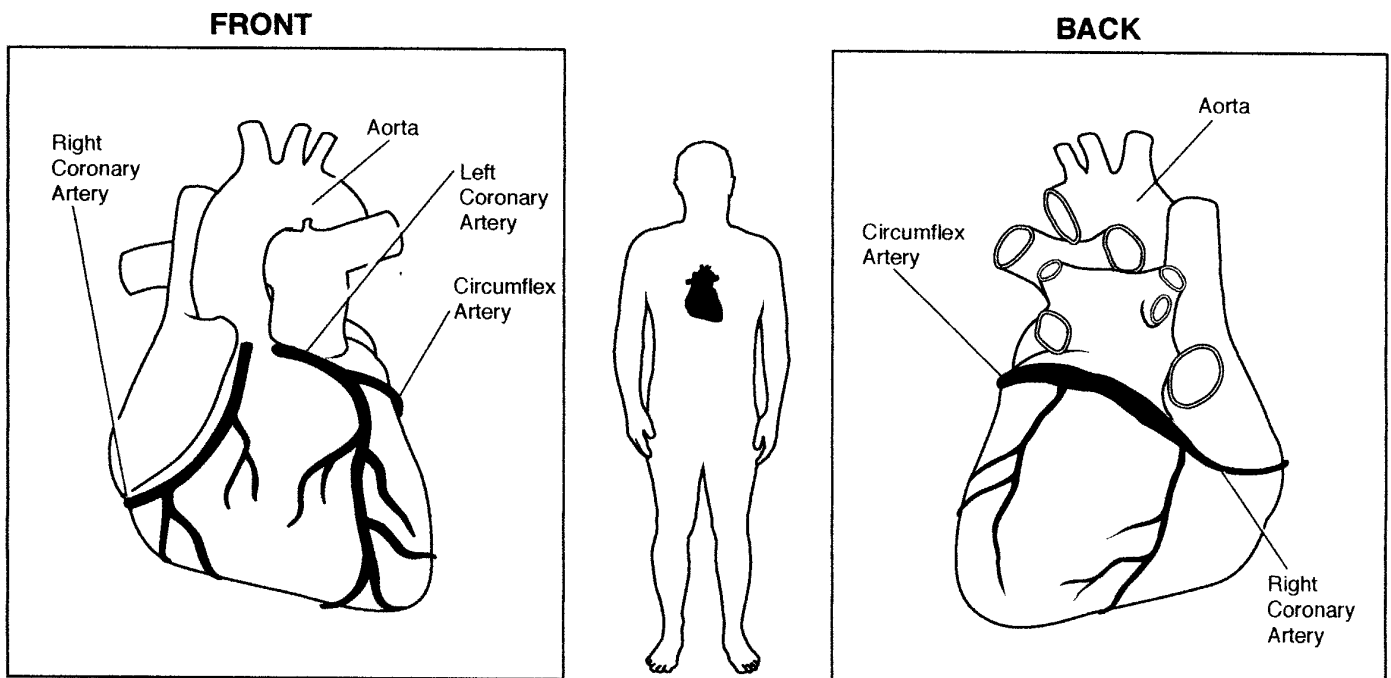


Coronary Artery Disease (CAD)

Coronary artery disease is also called heart disease or atherosclerosis. It is the hardening of the blood vessels by fatty deposits called plaque.

The heart must get oxygen and nutrients to work well. Blood carries the oxygen and nutrients to the heart through the blood vessels called arteries. As the plaque builds up, blood flow to the heart muscle is decreased. When blood flow is decreased, it can cause chest pain, shortness of breath, or a heart attack to occur.



Signs

You may not have any signs or you may have:

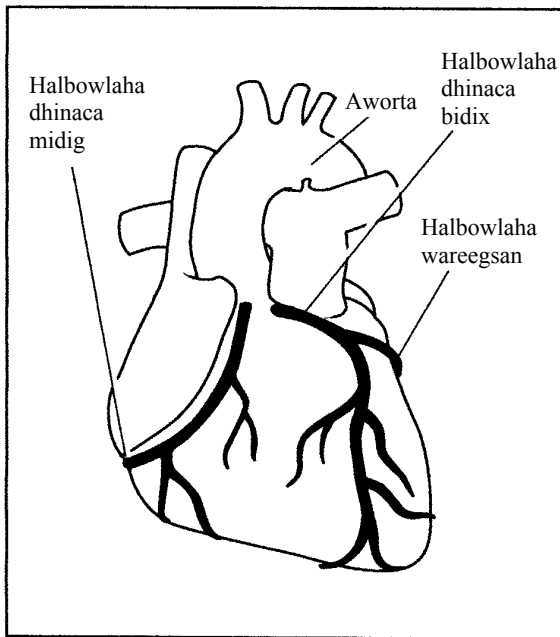
- Pain or pressure in your chest, arm, jaw, shoulders or neck. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating

Cudurka Halbowlaha ee Halista ah (CAD)

