

Parkinson's Disease

Parkinson's disease affects the part of the brain that controls muscle movement. The exact cause of this disease is not known, but there is a decrease in a chemical called dopamine in the brains of people with Parkinson's. There is no cure for Parkinson's, but it often progresses slowly and the signs can be managed.

Signs

The 4 most common signs of Parkinson's are:

- Tremors or shaking when at rest
- Muscle stiffness
- Slowed movement or problems starting movement
- Problems with balance and movement

As these signs worsen, you may also have trouble walking, talking, swallowing or doing simple tasks such as bathing or dressing. As the disease progresses, other signs such as pain, bowel or bladder problems and sleep problems may occur.

Your Care

When you start to show signs of this disease, your doctor may order medicines or physical therapy to help manage your signs. The physical therapist can help you learn exercises that can help you with movements.

Cudurka dadka Xusuusta ka lumiya (Parkinson's)

Cudurka xusuusta dadka ka lumiya wuxuu ku dhacaa qayb ka mid ah maskaxda oo koontaroosha dhaq-dhaqaaqa muruqa. Sababta dhab ah ee keenta cudurkan lama yaqaano, laakiin waxa jira hoos-u-dhac ku yimaada kiimiko maskaxda ku jirta oo loo yaqaano dopamine oo ku dhacda dadka qaba cudurka Parkinson's ee dadka xusuusta ka lumiya. Ma jirto wax daawo ah oo loo hayo cudurka xusuusta dadka ka lumiya, laakiin badanaa si tartiib ah ayuu u kordhaa isla markaana calaamadaha wax baa laga qaban karaa .

Calaamadaha

4-ta calaamadood ee ugu badan ee Cudurka dadka Xusuusta ka lumiya waxay kala yihiin:

- Gariirid marka qofku nasanayo
- Muruqyada oo giigsama
- Dhaqdhaqaaqa oo yaraada ama dhibaatooyin ah bilaabista dhaqaaqa
- Dhibaato dhinaca isu dheellitiranka iyo dhaqaaqidda

Markay calaamadahani xumaadaanba, waxa kale oo laga yaabaa in ay dhibaato kaa qabsato socodka hadalka liqidda ama sameynta hawlaha fudud, sida qubeysashada ama lebbisashada. Marka cudurku sii fido, waxa laga yaabaa inay yimaadaan calaamado kale sida xanuun, dhibaatooyin ah caloosha ama kaadi-haysta iyo dhibaatooyin hurdada ah.

Daryeelkaaga

Marka ay calaamadaha cudurku kugu bilaabmaan, dhakhtarkaagu waxa laga yaabaa in uu kuu qoro daawo ama masaajeyn jidhka si gacan looga geysto maareynta calaamadahaaga. Cilaaj-yahanka jidhka ayaa kaa gargaari kara inaad baratid jimicsiyo kaa gargaari kara dhaqdhaqaaqa.

You may need to work with your doctor to make adjustments in your medicines to keep your signs controlled. Over time, many people have side effects from the medicines used to treat Parkinson's disease.

You may also need occupational therapy or speech therapy to deal with signs as the disease progresses. As your signs get worse, surgery may be an option to reduce tremors.

Things You Can Do to Manage Your Signs

When walking

- Walk slowly with a straight posture and with your legs further apart. Think about taking big steps to help keep your steps more normal.
- Use a 4-prong cane or a walker if needed.
- If you become stuck or freeze in one place, rock gently from side to side or pretend to step over an object on the floor.
- Place tape strips on the floor to guide you through your house. Remove area rugs and furniture from your walking path.
- Stand up from a chair or bed slowly to avoid feeling dizzy or lightheaded.

When using the bathroom

- Install grab bars on the walls beside toilets and inside showers and bathtubs to help you stand up.
- Use a shower chair inside the shower.
- Install an elevated toilet seat to make standing up easier after using the toilet.

Waxa aad u baahan kartaa inaad la shaqeysid dhakhtarkaaaga si wax looga beddelo dawooyinkaaga si loo xakameeyo calaamadahaaga. Mudo ka dib, dad badan ayaa yeesha saameynno ka yimaada dawooyinka la isticmaalo si loo daweeyo cudurka Parkinson's.

Waxa kale oo aad u baahan kartaa cilaaj ah xirfadda ama cilaaj ah hadalka si wax looga qabto calaamadaha marka cudurku sii socdo. Markay calaamaduhu ka sii daraanba, qalliin ayaa laga yaabaa inuu noqdo waxa la dooranayo si gariirka loo yareeyo.

Waxyaabaha aad Sameyn Karto si aad wax uga Qabato Calaadaha

Marka aad soconaysid

- Si tartiib ah u soco adigoo is toosinaya lugahana kala fogeynaya. Ka fikir inaad qaadid talaabooyin waaweyn si taasi gargaar uga geysato in talaabooyinkaagu ku dhawaadaan kuwo caadi ah.
- Istimaal bakooraad leh 4 ganto ama qalabka gargarka socodka hadii aad u baahato.
- Haddii aad meel ku dhegto ama ka dhaqaaqi kari weydo, si tartiib ah dhin dhinac isu rux ama iska dhig sidii wax dhulka yaala inaad ka talabsanaysid .
- Falliiqyo sharooto ah dhig dhulka si ay kuugu hagaan gurigaaga. Qatiifadaha iyo alaabta guriga ka qaad meelaha aad martid.
- Si tartiib ah uga kac kursiga ama sariirta si aad isaga ilaaliso wareer ama in dhulku kula wareego.

Marka aad isticmaalaysid Musqusha

- Biro qabsasho ama cuskasho ku rakibo derbiyada musqusha iyo gudaha goobta qubeyska iyo saxamada qubeyska si ay kaaga gargaaraan inaad sare joogsatid.
- Kursi qubeys ku isticmaal gudaha goobta qubeyska.
- Fadhi musqul oo kor loo dheereeyey rakibo si uu kuugu fududaado in aad ka kacdo musqusha.

- Shave with an electric razor.

When dressing

- Wear loafers or shoes with Velcro.
- Wear simple dresses or pants with elastic waistbands such as sweatpants.

When eating or drinking

- Use a cup with a large handle to make it easier to hold.
- Use a bowl instead of a plate to limit spills and make it easier to scoop up food.

Work closely with your health care team to manage your signs of Parkinson's. **Talk to your doctor or nurse if you have any questions or concerns.**

- Ku xiiro sakiin/qalabka koronada ku shaqeeya.

Marka aad labisanaysid

- Xiro jambal ama kabo aan bir lahayn oo labada af laysku dhejiyo (Velcro).
- Xiro dhar iska fudud ama saraawiil dhexda laastiko ka ah sida saraawiisha dulus leh.

Marka cunto cunaysid ama wax cabaysid

- Isticmaal koob leh gacan weyn si qabsashadu kuugu fududaato.
- Isticmaal madiibad ama baaquli halka aad ka isticmaali lahayd saxan si daadashadu u yaraato oo qaadashada cuntadu u fududaato.

Si hoose ula shaqee kooxda daryeelka caafimaadka si aad wax uga qabatid calaamadahaaga Cudurka dadka Xusuusta ka lumiya. **La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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Parkinson's Disease. Somali.