

Headaches

A headache is pain felt in the head. There are different types and causes of headaches.

Sinus Headache

A sinus headache causes pain in the front of the head and face. The pain is caused by swelling in the sinus passages that are behind the cheeks, nose and eyes. The pain is worse when bending forward and when first waking up in the morning. You may have nasal drainage or a sore throat.

Tension Headache

A tension headache is caused by muscle tension in the head and neck. Signs of a tension headache include a dull or constant throbbing pain above the eyes and across the back of the head. The pain may spread to the whole head or move into the neck and shoulders. The muscles in these areas may feel tight.

Migraine Headache

A migraine headache is caused by the swelling of blood vessels in the brain. Things that may trigger a migraine include:

- Bright or flashing lights, loud noises or strong smells
- Certain foods or drinks such as:
 - ▶ Hard cheese

Madax Xanuunno

Madax xanuun waa xanuun madaxa gudihiisa laga dareemo. Waxaa jira noocyo kala duwan iyo sababo madax xanuun.

Madax Xanuunka Sanqaroorka

Madax xanuunka sanqaroorku wuxuu sababaa xanuun wejiga madaxa iyo wejiga. Xanuunka waxaa keena barar ka jira marinnada sanqaroorka ee ku yaalla daamanka, sanko iyo indhaha. Xanuunku wuxuu ugu sii daran yahay marka horey loo foorarsado iyo marka ugu horreysa ee subixii la kacayo. Waxaa laga yaabaa in sanko dareere kaa socdo ama cunuhu inuu ku xanuuno.

Madax xanuunka Niyad-Kaca

Madax xanuunka niyad-kaca waxaa keena kacsanaanta xididada dhiigga maskaxda ku dhex jira. Arimaha madaxa xanuunka niyad kaca waxaa ka mid ah xanuun ku garaacaya oo damman ama joogto ah ee indhaha dushooda iyo dhinaca danbe ee madaxa. Xanuunku waxaa laga yaabaa in kuu faafo madaxa oo dhan ama uu u gudbo qoorta iyo garbaha. Murqaha meelahaas ku jira ayaa laga yaabaa in ay dareemaan giigsanaan.

Madax Xanuunka Daran/Dhanjaf

Madax xanuunka aadka u daran waxaa keena bararka marinnada dhiigga ee maskaxda ku jira. Waxyaabaha laga yaabo in ay kiciyaan madax xanuunka daran waxaa ka mid ah:

- Iftiin aad u birqaya ama biligleynaya, dhawaaq sare ama ur xooggan
- Cuntooyinka qaarkood ama cabitaannada sida:
 - ▶ Farmaajo adag

- ▶ Processed meats such as bacon, hot dogs and deli meats
- ▶ Wheat bread or grains with gluten
- ▶ Additives such as artificial sweeteners or MSG
- ▶ Caffeine found in coffee, tea, soft drinks and chocolate
- ▶ Red wine or other alcoholic drinks
- Changes in the weather or air pressure
- Eye strain
- Hormone changes in women such as during a menstrual period
- Medicines such as birth control pills
- Oversleeping or not getting enough sleep
- Skipping meals or going too long without eating
- Smoking or being around smoke
- Stress

Migraines cause severe pain, vision changes, and nausea or vomiting. Light, noise or some smells may worsen these signs. The pain may begin around the eye or temple and tends to be on one side of the head, but it may spread.

There may be warning signs before a migraine called an aura. Warning signs may include:

- Sudden tiredness or frequent yawning
- Visual changes such as blind spots, seeing bright lights, lines or other things that are not there, or blurred vision
- Tingling in an arm or leg

- ▶ Hilibka qasacadaha ku jira sida doofaarka, hot doogga iyo hilibka deelliga
- ▶ Rootiga qamadiga ama miraha leh gluten
- ▶ Waxyaabaha cuntada lagu daro sida macaaneeyayaasha macmalka ah ama MSG
- ▶ Kafeyiinta ku jirta qaxwada, shaaha, cabitaannada fudud, iyo shukulaatada
- ▶ Khamriga guduudan ama cabitaanada kale ee aalkolada
- Isbeddellada ku yimaada cimillada ama cadaadiska hawada
- Indhaha oo aad u daala
- Hormone haweenka jidhkooda isku dhex beddela sida waqtiga caadada
- Daawooyinka sida kaniinyada dhalmada lagu koontaroolo
- Hurdo xad dhaaf ah ama hurdo kugu filan waayidda
- Ka boodidda cuntooyin ama cunto cunid la'aanta waqti dheer
- Sigaar cabidda ama la joogidda qof sigaar cabba
- Diiqada

Dhanjafku wuxuu keenaa xanuun daran, isbeddel aragga ku yimaada, iyo lalabbo ama matagid. Ileys, buuq ama urta qaarkeed ayaa uga sii dari kara calaamadahaan. Xanuunku waxaa laga yaabaa in uu ka billowdo isha dhinacyadeeda ama dhafoorrada wuxuuna u badan yahay hal dhinac oo madaxa ah, laakiin waxana laga yaabaa inuu faafo.

