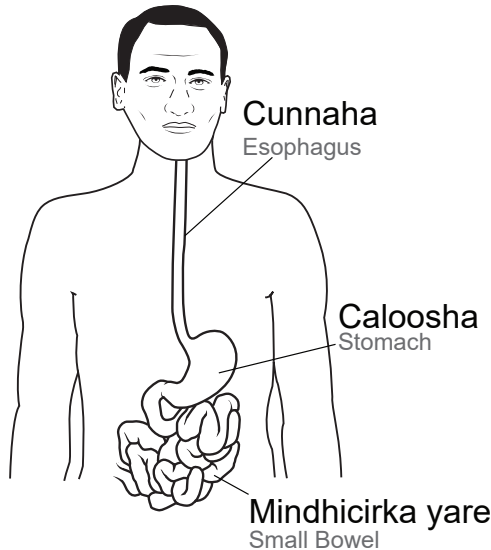


Cudurka Murqaha Caloosha

Gastroparesis

Delayed stomach emptying is called gastroparesis. Your stomach has muscles and nerves that work together to push food down into your small intestine. The small intestine breaks down food so that your body has nutrients and energy. This process is called digestion.

Gastroparesis is a condition where the muscles and nerve signals between the stomach and the intestines does not work well. The movement of food from the stomach to the intestines slows down or stops. Gastroparesis means stomach paralysis.



Faarujinta caloosha ee daahda waxaa loo yaqaanaa gastroparesis. Calooshaadu waxay leedahay muruqyo iyo neerfayaal wada shaqeynaya si ay cuntada ugu cadaadiyaan xiidmahaaga yar. Xiidmaha yar wuxuu jebiyaa cuntada si jirkaagu u yeesho nafaqo iyo tamar. Nidaamkan waxaa loo yaqaanaa dheefshiidka.

Gastroparesis waa xaalad timaada marka muruqyada iyo signaalaha neerfaha ee u dhexeeya caloosha iyo xiidmuhu aysan sifiican u shaqeynin. Dhaqdhaqaaqa cunnada ee caloosha ilaa xiidmaha ayaa noqda mid tartiib ah ama joogsada. Gastroparesis macnaheedu waa caloosha oo curyaamowda.

Causes

The cause of this disease is not always known. The most common cause is diabetes where high blood sugar damages the nerve around the stomach.

Other cause include:

- Surgery to the stomach, intestines or abdominal area.
- Low thyroid called hypothyroidism
- Eating disorders such as bulimia or anorexia.
- Medicines, such as narcotics, that slow the digestive tract.
- Other health conditions, such as autoimmune disease, certain cancers, Parkinson's Disease, stroke and infections.
- Certain treatments for health problems.

Sababaha

Sababta cudurkaan had iyo jeer lama yaqaan. Sababta ugu weyn waa sonkorowga kaas oo sonkorta dhiiggu ay waxyeelleeyso neerfayaasha ku hareeraysan caloosha.

Sababaha kale waxaa ka mid ah:

- Qalliinka caloosha, xiidmaha ama aagga caloosha.
- Qanjirka tayroodhiska hooseeya ee loo yaqaan hypothyroidism
- Cunno xumida sida cunno diidid ama rabitaanka cunada oo luma.
- Daawooyinka, sida daroogada, ee yareeya dheef-shiidka.
- Xaaladaha caafimaad ee kale, sida cudurka isnimaanka, kansarrada qaarkood, Cudurka Parkinson, istarogga iyo caabuqyada.
- Daawooyinka qaarkood ee loogu talagalay dhibaatooyinka caafimaad.

Signs

Signs may be mild to severe. Raw fruits and vegetables, high fiber foods, fatty foods and carbonated drinks can make signs worse.

Signs include:

- Nausea
- Vomiting undigested food
- Heartburn
- Bloating
- Pain or spasms in the stomach area
- Lack of appetite
- Feeling full after a few bites of food
- Very high or very low blood sugar levels

Testing

After a physical exam, you may have blood tests. Other tests may be done to check for stomach or intestine blockage or other problems. Tests may include:

- Upper endoscopy: This test allows the doctor to see inside your mouth, esophagus and stomach. A thin tube that has a light and camera inside is put in through your mouth and passed down into your stomach.
- Ultrasound: This test uses sound waves to get pictures of the organs in your abdomen.
- Barium x-ray: During this test, you will be given a drink that has barium in it. The barium shows up on the x-ray to show how well your stomach works.

Calaamadaha

Calaamadaha waxay noqon karaan kuwo sahlan ama daran. Miraha iyo khudradda cayriinka ah, cuntooyinka faybarku ku badan yahay, cuntooyinka dufanka badan iyo cabbitaannada kaarboonka leh ayaa sababi kara in calaamadaha ay ka sii daraan. Calaamadaha waxaa ka mid ah:

- Lallabo
- Mataqida raashiin aan la dheefshiidin
- Laab-qarrar
- Barar
- Xanuun dhanka aagga caloosha ah
- Rabitaanka cuntada oo lunta
- Inaad dareento dherag kadib markaad cuntada waxyar ka cuntid
- Heerarka sonkorka dhiigga oo aad u sareeya ama aad u hooseeya

