

# Madax xanuunada

## Headaches

A headache is pain felt in the head. There are different types and causes of headaches.

### Sinus Headache

A sinus headache causes pain in the front of the head and face. The pain is caused by swelling in the sinus passages that are behind the cheeks, nose, and eyes. The pain is worse when bending forward and first waking up in the morning. You may have nasal drainage or a sore throat.

### Tension Headache

A tension headache is caused by muscle tension in the head and neck. Signs of a tension headache include a dull or constant throbbing pain above the eyes and across the back of the head. The pain may spread to the whole head or move into the neck and shoulders. The muscles in these areas may feel tight.

### Migraine Headache

A migraine headache is caused by the swelling of blood vessels in the brain. Things that may trigger a migraine include:

- Bright or flashing lights, loud noises, or strong smells
- Certain foods or drinks such as:
  - › Hard cheese
  - › Processed meats such as bacon, hot dogs, and deli meats
  - › Wheat bread or grains with gluten

Madax xanuunku waa xanuun laga dareemo madaxa. Waxaa jira noocyo iyo sababayaal madax xanuun oo kala duwan.

### Madax xanuunka Sinus-ka

Madax xanuunka sinus-ku wuxuu ku keenaa xanuun xagga hore ee madaxa iyo wejiga. Xanuunka waxaa keena barar ku yimaadda marinnada sinus-ka ee ka dambeeya dhabannada, sanko, iyo indhaha. Xanuunku wuxuu ka sii daraa marka qaarka hore loo foorarsado iyo marka ugu horeysa ee la soo tooso subaxdii. Waxaa laga yaabaa inaad lahaato duuf qulqul ama cune xanuun.

### Madax xanuunka Xiisada Ka Dhashay

Madax xanuunka xiisadu waxaa sababa xiisada murqaha madaxa iyo qoorta. Calaamadaha lagu garto madax-xanuun xiisada ka dhasha waxaa ka mid ah caajis ama xanuun si joogto ah u garaaca meel dusha indhaha ah iyo dhamaan dhabarka madaxa. Xanuunku waxa laga yaabaa inuu ku faafo madaxa oo dhan ama u dhaqaaqo qoorta iyo garbaha. Muruqyada meelahan ayaa laga yaabaa inay dareemaan cidhiidhi.

### Madax xanuunka Goonjabka ah

Madax xanuunka goonjabku waxaa sababa bararka xididdada dhiigga ee kujira gudaha maskaxda. Waxyaabaha kicin kara madax xanuunka goonjabka ah waxaa ka mid ah:

- Nalal dhalaalaya ama ifaya, qeylo aad u sareeyaan, ama urar xooggan
- Cuntooyinka ama cabitaannada qaarkood sida:
  - › Farmaajaha adag
  - › Hilibka la habeeyey sida hilibka doofaarka, hilibka ridqan ee duuban, iyo hilibka la jarjaray
  - › Rootiga qamatiga ama badarka leh barotiinka gluten

- Additives such as artificial sweeteners or MSG
- Caffeine found in coffee, tea, soft drinks, and chocolate
- Red wine or other alcoholic drinks
- Changes in the weather or air pressure
- Eye strain
- Hormone changes in women, such as during a menstrual period
- Medicines such as birth control pills
- Oversleeping or not getting enough sleep
- Skipping meals or going too long without eating
- Smoking or being around smoke
- Stress

Migraines cause severe pain, vision changes, and nausea or vomiting. Light, noise, or some smells may worsen these signs. The pain may begin around the eye or temple and tends to be on one side of the head, but it may spread.

There may be warning signs before a migraine called an aura. Warning signs may include:

- Sudden tiredness or frequent yawning
- Visual changes such as blind spots, blurred vision, or seeing bright lights, lines, or other things that are not there
- Tingling in an arm or leg

## Cluster Headache

A cluster headache causes severe head pain. The headaches occur in groups or clusters. They happen 1 or more times a day over a cycle of weeks or months. At the

- Waxyaabaha korka loogu daro sida macaaneeyaha macmalka ah ama MSG
- Maadada Caffeine-ka ee laga helo kafeega, shaaha, cabitaannada fudud, iyo shukulaatada
- Khamriga casaanka ah ama cabbitaanada khamri ee kale
- Isbeddelka ku imaada cimilada ama cadaadiska hawada
- Indho ka daalka
- Isbeddelada hormoonnada ee ku yimaada haweenka, sida inta lagu jiro xilliga caadada
- Daawooyinka sida kaniiniyada xakameeya uurka
- Xad dhaaf u hurudka ama helida hurdo kugu filan
- Ka boodista waqtiyada cunto cunista ama aad u dheeraanshaha waqtiga aadan cunto cunin
- Sigaar cabista ama ag joogista meel sigaar lagu cabo
- Walaaca

Goonjabyadu waxeey keenaan xanuun daran, isbeddello ku imaada aragga, iyo lallabbo ama mataqitaan. Iftiinka, buuqa, ama urar qaar ayaa ka sii dari kara calaamadahan. Xanuunku waxa uu ka bilaabmi karaa agagaarka isha ama dhafoorka wuxuuna u janjeeraa hal dhinac oo madaxa ah, laakiin wuu fidi karaa.

