

Neefta

Asthma

Asthma is a disease that causes the airways that lead into your lungs to become narrow and produce mucus. When this happens, it may become hard to breathe.

Some people have a hard time breathing only at certain times. This may be during allergy season, when they get a cold, or when they exercise. Others have breathing problems a lot of the time.

When asthma symptoms suddenly get worse (or flare up), the airways tighten and become narrower. This makes it hard to breathe, and you may wheeze or cough. These flare-ups are also called asthma attacks.

Treatment can help you feel and breathe better and help keep your lungs healthy.

Neeftu waa cudur sababa in ay marinnada hawadu u maro sambabadaada inay cidhiidhi noqdaan oo ay soo saaraan xab diifeed. Goorta ay tani dhacdo, waxaa laga yaabaa inay adkaato in la neefsado.

Dadka qaar ayay keliya ku adag tahay inay neefsadaan waqtiyada qaarkood. Tani waxay noqon kartaa xilliga xasaasiyadda, marka uu hargab ku dhaco, ama marka ay jimicsi sameeyaan. Qaarka kale ee dadka waxay la kulmaan dhibaatooyin xagga neefsashada ah waqti badan.

Marka calaamadaha neeftu ay si lama filaan ah uga sii daraan (ama ay u soo baxaan si degdeg ah), marinnada hawadu aad ayeey isugu dhagaan oo way sii dhuubtaan. Tani waxay ka dhigeysaa mid adag in la neefsado, waxaana laga yaabaa inaad hiinraagto ama qufacdo. Soo bixitaanadan/ kacdoonadan degdega ah waxa sidoo kale loo yaqaan weerarrada neefta.

Daaweyntu waxay kaa caawin kartaa inaad si fiican dareento oo aadna u neefsato, kaana caawiso iney sambabadaadu caafimaad sii qabaan.

Signs

- Breathing faster than normal or trouble breathing
- Wheezing, making a loud or soft whistling noise when you breath, or noisy breathing
- Coughing that may be worse at night or early in the morning
- Feeling tight in the chest
- Having a faster than normal heartbeat
- Having head congestion
- Having an itchy, scratchy, or sore throat
- Being tired or getting tired quickly during exercise
- If your doctor ordered a peak flow meter and your meter shows a drop in peak flow meter readings

Calaamadaha

- U neefsashada si ka dhaqso badan sidii caadiga ahayd ama dhib ku qabida neefsashada
- Hiinraagitaan, samaynta dhawaq foori dheer ama jilicsan ah marka aad neefsaneyso, ama neefsasho buuq badan leh
- Qufac laga yaabo inuu ka sii daro habeenkii ama subaxda hore
- Ka dareemida laabta cidhiidhi
- Lahaanshaha garaaca wadnaha oo ka dheereeya sidii caadiga ahayd
- Ka dareemida cidhiidhsanaan madaxa
- Lahaanshaha cuncun, qallafsanaan, ama cune xanuun
- Daalid ama daal dareemid degdeg ah inta lagu jiro jimicsiga
- Haddii dhakhtarkaagu uu dalbado qalabka lagu cabirro neefta ee mitir oo uu qalabkaagu muujinayo hoos u dhaca cabbirka mitirka ee qalabka

You may have more signs of asthma if you:

- Have allergies
- Have a family member with asthma
- Are sensitive to air pollution
- Are exposed to smoke
- Have stress

Symptoms may start soon after you are around things (triggers) that cause your asthma attacks. This is an early phase response. Or they may start several hours after exposure (late phase response). A late phase response can make it harder to figure out what triggers your symptoms.

Symptoms can be mild or severe. You may have symptoms daily or now and then. Or you may have something in between.

Some people have symptoms that get worse at night, such as a cough and shortness of breath.

Your Care

Your care may include:

- Taking different medicines to:
 - Open airways
 - Decrease your body's response to allergens
 - Decrease the swelling of your airways
 - Decrease congestion
- Finding out what causes your symptoms.
- Allergy testing.
- Using a peak flow meter to check and prevent asthma attacks.
- Drinking a large glass of liquid every 1 to 2 hours. This helps keep your mucus thin. Thin mucus is easier for you to cough up and decreases the swelling in your lungs. Clear liquids are best, such as water, fruit juice, tea, broth, and clear soups.

