

Arthritis

Arthritis occurs when the joints in your body are inflamed or there is a breakdown of cartilage in your joints. Cartilage is the cushion in the joints that protects them from pressure and makes movements smooth. When cartilage breaks down in some joints, your bones rub together causing pain, swelling, and stiffness.

Most arthritis is osteoarthritis. This comes from joints wearing out over time from use. This occurs most often in the knees, hips and hands. The joints begin to ache and thicken. At times the tissues around the joint become strained and cause more pain.

There are other types of arthritis that occur mainly at a younger age. These often need special tests and treatments.

Risk Factors

- Growing older
- Injury to a joint
- Overuse of a joint

Signs

- Joint pain
- Joint is not stable or it feels like it will not support you
- Joints enlarge or swell
- Stiffness, often in the morning
- Limited use of joints
- Warmth around joints
- Redness of the skin around joints

Tests

Your doctor will talk to you about your health and look at your joints. Your doctor may order blood tests, x-rays or remove a small sample of fluid around the painful joint.

Xubno Xanuun

Xubno xanuunku wuxuu dhacaa marka laabatooyinka jidhkaagu ay bararaan ama carjawda laabatooyinku ay baaba'an. Carjawdu waa wax sida barkin oo kale ah ee ku jira laabatooyinka ee ka ilaaliya cadaadiska dhaq-dhaqaaqana ka dhiga mid fudud. Marka ay xajiyadu ruugagga qaarkood ka baaba'aan, lafahaaga ayaa is xoqaya oo kuu keenaya xanuun, barar, iyo tig-tignaan.

Xubno xanuunka badankiisu waa mid bararka ruugagga (osteoarthritis). Tan waxay ka timaaddaa laabatooyinka oo dhammaada marka waqti dheer la isticmaalo. Tani waxay badanaa ka dhacdaa jilbaha, sinaha iyo gacmaha. Laabatooyinku waxay billaabaan iney xanuunaan ayna dhumuc weynaadaan. Mararka qaarkood nudaha ku hareereysan laabatooyinka ayaa kala jiidma oo xanuun badan keena.

Waxaa jira noocyo kale oo xubno xanuun ah oo ku dhaca da'da yar. Kuwaan waxay badanaa u baahan yihiin baaritaanno iyo daaweyno gaar ah.

Arrimaha Halista u leh

- Gaboobid
- Dhaawac laabatooyinka gaara
- Isticmaal xad dhaaf ah ee laabatooyinka

Calaamadaha

- Laabatooyin xanuun
- Laabatooyinka oo aan xasillooneyn ama waxaad dareemeysaa inayna ku taageeri doonin
- Laabatooyinka oo ballaarta ama barara
- Tig-tignaan, badanaa subixii dhacda
- Isticmaalka laabatooyinka oo xaddidan
- Diirraan laabatooyinka dhinacyadooda ah
- Guduudnaanta maqaarka ruugagga ku hareereysan

Baaritaannada

Takhtarkaagu wuxuu kaala hadli doonaa caafimaadkaaga wuxuuna eegi doonaa laabatooyinkaaga. Takhtarkaagu waxaa laga yaabaa inuu kugu amro baaritaan dhiig, raajo ama dheecaan yar ka qaado meelaha ku hareereysan laabatada ku xanuuneysa.

Treatment

Treatment of arthritis depends on:

- The cause
- Which joints are painful
- Amount of pain
- How the arthritis affects your daily activities
- Your age
- Your work or activity

As a part of your treatment, you may need to:

- Exercise to improve movement and joint strength.
- Use hot or cold treatments to control pain and swelling.
- Avoid positions or movements that put extra stress on your painful joints.
- Avoid staying in a position too long.
- Add grab bars in the shower, the bathtub and near the toilet.

If these changes do not help, your doctor may suggest medicine to control pain and swelling. Sometimes surgery is needed.

Call your doctor **right away** if:

- You have severe unexplained joint pain.
- The joint is very swollen.
- You suddenly have a hard time moving the joint.
- Your skin around the joint is red or hot to the touch.

Talk to your doctor or nurse if you have any questions or concerns.

Daaweynta

Daaweynada riixu waxay ku xiran yihiin:

- Sababta
- Laabatadee ku xanuunaysa
- Inta uu xanuunku le egyahay
- Sida xubno xanuunku uu u saameynayo hawlo maalmeedkaaga
- Da'daada
- Shaqadaada ama hawshaada

Iyadoo qayb ka ah daaweyntaada, ayaa laga yaabaa in aad u baahato in:

- Aad jir dhis sameyso si aad u hagaajiso dhaq-dhaqaaqa iyo awooda laabatooyinka.
- Aad isticmaasho daaweyno kulul ama qabow si aad u koontaroosho xanuunka iyo bararka.
- Aad ka fogaato meelaha ama dhaq-dhaqaaqa cadaadis dheeraad ah saaraya laabatada ku xanuunaysa.
- Aad ka fogaato hal u fadhinta waqti aad u dheer.
- Ku samee biraha la qabsado meesha lagu maydho, tubbada qubeyska iyo musqusha agteeda.

Haddii isbeddelladaan aysan ku caawin, takhtarkaagu wuxuu kuu soo jeedin karaa daawo aad ku koontaroosho xanuunka iyo bararka. Mararka qaarkood qalliin ayaa loo baahdaa.

Isla markiiba takhtarkaaga wac haddii:

- Aad isku aragto laabatooyin xanuun oo aan la sharrixin oo daran.
- Uu ruuggu aad kuu bararo.
- Ay si lama filaan ah kuugu adkaato dhaqaajinta laabatooyinku.
- Maqaarkaaga ku hareereysan laabatooyinku uu guduudan yahay ama kulul yahay marka la taabto.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

Arthritis. Somali.

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