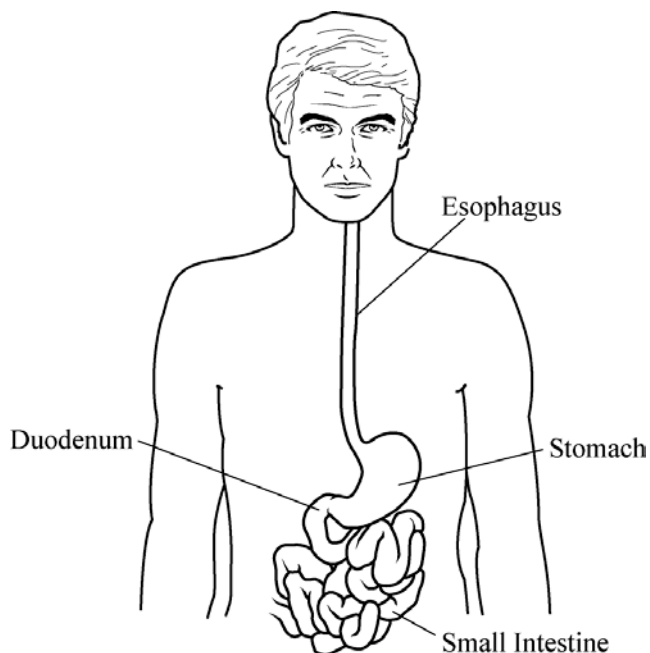


Gastroparesis

Delayed stomach emptying is called gastroparesis. Your stomach has muscles and nerves that work together to push food down into your small intestine. The small intestine breaks down food so that your body has nutrients and energy. This process is called digestion.

Gastroparesis is a condition where the muscles and nerve signals between the stomach and the intestines does not work well. The movement of food from the stomach to the intestines slows down or stops.



What causes gastroparesis?

The cause of this disease is not always known. Some of the most common causes include:

- Diabetes where high blood sugar damages the nerve around the stomach. This is the most common cause of gastroparesis.
- Surgery to the stomach, intestines or abdominal area.
- Eating disorders such as bulimia or anorexia.
- Medicines, such as narcotics, that slow the digestive tract.
- Other health conditions, such as autoimmune disease, cancer and infection, or treatments for health problems.

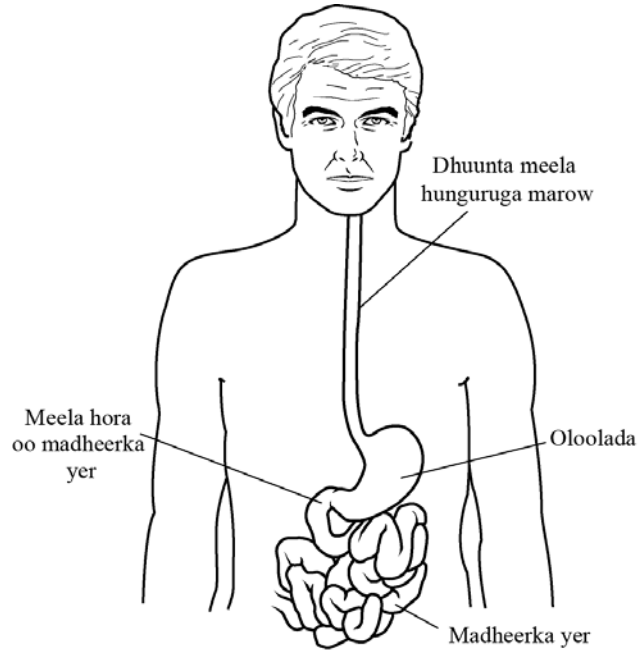
Signs

Signs may be mild to severe. Raw fruits and vegetables, high fiber foods, fatty foods and carbonated drinks can make signs worse. Signs include:

Mey waa cudurka oo oolola unugyada dilaaw

Ooolada eber eh oo la daahiya mey la aree gastroparesis. Ooolada walii lata murqa iyo neefooyin oo wada sahqeeyaaw sidii iyoo inkaridaan rashiinka ololooda yar. Ololoda yar wali jar jaraase raashinka, nafaqa iyo abooda yee in shal qeybiyaasa jirka. Walagun wali la aree digesion.