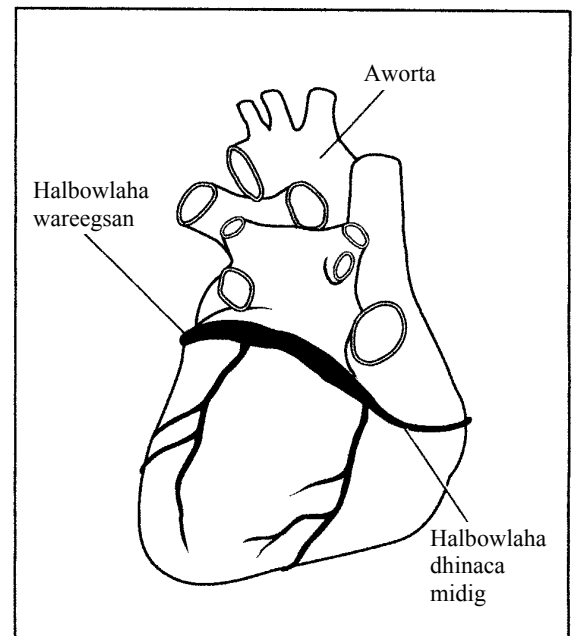
Cudurka halbowlaha ee halista waxaa sidoo kale loo yaqaanaa cudurka wadnaha ama *atherosclerosis*. Waa adkaanshada marinnada dhiiggu ay la adkaadaan ku urursanka dufanka ee loo yaqaanno bakteeriyada qurminta.

Wadnuhu waa in uu helaa ogsijiin iyo nafaqooyin si uu si wanaagsan ugu shaqeeya. Dhiiggu wuxuu ogsijiinta iyo nafaqooyinka u qaadaa wadnaha isagoo u maraya marinnada dhiigga ee loo yaqaanno halbowlaha. Marka ay bakteeriyada qurmintu korodhtaba, ku soo shubmida dhiigga ee muruqa wadnuhu wuu yaraadaa. Marka shubmida dhiiggu yaraadana, wuxuu sababi karaa feedho xanuun, neefsashada oo gaabata, ama wadne qabad in uu dhaco.

Dhinaca hore ee wadnaha



Dhinaca danbe ee wadnaha



Calaamadaha

Waxaa laga yaabaa in aadan wax calaamado ah lahaanin ama waxaa laga in aad lahaatid:

- Xanuun ama cadaadis feedhaha, gacanta, daanka, garbaha ama qoorta kaa haya. Waxaa laga yaabaa in uu meel ka tago oo meel kale ku faafo.
- Dareemidda giigsanaan, culays, maroojin ama gubasho
- Dhidid

Coronary Artery Disease. Somali.

- Shortness of breath
- Nausea
- Feeling very tired, dizzy or faint

Risk Factors

You are at higher risk for getting coronary artery disease if you:

- Have a family history of the disease
- Have high cholesterol, diabetes, or high blood pressure
- Smoke or use tobacco
- Are inactive
- Have stress
- Are overweight

Changing even one risk factor can improve your heart health. You can prevent the disease from getting worse and may even help to improve it.

Your Care

The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack. Your care may include:

- Medicines
- Exercise
- A low fat diet
- Treatment or Surgery
- A cardiac rehab program

No matter what type of care is done, it does not “cure” the disease. You need to change your risk factors and follow your care plan.

Talk to your doctor about your care or any questions you may have.

- Neefsashada oo gaabisa
- Lalabbo
- Dareemidda in aad aad u daallan tahay, war-wareer ama miyir beelid

Arrimaha Halista ah

Waxaad halis sarreysa ugu jirtaa in aad qaaddo cudurka halbowlaha ee halista ah haddii aad:

- Lahayd taariikh qoys cudurka qabay
- Leedahay kollestarool sarreeya, sokorow, ama dhiigkar
- Aad sigaar cabto ama tubaako isticmaasho
- Aadan fir-fircooneyn
- Aad isku buuqsan tahay
- Miisaankaagu xad dhaaf yahay

Beddelidda xitaa hal arrin halis ah wuxuu hagaajin karaa caafimaadka wadnaha. Waad ka hortagi kartaa cudurku in uu ka sii daro waxaana laga yaabaa in aad gacan ka geysato soo hagaagiddiisa.

Daryeelkaaga

Ujeeddadu waa in la hagaajiyo ku shubanka dhiiggu uu ku shubmayo muruqa wadnahaaga iyo hoos u dhigidda halista wadne qabadka.

Daryeelkaaga waxaa laga yaabaa iney ku jiraan:

- Daawooyin
- Jir dhis
- Cunto dufanku ku yar yahay
- Daaweyn ama Qalliin
- Barnaamij dib u hagaajin wadne

Macna ma leh nooc kasta oo daryeel ah oo la sameeyo, ma “daaweynayo” cudurka. Waxaad u baahan tahay in aad beddesho arrimaha halista kuu keenaya aadna raacdo qorshaha daryeelkaaga.

Takhtarkaaga kala hadal wixii ku saabsan daryeelka ama wixii su’aalo ee aad qabtid.

Coronary Artery Disease. Somali.

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