

Suuxdin

Seizures

Seizures are sudden, uncontrolled changes in brain activity. They are a sign that there is a problem in the brain. Most seizures cause a loss of awareness and shaking of the body. Sometimes, they cause staring spells.

Most seizures last less than a 2 minutes, and the person may be confused after the seizure. A person who has repeated seizures may have a disease called epilepsy.

Causes of Seizures

It is not always known why a person has seizures. Causes may include:

- Epilepsy
- Brain injury or tumors
- Infections
- Alcohol or drug use
- Low sodium or blood sugar levels
- Kidney or liver failure
- Alzheimer's disease
- Stroke
- Lack of oxygen during birth or a medical condition present at birth

Suuxdintu waa arrin degdeg ah, isbeddel aan la xakameyn karin oo kuyimaada hawsha maskaxda. Waxaa jira calaamad muujinaysa in dhibaato ay kajirto maskaxda. Suuxdinada badanaa waxay sababaan dareen la'aan iyo gariir ku yimaada jirka. Mararka qaar, waxay sababaan hadal shid-shid.

Suuxdinada inta badan waxay qaataan muddo 2 daqiiqo ah, qofna waxaa laga yabaa inuu dareemo isku dhexyaac kadib marka suuxdintu ka baaba'ado. Qofka ay ku dhacdo suuxdin dhowr jeer wuxuu qabi karaa xanuun loo yaqaan neerfooyinka.

Waxyaabaha sababa Suuxdinta

Badanaa lama oggaado waxa sababa suuxdinta. Waxyaabaha sababa waxaa sababa:

- Xanuunka Neerfaha
- Waxyeelada maskaxda ama burooyinka
- Caabuqyo
- Aalkahool ama adeegsiga darooga
- Soodhiyaamka oo yaraada ama heerarka dhiiga sonkorta oo hoos u dhaca
- Waxyeelo soo gaarta kilida ama sambabada
- Xanuunka asaasiqa
- Wadna Qabad
- Ogsiijiinta oo yaraata xiliga dhalmada ama xaaladaha caafimaadka ee yimaada xiliga dhalmada

Signs of Seizures

Some people feel a warning sign before the seizure, called an aura. This may be a headache, changes in vision, hearing noises or smelling a scent such as smoke.

During a seizure there may be:

- Body motions they cannot control, such as stiffening, jerking or facial muscle movements
- Staring spells
- Problems breathing
- Drooling
- Loss of bowel or bladder control
- Loss of consciousness, loss of memory or confusion

Call 911 right away if the person has never had a seizure before or if the seizure lasts longer than 5 minutes.

Try to write down what happens during the seizure. Include the date, time, how long it lasted and body motions.

The person may be very tired and confused after the seizure.

Astaamaha Suuxdinta

Dadka qaar waxay dareemaan kuleel kahor inta aysan dareemin suuxdinta, ee loo yaqaan dareen ruuxi ah. Kani wuxuu noqon karaa madax xanuun, isbeddel ku yimaada araga, maqalka dhawaaq ama urunta wax sida qiiqa sigaarka.

Inta suuxdintu socoto waxaa dhici kara:

- Dhaqdhaqaaq jir oo aysan xakameyn karin, sida jir mud-mud, gariir ama murqaha oo sameeya dhaqdhaqaaq
- Hadalka oo shid-shidma
- Dhibaato dhanka neefsashada ah
- Calyo soo dareerta
- Xakameyn la'aan dhanka saxarada ama kaadida ah
- Dareen la'aan, isku dhexyaac ama maskaxda oo dhunta

Wac 911 isla markiiba haddii uusan qofku horey ugu dhicin suuxdintu ama haddii suuxdintu qofka sii hayso muddo ka badan 5 daqiiqo.

Iskuday inaad qorto waxa dhaca inta suuxdinta socoto. Ku dar taariikhda, waqtiga, mudda suuxdintu socotay iyo dhaqdhaqaaqa jirka.