Gastroparesis wey la aree xalada taas oo murqa iyo nefoyinka alama bihiyooyaa madii oololada iyo alooleyta sifeela in shaqeyo wwayaan. Dareerka raashiinka marki injeeda oolola ilaa alool yareed tartiib ya indareerayan mise suramaan.



Mey sheena gastroparesis?

Walii sababa cudurkan wey gorodee. Walaga sababa walii kumid eh haan:

- Sokorta oo kata oona dhaawacda neefooyinka aloolaada indhaw. Tan mee waa sabta inkawiin ee sheenta gastroparesis.
- Qaliinta oololada iyo alool yaristaiyo mohooga.
- Raashiin xumo.
- Dawooyin oo kamid eh narcotics oo markass yareeyo dareerka raashinka.
- Xaaladooga kale oo caafimaad oo kamid eh atoimmune cancer, iyo infekshon.

Alaamatho

Calamadooyinka may nagada koratan kuwa si tartiibka inkadaraan. Miraaga ceeranka eh, qudaarta raashiinka saliida leh iyo cabitanka ashita leh yaa alamadooyinka kusii darsiya. Calamadoyinka mey kumid eh haan:

Gastroparesis. Somali.

- Nausea
- Vomiting undigested food
- Heartburn
- Bloating
- Pain or spasms in the stomach area
- Lack of appetite
- Feeling full after a few bites of food
- Very high or very low blood sugar levels

Testing

After a physical exam, you may have blood tests. Other tests may be done to check for stomach or intestine blockage or other problems. Tests may include:

- Upper endoscopy: This test allows the doctor to see inside your mouth, esophagus and stomach. A thin tube that has a light and camera inside is put in through your mouth and passed down into your stomach.
- Ultrasound: This test uses sound waves to get pictures of the organs in your abdomen.
- Barium x-ray: During this test, you will be given a drink that has barium in it. The barium shows up on the x-ray to show how well your stomach works.

Treatment

The goal of treatment is to manage the signs you have. Even with treatment, it may not completely stop gastroparesis. Treatment may include:

- Medicines.
- Changing your eating habits, such as eating 6 small meals each day. Your doctor or dietitian may also have you try eating liquid meals to help control your signs.
- Controlling your blood sugars if you have diabetes. You may need to check your blood sugar levels often and work closely with your doctor or diabetes educator to adjust your insulin.
- Surgery.

- Dhagdhagaaw
- Mantah raashin la inshiidna
- Laabjeex
- Barar
- Olol dhuura
- Abitaat oo koo hirama
- Usku dharagaasa hoo wal yar aanta
- Sokorta oo kor inkata mise hoos indhiida

Baaritaanka

Wey lagoo qadee imtihaan korka eh, iyo hadan kan dhiiga. Baritanka kale mey lakasuubiyo karo ololoda iyo alool yareeda iyo mushkilka kale. Baritaanka mey kumid eh:

- Imtihaan korka eleediis: Baritaanka wali in ogaladee dhaktarka inii usu araga afka gudaajee iyo ololoda. Sheey iftiin leh, sawirna yaa afka la dhah galiye ilaa olola.
- Cod eed indheer: Baritanka wey isticmaalee wal ka araga unugyada mohooga.
- X-rayga birta: Baaritaanka dhatii wal lakasiye biyo leh nafaqo. Barium oo x-rayga lasaara mey katusee sidii ololoda inshaqeeyaasa.

Daaweyowky

Oojida daawada waa intii lamaamulo calaamadooyinka ada lata. Hataa dawada reedjee marooji doonta gastroparesis. Daaweynty waly ku mid noqothy kory:

- Daawo.
- Raashiin aamoowga ya badalaasa marka walii qaadadaasee lix jeer maalintii. Dhaktarkaa wali fadee rashiin koo sogoow inii cunta si usu inogaada alaamadooyinkaaga.
- Wardiyee sokorta jirkaa hoo ada sokor qabta. Meey in baahanta inii fiiriso sokortaa marwalba adi iyo dhaktarkaa si ada in yareeso sokorta.
- Qaliin.

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

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La hathil taktarka misy kalkaalisyytha hady ady qabty su'aaly misy quseyng.

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Gastroparesis. Somali.