

Asthma

Asthma is a disease in which the airways into your lungs become narrow and produce mucus. When this happens, it is hard to breathe. Some things that can trigger an asthma attack include allergies, cold viruses, medicines, dusts, chemicals, exercise or emotions.

Signs

- Breathing faster than normal or trouble breathing
- Wheezing or noisy breathing
- Coughing that may be worse at night or early in the morning
- Feeling tight in the chest
- Having a fast heartbeat
- Having head congestion
- Having a itchy, scratchy or sore throat
- Being tired
- If your doctor ordered a peak flow meter, having a drop in peak flow meter readings

You may have more signs of asthma if you:

- Have allergies
- Have a family member with asthma
- Are sensitive to air pollution
- Are exposed to smoke
- Have stress

Neef ama Xiiq

Neef ama asma waa cudur ay marinnada hawadu ee gala sanbabadaadu ay cadhiidhi noqdaan ayna soo saaraan xab. Marka ay tani dhacdo, way adag tahay in aad neefsato. Waxyaabaha kicin kara neeftu in ay ku qabato waxaa ka mid ah xajiinta, fayraska hergebka, daawooyin, habaaska ama boodhka, kiimikooyin, jir dhis ama niyad kac.

Calaamadaha

- Si ka xawaare dheereeya caadiga u neefsasho ama dhibaato neefsashada ka timaadda
- Xiiq ama neefsasho cod leh
- Quficid laga yaabo in ay ka sii darto habeenkii ama aroorta hore
- Feedhaha oo giigsanaan laga dareemo
- Wadnaha oo xawaareynaya u garaacma
- Madaxa oo oo balqan ama xab yeesha
- Cune cun-cun, xoqid u baahan ama ku xanuuna
- Daal in aad dareento
- Haddii takhtarkaagu oo kugu amray in aad raacdo mitirka raacidda meesha ugu sarreysa, in aad isku aragto akhrinta mitirka meesha ugu sarreysa oo hoos u dhacda

Waxaa laga yaabaa in aad calaamado badan oo neef ama asma aad qabto haddii aad:

- Xajiin ama xasaasiyad qabto
- Aad leedahay qof qoyska ka tirsan oo neef qaba
- Aad u nugushahay wasaqowga hawada
- Aad la kulanto qiiq
- Aad diiqo qabto

Your Care

Your care may include:

- Taking different medicines to:
 - ▶ Open airways
 - ▶ Decrease your body's response to allergens
 - ▶ Decrease the swelling of your airways
 - ▶ Decrease congestion
- Finding out what causes your signs.
- Allergy testing.
- Using a peak flow meter to check and prevent asthma attacks.
- Drinking a large glass of liquid every 1 to 2 hours. This helps keep your mucus thin. Thin mucus is easier for you to cough up and decreases the swelling in your lungs. Clear liquids are best, such as water, fruit juice, tea, broth and clear soups.
- Avoiding milk products when wheezing because they can thicken your mucus.

To Prevent Asthma Attacks

- Keep asthma medicine with you at all times. Take your scheduled medicines even if your signs go away.
- Avoid cigarette, pipe and cigar smoke.
- Stay away from foods, medicines or things that cause you to have signs of asthma. These are called triggers.
- Avoid contact with people who have a cold or flu.
- Rest and drink plenty of liquids at the first sign of a cold.

Daryeelkaaga

Daryeelkaaga waxaa ka mid noqon kara:

- Qaadashada daawooyin kala duwan si:
 - ▶ Marinnada hawadu kuugu furmaan
 - ▶ Hoos ugu dhigaan jawaabta uu jidhku ka bixinayo xajiinta
 - ▶ Hoos u dhigaan bararka marinnadaada hawada
 - ▶ Hoos ugu dhigaan balqanka ama xabka
- Ogaanshada waxa sababa calaamadahaaga.
- Baarid xajiin.
- Isticmaalidda mitirka meesha ugu sarreysa si loo hubiyo loogana hortago in neeftu ku qabato.
- Cabidda koob weyn oo cabitaan ah 1 ilaa 2 saacadood ee kastaba. Tani waxay kaa caawinaysaa in xabku uu khafiifo. Xab khafiif ah way kuu fududaanaysaa in aad qufacdo oo uu kaa soo go' o wuxuuna hoos u dhigayaa bararka sanbabadaada. Cabitaannada cad ayaa ugu fiican, sida biyaha, casiirka furutada, shaaha, maraqa ama maraq cad.
- Ka fogaanshada waxyaabaha laga sameeyo caananaha marka aad xiiq leedahay maxaa yeelay waxay ballaarin karaan xabka.

Si aad uga hortagto Neef in ay ku Qabato

- Daawada neefta mar walba wado. Qaado daawooyinka kuu qorsheysnaa xataa haddii calaamaduhu kaa tagaan.
- Ka fogow cabidda sigaarka, shiishada ama qiiqa sigaarka.
- Ka dheerow cuntooyinka, daawooyinka ama waxyaabaha kuu keenaya in calaamadaha neeftu kuu yimaadaan. Kuwaan waxaa loo yaqaannaa kiciyeyaal.
- Ka fogow taabashada dadka hergebka ama ifilada qaba.
- Naso oo cab cabitaanno fara badan marka ugu horreysa ee calaamado hergeb aad isku aragto.

- Breathe through a scarf or other covering in cold weather.
- Talk to your doctor about an exercise to strengthen your lungs.
- Reduce stress.

Call your doctor right away if you:

- Have a cough, are wheezing or are having trouble breathing.
- Feel you need to take more medicine than your doctor has ordered.
- Have a temperature over 100.5 degrees F or 38 degrees C.
- Have mucus that is not white or clear, or mucus that is too thick to cough up.
- Have problems caused by your medicine such as shakiness, confusion, nervousness, upset stomach or a bad taste.
- Are not able to do your normal activities or exercise.

Call 911 right away if you have:

- Severe wheezing, trouble breathing or coughing.
- Chest pain.
- Lips or fingernails that are gray or blue.

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

- Ku neefso afka-layska marsho ama wax kale oo la isku daboolo cimilada qaboobaha.
- Takhtarkaaga kala hadal jir dhiska si aad u xoojiso sanbabadaada.
- Diiqada iska yaree.

La hadal dhakhtarkaaga Isla markiiba haddii aad:

- Isku aragto qufac, xiiq ama neefsashadu kugu adag tahay.
- Dareensan tahay in aad qaadato daawooyin ka badan kuwii uu takhtarku ku amray.
- Heerkulka jidhkaagu uu ka sarreeyo 100.5 darajo F ama 38 darajo oo C.
- Isku aragto xab aan caddeyn ama kala cad, ama balqan aad ugu weyn in la qufaco.
- Dhibaatooyin ay daawooyinku keeneen qabtid sida gariirid, jahawareer, isku yaacsanaan, calool kacsan ama dhadhanka oo kugu xumaada.
- Aadan awoodin in aad sameyso hawlahaaga caadiga ah ama jir dhiska.

Garaac telefoon lambarka 911 Isla markiiba haddii aad leedahay:

- Xiiq daran, neefsashada ama qufacu kugu adkaadaan.
- Aad isku aragto laab xanuun.
- Ay faruuryaha ama ciddiyaha faruhu boor ama buluug ku noqdaan.

U sheeg dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

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Asthma. Somali.