

Deep Vein Thrombosis (DVT)

Deep Vein Thrombosis, also called DVT, is a blood clot that forms inside a vein in the body. It most often occurs in the legs. The blood clot may block part or all of the blood flow. It may also break loose and cause a serious problem in the lung or a heart attack or stroke. Learn how to prevent DVT and know its signs.

Risk Factors

You are at greater risk for DVT if you:

- Have heart disease
- Are pregnant
- Are overweight
- Have anemia
- Have liver disease
- Are inactive or have long periods in bed
- Have trauma injuries or fractures
- Have had a stroke or injury that limits the movement of your legs
- Take certain medicines or treatments

Xinjir ku Sameysantay Xidid Dhiig oo Arooriye ah oo Hoos Jira (Deep Vein Thrombosis) (DVT)

Xinjir ku sameysantay xidid dhiig oo arooriye oo hoos jira (Deep Vein Thrombosis), waxa kale oo loo yaqaanaa DVT, waa xinjir dhiig oo ku samaysanta xididada dhiigga ee jidhka. Waxay badanaa ku samaysantaa lugaha. Xinjirta dhiiggu waxay joojin kartaa socodka dhiigga badhkii ama dhammaantiisba. Waxa kale oo dhici karta in xinjirtu soo fuqdo oo ay keento dhibaato culus oo ah sambabada ama ay keento qabasho wadne ama faalig . Baro sida looga hortaago DVT iyo waxa calaamadihiisu yihiin.

Yaa khatar ugu sugan

Haddii aad mid ka mid ah leedahay astaamahan, khatar baad u tahay DVT:

- Wadno xanuun
- Uur aad leedahay
- Aad shilis tahay xad-dhaaf
- Dhiigu kaa yar yahay
- Beer xanuun leedahay
- Muddo badan aad sariir yaal ahayd oo aadan socsocon
- Dhaawac shil kaasoo gaadhay ama aad jajabtay
- Faalig kugu dhacay ama dhaawac yareeyey dhaqdhaqaaqa lugahaaga
- Aad qaadatid dawooyinka ama daweynta qaarkood

Signs of DVT

Call 911 or go to the nearest emergency department if you have shortness of breath or chest pain.

Call your doctor **right away** or go to the nearest emergency department if you have any of these signs:

- Tender, swollen or red areas that may be warm to the touch over the vein. **Do not** massage or exercise a painful leg or arm.
- Numbness or tingling in the body part affected
- Aching or pain in the body part affected
- Fever or chills

How to Prevent DVT

- Your doctor may have you wear support stockings. The stockings help your blood flow to prevent clot formation.
 - ▶ Remove the stockings **each day** for 10 to 30 minutes. Check your feet and legs for redness, bruising or sore areas.
 - ▶ Ask your nurse or therapist how to put on the stockings to avoid very tight or wrinkled areas.
 - ▶ Lotion may be used if your legs are dry. Allow the lotion to dry and then powder your legs lightly to make it easier to put on the stockings.
 - ▶ You should have 2 pairs of stockings so that you have a pair to wear while the other pair is being washed and dried. Wash the stockings each day with mild soap, rinse and air dry.

Calaamadaha DVT

Wac 911 ama tag qaybta gargaarka degdegga ee kuugu dhow haddii neefsashadu ku dhibayso ama aad leedahay laab xanuun.

Dhakhtarkaaga si dhaqso ah ula hadal ama u tag goobta caafimaadka degdegga ah ee kuugu dhow haddii aad qabtid mid ka mid ah calaamadahan:

- Meelo ku danqanaya, bararsan ama cas oo diiran marka aad taabatid oo ka sareeya xididka dhiigga. **Ha** duugin ama jimicsi ha u sameyn lug ama cudud xanuun leh.
- Kabuubyo ama jidhidhico ah qaybta jidh ee waxyeelaysan
- Xanuun xad-dhaaf ah oo lugaha, gamacaha ama laabta ah
- Xummad ama qadhqadhyo

