

# Wadne Istaag

## Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that provides the heart muscle with oxygen becomes blocked, stopping blood flow to a part of the heart. If treatment is not done right away, part of the heart muscle dies. The sooner you get help, the less damage you will have to your heart.

Blockage in the blood vessel may occur from:

- Fatty deposits called plaque
- A blood clot
- A spasm in the blood vessel

### Signs of a Heart Attack

- Pain, pressure, tightness, heaviness, squeezing or burning in your chest, arm, jaw, shoulders or neck
  - Occurs both during activity and at rest
  - Lasts for more than 5 minutes or goes away then comes back
- Sweating
- Shortness of breath
- Nausea or vomiting
- Stomach pain or heartburn
- Feeling very tired, dizzy or faint
- Feeling scared or panicked

Call 911 right away if you have any of these signs. Sit or lie down until the emergency team arrives. Do not drive to the hospital or delay by calling your doctor.

Some people, especially women, may not have chest pain, or they may have very mild

Wadne Istaag waxaa sidoo kale loo yaqaan wadno qabad ama MI. Waxa uu yimaadaa marka xididada ogsijiinta u keena murqaha wadnaha ay xirmaan, ayna joojiyaan qulqulka dhiiga ee qaybaha wadnaha. Haddii daaweynta aan la sameyn isla markiiba, qaybo kamid ah murqaha wadnaha ayaa dhinta. Marka aad isla markiiba hesho caawimaad, wadnaaga waxaa gaaraya waxyeelo yar.

Xidido xiranka waxaa sababi kara:

- Dufan adag oo loo yaqaan plaque (xab isku soo aruuray)
- Dhiig xiran
- Xanuun dhiiga ku dhaca

### Calaamadaha Wadne Istaag

- Xanuun, cadaadis, ciriiri, culeys, neef jiid la'aan ama gubasho aad ka dareento xabadka, gacanta, daanka ama qoorta
  - Waxa uu yimaadaa xiliga hawsha iyo xiliga nasashada labadaba
  - Waxa uu qofka hayaa wax ka badan 5 daqiiqo ama waa uu baaba'aa hadana waa uu soonoqdaa
- Dhidid
- Neefta oo ku yaraata
- Aad dareento lalabo ama matag
- Calool xanuun ama wadno gubasho
- Dareemida daal badan, caajis ama miyir beelid
- Dareemida walaac ama wareer

Wac 911 isla markiiba haddii aad qabto mid kamid ah astaamahaan. Fariiso ama seexo illaa kooxda gargaarka degdega ah

signs. The more signs you have, the more likely you are having a heart attack.

If you had a heart attack before, you may have different signs with a second heart attack. Do not ignore your signs. Call for help quickly to limit damage to your heart.

## Your Care at the Hospital

Tests will be done to see if you had a heart attack and if there was damage to your heart. You may be in the hospital for a few days. You may be started on medicines and have treatments to improve the blood flow to your heart.

## After Leaving the Hospital

- **Go to your follow-up doctor's appointments.**
- **Ask about getting into a cardiac rehab program** to help you gain strength and get more active.
- **Limit your activity for 4 to 6 weeks.**
  - › Rest each day. Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering or shaving.
  - › Increase your activity over time.
  - › Limit stair climbing. Take the stairs slowly.

yimaadaan. Isbitaalka gaari ha u qaadan hana ka daahin inaad wacdo dhaqtarkaaga.

Dadka qaar, gaar ahaan dumarka, waxaa laga yabaa inaysan dareemin xabad xanuun, ama waxayna yeelan karaan calaamado yaryar. Calaamadahaagu hadday badan yihiin, waxaad u dhaw dahay inaad la kulantid wadne istaag.

Haddii aad horey u qabtay wadne istaag, wadne istaag labaad waxa uu yeelan karaa calaamado kale. Ha iska indho tirin calaamadahaas. Isla markiiba caawimaad waco si loo yareeyo waxyeelada wadnahaaga.

## Daryeelkaaga Isbitaalka

Waxaa la sameyn doonaa baaritaan si loo oggaado wadne istaag iyo haddii waxyeelo soogaartay wadnahaaga. Waxaad isbitaalka kujiri kartaa dhowr maalmood. Waxaa laguu bilaabi karaa daawooyin iyo daaweyn si loo hormariyo qulqulka dhiiga wadnahaaga.

## Markaad Isbitaalka kasoo baxdo Kadib

- **Aad ballamaha dhaqtarkaaga ee lagula soconaayo xaaladaada.**
- **Codso inaad gasho barnaamijka dabiibida wadnaha** si aad oga hesho awood iyo firfircooni dheeraad ah.
- **Hawlahaaga kusoo koob 4 illaa 6 asbuuc.**
  - › Naso maalin kasta. Naso 1 saac kadib marka aad cunto cuntooyin iyo ugu yaraan 30 daqiiqo kadib markaad sameyso hawlaha sida qubeysashada, mayrashada ama xiirashada.
  - › Waqti kadib badi hawlahaaga.
  - › Yaree jaranjaro raacista. Si tartiib ah u raac jaranjarada.