Waxaa laga yaabaa inaad yeelato calaamado dheeraad ah oo neefta ah haddii aad:

- Qabto xasaasiyaddo
- Leedahay xubin qoyska ka mid ah oo qaba neef
- U nugushahay wasakhowga hawada
- U beylah noqday qiiqa
- Qabo murugo

Calaamaduhu waxa laga yaabaa inay bilaabmaan isla markiiba ka dib markaad ag joogto waxyaabo (kiciyeyaasha) keena xanuunka neefta. Tani waa jawaab-celinta marxallada hore. Ama waxaa laga yaabaa inay bilaabmaan dhowr saacadood ka dib u beylah noqoshada (jawaab-celinta marxallada ee goorta danbe). Jawaab-celinta marxallada goorta dambe waxay adkeyn kartaa in la ogaado waxa kiciya calaamadahaaga.

Calaamaduhu waxay noqon karaan kuwo khafiif ah ama daran. Waxaa laga yaabaa inaad calaamado isku aragto maalin kasta ama hadda iyo ka dib. Ama waxaa laga yaabaa inaad yeelato wax u dhexeeyo.

Dadka qaarkood waxay leeyihiin calaamado ka sii dara habeenkii, sida qufac iyo neefta oo ku dhegta.

Daryeelkaaga

Daryeelkaaga waxaa ku jiri kara:

- U qaadashada daawooyin kala duwan si loo:
 - Furo hawo mareenada
 - Yareeyo jawaab-celinta jidhkaaga ee ku aadan xasaasiyadaha
 - Yareeyo bararka marino-haweedyadaada
 - Yareeyi ciriiriga
- Ogaanshaha waxa keena calaamadahaaga.
- Iska baaritaanka xasaasiyadda.
- Isticmaalka qalabka mitir ee lagu cabbiro neefta si loo hubiyo loogana hortago xanuunada neefta.
- Cabida koob weyn oo dareere ah 1-kii ilaa 2-dii saacadoodba mar. Tani waxay kaa caawinaysaa in xab-diifedkaadu uu khafiif noqdo. Xab-diifedka khafiifka ah ayaa kuu fududaanaya inaad qufacdo, wuxuuna yareenayaa bararka sambabadaada. Dareeraha saafiga ah ayaa ugu fiican, sida biyaha, casirka khudradda, shaaha, maraqa hilibka/qudaarta leh, iyo maraayada cad/saafiga ah.

- Avoiding milk products when wheezing because they can thicken your mucus.

To Prevent Asthma Attacks

There's no certain way to prevent asthma. But you can reduce your risk of asthma attacks by avoiding things that cause them, called triggers.

The goal is to reduce how many attacks you have, how long they last, and how bad they get.

Start by avoiding your asthma triggers. For example:

- Keep asthma medicine with you at all times. Take your scheduled medicines even if your symptoms go away.
- Don't smoke and avoid being around others when they smoke.
- Stay away from foods, medicines, or things that cause you to have signs of asthma.
- Stay inside when air pollution, pollen, or dust levels are high.
- Avoid contact with people who have a cold or flu.
- Rest and drink plenty of liquids at the first sign of a cold.
- Breathe through a scarf or other covering in cold weather.
- Talk to your doctor about an exercise to strengthen your lungs.
- Reduce stress.

Also, be sure to:

- Ask your doctor about getting the flu and pneumococcal vaccines. Illnesses like colds, flu, or pneumonia can make symptoms worse.
- Avoid taking aspirin, ibuprofen, or similar medicines if they make symptoms worse.

- Ka fogaanshaha waxyaabaha laga sameeyo caanaha marka aad hiinraagayso sababtoo ah waxay adkayn karaan xab-diifeedkaaga.

Si looga hortago Xanuunka Neefta

Ma jiro hab gaar ah oo looga hortago neefta. Balse waxaad yarayn kartaa halista xanuunada neefta adiga oo iska ilaalinaya waxyaabaha keena, ee loo yaqaan kiciyeyaasha.