Qofku wuxuu dareemi karaa daal badan iyo isku dhexyaac kadib suuxdinta.

Treatment

Treatment is based on the cause of the seizure:

- If this is the first time the person has had a seizure, the doctor will ask about signs and check to see if there is a medical condition that caused it. Blood tests and other tests may be done, such as computerized tomography (CT) scan, magnetic resonance imaging (MRI), electroencephalogram (EEG) or lumbar puncture may be done.
- A seizure caused by a high fever or a certain medicine is treated by removing the cause.
- For a person with epilepsy, a seizure may be a sign that his or her medicine may need changed.

Most seizures can be managed with medicine. If medicine does not decrease the person's seizures, surgery may be an option.

Daaweynta

Daaweynta waxaa lagu saleeyaa waxa sababay suuxdinta:

- Haddii tani tahay markii koowaad ee uu qofku la kulmay suuxdin, dhakhtarku wuxuu waydiin doonaa astaamaha wuxuuna baari doonaa inay jirto xaalad caafimaad oo sababtay. Waxaa ka sameyn karaa baaritaan dhiig ama baaritaano kale, sida iskaanka computerized tomography (CT, Baaritaanka Sawirka ee Lagu Xaalada Gudaha jirka), magnetic resonance imaging (MRI, Baaritaanka Sawirka Magneetiga), electroencephalogram (EEG, Baaritaanka elektarooniga ee Maskaxda) ama cirbad lageliyo laf dhabarta ayaa la sameyn karaa.
- Suuxdinta ay sababtay qandhada saaidka ah ama xaalad xanuun oo gaar ah ayaa la daaweeyaa ayadoo waxa sababay meesha laga saaraayo.
- Qofka qaba xanuunada neerfaha, suuxdintu waxay ka dhignaan kartaa in daawadiisa ama daawadeeda ay u baahan yihiin in la beddello.

Inta badan suuxdinada waxaa lagu maareyn karaa daawooyin. Haddi daawooyinku aysan hoos u dhigin suuxdinada qofka, qaliin ayaa loo baahnaan karaa.

Safety Concerns

- A person with epilepsy should always wear a medical alert necklace or bracelet.
- Some people need to wear helmets to prevent head injuries.
- If the person has uncontrolled seizures, he or she cannot drive.
- A person with controlled seizures may be able to get a restricted license to drive under certain conditions. Talk to the doctor for more information.
- A person with uncontrolled seizures should avoid activities where a seizure could cause serious injury. Examples include climbing, biking and swimming alone.

Talk to the doctor or nurse if you have any questions or concerns or for information about support groups.

Walaacyada Badqabka

- Qofka qaba xanuunka neerfaha waa inuu mar kasta xirtaa katiinada qoorta ee xaaladaha caafimaadka soo gudbisa ama qalabka gacan gashiga.
- Dadka qaar waxaa laga raba inay xirtaan koofida si looga hortago dhaawacyada madaxa.
- Haddii qofku qabo suuxdino aan la xakameyn karin, asaga ama ayada gaari waa inaysan wadin.
- Qofka qaba suuxdinada la xakameyn karo wuxuu awoodi karaa inuu helo ruqsad darawalnimo oo xadidan si uu u kaxeeyo baabuurta asagoo raacaya sharciyo loo dejiyo. La hadal dhakhtarka si aad u hesho macluumaad dheeraad ah.
- Qofka qaba suuxdinta aan la xakameyn karin waa inuu iska ilaaliyaa hawlaha sababi kara suuxdinta keeni karta dhaawac halis ah. Tusaalayaasha waxaa kamid ah meel fuulid, baaskiil kaxeenta iyo dabaalashada adigoo kaligaa ah.

La hadal dhakhtarka ama kalkaalisada haddii aad qabto wax su'aalo ah ama walaacyo ama aad dooneyso in aad macluumaad ku saabsan kooxaha bixiya taageerada.