Waxaa laga yaabaa inay jira karaan calaamado digniin ah oo ka horreeya madax xanuunka aadka u daran oo loo yaqaanno aura. Calaamadaha digniinta waxaa ka mid noqon kara:

- Daal lama filaan ah ama halaaqyo ama hamaansasho is daba joog ah
- Isbeddel arag sida meelo mugdi kaa gala, in aad aragto ileys aad u ifaya, xarriijimo ama waxyaabo kale oo aan jirin, ama aragti cawlan
- Gacan ama lug ku xat-xatoota

Cluster Headache

A cluster headache causes severe head pain. The headaches occur in groups or clusters. They happen 1 or more times a day over a cycle of weeks or months. At the end of a cluster cycle, the headaches will suddenly stop. They often do not come back for 6 months to a year or longer. It is not known what causes a cluster headache, but there are things that may trigger one including:

- Changes in the amount of daily sunlight during the spring and fall
- Glare from light
- Alcohol
- Smoking
- Certain foods
- Some medicines

Your Care

Your doctor will do an exam. Your care will be based on the signs and type of headache you have. As a part of your care you may need to:

- Take over the counter medicines such as acetaminophen, aspirin or ibuprofen for headaches, as your doctor orders. Do not give aspirin to children. If over the counter medicines do not help your pain, talk to your doctor about prescription medicines.
- Apply heat or cold to your neck or head.
- Get enough sleep.
- Relax, reduce stress and use good posture.
- Eat a healthy diet and do not delay or miss meals.
- Avoid eyestrain.

Madax xanuunka Wadajira

Madax xanuunka wada jira wuxuu keenaa madax xanuun aad u daran. Madax xanuunnadu waxay u dhacaan koox-koox ama qaybo. Waxay dhacaan 1 ama in ka badan maalintii mudo toddobaado ama bilo ah. Dhammaadka wareegga qaybta, madax xanuunnadu si lama filaan ah ayey u joogsadaan. Badanaa ma soo laabtaan 6 bilood ilaa sanad ama ka badan. Lama yaqaanno waxa keena madax xanuunnada wadajira, laakiin waxaa jira waxyaabo laga yaabo in ay kiciyaan oo ay ka mid yihiin:

- Isbeddellada ku yimaada mudada ileyska qorraxda ee waqtiga gu'ga iyo dayrta
- Walac-walac ileyska ka timid iftiinka
- Khamrada
- Sigaar cabid
- Cuntooyinka qaarkood
- Daawooyinka qaarkood

Daryeelkaaga

Takhtarkaaga ayaa baaritaan kaa qaadi doona. Daryeelkaagu wuxuu ku saleysnaan doonaa calaamadaha iyo nooca madax xanuunka aad qabtid. Iyadoo qayb ka ah daryeelkaaga ayaa laga yaabaa in aad u baahato:

- In aad qaadato daawooyinka miiska laga soo iibsado sida acetaminophen, asbirin, ama ibuprofen oo madax xanuunka loo qaato, hadba sida takhtarkaagu amro. Ha siinnin asbirin carruurta. Haddii daawooyinka miiska laga soo iibsaday aysan ku caawinnin, takhtarkaaga kala hadal daawooyin uu kuu qoro.
- Kul ama qabow iska mari qoorta ama madaxa.
- Hurdo kugu filan seexo.
- Isdeji, diiqada iska yaree qaab ficanna isticmaal.
- Cun cunno caafimaad leh dibna ha u dhigin ama ha seegin cuntooyinka.
- Ka fogow in indhuhu ku daalaan.

Headaches. Somali.

- Avoid smoke and alcohol.
- Keep a headache diary or calendar to help find and avoid things that trigger your headaches.

Call your doctor right away if:

- Your headache occurs with a head injury.
- You have slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- You have a headache with a fever, stiff neck, nausea and vomiting.
- Your headache is sudden and severe.
- Your headache gets worse over a 24-hour period or lasts longer than one day.
- Your headache is severe and is near one eye with redness in that eye.
- You have a history of headaches, but they have changed in pattern or intensity.

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

- Ka fogow sigaar iyo aalkolo cabid.
- Xafido xusuus qor madax xanuun ama jadwal si aad ug dheeraato arrimaha uga sii daraya madax xanuunkaaga.

Wac dhakhtarkaaga isla markiiba haddii aad isku aragto:

- Aad isku aragto madax xanuun kaaga yimid dhaawac madaxa ah.
- Uu hadalku ku dhibo, araggaagu isbeddelo, dhibaato dhaqaaqa gacmahaaga ama lugaha kala kulanto, dheellitirankaagu lumo, aad jahawareerto, ama xusuustu kaa lunto.
- Aad isku aragto madax xanuun qandho leh, qoor giigsan, lalabbo iyo matagid.
- Madax xanuunkaagu uu lama filaan yahay oo uu daran yahay.
- Madax xanuunkaagu uu ka sii daro muddo 24-sac ah ama uu sii jiro wax ka badan hal maalin.
- Madax xanuunkaagu uu daran yahay uuna u dhow yahay hal il oo ay ishuna ku gaduudato.
- Aad taariikh madax xanuun lahayd, laakiin ay qaab ahaan ama baaxad ahaan isbeddeleen.

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su‘aalo ama walaac ah qabtid.

2005 – 2/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children’s Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Headaches. Somali.