

Dhiig-kar Sarreeya Waqtiga Uurka

High Blood Pressure in Pregnancy

Blood pressure is the force put on the walls of your blood vessels as blood travels through your body. Blood pressure helps pump blood to your body.

Taking your blood pressure

Blood pressure is often checked by putting a wide band, called a cuff, around your upper arm. Air is pumped into the cuff. Your blood pressure is measured as the air is let out of the cuff.

Blood pressure is one number over a second number. You may hear your doctor say 110 over 72 (110/72), for example.

- The top number is higher and is called the systolic reading. It is the pressure in the blood vessels when the heart pumps.
- The bottom number is lower and is called the diastolic reading. It is the pressure in the blood vessels when the heart rests between beats.

Normal blood pressure

Normal blood pressure is a top number less than 120 (systolic) and a bottom number less than 80 (diastolic).

Blood pressure varies from person to person. Each person's blood pressure changes from hour to hour and from day to day.

Dhiig-karku waa xoogga la dul dhigo derbiyada marinnada dhiiggaaga marka uu dhiiggu jidhkaaga ku dhex soconayo. Cadaadiska dhiiggu wuxuu gacan ka geystaa inuu dhiiggu ku shubmo jidhkaaga.

Iska Qaadidda Dhiig-karka

Cadaadiska dhiigga waxaa badanaa lagu hubiyaa iyadoo gabal ballaaran oo loo yaqaanno kafan lagu xirayo dhinaca kore ee gacantaada. Hawo ayaa lagu afuufaa kafanka. Cadaadiska dhiiggaaga ayaa la cabbiraa inta hawada laga soo deynayo kafanka.

Cadaadiska dhiiggu waa lambar ka sarreeya lambar labaad. Waxaa laga yaabaa inaad maqasho dhakhtarkaaga oo leh 110 oo dul saaran 72 (110/72), tusaale ahaan.

- Lambarka kore waa midka sare waxaana loo yaqaanaa akhrinta sistoolik (systolic). Waa cadaadiska marinnada dhiiggaaga marka uu wadnaha dhiiggu ku soo shubmo.
- Lambarka hoose waa dhiigga hoose waxaana loo yaqaanaa akhrinta dhaayastoolik (diastolic). Waa cadaadiska marinnada dhiigga marka uu wadnuhu nasanayo inta u dhexeysa garaacyada.

Dhiig-karka Caadiga ah

Cadaadiska dhiigga waa lambarka kore oo ka yar 120 (systolic) iyo lambarka hoose oo ka yar 80 (diastolic).

Cadaadiska dhiiggu qofba qofka kale wuu ku kala duwan yahay. Cadaadiska dhiigga ee qof kasta wuxuu iska beddelaa saacad ilaa saacad iyo maalin ilaa maalin.

High blood pressure

High blood pressure is also called hypertension. High blood pressure is 130 or higher over 80 or higher. There are different stages of high blood pressure, based on how high your numbers are.

A diagnosis of high blood pressure is not made until your blood pressure is checked several times and it stays high.

High blood pressure and pregnancy

High blood pressure can be dangerous for pregnant women and their unborn babies. Women with high blood pressure before pregnancy may have more problems during pregnancy.

Some women get high blood pressure while they are pregnant. High blood pressure during the second half of the pregnancy is called gestational hypertension.

Without treatment, high blood pressure during pregnancy can cause a small or ill baby and problems for the mother.

Signs of high blood pressure in pregnancy

The only way to know if you have high blood pressure is to have it checked. Most people do not have any signs.

Dhiig-kar Sarreeya

Dhiig-kar oo sarreeya waxaa sidoo kale loo yaqaannaa haybartenshan (hypertension). Cadaadis dhiig ee sarreeya waa 130 oo la hoos dhigay 80 ama ka sarreeya. Waxaa jira marxalado kala duwan oo ah cadaadiska dhiigga oo sarreeya, oo ku saleysan inta ay sarreeyaan tiradaada.

Baaritaanka cadaadis dhiig oo sarreeya lama sameeyo ilaa cadaadiska dhiiggaaga la hubiyo marar kala duwan uuna noqdo mid sarreeya.

