

Sharaxaada Pre-eclampsia

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Pre-eclampsia

- Dhibaataada guud ee caafimaad ee ugu daran oo ku timaada uurka.
- Waxay u keentaa dhowr dhibaato hooyada iyo ilmaha labadaba.
- Astaamuhu badanaa si buuxda uma muuqdaan.
- Marna ha gafin balantaada dhilida ka hor sababtoo ah baaritaanadaasi waxay soo saari karaan calaamadaha hore ee pre-eclampsia.

Sharaxaada pre-eclampsia

Pre-eclampsia waa jiro dhacda xilliga uurka ama isla marka gabadho uurka yeelato. Waxay saamayn kartaa hooyada iyo ilmaha labadaba. Waxa keena pre-eclampsia weli ma cadda. Si degdeg ah ayay ku bilaabataa. Astaamaha ugu weyn waa cadaadiska dhiiga oo kor u kaca iyo kaadida oo yeellata barootiin.

In kasta oo barar, miisaanka iyo madax xanuunka uur walbaa yeellan karo, waxay kaloo noqon karaan calaamadaha pre-eclampsia, khaasatan haddii calaamaduhu ku yimaadaan si degdeg ah. Aragtida oo ciiro gasho ayaana astaan noqon karta. Waxaad kaloo yeellan kartaa pre-eclampsia adiga oo aan dareemayn wax astaana.

Tobankii uurba hal mid ayaa waxaa ku dhici doona pre-eclampsia. Waxay badanaa dhacdaa uurka qaybtiisa labaad waxayna mararka qaarkood timaadaa maalmaha ilmuhu dhasho. Waxay badanaa dhacdaa uurka ugu horreeya.

Siday u saamayso ilmaha iyo hooyada

Hooyadu waxay yeellan kartaa dhibaatooyin wareega dhiiga, taas oo dhaawacaysa mandheerta. Waxay muuqataa marka dhiigu kaco, kaadida lagu arko barootiin bararna yimaado.

Dumarka badankood jiradu waxay noqotaa mid sahlan laakiin xaalladaha qaarkood waxay noqon kartaa mid khatar ah. Waxay kaloo saamayn kartaa jirka qaybihiisa kale sida beerka iyo nadaamka xinjirawga dhiiga (HELLP Syndrome) waxayna keeni kartaa miyirbeel (eclampsia).

Si degdeg ah ayayna ku sii xumaan kartaa Pre-eclampsia-yadu taas oo khatar u ah hooyada iyo ilmaha labadaba.

Socodka dhiiga ee ka imanaya hooyada oo u socda mandheerta ayaa xumaada wuxuuna xadidaa socodka nafaqada iyo oksijiinka ilmaha. Kani wuxuu hoos u dhigi karaa awooda ilmuhu ku korayo.

Daaweynta

Haddii uurkaagu sii socdo, waxaa laga yaabaa inaad isticmaasho daawo si loo kantaroollo cadaadiska dhiigaaga looga hortago miyirbeel.

Haddii pre-eclampsia-yadaadu sii xumaato, daaweyntu waa in ilmaha iyo mandheerta la soo saaro.

Haddii taasi dhacdo bilawga qaybta labaad ee uurka waxay ilmaha gelisaa khatar ah caqabada keena ilmaha oo ku dhasha dhicisnimo.

Uurarka isku dhow

Khatarta pre-eclampsia-yada dhacda uurarka isku dhowi badanaa waa yar yahay. Khatartu way siyaadaa dumarka leh dhibaato caafimaad oo weyn sida dhiig kar, cudurada kelyaha, sonkorowga, ama jirooyinka maqaarka ku dhaca.

Astaamaha soo socda ayaa badanaa muujiya pre-eclampsia:

- madax xanuun joogto ah oo aanu qofku ku ladnaa daawooyinka dhakhtar qorida aan u baahnayn
- aragtida oo ciiro kaa gasho
- gacmaha, wajiga iyo lugaha oo si aada oo degdeg ah u barara.

Macluumaad intaas ka badan

Macluumaadka guud waxaad kala xiriiri kartaa Women's Health Information Centre oo ku yaalla The Royal Women's Hospital tel (03) 8345 3045 ama email whic@thewomens.org.au

Waxaad kaloo booqan kartaa websaytka [Isbitaalka Dumarka](http://www.thewomens.org.au) oo ah www.thewomens.org.au

Macluumaad degdeg ah la xiriir Women's Emergency Department on (03) 8345 3636

Qoraalka waxaa soo saaray Australian Action on Pre-eclampsia (AAPEC).

AAPEC waa urur tabaruc ah oo loo dhisay inuu siiyo kaalmo iyo macluumaad qoysaska ay ku dhacday pre-eclampsia.

AAPEC P.O. Box 29 Carlton South
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Macluumaadka iyo faahfaahinta pre-eclampsia
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AAPEC wax weydiinta websaytka www.aapec.org.au

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