

Cudurka Xididada Dhiiga

Blood Vessel Disease

Blood vessel disease is also called peripheral vascular disease or peripheral artery disease. It is the narrowing of the blood vessels in the abdomen, legs and arms. Blood vessel disease is caused by a build-up of fatty deposits called plaque that narrows blood vessels. When the blood vessels narrow, less oxygen-rich blood gets to your body parts. This can cause tissue and cell death. Blood vessel disease is the leading cause of amputations.

Signs of Blood Vessel Disease in the Abdomen, Legs and Arms

- Muscle pain, aches or cramps
- Cool, pale skin, cold hands and feet
- Reddish-blue color of the skin and nails of the hands and feet
- A sore that takes a long time to heal or when scabbed over, looks black
- Loss of hair on legs, feet or toes
- Faint or no pulse in the legs or feet
- Pain with exercise that goes away when you rest

If you have any of the signs, call your doctor to get checked.

Cudurka xididada dhiiga oo sidoo kale loo yaqaan xanuunka kudhaca xididada dhiiga ama xidada dhiigu maro. Waa xanuun keena ciriiriga dhiiga maraayo xididada xundhurka, lugaha iyo gacmaha. Cudurka xididada dhiiga waxaa sababa carjaw kuusan oo dufan ah loola yaqaano dufanka dhiiga ciriiriga geliya. Marka xididada dhiiga ay ciriiri noqdaan, dhiig yar oo leh ogsijiin ayaa gaaraya qaybaha kale ee jirkaaga. Arintaan waxay sababi kartaa in unugta ama xubintu dhimato. Cudurka xididada dhiiga ayaa ah sababta ugu wayn ee xubnaha jirka loo jaro.

Astaamaha Cudurka Xididada Dhiiga ee xundhurta, Lugaha iyo Gacmaha

- Murqo xanuun, xanuun iyo calool majiir
- Qaboow, midabka maqaarka oo baaba'a, gacmo qaboow iyo lugo
- Midabka maqaarka oo casaan-buluug ah iyo cidiyaha gacmaha iyo lugaha
- Nabar qaata waqti dheer inuu buskoodo ama nabaro barbararan, oo u muuqda madow
- Tinta lugaha oo baaba'da, lugaha ama cirbaha
- Miyir beelid ama wadno garaac dhanka lugaha ama cirbaha ah
- Xanuun aad u daran oo baaba'a marka aad nasatid

Haddii aad leedahay wax astaamo ah, wac dhakhtarkaaga si lagu baaro.

Risk Factors

You are at higher risk for blood vessel disease if you:

- Smoke
- Have diabetes
- Are over the age of 45
- Have high cholesterol
- Have high blood pressure
- Have a family member with heart or blood vessel disease
- Are overweight
- Are inactive

Your Care

Blood vessel disease may be prevented or slowed down with healthy choices.

- Keep your blood pressure in a healthy range.
- If you have diabetes, keep your blood sugar in a healthy range.
- See your doctor each year.
- Do not smoke or use tobacco.
- Exercise each day.
- Eat a diet low in fat and high in fiber.
- Manage your stress.

Your care may also include medicine and surgery.

Talk to your doctor about your treatment options.

Waxyelooyinka Halista ah

Waxaad halis wayn ugu jirtaa xanuunka xididada dhiiga haddii:

- Aad cabto sigaar
- Aad qabto sonkorooow
- Aad ka wayn tahay 45 sano
- Aad qabto kalastarool aad u badan
- Aad qabto dhiig kar
- Xubin kamid ah qoyskaaga uu qabo xanuunka wadnaha iyo xididada dhiiga
- Aad culus tahay
- Aad firfircooneyn

Daryeelkaaga

Xanuunka xididada dhiiga waa laga hortagi karaa ama waxaa la yareen karaa dookhyada caafimaadka.

- Xakamee heerka dhiiga kana dhig mid ku xadiidan heerka loogu talagalay.
- Haddii aad qabto sonkorooow, ku haay heerka sonkorta dhiigaaga heerka loogu talagalay.
- Booqo dhakhtarkaaga sanadka kasta.
- Ha cabin sigaarka ama tubaako.
- Maalin kasta samee jimicsi.
- Cun cunto nafaqo leh oo ku yar dufanka iyo cuntada faybarka leh.
- Xakamee welwelkaaga.

Daryeelkaaga waxaa sidoo kale kujiri kara qaadashada daawada iyo qaliinka.

Kala hadal dhakhtarkaaga dookhyada xakameynta.