

# Cadaadiska Dhiig Sarreeya (Dhiirrigelin)

## High Blood Pressure (Hypertension)

Blood pressure is the force put on the walls of the blood vessels with each heartbeat. Blood pressure helps move blood through your body.

Cadaadiska Dhiiggu waa xoog la saaro derbiyada marinnada dhiigga ee wadne garaac kasta. Cadaadiska dhiiggu wuxuu gacan ka geystaa inuu dhiiggu ku dhex socdo jidhka.

### 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.

### Iska Cabbiridda Cadaadiska Dhiiggaaga

Cadaadiska dhiigga waxaa badanaa lagu hubiyaa iyadoo maro ballaaran oo loo yaqaan kaf (cuff) lagu xiro dhinaca sare ee gacantaada. Hawo ayaa lagu afuufaa kafka. Cadaadiska dhiiggaaga ayaa la cabbiraa marka hawadu iney kafka ka baxdo loo oggolaanayo.

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

- Lambarka kore waa midka sarreeya waxaana loo yaqaanaa akhrinta systolic. Waa cadaadiska ku jira marinnada dhiigga marka uu wadnuhu bangareynayo ama riixayo dhiigga.
- Lambarka hoose waa midka hooseeya waxaana loo yaqaanaa akhrinta diastolic. Waa cadaadiska ku jira marinnada dhiigga marka uu wadnuhu nasanayo inta u dhexeysa garaacyada.

## Normal Blood Pressure

Normal blood pressure is a top number less than 120 (systolic) and a bottom number less than 80 (diastolic). Each person's blood pressure changes from hour to hour and from day to day.

## 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.

The harder it is for blood to flow through your blood vessels, the higher your blood pressure numbers. With high blood pressure, your heart is working harder than normal. High blood pressure can lead to heart attack, stroke, kidney failure, and hardening of the blood vessels.

## Signs of High Blood Pressure

The only way to know if you have high blood pressure is to have it checked. Most people do not have any signs. Some people may have a headache or blurred vision.

## Cadaadiska Dhiigga ee Caadiga ah

Cadaadiska dhiigga waa lambarka kore oo ka yar 120 (systolic) iyo lambarka hoose oo ka yar 80 (diastolic). Cadaadiska dhiigga ee qof kasta wuxuu isku beddelaa saacad ilaa saacad iyo maalin ilaa maalin.

## Cadaadis Dhiig oo Sarreeya

Cadaadis dhiig oo sarreeya waxaa loo yaqaannaa dhiig kar (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.

Cilad-sheegid cadaadis dhiig oo sarreeya lama sameeyo ilaa cadaadiska dhiiggaaga laga hubiyo dhowr mar uuna noqdo mid sarreeya.

Marka kastoo ay dhiigga ku adkaato inuu ku qul-qulo marinnada dhiiggaaga, lambarrada cadaadiska dhiigga kor ayey u sii kacayaan. Marka uu jiro cadaadis dhiig oo sarreeya, wadnahaagu si ka adag caadigga ayuu u shaqaynayaa. Cadaadis dhiig oo sarreeya wuxuu keeni karaa wadne qabad, faalig, hawlgab kelli, iyo adkaanshada marinnada dhiigga.

## Calaamadaha Cadaadis Dhiig oo Sarreeya

Habka keliya ee lagu ogaan karo cadaadis dhiig oo sarreeya waa in la hubiyaa. Dadka badankoodu calaamado ma lahan. Dadka qaarkood waxaa laga yaabaa iney madax xanuun isku arkaan ama aragti ceryaamo ku jirto.

## Your Care

Blood pressure control is very important. If you have high blood pressure you should:

- Check your blood pressure often. Call your doctor if your blood pressure stays high.
- See your doctor as scheduled.
- Take your blood pressure medicine as ordered by your doctor.
- Take your medicine even if you feel well or your blood pressure is normal.
- Lose weight if you are overweight.
- Limit salt in your food and drinks.
- Avoid alcohol.
- Stop smoking or tobacco use.
- Exercise most every day.
- Reduce stress.
- Practice relaxation daily.

## Daryeelkaaga

Koontaroolidda cadaadis dhiig oo sarreeya aad ayey muhiim u tahay. Haddii aad cadaadis dhiig oo sarreeya leedahay waa inaad:

- Badanaa cadaadiska dhiigga iska hubisaa. Takhtarkaaga wac haddii cadaadiska dhiiggaagu uu sii sarreeyo.
- Takhtarkaaga ugu tag sida la qorsheeyey/laguu ballamiyay.
- Daawada cadaadiska dhiigga u qaado sida uu takhtarku amray.
- Daawada qaado xataa haddii aad caafimaad dareento ama cadaadiska dhiiggu uu caadi yahay.
- Miisaan iska dhin haddii aad buuran tahay.
- Xaddid cusbada cuntooyinkaaga iyo cabitaannada ku jirta.
- Ka fogow aalkolo cabid.
- Jooji sigaar cabidda ama isticmaalka tubaakada.
- Jimicsi samee ku dhowaad maalin walba.
- Yareey murugada.
- Maalin walba nafisaad samee.

**Call 911 right away if you have:**

- A severe headache
- Vision changes
- Chest pain, pressure, or tightness
- Have a hard time breathing or get short of breath
- Sudden numbness, tingling or weakness in the face, arm, or leg
- Sudden confusion, trouble understanding, or trouble speaking
- Trouble swallowing

**Isla markiiba wac 911 haddii aad isku aragto:**

- Madax xanuun daran
- Isbeddelka aragtida ah
- Xanuun xabbadka/shafka ah, cadaadis ama cidhiidhi
- Ay neefsashadu kugu adag tahay ama ay kugu gaaban tahay
- Kabuubyo lama filaan ah, Jidhidhico ama daciiftinnimo wejiga, gacanta ama luga ah
- Jahawareer lama filaan ah, dhibaato kaaga timaadda fahmida ama dhibaato dhinaca hadalka ah
- Dhibaato wax liqidda ah