

Seizures

Seizures are sudden, uncontrolled changes in brain activity. They are a sign that there is a problem in the brain. Most seizures cause a loss of awareness and shaking of the body. Sometimes, they cause staring spells. Most seizures last less than a few minutes and the person may be confused after the seizure. A person who has repeated seizures may have a disease called epilepsy.

Causes of Seizures

It is not always known why a person has seizures. Causes may include:

- Epilepsy
- Brain injury or tumors
- Infections
- Alcohol or drug use
- Low sodium or blood sugar levels
- Kidney or liver failure
- Alzheimer's disease
- Lack of oxygen during birth or a medical condition present at birth

Signs of Seizures

Some people feel a warning sign before the seizure called an aura. This may be a headache, changes in vision, hearing noises, or smelling a scent such as smoke.

During a seizure there may be:

Qallalka

Qallalku waa isbeddel lama filaan ah, oo aan la koontaroolin oo ku dhaca hawlaha maskaxda. Waxay yihiin calaamado ku yimaada maskaxda dhexeeda. Suuxitaanku inta badan waxaa sababa miyir doorsoon iyo jidhka oo gariira. Mararka qaarkood, waxay sababaan hadalka oo gebgaleeya. Suuxitaanka badankoodu wuxuu leeyahay wax ka yar dhawr daqiiqadood oo qofka waxaa laga yaabaa inuu wareero suuxdinta kadib. Qofka leh suuxdin soo noqnoqota ayaa laga yaabaa inuu yeesho xanuuka suuxdinta.

Sababaha Qallalka

Had iyo jeer lama yaqaanno sababta ay dadku u qallalaan. Sababahase waxaa ka mid noqon kara:

- Suuxdin
- Dhaawac madaxa ku yimaada
- Xanuun jeermis
- Khamro ama isticmaalka maandooriyaha
- Soodhiyamka oo ku yar heerka dhiiga
- Kalida oo hawsha gabta
- Xanuunka (Alzheimer's)
- Hawada ogsajiinta oo ku yaraata marka uu ilmuhu dhalanayo ama xaaladiisa caafimaad ee xilliga dhalashada

Waxyaalaha sababa Qallalka

Dadka qaarkood waxay dareemaan calaamad digniin ah oo ka soo horreysa qallalka oo lagu magacaabo dhulka oo kula wareega. Tani waxay noqon kartaa, madax xanuun, aragga oo isbeddel ku yimaada dhago beel, ama urinta ur sigaarka oo kale.

Waqtiga qallalka waxaa laga yaabaa in ay jiraan:

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- Uncontrollable body motions such as body stiffening, jerking or facial muscle movements
- Staring spells
- Problems breathing
- Drooling
- Loss of bowel or bladder control
- Loss of consciousness, loss of memory or confusion

Call 911 right away if the person has never had a seizure before or if the seizure lasts longer than 5 minutes.

Try to write down what happens during the seizure. Include the date, time, how long it lasted, and signs such as body motions.

The person may be very tired and confused after the seizure.

Treatment

Treatment is based on the cause of the seizure:

- If this is the first time the person has had a seizure, the doctor will ask about signs and check to see if there is a medical condition that caused it. Blood tests and other tests such as computerized tomography (CT) scan, magnetic resonance imaging (MRI), electroencephalogram (EEG) or lumbar puncture may be done.
- A seizure caused by a high fever or a certain medicine is treated by removing the cause.
- For a person with epilepsy, a seizure may be a sign that his or her medicine may need changed.

Most seizures can be managed with medicine. If medicine does not decrease the person's seizures, surgery may be an option.

- Dhaqaaq jidh oo aan la koontaroolin karaynin sida jidhka oo giigsama, ruxasho ama af qalloocsan dhaqdhaqaaqyada muruqyada
- Miyir beelid indho taagmid ah
- Neefsashada oo dhibaato noqota
- Dhareerid
- Saxaro ama kaadi ceshan waayid
- Miyir doorsoon ama xusuusta oo kaa lunta ama jahwareer

Wac 911 isla markiiba haddii aanu qofku hore u lahayn suuxdin ama haddii suuxistu socoto in kabadan 5 daqiiqadood.

Isku day in aad qorto waxa dhacaya waqtiga miyir beelidda. Oo ay ka mid yihiin taariikhda, waqtiga, inta uu ku hayey, iyo calaamadaha uu jidhku dhaqaaq ahaan muujiyey.

Qofka waxaa laga yaabaa inuu aad ayuu u daallanaan doono oo wuu isku dhex yaaci doonaa qallalka ka dib.

Daawaynta

Daawayntu waxay ku saabsan tahay hadba waxaa sababa qallalka:

- Haddii uu qofku hore u lahaa xanuunka qallalka, dhaktarka ayaa ku waydiin doonaa calaamadaha haddii ay jiraan xaalado caafimaad oo sababay suuxdinta. Baadhitaano dhiiga ah iyo baadhitaano kale ayaa sida sawiraadad Computerized tomography (CT), magnetic resonance imaging (MRI), electroencephalogram (EEG) ama xanjaad ayaa naqaska laga sii dayn doonaa.
- Qallal ay sababtay xumada sare ee daawooyinka qaarkood ayaa waxaa lagu daweyaa ka saarista waxaa sababay.
- Qofka qaba xanuunka suuxditna, qallalka ayaa laga yaabaa inay calaamad u noqoto daawadiis/daawadeeda oo laga yaabo in labadalo.

Qallalka badankooda waxaa lagu daaweeyn karaa daawo. Haddii daawadu aanay yarayn suuxitaanka qofka, qalniin ayaa laga yaabaa in la doorbido.

Safety Concerns

- A person with epilepsy should always wear a medical alert necklace or bracelet.
- Some people need to wear helmets to prevent head injuries.
- If the person has uncontrolled seizures, he or she cannot drive. A person with controlled seizures may be able to get a restricted license to drive under certain conditions. Talk to the doctor for more information.
- A person with uncontrolled seizures should avoid activities where a seizure could cause serious injury. Examples include climbing, biking and swimming alone.

Talk to the doctor or nurse if you have any questions or concerns or for information about support groups.

Walaaca badbaada

- Qofka qaba xanuunka suuxdinta had iyo jeer waxaa loo xidhaa silis ama shuuli.
- Dadka qaarkood ayaa u baahan inay xidhaan koofiyadaha mootooyinka loo xidho si ay ugu hortagaan dhaawac soo gaadha madaxa.
- Haddii uu qofku qabo qallal aanu is xakamayn karin, oo aanu/ aanay gaadhi kaxayn karin. Qofka qaba suuxdin la xakamayn karo waxaa laga yaabaa inuu helo liisan baabuur wadis xadidadan si uu gaadhiga u kaxaysto xaaladaha qaarkood. Kala hadal dhakhtarkaaga macluumaad intaas dhaafsiisan.
- Qofka qaba qallalka aanu is xakamayn karin, waxaa haboon inuu iska ilaaliyo shaqooyinka ku keeni kara suuxdin sababi karta dhaawac daran. Tusaale ahaan fanashada meel sare, mooto ama baaskiilad kaxaysashada ama inuu keligii dabaasho.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su‘aalo ama walaac ah qabtid ama si aad u heshid war ku saabsan kooxaha taageerada.

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