Sidee looga hortagaa DVT

- Dhakhtarkaagu waxa laga yaabaa inuu kuu geliyo sharabaaddo ku caawiya. Sharabadaadasi waxay kaa caawiyaan in dhiiggaagu wareego oo aanu yeelan xinjiro samaysma.
 - ▶ Iska saar sharabaadada **maalin kasta** 10 ilaa 30 daqiiqo. Hubi in lugahaagu ay leeyihiin meelo casaaday, amase nabarro.
 - ▶ Waydii adeegahaaga ama kalkaalisada caafimaad sida loo xidho sharabaadada, si aanada isugu giijinin.
 - ▶ Looshin ama labeen ayaad marsan kartaa, haddii ay luguhu aad kuu qallalaan. Markaa waa in looshinku kaa qallalaa lugahana aad bootar yar marisaa si aay kuugu hawl yaraato gashashada sharaabaadku.
 - ▶ Waa inaad haystaa ugu yaraan laba beer oo sharabaada ah, si markaad beer xidhan tahay ka kale u nadiifsato oo uu diyaar kuugu ahaado. Maalin kasta maydh sharabaadada adoo adeegsanaya saabuun oo qallajinaya.

- Walk every day and do leg and arm exercises to help your blood flow. Ask your doctor or therapist what type of exercise is best for you.
- Avoid sitting or lying in one position for long periods of time. Do not sit with your legs crossed or with constant pressure on the back of the knees. If your legs tend to swell, raise them on a stool when sitting.
- Avoid smoking, especially if you are taking birth control pills.
- Drink at least 8 glasses of liquids each day unless you have been told to limit your fluids.

Treatment

DVT is often treated with blood thinning medicine. The medicine may be given as:

- An IV (intravenous) – You may need to stay in the hospital during treatment.
- Injections into the skin near the stomach – If you need to give yourself injections, you will be taught how to do this.
- Pills – Take your pills as ordered by your doctor. **Call your doctor** if you have any unusual bleeding, dark or bloody urine or stool, or unusual bruising.

You may need to have blood tests done at the lab or doctor's office while you are on this medicine. Follow the schedule your doctor orders.

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

- Soco oo lugee maalin kasta si lugahaaga iyo gacmuhu u dhaqdhaqaaqaan oo dhiiggu si fiican ugu socdo jidhkaaga. Dhakhtarkaaga ama kalkaaliyahaya waydii jimicsiga kugu habboon.
- Iska ilaali inaad fadhido ama aad u jiipto dhinac kaliya waqti dheer. Ha ku fadhiisan lugahaaga oo iswaydaarsan, amase jilbaha oo aad culuys badan saarto. Haddii lugahaagu ay u muuqdaan qaar bararsan, sare u qaad markaad fadhido.
- Iska ilaali inaad sigaar cabto, gaar ahaan haddii aad qaadanayso kiniinka ilmo-kala dheeraysiinta.
- Cab 8 galaas oo dareere ah/cabitaan ah maalintii, haddii aan cabitaanka badan lagaa joojinin.

Daawaynta

DVT waxa sida caadiga ah lagu daweyyaa dawo dhiigga jilcisa. Dawadaas waxaa lagu siin karaa:

- Xididka oo lagaa siiyo (sayloon) IV (intravenous) – Waxad joogi doontaa dhakhtarka inta ay dawadu kuu socoto.
- Maqaarka u dhow caloosha oo lagaa mudo – Haddii aad u baahan tahay muditaan, waxaa lagu bari doonaa sida loo sameeyo.
- Kiniin – Kiniinkaaga u qaado sida dhakhtarku kuugu qoray. **La hadal** dhakhtarkaaga haddii uu kaa yimaaddo dhiig aan caadi ahayn, amase kaadidaada ama saxaradu dhiig yeeshaan ama madoobaadaan, amase haddaad bararto.

Waxad u baahnaan kartaa baadhitaan dhiig lagaaga qaado shaybaadhka amase dhakhtarka xafiiskiisa inta dawadu kuu socoto. Waa inaad raacdaa jadwalka dhakhtarkaaga.

La hadal dhakhtarkaaga ama kalkaaliso caafimaad haddaad wax su'aalo ah ka hayso ama walaac ka qabto.

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Deep Vein Thrombosis (DVT). Somali.