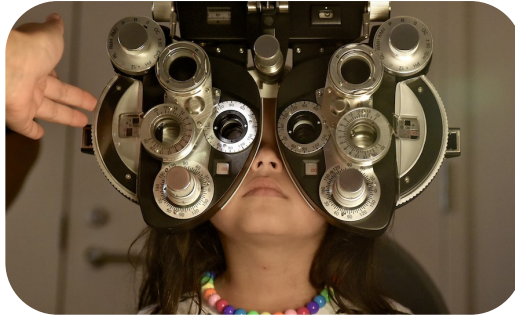


DARYEELKA CAAFIMAADKA, ILKAHA, IYO INDHAHA OO BILAASH AH

SEATTLE/KING COUNTY CLINIC

ABRIIL 24 – 27, 2025 xaga xarunta Seattle Center



Waxyaabaha ku saabsan Rugta Caafimaadka

- **Tiro xadidan oo takidhad gelitaanka ah ayaa markay** ahayd 5:30 AM la qaybiyay Fisher Pavilion ee Seattle Center (Corner of 2nd Ave N & Lenny Wilkens Way)
- Ma isla heli kartid isla maalin daryeelka ilkaha iyo aragtada
- Looma baahna diiwaan gelin hore – **SIDA LOOSOO KALA HOREEYO, AYAA ADEEGGA LAGU HELAYAA**
- **HA KA** soo qayb galin haddii aad jiran tahay
- Turjubaano waa la heli karaa
- Baarkin BILAASH ah Mercer St. Garage (650 3rd Ave N)
- **Imow adoo isu diyarii maalin deer ado wato cunto, dhar fiican iyo daawooyinka maalmeed loo bahdo.**

Dhammaan waa la soo dhaweynayaa!

- Waxaa loogu talagalay qof kasta oo danyar ah oo ladalaa dhacaaya helitaanka iyo/ama aan awoodin inuu iskadhiibo daryeelka caafimaadka
- Bukaannadu uma baahna Aqoonsi ama warqaddo caddayn ah oo nooc kastaba ah
- Bukaanku uma baahna inay deggan yihiin Seattle ama gobalka King

Dhammaan adeegyadu waa bilaash

ILKAHA: Daawaynta xanuunka ama raaxo darada, suuska la og yahay ama laga shakisan yahay, ciridka bararay, ilkaha jabay.

ARAGGA: Baaritaanka aragga, baaritaanada indhaha oo dhammaystiran, ookiyaalaha akhriska iyo muraayadaha indhaha ee dhakhtarka uu qoro. Hore u keen warqadda dhakhtarka uu qorey ee ookiyaalaha indhaha ee hadda (aan ka weynayn laba sano) si aad uga gudubto baaritaanka indhaha oo aad u hesho muraayadaha indhaha/ookiyaale.

CAAFIMAADKA: Daryeelka koowaad, raajada, raajooyinka naaska, altarasonka, dooro baadhitaanada shaybaadhka, tallaalada, daryeelka cagta, daawaynta maqaarka, jidhka iyo daryeelka jidhka (gacanta, cumaacumta, suxulka), akubanjaraka, ku dawaynta gacmaha jidhka, nafaqada, caafimaadka dhaqanka, iyo wax badan.

KHAYRAADKA: Shaqada bulshada, caawinta caymiska caafimaadka, iyo.

Macluumaad dheeraad ah:
seattlecenter.org/patients

limayl:
SKCClinic@seattlecenter.org

Telefoon:
206.684.7200



(DHAMAADAY)



How Sideen Ku Galaa Xarunta Caafimaadka?

- Tigit ka hel Fisher Pavilion ee Seattle Center. Fisher Pavilion waxaa maalin kasta 12:30 AM loo furaa bukaanada wakhti hore yimaada (eeg seattlecenter.org/patients si aad u hesho khariidadda iyo wixii faahfaahin ah).
- Kahor inta aadan gudaha u galin, bukaanada iyo martidooda ayaa mari doona baaritaan caafimaad. Qof kasta oo qaba hargab ama astaamo u eg COVID gudaha looma ogaalaan doono.
- Tigityo tiro xaddidan ayaa la bixin doonaa maalin kasta laga bilaabo 5:30 AM. Tigitku maalintaas uun buu shaqeynayaa. Hal tigit ayaa loo ogol yahay qofkiiba.
- Bukaanadu waxay Rugta u geli doonaan siday u kala horreeyaan lambarka tigitkooda.

Sideen ugu Diyaar Garoobi karaa Rugta caafimaadka?

Tani waxay noqon kartaa maalin dheer. Kaalay isu soo diyaargaree inaad daryeesho naftaada.