Yoolku waa in la yareeyo inta xanuun ee kugu dhaca, inta ay socdaan, iyo sida ay u xumaadaan.

Ka bilow adigoo markaa ka fogaanaya waxyaabaha kiciyayaasha neefta ah. Tusaale ahaan:

- Hayso daawada neefta markasta. Qaado daawooyinkaaga kuu ballansan xitaa haddii calaamaduhu kaa tagaan.
- Ha cabbin sigaar oo iska ilaali inaad agjoogto dadka kale marka ay sigaarka cabbayaan.
- Ka fogow cuntooyinka, dawooyinka, ama waxyaalaha kuu keenaya calaamadaha neefta.
- Gudaha guriga ku jir marka heerarka wasakhowga hawadu, manka, ama bustu ay sarreeyaan.
- Iska ilaali inaad u dhawaato dadka qaba hargabka ka dhasha qabowga ama hargabka.
- Naso oo cab dareere badan markey uu ku hayo calaamadda ugu horreeya ee hargabka.
- Ka neefso maro ama dugaashi kale xilliga qabowga.
- Kala hadal dhakhtarkaaga jimicsi si aad u xoojiso sambabadaada.
- Yareey murugada.

Sidoo kale, hubi inaad:

- Weydiiso dhakhtarkaaga wax ku saabsan qaadashada tallaalada hargabka iyo pneumococcal-ka. Xanuunada sida hargabka qabowga ka dhasha, hargabka, ama burukiitada ayaa ka dhigi kara kuwa ka sii dara calaamadaha.
- Iska ilaali qaadashada aspirin-ka, ibuprofen-ka, ama dawooyinka la midka ah haddii ay calaamadaha ka sii daraan.

Follow-up Care

Follow-up care is a key part of your treatment and safety. Make and go to all appointments and call your doctor if you have problems. Knowing your test results and keeping a list of the medicines you take is also a good idea.

Call your doctor right away if you:

- Have a cough, are wheezing or are having trouble breathing.
- Feel you need to take more medicine than your doctor has ordered.
- Have a temperature over 100.5 degrees F or 38 degrees C.
- Have mucus that is not white or clear, or mucus that is too thick to cough up.
- Have problems caused by your medicine such as shakiness, confusion, nervousness, upset stomach, or a bad taste.
- Are not able to do your normal activities or exercise.

Call 911 right away if you have:

- Severe wheezing, trouble breathing, or coughing.
- Chest pain.
- Lips or fingernails that are gray or blue.

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

Daryeelka Dabagalka/ La-socodka

Daryeelka la-socodku waa qayb muhiim ah oo ka mid ah daawayntaada iyo bad-qabkaaga. Sameeyso oo aad dhammaan ballamaha aad leedahay oo wac dhakhtarkaaga haddii aad dhibaatooyin qabtid. Ogaanshaha natiijooyinkaaga baaritaanka iyo heysashada liiska daawooyinka aad qaadata sidoo kale waa fikrad wanaagsan.

Soo wac dhakhtarkaaga isla markaas haddii aad:

- Qabto qufac, hiinraagitaan ama aad dhib ku qabto neefsashada.
- Dareemeyso inaad u baahan tahay inaad qaadata daawooyin ka badan inta dhakhtarkaagu amray.
- Qabto heerkul ka badan 100.5 digrii F ama 38 digrii C
- Leedadahay xab-diifeed aan caddaan ahayn ama saafi ahayn, ama xab-diifeed aad ugu dhumuc weyn in lasoo qufaco.
- Qabto dhibaatooyin ay keentay daawadaada sida gariir, wareer, walwalsanaan, calool xanuun, ama dhadhan xumi.
- Awoodin inaad sameeyso hawlahaaga caadiga ah ama jimicsigaaga.

Soo wac 911 isla markaas haddii aad leedahay:

- Hiinraagitaan daran, dhib ku qabida neefsashada, ama qufacitaan.
- Xabad xanuun.
- Bishimo ama cidiyaha faraha kuwaas oo gareey ama buluug ah.

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