

Cudurka Halbowlaha ee Halista ah (CAD)

Coronary Artery Disease (CAD)

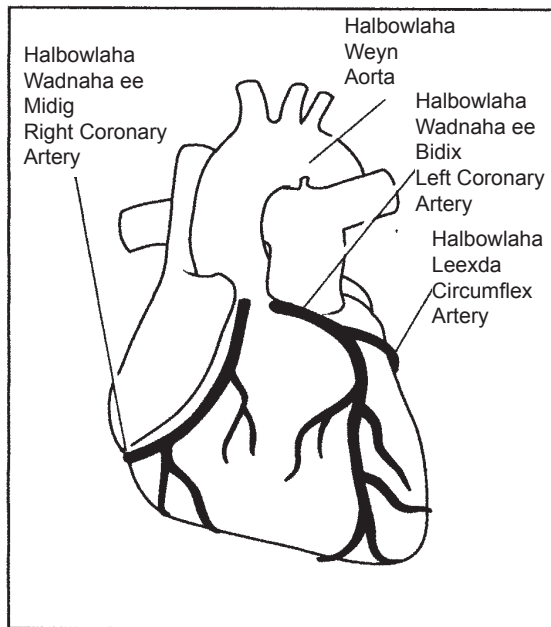
Coronary artery disease is also called heart disease or atherosclerosis. It is caused by the build up of fatty deposits called plaque in the blood vessels of the heart.

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 in the blood vessels, blood flow to the heart muscle is decreased. When blood flow is decreased, chest pain, shortness of breath, or other signs may occur. If the blood flow is stopped or blocked, it causes a heart attack.

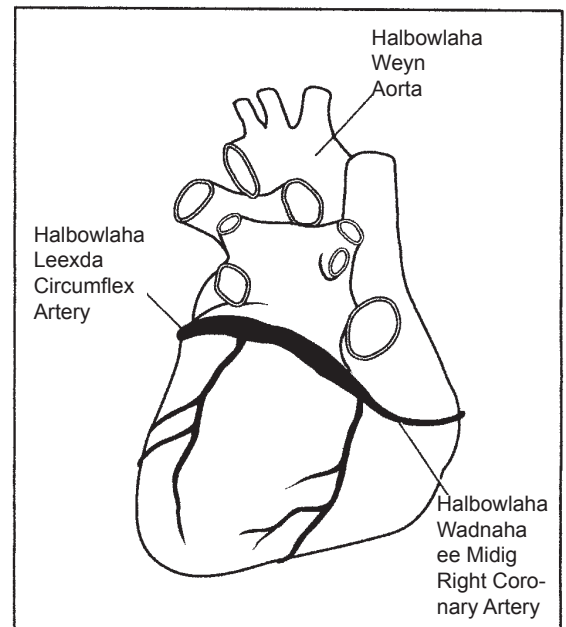
Cudurka halbowlaha ee halista waxaa sidoo kale loo yaqaanaa cudurka wadnaha ama atherosclerosis. Waxaa sababa sii isbiirsiga dufan lagu magacaabo lakabyo oo ku sameysma gudaha.

Wadnuhu waa in uu helaa ogsijiin iyo nafaqooyin si uu si wanaagsan ugu shaqeeyo. Dhiiggu wuxuu ogsijiinta iyo nafaqooyinka u qaadaa wadnaha isagoo maraya marinnada dhiigga ee loo yaqaanno halbowlayaal. Marka ay lakabyada dufanku kordhaan gudaha xididada dhiiga, ku soo shubmida dhiigga ee muruqa wadnuhu wuu yaraadaa. Marka shubmida dhiiggu yaraadana, wuxuu sababi karaa laab xanuun, naqaska oo ku qabta, ama waxa laga yaabaa in calaamado kale ay dhacaan. Haddii socodka dhiigu hakad galo ama istaago, wuxuu sababaa wadno xanuun.

**HORE
FRONT**



**GADAAL
BACK**



Signs of Coronary Artery Disease

You may not have any signs or you may have:

- Pain or pressure in your chest, arm, jaw, shoulders or neck also called angina. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint

Call 911 if you have any of these signs.

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.

Calaamadaha Cudurka Halbaha Wadnaha

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

- Xanuun ama cadaadis laabta, cududda, daanka, garbaha ama qoorta kaa haya ayaa sidoo kale waxaa la yidhaa angina. Waxaa laga yaabaa in uu meel ka tago oo meel kale ku faafo.
- Dareemidda giigsanaan, culays, maroojin ama gubasho
- Dhidid
- Neefsashada oo gaabisa
- Yalaalugo ama matag
- Calool xanuun
- Dareemidda in aad u daallan tahay, warwareer ama miyir beelid

Garaac lambarka 911 haddii aad leedahay mid ka mida calaamadahan.

Arrimaha Halista ah

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

- Lahayd taariikh qoys oo ah cudurka
- 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.

Your Care

If your doctor thinks that you have coronary artery disease, you may have tests such as:

- An **electrocardiogram (ECG or EKG)** to check the electrical activity of your heart.
- A **cardiac magnetic resonance imaging test (MRI)** to take pictures of how well your heart is working.
- A **stress test** to look for problems with your heart's rate, rhythm or electrical activity. Blood pressure and signs such as shortness of breath or angina are also checked.
- An **echocardiogram** to see the size and shape of your heart and how well it is working.
- A **chest x-ray** to check your heart, blood vessels and lungs.
- **Blood tests** to check levels of fats, cholesterol, sugar and proteins in your blood.

If tests show that you are likely to have CAD, other tests or procedures may be done to treat the disease. The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack. Treatment may include:

- Medicines
- Exercise
- A low fat diet
- Procedures or surgery
- A cardiac rehab program

Daryeelkaaga

Haddii dhakhtarkaagu u maleeyo inaad qabtid cudurka halbawlaha wadnaha, waxaa laga yaabaa in lagugu sameeyo baadhitaan caafimaad sida:

- **Electorcardigram (ECG ama EKG)** si loo hubiyo hawsha korontada ee wadnahaaga.
- **Cardiac magnetic resonance imaging test (MRI)** si sawirro looga qaado sida fiican ee uu wadnahaagu u shaqaynayo.
- **Baadhitaanka leh giigsanaan ama jimicsi** si loo raadiyo dhibaatooyinka xaddiga garaaca wadnahaaga, habka garaaca wadnaha ama firfircoonida korontada. dhiigkarka iyo calaamado kale sida naqaska oo ku qabta ama angina ayaa sidoo kale la hubiyaa.
- **Echocardiogram** si loo arko xajmiga iyo muuqaalka wadnahaaga iyo sida fiican ee uu shaqaynayo.
- **Raajatada Laabta** si loo hubiyo wadnahaaga ,xididada dhiiga iyo sanbabada.
- **Baadhitaanka dhiiga** si loo hubiyo heerarka duxda, kolesterool, sonkorta iyo booratiinka ku jira dhiigaaga.

Waxaa baadhitaanku uu muujiyo inay suurtoagal tahay inaad qabto CAD, baadhitaano ama nidaamyada kale ayaa laga yaabaa in la qaado si loo daaweeyo xanuunka. Daawaaynta:

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

No matter what type of treatment 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.

Macna ma leh nooc kasta oo daryeel ah oo la sameeyo, ma — “bogsiiinayo” 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.