Cadaadiska Dhiig oo Sarreeya iyo Uur

Cadaadis dhiig oo sarreeya wuxuu noqon karaa mid halis u ah haweenka uurka leh iyo ilmahooda aan dhalan. Haweenka qaba cadaadis dhiig oo sarreeya ama dhiig kar sarreeya ka hor inteysan uureysan waxaa laga yaabaa in ay dhibaatooyin badan la kulmaan waqtiga uurka.

Haweenka qaarkood waxay qaadaan dhiig sarreeya inta ay uurka leeyihiin. Dhiig-kar sarreeya waqtiga badhka labaad ee uurka waxaa loo yaqaannaa jستهeshanal haybertenshan (gestational hypertension).

Daaweyn la'aan, cadaadis dhiig oo sarreeya waqtiga uurku wuxuu sababi karaa ilmo yar ama buka iyo dhibaatooyin hooyada u yimaada.

Calaamadaha Dhiig-karka Sarreeya ee waqtiga Uurka

Habka keliya ee lagu ogaanayo haddii aad dhiig-kar sare qabtid waa in lagaa hubiyo. Dadka badankoodu wax calaamado ah ma lahan.

Your care

If you have high blood pressure:

- Check your blood pressure often.
- Go to your regular doctor visits to check you and your baby.
- Take your blood pressure medicine as ordered by your doctor. Take your medicine even if you feel well.
- Limit salt intake.
- Exercise most every day.
- Get plenty of rest. Lie on your left side to give your baby the most oxygen. Ask for help if you work or have other small children.
- Reduce stress.

Gestational hypertension

Your doctor will check your health during pregnancy to watch for gestational hypertension. Gestational hypertension can progress to pre-eclampsia or eclampsia. This can affect the placenta, and the mother's kidneys, liver and brain.

Signs of preeclampsia

- Headache
- Heartburn
- Blurred vision or seeing spots
- Difficulty breathing or shortness of breath
- Pain in the upper right side of the stomach

Daryeelkaaga

Haddii aad dhiig-kar sarreeya qabtid:

- Badanaa hubi cadaadiska dhiiggaaga.
- Aad booqashooyinka dhakhtarkaaga caadiga ah si adiga iyo ilmahaaga la idiin hubiyo.
- Daawada cabbirka dhiigga u qaado sida uu dhakhtarku kugu amray. Daawada qaado xataa haddii aad caafimaad dareensan tahay.
- Xaddid qaadashada cusbada.
- Jir dhis samee maalin kasta.
- Nasasho badan qaado. Dhinacaaga bidix u seexo si ilmaha aad hawada ogsijiinta ugu badan u siiso. Caawino weydiiso haddii aad shaqayso ama aad carruur yar-yar oo kale aad leedahay.
- Yareey murugada.

Dhiig-karka Dhalmada (Gestational Hypertension)

Dhakhtarkaagu wuxuu hubin doonaa caafimaadkaaga waqtiga uurka si uu ugu fiirsado dhiig-kar dhalmeed. Dhiig-karka dhalmadu wuxuu isu beddeli karaa pre-eclampsia ama eclampsia. Tan waxay saameyn ku yeelan kartaa mardheerta, iyo kelyaha hooyada, beerka, iyo maskaxdaba.

Calaamadaha Preeclampsia

- Madaxa xanuun
- Wadne gubasho
- Arag ceeryaamo ku jiro ama dhibco arkid
- Dhibaato neefsashada ah ama neefsasho gaabisa
- Xanuun dhinaca kore ee midige ee caloosha ah

If you have high blood pressure and seizures, it is called eclampsia.

Treatment for gestational hypertension may include lowering your blood pressure with bed rest or medicines, a hospital stay or delivery of your baby.

Talk to your doctor **right away** if you have any of these signs or have any questions or concerns.

Haddii aad qabtid dhiig-kar sarreeya iyo shaqo joojin maskaxda ah, waxaa loo yaqaannaa kalamsiya (eclampsia).

Daaweynta dhiig-karka dhalmeed waxaa ku jiri kara cadaadiska dhiiggaaga oo hoos u dhaca markaad sariirta ku nasato ama daawada qaadato, isbitaal joogtid, ama ilmaha dhashid.

Isla markiiba dhakhtarkaaga la hadal haddii aad wax calaamadahaan ka mid ah aad qabtid ama aad wax su'aalo ama walaac ah qabtid.