

Qaad Talaabooyin — Jooji Dhiig Karka!



Dhiig Karka ama Cadaadiska Dhiigga ee Sareeya waxa loo yaqaanaa dilaha aamusan. Waa cudur aan lahayn calaamado digniin ah.

Waa maxay sababta dhiig karku halis u yahay?

Dhiig karku waa cudur culus. Marka cadaadiska dhiigga sareeyo ama dhiig kar jiro, wadnahaagu waa inuu u shaqeeyo si ka xoog badan intii caadiga ahayd si uu dhiigga u dhaqaajiyo oo u gaadhsiiyo dhamaan xubnaha jidhka oo dhan. Haddii aan la daweyn, dhiig karku waxa uu kugu kordhin karaa suurogalka inuu kugu dhaco:

- xidid dhiig oo maskaxda ka xidhma
- dhibaatooyin kelyaha ku dhaca
- dhibaatooyin indhaha ku dhaca
- dhimasho - wadne=qabad

Wadne caafimaadqaba adiga ayuu gacmaha kuugu jira ...

1. Ha lagaa soo cabbiro cadaadiska dhiigga. Dhakhtarkaaga ayaa kuu sheegi doona haddii aad qabtid dhiig kar ama cadaadis dhiig oo sareeya. Cadaadiska dhiig ee la rabo waa 120/80. Xiitii haddii cadaadiska dhiiggaagu ku siman yahay tirada la rabo, ha lagaa cabbiro ugu yaraan hal mar sannadkii.

2. Xukunka la wareeg! Raac talaabooyinka lagu yareynayo cadaadiska dhiiggaaga haddii uu aad u sareeyo. Qaad imminka talaabooyinka aad caafimaad ku heli lahayd, si hadhow aanuu kuugu dhicin dhiig kar ama cadaadis dhiig oo sareeya.

Si aad uga badbaadid dhiig kar:

- **Higso miisaan caafimaad leh.** Isku day inaanuu kugu soo kordhin miisaan dheeraad ahi. Iska yaree miisaanka haddii miisaankaagu sareeyo. Isku day inaad si tartiib ah miisaanka u lumisid, qiyaastii nus rodol ilaa 1 rodol todobaad kasta ilaa aad ka gaadheysid miisaan caafimaad leh.

- **Noqo qof firfircoon maalin kasta.** Waa aad socon karta, ciyaari kartaa ciyaar dhaqan ama qoob-ka-ciyaar, isticmaali kartaa salaanka ama jaranjarada, ciyaari kartaa ciyaaraha isboortiga, ama waxa aad sameyn kartaa firfircooni kasta oo aad jeceshahay.

- **Yaree milixda iyo soodhiyamka aad ku isticmaashid karinta cuntada.**

libso cuntooyinka lagu dul qoray “ma laha soodhiyam” (sodium free), “soodhiyam yar” (low sodium) ama “soodhiyam la yareeyay” (reduced sodium). Miiska cuntada ka qaad weelka milixda.

- **Iska yaree aalkolada ama khamriga.** Ragga khamriga cabbaa waa inaanay ka badsan maalintii hal ama laba cabbitaan. Dumarka khamriga cabbaa waa inaanay ka badsan maalintii hal cabbitaan. Dumarka uurka lihi waa inaanay cabbin wax khamri ah ba. Haddii aad leedahay cadaadis dhiig oo sareeya ama dhiig kar, ha joojin halganka wax-ka-qabashada. Qaad talaabooyin waxana suurogal ah inaad xakameysid ama yareysid cadaadiska dhiigga ee sareeya ama dhiig karka aad qabtid.

Si aad u yareysid cadaadiska dhiiggaaga ama dhiig karkaaga:

1. Ku dhaqan talaabooyinkan:
- yeello miisaan caafimaad leh.

- noqo qof firfircoon maalin kasta.
- iska yaree cuntooyinka ay ku badan yihiin milixda iyo soodhiyamka.
- iska yaree cabbitaanka aalkolada leh ama khamriga.

2. Dawada u qaado sida dhakhtarku kuu sheego.
3. Ha lagaa cabbiro cadaadiska dhiigga marrar badan.

Iska cabbir cadaadiska dhiigga ama dhiig karka! Ka-hortagga ayaa wax badan ka fiican daweynta lagu siiyo ka dib marka cudurku ku haleelo.



Text – National Heart, Lung & Blood Institute 1996
This work is licensed under the
Creative Commons Attribution-NonCommercial-NoDerivs License
<http://creativecommons.org/licenses/by-nc-nd/3.0/us>

A Healthy Roads Media project

www.healthyroadsmedia.org

Take Steps - Prevent High Blood Pressure (Somali)

Reviewed 7/2008