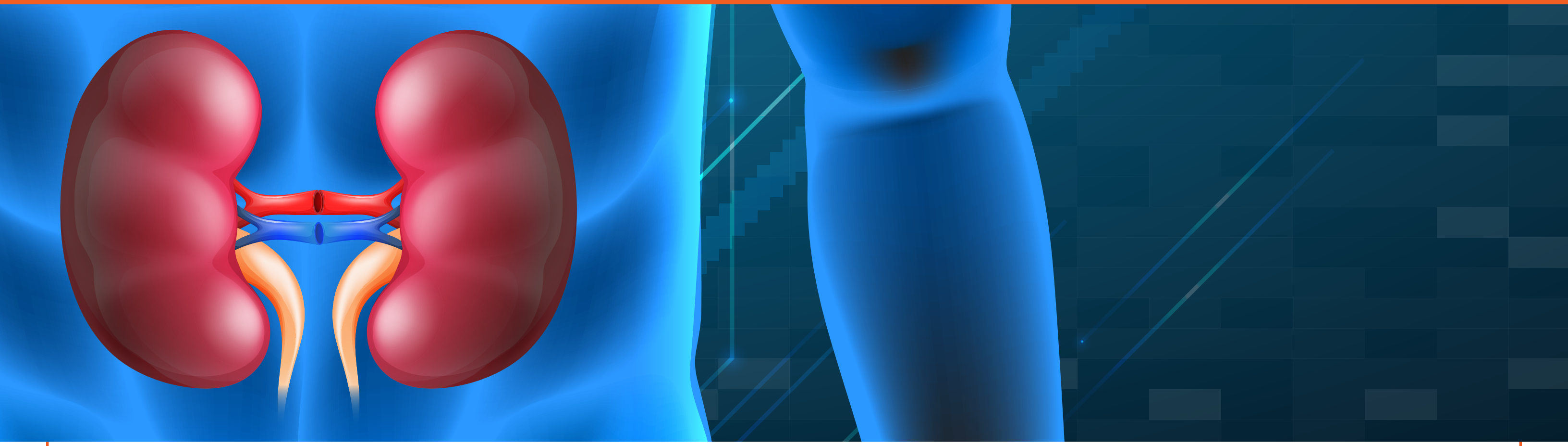
NATIONAL KIDNEY FOUNDATION®

KAHORTAGA

SHAN QAAB OO LA YAAB LEH OO LAGA YAABO INAAD U DHIBAATAYNAYSO KALYAHAAGA



Kalyahaaga ayaa shaqeeya 24/7 si ay u ilaaliyaan caafimaadka jirkaaga ayagoo sifeeya wasaqda iyo dheecaanka dheeraadka ah xakameeyana cadaadiska dhiiga. Waxyeelo ku dhacda xubnahaan muhiimka ah ayaan xal loo heli karin dad badana maba ogaadaan inay dhibaato ku hayaan xubnahaan. Waxyaabaha soo socda waa shan qaab oo la yaab leh oo laga yaabo inaad waxyeelo u gaysanayso kelyahaaga:

Isticmaalka mudada dheer ee daawooyinka xanuun baabi'iyaha ah ee aan ahayn steroid-ka (daawooyinka qandho jebiyaasha ah, ee loo yaqaano NSAIDs)

- Tiro badan oo dhan 3% ilaa 5% kamid ah ciladaha cusub ee keena xanuunnada aan daawada lahayn ee kalyaha sanad kasta ayaa ka imaan kara iska badinta daawada qandho jebinta
- Isticmaalka mudada fog, gaar ahaanna marka la iska badiyo, ayaa saamayn xun ku reebaysa xuubka kelyaha iyo qaab dhismeedkooda
- Daawooyinkaan ayaa sidoo kale hoos u dhigi kara qulqulka dhiiga galaaya kelyaha

Cabista sigaarka

Dadka sigaarka caba ayay u badan tahay inay:

» Leeyihiin barootiin ku jirta kaadidooda, taasoo muujinaysa waxyeelo ku dhacday kalyaha

» U baahan kara kalyo dhaqid ama in kalyo cusub lagu xiro.

U ban bixida shoocaaca badanaa loo adeegsado baaritaannada raajada sida angiograms iyo iskaannada CT

Mararka qaar shoocaaca ayaa abuuri kara dhibaatooyin xunxun oo ku dhaca kelyaha loona yaqaano contrast induced nephropathy (CIN).

- CIN waa dhibaato dhif ah waana laga hortagi karaa
- Kala hadal walaacyo kasta oo aad qabto dhakhtarkaaga kahor intaadan marin baaritaankaaga

Cunista cusbo aad u badan

Cuntooyinka laga buuxshay cusbada ayaa kordhiya heerarka cadaadiska dhiiga, taasoo:

- Waxyeelo joogto ah u keenaysa kalyaha
- Ahna sababta ugu wayn ee fashilka kalyaha keenta

Cabista cadad badan oo cabitaannada fudud ee cola ay ku jirto

Daraasaadka ayaa muujinaaya in cabista labo colas ama ka badan maalintii—cunto aad ku cunto ama si joogto ah u cabto—ay keento korarka khatarta qaadista xanuunka dabo dheeraada ee kelyaha.

Wixii xog dheeraad ah, la xariir National Kidney Foundation (Ururka Qaran ee Kelyaha)

Laynka caawimaada bilaashka lagu waco: **855.NKF.CARES** ama iimeelka: **nkfcares@kidney.org**

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Xogtaan waxaa loo baxshay sabab macluumaad oo keliya loogumana talo gelin inay talo caafimaad noqoto ama badel u noqoto talada caafimaad ee aad ka helayso dhakhtar.

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