ku dhalatay
- Daawooyin

Daryeelkaaga

Takhtarkaaga ayaa isku dayi doona in uu ogaado sababta keentay miyir beelidda. Daaweynta waxaa ku jiri kara daawooyin ama qalliin. Miyir beelidda badankeeda daawo ayaa wax looga qaban karaa. Daawooyinka u qaado sidii lagu faray. Xiro jijimo ama wax luqunta la surto oo aqoonsi caafimaad ah. Dadka miyir beelidda qaba waxaa laga yaabaa in aan loo oggolaan in ay baabuur wadaan.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid ama si aad u heshid war ku saabsan kooxaha taageerada.

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