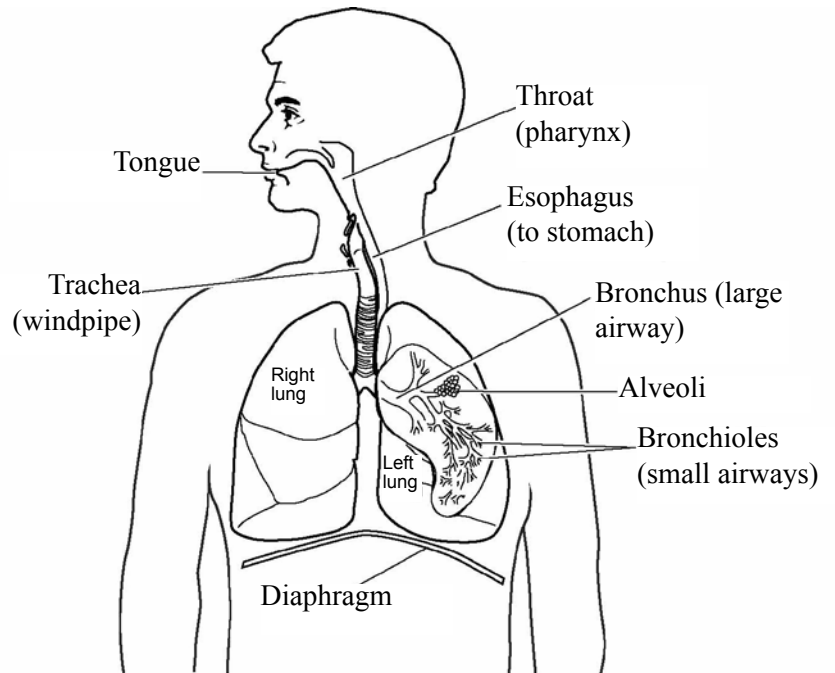


Chronic Obstructive Pulmonary Disease (COPD)

COPD is a common lung disease. There are 2 main types of COPD:

- **Emphysema** involves the alveoli or small air sacs being irritated. Over time the air sacs get stiff and will not let oxygen into and carbon dioxide out of your blood.
- **Chronic bronchitis** involves the large and small airways getting swollen and full of mucus. The mucus can block the airways and make it hard to breathe.



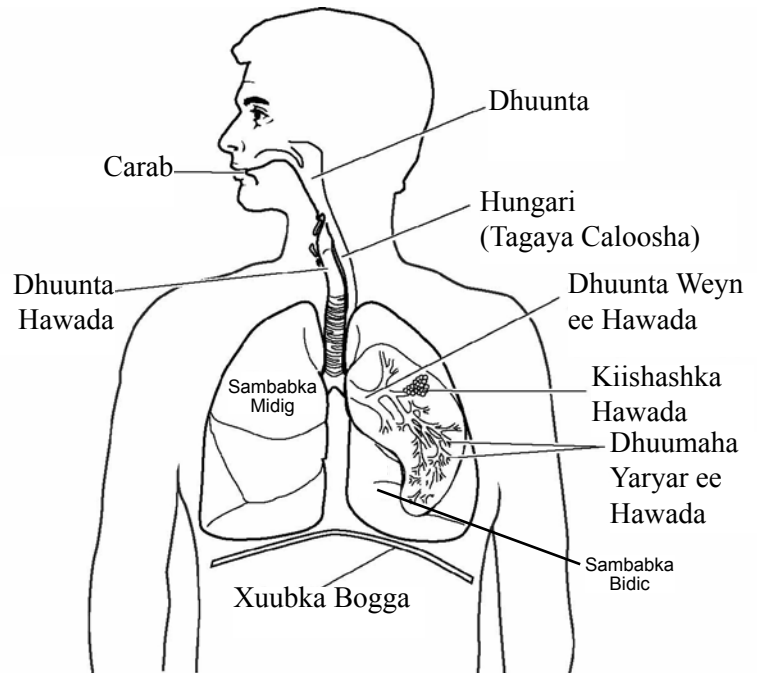
Many people with COPD have both types.

This disease develops over years. Treatment can ease signs and keep the disease from getting worse.

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

COPD waa cudur sambab oo caam ah. Waxa jira laba nooc oo ah COPD:

- **Sambab Barar** (Emphysema) waxa weeye kiishashka yaryar ee hawada (alveoli) oo xajiimaysma. Mudo ka dib waxa dhacda in kiishashka hawadu adkaadaan oo aanay oksijiin soo gaadhsiin jidhka kana saarin kaarboon dhay-oksaydh.



- **Barankiito Mudo Dheer Jirtay** (Chronic bronchitis) waxa weeye marinnada hawada ee waaweyn iyo kuwa yaryar oo barara uuna ka buuxsamayo xab. Xabku waxa uu gufeyn karaa marinnada hawada waxana uu neefsashada ka dhigi karaa dhib.

Dad badan oo qaba COPD labada noocba way leeyihiin.

Cudurkani mudo sanado ah ayuu ku soo baxaa. Cilaajku wuxu wax ka taraa khafiifinta calaamadaha, wuxuna horjoogsadaa in uu cudurku ka sii daro.

Causes

The leading causes of COPD are:

- Smoking
- Working in a polluted environment where you breathe in large amounts of dust, fumes, smoke or gases
- Second hand smoke

Signs

The signs of COPD are:

- Ongoing cough with or without mucus
- Wheezing
- Feeling short of breath that gets worse with activity
- Chest tightness

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:

- Pulmonary function test to see how well your lungs are working
- Chest x-ray
- CT scan
- Blood test

Sababaha

Sababaha ugu horeeya ee keena COPD waa:

- Sigaar-cabista
- Deegaan wasakheysan oo laga shaqeeyo adiga oo marka aad neefsanaysid qaadanaya qadaro waaweyn oo ah siigo, kaah, qiiq ama naqas
- Qiiqa sigaarka ay dad kale cabeen

Calaamadaha

Calaamadaha COPD waa:

- Qufac aan joogsanayn oo leh ama aan lahayn xab
- Xiiq
- Dareen ah neefshada oo dhib kugu ah oo ka sii darta marka hawl qabatid
- laabta oo laga dareemo culays

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:

- Baadhitaanka shaqeynta sambabada si loo arko inta ay leeg tahay shaqada sambabadaadu
- Raajo laabta ah
- Sawir loo yaqaano “CT scan”
- Baadhitaan dhiig

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.
- Get a flu shot each year and talk to your doctor about getting a pneumonia shot.
- Get treatment right away if you get a cold or other infection in your nose or lungs.

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

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 dib u kabiid sambab si aad wax uga baratid COPD isla markaana samee jimicsi si aad u hagaajisid caafimaadkaaga.
- Sannad kasta qaado tallaalka hargabka ama ifilada oo dhakhtarkaaga kala hadal sidii aad u heli lahayd talaalka nuumooniya (pneumonia).
- U raadso si dhakhso ah cilaaj/daweyn haddii uu kugu dhaco duray ama cabuuq sanko ama sambabada.

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

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COPD. Somali.