

Xanuunka Kalagoosyada

Arthritis

Arthritis occurs when the joints in the body are inflamed or there is a breakdown of cartilage in the joints. Joints are places in the body where two or more bones meet, such as the hip or knee.

Cartilage is the cushion in the joints that protects them from pressure and makes movements smooth. When cartilage breaks down in a joint, the bones rub together. This causes pain, swelling and stiffness that often gets worse with aging.

The most common type of arthritis is osteoarthritis. With this type of arthritis, the cartilage in the joints wear out over time from use or as the person ages. Injury to a joint may also lead to this type of arthritis. Osteoarthritis occurs most often in the knees, hips and hands. The joints begin to ache and thicken. At times, the tissues around the joint become strained and cause more pain.

Rheumatoid arthritis is another common type of this kind of arthritis. The immune system, which normally protects the body from infection, attacks the lining of the body's joints. It causes inflamed and painful joints and may affect other parts of the body, such as the heart, muscles, blood vessels, nerves and eyes.

Xanuunka kalagoosyada waxa uu imaadaa marka kalagoosyadu caabuqaan ama carjawda kalagoosyada ay jabto. Kalagoosyada waa meesha ay ku kulmaan labo ama in kasi badan oo lafo ah, sida bowdada ama jilibka.

Carjawdu waa cuf kalagoosyada ka ilaaliya cadaadiska kana caawiya dhaqdhaqaaqa. Marka carjawda kalagoosyada dhammaadaan, waxaa isku xoqma lafaha. Arrintaan waxay sababaysaa xanuun, barar iyo qalayl siibata marba marka qofku sii waynaado.

Xanuunka kalagoosyada ee ugu badan waa xanuunka kalagoosyada lafaha (osteoarthritis). Xanuunka kalagoosyada ee noocaan, waqti kadib waxaa dhamaada carjawda kalagoosyada marba marka uu qofku siiwaynaado ama uu saa'id u duqoobo. Dhawaac kuyimaada kalagooska ayaa sidoo kale sababi kara xanuunka kalagoosyada ee noocaan. Xanuunka kalagoosyada lafaha (osteoarthritis) waxa uu badanaa ku dhaca jilbaha, boowdyada iyo gacmaha. Kalagoosyadu waxay bilaabaan xanuun iyo inay balaartaan. Mararka qaar, unugyada ku dhawdhaw kalagoosyada ayaa xumaada waxayna keenaan xanuun saa'id ah.

Caabuqa ku dhaca kalagoosyada waa nooc kale oo inta badan ku dhaca kalagoosyada. Nidaamka difaaca jirka, kaas oo caadiyan jirka ka difaaca caabuqa, ayaa weerara unugyada ku heerarsan kalagoosyada jirka. Waxa uu sababaa caabuq iyo xanuun saa'id uu kuyimaada kalagoosyada waxa uuna saameyn karaa qaybaha kale ee jirka, sida wadnaha, murqaha, xididada dhiiga, neerfayaasha iyo indhaha.

Signs of Arthritis

- Joint pain
- Joint is not stable or it feels like it will not support you
- Joint enlarges or swells
- Stiffness, often in the morning
- Limited use of joint
- Warmth around joint
- Redness of the skin around joint

Other signs may occur with rheumatoid arthritis. If you have any signs that cause you pain or concern, see your doctor.

Tests

Your doctor will talk to you about your health and look at your joints. Your doctor may order blood tests and x-rays.

Treatment

Treatment of arthritis is aimed at controlling your signs and improving use of your joints. Your doctor may suggest:

- Medicine to control pain and swelling
- Physical or occupational therapy
- Assistive devices such as a cane or grab bars for the bathtub or toilet
- Weight loss
- Surgery to replace the joint

Calaamadaha Xanuunka Kalagoosyada

- Xanuunka kala goyska
- Kalagoosyada oo aan caadi ahayn ama inaad dareento inaysan ku caawineyn
- Kalagoosyada oo balaarta ama barara
- Qalayl, badanaa yimaada subaxdii
- Yareynta isticmaalida kalagoosyada
- Kuleel aad ka dareento meelaha u dhaw kalagoosyada
- Maqaarka jirka meelaha u dhawdhaw kalagoosyada oo casaan noqda

Calaamado kale oo uu sababo caabuqa ku dhaca kalagoosyada ayaa imaan kara. Haddii aad isku aragto wax calaamado ah sababaaya xanuun ama aad qabto walaac, u tag dhaqtarkaaga.

Baaritaanada

Dhaqtarkaaga ayaa kaala hadli doonaa caafimaadkaaga waxa uuna fiirin doonaa kalagoosyadaada. Dhaqtarkaaga waxa uu kuu diri doonaa baaritaano ama raajo.

Daaweynta

Daaweynta caabuqa ku dhaca kalagoosyada waa in la xakameeyo calaamadaha lana hormariyo isticmaalka kalagoosyadaada. Dhaqtarkaaga ayaa kusoo jeedin kara:

- Daawada lagu xakameeyo xanuunka ama bararka
- Daaweynta jirka iyo dhaqdhaqaaqa
- Aalad ku caawisa sida bakooraad ama qalab aad qabsato marka aad qubeysanayso ama aad geleyso musqusha
- Dhimista miisaanka
- Qaliin lagu bedelayo kalagoosyada

As a part of your treatment, you may need to:

- Exercise to improve movement and joint strength. Good choices include walking, swimming, bike riding, dancing, strength training and gentle stretching exercises.
- Use hot or cold treatments to control pain and swelling.
- Avoid positions or movements that put extra stress on your painful joints.
- Avoid staying in a position too long.

Call your doctor right away if:

- You have severe unexplained joint pain.
- The joint is very swollen.
- You suddenly have a hard time moving the joint.
- Your skin around the joint is red or hot to the touch.
- You have other signs that concern you.

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

Ayagoo qayb ka ah daaweynta, waxaad u baahan kartaa:

- Inaad sameyso jimicsi si aad u hormariso dhaqdhaqaaqa iyo awooda kalagoyska. Dookhyada wanaagsan waxaa kamid ah socodka, dabaalashada, kaxaynta mootada, jeeska, tababar la isku xoojinaayo iyo jimicsiga kala bixiska jirka.
- Isticmaal daaweynta is qaboojinta iyo is uuminta si aad u xakameyso xanuunka iyo bararka.
- Iska ilaali dhaqdhaqaaqa iyo meelaha xanuunka kalagoosyadaada kaaga sii daraaya.
- Iska ilaali inaad muddo dheer is rogrogii wayso.

Soo wac dhaqtarkaaga isla markaas haddii:

- Aad dareento xanuun dhanka kalagoosyada ah oo aadan aqoon.
- Kalagoosyadu saa'id u bararaan.
- Aad si kadis ah kuugu adkaato dhaqdhaqaaqa kalagoosyada.
- Maqaarka u dhaw kalagoosyadaada casaan noqdaan ama aad ka dareento kuleel.
- Aad dareento calaamado kale oo aad ka walaacsan tahay.

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