- **HA KA** soo qayb galin haddii aad jiran tahay.
- Keenso cunto, cabitaan, iyo daawo kasta oo aad u baahan karto maalinta oo dhan.
- **HA U** soomin baaritaanada shaybaarka.
- Si aad u hesho daryeelka ilkaha, waa inaad dhiiga iyo sokorta ay degan yihiin. Tani waa badbaadada.
- Soo xidho dhar kuugu haboon.
- **Maaskarooyinku qasab kuma ahan dhammaan ka qaybgaleyasha laakiin aad ayaa loogu talinayaa goobaha saxmada badan waxayna noqon karaan qasab inta daaweynta la wado. Xeerkaan ayaa isbadeli kara sida ku cad tasmada caafimaadka dadwaynaha.**
- Xayawaanaadka rabaayadeysan looma ogola marka laga reebo haddii ay yihiin kuwo tababaran.
- Waalidka ama mas'uulka sharciga ah waa inuu soo raaco bukaanada da'diisu ka yar tahay 18 jir. Waxa laga yaabaa ka dhaaftaan loo sameeyo dhalinyarada da'doodu tahay 13 iyo wixii ka sareeya ee aan la xiriirin/xiriir dhow la lahayn waalidka ama masuulka sharciga ah. Fadlan ogow, dhakhaatiirta takhasuska leh daryeelka carruurta ayaa laga yaabaa inaysan diyaar ahayn si ay u bixiyaan daryeelka carruurta.



Qof Miyaa ku Hadli Doona Luqaddayda?

- Turjumis ayaa laga heli doonaa Rug caafimaadka kasta.

Maxaa Dhacaya Marka aan Galo Rugta Caafimaadka?

- Waxaa jiri doonoo bukaanada tiro badan. **Waxaa suurtagal ah inaad helin dhamaan adeegyada aad doonayso ama labixinaayo isla maalintaas.** Ma isla heli kartid isla maalin daryeelka ilkaha iyo aragtada.
- Bukaanada waxay ku sugi karaan safka si ay u qaataan tikidka maalin kale adeegyo dheeraad ah.
- Waxaa lagu siin doonaa kaarka gelista Rugta caafimaadka. Kaadhkani gelista wuxuu kuu ogolaanayaa inaad ka baxdo oo aad dib u gasho dhismayaasha Rugta maalintaas oo keliya.
- Waxaan ururin doonaa macluumaadka shakhsi ahaaneed ee aasaasiga ah oo ay ku jiraan magaca, da'da, iyo cinwaanka boostada halkaas oo aan ku soo diri karno natiijooyinka shaybaarka iyo/ama muraayadaha indhaha/ookiyaalaha samayntiisa la dhammeeyey.
- Goob kasta oo adeeg (goobaha ilkaha, aragga ama caafimaadka) waxaad sugi doontaa tookadaada adigoo galaya safka waxaana bukaanada loo qaabili doonaa hadba sida ay u soo kala hormareen (ee laguma salayn doono lambarkaaga tigitka asalka ah).
- Haddii aad saf ugu jirto adeegga oo aad ka tagto goobtaada wakhti dheer, waxaad waayi doontaa booskaaga safka oo waxaad u baahan doontaa inaad tagto dhamaadka khadka markaad soo noqoto.

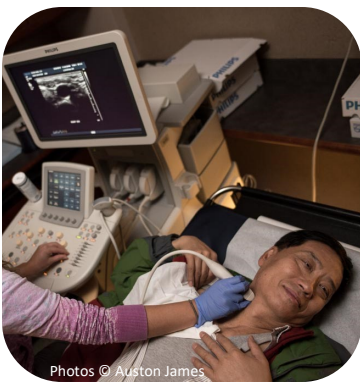
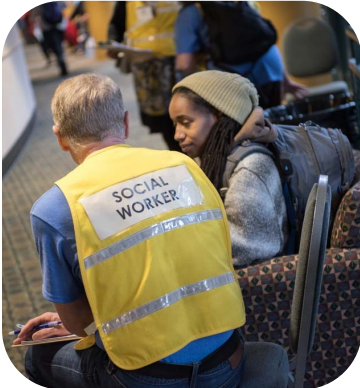
Waa Maxey Adeegyada Aan LA Bixin Doonin?

ILKAHA: Buuxinta, soo saarista ilkaha oo ay ku jiraan ilkaha xikmadda/ilkaha dambe, ilko-xirka, beeritaanada, toosinta ilkaha qaloocan, kanaalada xididada gawsaha, salka ilkaha, suuxinta, ilko caddaynta.

ARAGTIDA: Xiriirka, muraayadaha qorraxda.

CAAFIMAADKA: Raajooyinka, tolmada, iskaannada CT, tomada/tolista, talaalka carruurta kayar 18 sano jir, MRIs, waraaqaha dhakhtarku qoro ee cusub ee daawooyinka caafimaadka dhimirka.

Opioid yada lama adeegsan doono ama dhakhtar kuuma qori doono.



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