

Aneemiya/Dhiig yaraan

Anemia

A person with anemia has fewer red blood cells in his or her blood than the normal level. Red blood cells carry oxygen to all the cells in the body. When the number of red blood cells is lower than normal, less oxygen is carried in the blood.

Signs

A person with anemia may not notice any signs. As anemia gets worse, you may have:

- Fatigue – feel weak or tired
- Dizziness or feel faint
- Cold hands or feet
- Headaches
- Pale skin or nails that break easily
- Trouble thinking clearly or a hard time concentrating
- Shortness of breath or chest pain
- A fast or irregular heart beat
- Fewer menstrual periods or increased bleeding during menstrual periods

Talk to your doctor if you have any of these signs.

Call 911 if you have shortness of breath or chest pain.

Qofka qaba aneemiyada/dhiigyaraanta waxaa jirkiisa/keeda ku yaraada unugyada dhiiga cas marka loo eego heerka caadiga ah. Unugyada dhiiga cas-cas waxay ogsijiinta u qaadaan dhammaan unugyada jirka. Marka tirada unugyada dhiiga cas-cas ay ka yaraato heerka caadiga ah, dhiigu waxa uu qaadaa ogsijiin yar.

Astaamaha

Qofka qaba dhiig yaraantu hayso waxaa laga yabaa inuusan dareemin wax astaamo ah. Marka aneemiyadu/dheeg yaraantu kasii darto, waxaad dareemi kartaa:

- Dawakhsanaan – laciifnimo ama daal
- Wareer ama miyir beelid
- Gacmaha ama lugaha oo qaboow ku noqda
- Madax xanuunka
- Maqaarka oo caddan ku noqda ama cidiyaha oo jajabaaya
- Fikirka oo kugu adkaada ama inaad wax diirada saari wayso
- Neefsashada oo yaraata ama xabad xanuun
- Wadno xanuun saa'id ah ama aan caadi ahayn
- Dhiiga caadada oo yaraada ama dhiiga caadada oo aad u bata waqtiga caadada

La hadal dhaqtarkaaga haddii aad qabto mid kamid ah astaamahaan.

Wac 911 haddii neeftu kugu adag tahay ama aad dareemayso xabad xanuun

Causes

The causes of anemia include:

- Problems with how iron is used by the body
- Not eating enough iron-rich foods
- Bleeding or blood loss, such as from heavy menstrual periods
- Pregnancy
- A lack of folate or B-12 vitamins in the body
- Treatments for some diseases, such as cancer, that make it harder for the body to make new red blood cells
- Sickle-cell disease where the body destroys too many red blood cells
- Immune system problems where the body destroys or cannot make red blood cells
- Babies less than one year old who drink cow's or goat's milk
- Babies who are fed formula that does not have extra iron

Waxa Sababa

Waxyaabaha sababa aneemiyada/dhiig yaraanta waxaa kamid ah:

- Dhibaatooyin ku aadan sida ayroonka uu jirku u isticmaalo
- Inaad cuni wayso cuntooyinka leh macdanta feerada
- Dhiigbax ama dhiig la'aan, sida in dhiiga caadadu saa'id noqoto
- Uurka
- La'aanta fiitamiin B-12 ama fiitamiin B ee jirka
- Daaweynta qaar kamid ah xanuunada, sida kansarka, oo uu jirku dhibtoonaayo inuu sameeyo unugyada dhiiga cas oo cusub
- Xanuunka Sickle-cell oo ah xanuun sababaaya inuu jirku burburiyo unugyada dhiiga cas-cas oo badan
- Haddii habka difaaca jirka ay dhibaato kajirto oo uuna jirku burburinaayo ama uusan sameyn karin unugyada dhiiga cas-cas
- Ilmo ka yar hal sano haddii uu cabo caanaha lo'da ama caanaha ariga.
- Haddii ilmaha la siiyo caanaha qasaca oo aan lahayn macdanta feerada oo dheeraad ah

Your Care

Your doctor will do tests to find the cause of your anemia and to plan your treatment. You may need to:

- Eat a healthy diet that includes fruits, vegetables, breads, dairy products, meat and fish. Eat more iron-rich foods such as lean beef, pork or lamb, poultry, seafood, iron-fortified cereals and grains, green leafy vegetables such as spinach, nuts and beans. Your doctor may want you to meet with a dietitian to plan healthy meals.
- Take vitamin or iron supplements.
- Get a blood transfusion to treat blood loss. Blood is given through an intravenous (IV) line into a blood vessel.
- Have other treatments such as medicines or surgery to treat the cause of your anemia.

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

Daryeelkaaga

Dhaqtarkaagu waxa uu sameyn doonaa baaritaan si uu u ogaado waxa sababay aneemiyada/dhiig la'aanta waxa uuna qorsheyn doonaa daaweyntaada. Waxaad u baahan kartaa:

- Inaad cuntid cunto caafimaad leh oo ay kujiraan miraha, khudaarta, digirta, waxyaabaha laga sameeyo caanaha, hilibka iyo kalluunka. Inaad cuntid cunto leh macdanta feerada sida hilibka lo'da, doofaarka ama hilibka laxaha, digaaga, cuntada bada, badarka leh macdanta feerada iyo hadhuudhka, khudaarta cagaarka ah sida koostada, lowska iyo digirta. Dhaqtarkaaga ayaa kuu diri kara dhaqtar cuntooyinka ku takhususay si aad u qorsheyso cunto caafimaad leh.
- Qaado fiitamiin ama cuntooyinka leh macdanta feerada.
- In lagugu shubo dhiig si lagaaga daweyno dhiig la'aanta. Dhiiga ayaa lagugu shubayaa ayadoo la isticmaalaayo faleebbada (IV) ee dhiiga lagula shubo xididada.
- Inaad qaadato daawooyin kale sida daawooyinka ama qaliinka lagu daaweyno aneemiyada/dhiig la'aanta.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ah.