Baaritaan

Baadhitaan jirka ah ka dib, waxa laga yaabaa in lagaa qaado baaritaan dhiiga ah. Baaritaano kale ayaa la sameyn karaa si loo baaro haddii uu jiro xanibaad dhanka caloosha ama mindhicirka ah ama dhibaatooyin kale. Baaritaanada waxaa ka mid noqon kara:

- Qalliinka Qeybaha Kore: Baaritaankani wuxuu dhakhtarka u oggolaanayaa inuu arko gudaha afkaaga, cunnahaaga iyo caloosha. Tuubo dhuuban oo gudaha ka leh nal iyo kamarad ayaa afkaaga la galinaa kadibna loo gudbinaa xagga calooshaada.
- Raajato: Baaritaankan wuxuu isticmaalaa mowjadaha dhawaaqa si loo helo sawirrada xubnaha caloosha ku jira.
- Raajada Barium: Inta lagu gudajiro baaritaankaan, waxaa lagu siin doonaa cabitaan ay ku jirto barium. Barium-ka wuxuu ka muuqanayaa raajada si uu u muujiyo sida calooshaadu ay u shaqeyneyso.

Your doctor may order tests to check how fast your stomach empties.

- Gastric emptying scan: You would eat a small meal that has a very small amount of radioactive material in it. A camera is used to scan the movement of the radioactive material to measure how fast your stomach empties after the meal.
- Wireless capsule monitor: You swallow a small capsule device that sends information to a recorder that wear around your neck or clip to your belt. Your doctor is able to check how fast your stomach empties and how fast food and liquids pass through your intestines. The capsule is passed in your bowel movement.

Treatment

The goal of treatment is to manage the signs you have. Sometimes treating the cause may stop gastroparesis. Sometimes treatment may not completely stop gastroparesis. Treatment may include:

- Medicines.
- Changing your eating habits, such as eating 6 small meals each day. Your doctor or dietitian may also have you try eating liquid meals to help control your signs. You may also need to avoid alcohol, carbonated drinks and limit high fiber and high fat foods.
- Controlling your blood sugars if you have diabetes. You may need to check your blood sugar levels often and work closely with your doctor or diabetes educator to adjust your insulin.

Dhakhtarkaagu waxaa laga yaabaa inuu kugu amro baaritaano si loo hubiyo sida ugu dhakhsaha badan ee calooshaadu u faaruqayso.

- Iskaanka faarujinta gaastiriga: Waxaad cunaysaa cunto yar oo ay kujirto tiro aad u yar oo walax shucaac ah ku jirta. Kaamero ayaa loo isticmaalaa in lagu baaro dhaqdhaqaaqa maaddada shucaaca leh si loo cabbiro sida ugu dhakhsaha badan ee calooshaadu ay u faaruqdo cuntada ka dib.
- Qalabka kormeerka ee kaabsoosha wirelesska ah: Waxaad liqaysaa aalad yar oo kaabsal ah taas oo macluumaad u direysa qalabka duubista oo ku xiranayso qoortaada ama aad ku dhejin karto suunkaaga. Dhakhtarkaagu wuxuu awood u yeelan karaa inuu hubiyo sida ugu dhakhsaha badan ee calooshaadu u faaruqdo iyo sida ugu dhakhsaha badan ee cuntada iyo cabitaannada ay u dhex maraan xiidmahaaga. Kaabsalku wuxuu ku gudbaayaa dhaqdhaqaaqa xiidmadaada.

Daaweynta

Ujeeddada daaweyntu waa in la maareeyo calaamadaha aad qabtid. Mararka qaarkood in la daweyyo waxa sabab cudurka ayaa joojin kartaa calool xanuunka. Mararka qaarkood daaweyntu gebi ahaanba ma joojin karto xanuunka murgaha caloosha. Daaweynta waxaa ka mid noqon kara:

- Daawooyinka.
- Beddelida caadooyinkaaga wax cunida, sida cunida 6 cunno oo yaryar maalin kasta. Dhakhtarkaaga ama khabiirka cuntada ayaa kugula talin kara inaad isku daydo cunto dareere ah si ay kaaga caawiso xakamaynta calaamadahaaga. Waxaa kale oo aad u baahan tahay inaad ka fogaato aalkolada, cabitaanada kaarboonka leh iyo inaad xadido cuntooyinka ku badan faybarka iyo dufanta.
- Xakamaynta sonkorta dhiiggaaga haddii aad sonkorow qabtid. Waxaa laga yaabaa inaad u baahatid inaad fiiriso heerarka sonkorta dhiiggaaga marwalba oo aad si dhow ula shaqeyso takhtarkaaga ama baraha sonkorowga si aad u hagaajiso insulinta.

- Gastric electrical stimulation that uses a battery powered device to send signals to muscles in the wall of the stomach. It helps to decrease nausea and vomiting.
- Surgery to place feeding tubes if other treatments are not helping.
- Kicinta korantada gaaska ee isticmaasha aaladda batariga ku shaqeysa si signaale loogu diro muruqyada darbiga caloosha. Waxay kaa caawineysaa yareynta lallabbada iyo matagga.
- Qalliin si tubooyinka quudinta jirka loo geliyo haddii daaweynta kale aaney waxba ka caawineynin.

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

La hadal dhakhtarka kaaga ama kalkaaliyahaaga haddii aad qabto wax suuq ah ama welwel ah.