- Avoid lifting more than 10 pounds or 4.5 kilograms. Do not vacuum, mow grass, rake or shovel. You may do light housework.
  - Ask your doctor when you can drive and when you can return to work.
  - Talk to your doctor about any limits if you plan to travel.
  - Sexual activity can be started again when you are able to walk up 20 stairs without any problems.
  - **Follow the diet your doctor and dietitian suggest.** Eat foods that are low in fat. Avoid salty foods.
  - **Weigh yourself each day** to check for fluid build-up. Extra fluid makes your heart work harder. Call your doctor if you gain 2 to 3 pounds or 1 kilogram overnight.
  - **Avoid temperatures that are very hot or very cold.** Do not use a hot tub, spa or whirlpool. Stay indoors during humid weather or very hot (higher than 80° F or 27° C) or cold (lower than 30° F or 1° C) temperatures.
  - **Watch your emotions.** Many people feel very sad or have changes in emotions after a heart attack. Call your doctor if this gets worse or does not go away in a few weeks.
- Your doctor may give you other instructions.
- Iska ilaali inaad qaado wax ka wayn 10 buun ama 4.5 kilogaraam. Ha sameyn nadiifin, ha goyn cows, hana isticmaalin yaambo ama badeel. Waxaad sameyn kartaa shaqooyinka guriga ee fudud.
  - Waydii dhaqtarkaaga marka aad gaari ka xeen karto iyo marka aad guriga ku noqonayso.
  - Kala hadal dhaqtarkaaga waxyaabaha aadan sameyn karin haddii aad qorsheynayso inaad aado safar.
  - Hawlaha galmada waad sameyn kartaa marka aad awoodo inaad lugeyso illaa 20 jaranjaro adoon dareemin wax dhibaato ah.
  - **Raac cuntooyinka dhaqtarkaagu ama khabiirka cuntooyinka uu kusoo qoray.** Cun cuntooyinka uu dufanku ku yaryahay. Iska ilaali cuntooyinka cusbada leh.
  - **Ismiisaan maalin kasta** si aad u fiiriso in dheecaan soo kordhay. Dheecaanka dheeraadka ah waxa uu adkeeyaa shaqada wadnahaaga. Wac dhaqtarkaaga haddii uu kugu darsamay 2 illaa 3 rodol ama 1 kiilo muddo hal habeen ah.
  - **Iska ilaali cimilada aadka u kulul iyo mida aadka u qaboow.** Ha isticmaalin shaawar kuleel ah, qubeys kulul ama barkad. Gudaha guriga kujir inta lagu jiro hawada huurka leh ama hawada kulul (oo ka badan 80° F ama 27° C) ama qaboow (ka yar 30° F ama 1° C).
  - **La socio dareenkaaga.** Dad badan ayaa dareema niyad jab ama waxaa isbedela dareenkooda wadne istaag kadib. Wac dhaqtarkaaga haddii arrintaan kugusii cuslaato ama aysan kaa baabi'in dhowr asbuuc kadib.

Dhaqtarkaagu waxa uu ku siin karaa macluumaad kale.

## Improve Your Heart Health

There are things you can do to improve your heart health.

- Do not smoke or use tobacco products and avoid other people's tobacco smoke.
- Treat high blood pressure if you have it.
- Exercise at least 30 minutes each day.
- Eat a healthy diet that has less fat, salt and sugars.
- Keep your weight in a normal range.
- Control your blood sugar if you have diabetes.
- See your doctor for regular check ups and take your medicines as ordered.

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

## Kobci Caafimaadka Wadnahaaga

Waxaa jira waxyaabo aad sameyn karto si aad u kobciso caafimaadka wadnahaaga.

- Ha cabin sigaar ama ha isticmaalin waxyaabaha tubaakada ka sameysan iskana ilaali qiiqa tubaakada dadka kale.
- Daawee dhiig karkaaga haddii aad qabto.
- Samee jimicsi maalin kasta ugu yaraan 30 daqiiqo.
- Cun cunto caafimaad leh oo uu ku yaryahay dufanka, cusbada iyo sonkorta.
- Ku xadiid culeyskaaga heerka loogu talagalay.
- Xakamee heerka sonkorta dhiigaaga haddii aad qabto sonkoroow.
- Dhaqtarkaaga ku arag ballamo joogto ah una qaado daawooyinkaaga sidii laguugu soo qoray.

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