

Caabuqa Dheefshiidka (Ulcerative Colitis)

Ulcerative Colitis

Ulcerative colitis is a bowel disease. The cause is not known. The inner lining of the colon, also called the large intestine, becomes irritated or inflamed. Tiny sores or ulcers form and can cause bleeding. This often starts in the lower part of the colon and can spread.

Signs

You may have some or all of these signs:

- Stomach pain
- Diarrhea
- Bleeding in stool or from the rectum
- Fatigue
- Loss of appetite
- Weight loss
- Loss of body fluids, also called dehydration

Signs may be mild or more severe.

Your Care

Your doctor will check you and order tests. These tests may include:

- A stool sample to test for blood.
- Blood tests.
- A barium enema to see an x-ray picture of the colon.

Caabuqa Dheefshiidka (Ulcerative Colitis) waa xanuun ku dhaca mindhicirada. Waxa sababa lama yaqaan. Qaybta hoose ee xiidmaha, oo sidoo kale loo yaqaan xiidmaha waawayn, ayaa gubta ama cuncuna. Xanuunka ama gaaskaas meesha ku abuurma ayaa keeni kata dhiig. Arintaan waxa ay badanaa ka bilaabataa qaybta hoose ee xiidmaha waxayna ku fidi kartaa.

Astaamaha

Waxaad lahaan kartaa qaar ama dhammaan astaamahaan:

- Calool xanuun
- Shuban
- Saxaro dhiig leh ama dhiig kasoo baxaaya mawaladka
- Daal
- Cunto cunid la'aan
- Dhimista miisaanka
- Dheecaanka jirka oo baaba'a, oo sidoo kale loo yaqaan jir qaley

Astaamaha ayaa noqon kara kuwo dhexdhexaad ah ama kuwa saaid ah.

Daryeelkaaga

Dhakhtarkaaga ayaa ku fiirin doona waxa uuna kuu diri karaa baaritaan. Baaritaanadaas waxaa ka mid noqon kara:

- Muunada saxada ayaa laga baari karaa dhiiga.
- Baaritaanada dhiiga.
- Barium enema oo ah sawir raajo ah oo loogu talagalay in lagu arko xiidmaha.

- A test to look at the inside of the rectum and colon, called a colostomy. Sometimes a tissue sample, called a biopsy, is taken to be checked in the lab.

Your treatment may include:

- Diet changes to help control signs.
 - Avoid foods that make your signs worse. These may include fatty or fried foods, and high fiber foods such as beans, nuts, seeds or bran.
 - Eat small amounts of food every few hours rather than 2 or 3 large meals each day.
 - Drink water all through the day.
- Managing stress, which can make signs worse.
- Medicines to control colon inflammation.
- Surgery.

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

- Baaritaan lagu ogaado gudaha malawalka iyo xiidmaha, oo loo yaqaan baaritaanka qaybta hoose ee uur kujirta (colostomy). Mararka qaar unug muunad ah, oo loo yaqaan biopsy, ayaa lasoo qaadaa si loogu baaro laabka.

Daaweyntaaa waxaa ku jiri kara:

- Inaad bedesho noocyada cuntada si aad u xakameeyso astaamaha.
 - Inaad iska ilaaliso cuntooyinka kasii daraaya astaamahaaga. Kuwaas waxaa kujiri kara cuntooyinka dufanka leh iyo kuwa la shiilay, iyo cuntooyinka ay ku badan yihiin faybarka sida digirta, looska, miraha ama budada.
 - Cun cunto yar dhowrkii saacba mar halkii aad hal mar ka cuni lahayd 2 ama 3 cunto oo waawayn maalin kasta.
 - Cab biyo guud ahaan maalintii oo dhan.
- Xakamee istareeska, kaas oo astaamaha kasii dhigi kara kuwo daran.
- Daawooyinka lagu xakameeyo gubashada xiidmaha.
- Qaliin.

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