Waxaa laga yaabaa inay jiraan calaamado digniin ah ka hor madax xanuunka dhanjafka ee loo yaqaan "aura". Calaamadaha digniinta waxaa ka mid noqon kara:

- Daal kedis ah ama hamaansi soo noqnoqda
- Isbeddellada ku imaada aragga sida goobaha aan sida fiican loo arkin, aragga cayyaameysan, ama aragtida nalal dhalaalaya, xariiqyo, ama waxyaabo kale oo aan jirin
- Jadhiidhaco ka dareemida gacan ama lug

## Madax xanuunka Rucub ahaanta Ku dhaca

Madax-xanuunka rucub ahaanta ku dhaca wuxuu keena madax xanuun daran. Madax xanuunka wuxuu ku dhacaa kooxo ama rucubyo

end of a cluster cycle, the headaches will suddenly stop. They often do not come back for 6 months to a year or longer. It is not known what causes a cluster headache, but some things may trigger one, including:

- Changes in the amount of daily sunlight during the spring and fall
- Glare from light
- Alcohol
- Smoking
- Certain foods
- Some medicines

## Your Care

Your doctor will do an exam. Your care will be based on your symptoms and type of headache. As a part of your care, you may need to:

- Take over the counter medicines such as acetaminophen, aspirin, or ibuprofen for headaches, as your doctor orders. Do not give aspirin to children. If over the counter medicines do not help your pain, talk to your doctor about prescription medicines.
- Apply heat or cold to your neck or head.
- Get plenty of sleep and exercise.
- Relax, reduce stress, and use good posture.
- Eat a healthy diet and do not delay or miss meals.
- Avoid eyestrain.
- Avoid smoke and alcohol.
- Keep a headache diary or calendar to help find and avoid things that trigger your headaches.

ahaan. Waxay dhacaan 1 jeer ama ka badan maalintii muddo toddobaadyo ama bilo wareeg ah. Dhamaadka wareegga rucubka, madax-xanuunku si lama filaan ah ayuu u joogsan doonaa. Badana kuma soo noqdaan 6 bilood ilaa sanad ama ka badan. Lama garanayo waxa sababa madax-xanuunka kooxeedka/rucubka, laakiin waxyaabaha qaar ayaa mid kicin kara, oo ay ku jiraan:

- Isbeddelka ku imaada caddadka cadceedda ee maalinlaha ah xilliga gu'ga iyo dayrta
- Iftiinka ka imaada nalka
- Alkulada
- Sigaar cabidda
- Cuntooyinka qaarkood
- Qaar kamid ah daawooyinka

## Daryeelkaaga

Dakhtarkaagu wuxuu sameyn doonaa baaritaan. Daryeelkaagu wuxuu ku salaysnaan doonaa astaamahaaga iyo nooca madax xanuunka. Iyadoo qeyb ka mid ah daryeelkaaga, waxaa laga yaabaa inaad u baahato inaad:

- Soo gadato daawooyinka dukaamada laga soo iibsado sida acetaminophen, asbiriin, ama ibuprofen ee loogu talagalay madax xanuunada, sida uu dhakhtarkaagu kugu amro. Ha siin asbiriin carruurta. Haddii daawooyin laga soo iibsado dukaamada aysan caawinaad ka geysaneynin xanuunkaaga, kala hadal dhakhtarkaaga wax ku saabsan daawooyinka uu dhakhtarku qoro.
- Kuleyl ama qabow mari qoortaada ama madaxaaga.
- Hel hurdo iyo jimicsi badan.
- Isdeji, iska yaree walbahaarka, oo isticmaal qaab-jireed wanaagsan.
- Cun cunto caafimaad leh oo ha iska daahin ama ha seegin cuntooyinka.
- Ka fogow indho ka daalka.
- Iska ilaali sigaar cabista iyo khamriga.
- Hayso xusuus-qor madax-xanuun ama jadwal taariikheed si aad u hesho oo aad uga fogaato waxyaabaha kiciya madax-xanuunkaaga.

- Limit caffeine by not drinking too much coffee, tea, or soda. Do not quit caffeine suddenly because that can also give you headaches.

### **Call your doctor right away if:**

- Your headache occurs with a head injury.
- You have slurred speech, change in vision, problems moving your arms or legs, loss of balance, confusion, or memory loss.
- You have a headache with a fever, stiff neck, nausea, and vomiting.
- Your headache is sudden and severe.
- Your headache gets worse over 24 hours or lasts longer than one day.
- Your headache is severe and is near one eye with redness in that eye.
- You have a history of headaches, but they have changed in pattern or intensity.

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

- Iska yaree maadada caffeine-ka adiga oo aan cabbin kafee, shaah, ama soodho badan. Ha u joojin caffeine-ka si kedis ah sababtoo ah taasi waxay sidoo kale kugu keeni kartaa madax xanuuno.

### **Soo wac dhaqtarkaaga isla markaasba haddii:**

- Madax xanuunkaagu ku dhaco adigoo madaxa dhaawac ku leh.
- Uu kaa lumay hadalka, wax aragaadu isbedelay, dhibaatooyin aad ka dareento dhaqdhaqaaqinta gacmahaaga ama lugaha, lumiso isku-qiyaaska jidhkaada, jahawareer, ama xusuustu ku luntaa.
- Aad lahaato madax-xanuun ay la socoto qandho, qoor xanuun, lalabo, iyo mataqitaan.
- Madax xanuunkaagu yahay mid kedis ah oo daran.
- Madax xanuunkaagu uu ka sii daro in ka badan 24 saacadood ama uu sii jiro wax ka badan hal maalin.
- Madax xanuunkaagu aad uu u daran yahay oo uuna ku dhow yahay hal il oo ayna ishaasi casaan tahay.
- Aad leedahay taariikh madax xanuuneedyo, laakiin ay is beddeleen marka loo eego qaab ahaanta ama darnaansho ahaanta.

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