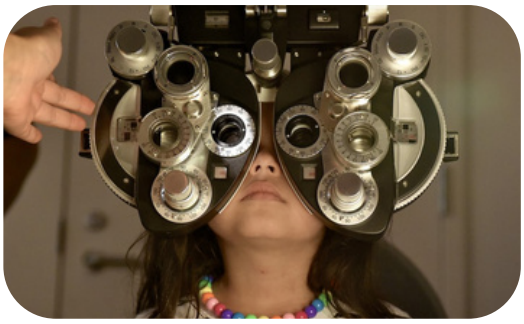
Daryeelka caafimaadka, ilkaha, iyo indhaha oo BILAASH AH

SEATTLE/KING COUNTY CLINIC

ABRIIL 29 - MAAJO 2, 2027 goobta Xarunta Seattle (Seattle Center)







WAXYAABAHA KU SAABSAN RUGTA CAAFIMAADKA

- **Lambarka cayian ee tikidyada oggolaanshaha la helayo maalin walba,** waxaa lagu qeybiya marka ay tahay 5.30 AM Fisher Pavilion Seattle Center (200 Thomas St)
- Ma isla heli kartid isla maalin daryeelka ilkaha iyo aragtada
- Ballamo maya ama isdiiwaangelinta hore - **HOREY U IMOW, HOREY HA LAGU ADEEGO**
- **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!

- Waxaaloogu talagalayqofkasta oo danyarah oo ladalaa dhacaaya helitaanka iyo/ama aan awoodin inuu iskadhiibo daryeelka caafimaadka
- Bukaanadu 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.

ARAGA: Baaritaanka araga, baaritaanada indhaha oo dhamaystiran, 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.

CAAFIMAADKA: Daryeelka koowaad, dooro baaritaanada shaybkara, baaritaanka ilmo galeenka, ultrasounds, raajooyinka, tallaada, maqaarka, daryeelka lugta, baxnaaninta jirka, toobinta, nafaqada, caafimaadka dhaqanka, iyo wax badan.

KHAYRAADKA: Shaqada bulshada, caawinta caymiska caafimaadka, iyo.

Bogga internetka:
seattlecenter.org/patients
Iimayl:
SKCClinic@seattlecenter.org
Telefoon:
206.684.7200

MACLUUMAAD DHEERAAD AH

(DHAMAADAY)








Photos © Auston James

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, bukanada 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.
- Xayawaanaadka rabaayadeysan looma ogola marka laga reebo haddii ay yihiin kuwo tababaran.
- Waalidka ama mas'uulka sharciga ah waa inuu soo raaco bukaanka da'diisu ka yar tahay 18 jir. Waxa laga yaabaa ka dhaafitaan 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 bukaano tiro badan. **Waxaa suurtagal ah inaadan helin dhammaan 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 waqti 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.

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

ARAGTIDA: Xiriirka, muraayadaha qoraxda.

Opioid yada lama adeegsan doono ama dhakhtar kuuma qori doono.

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