

# Noocyada Dhaawacyada Maskaxda

## Types of Brain Injury

The bones of the skull are hard to protect the brain. When your head is hit or moved with force, the brain is injured when it moves at a different speed than the skull. The brain or a part of the brain can be bruised, stretched or torn to cause bleeding.

A person may have one or several types of brain injury. Recovering from a brain injury can take a long time. Read on to learn about the different types of brain injury.

### Concussion

A concussion is the most common type of traumatic brain injury. It results from a fall or hit to the head that causes the brain to twist and turn inside the skull.

A concussion may cause bruising, bleeding or swelling of the brain. A skull fracture may occur along with a concussion.

A concussion is normally not life-threatening, but it can be serious. If your signs get worse after 7 to 10 days, see your health care provider. Medicines may be used to treat dizziness or headache, but time and rest is needed most for brain healing.

Qolfoofta madaxa ee wajiga way adag tahay in laga hortago. Marka madaxaagu wax gaaraan ama si xoog ah loo dhaqaajiyo, maskaxda waxaa soo gaara dhaawac marka si ka dhaqsiyo badan Qolfoofta madaxa ee madaxa loo dhaqaajiyo. Maskaxda ama qayb kamid ah maskaxda ayaa dhaawac yeelan karta, balaaran karta ama waxyeelo soo gaari kartaa sababta dhiig bax.

Qofka waxaa soo gaari kara mid ama dhowr dhaawac oo ah maskaxda ah. Kasoo kabsashada dhaawaca maskaxda waxay qaadan kartaa muddo dheer. Akhri si aad wax oga barato noocyada kaladuwan ee dhaawacyada maskaxda.

### Jugta Madaxa

Jugta madaxa waa nooca ugu badan ee dhaawaca soo gaara maskaxda. Waxay sababtaa dhicid ama garaac soo gaara madaxa oo sababta in maskaxdu isku imaato ayna ku dhexdhacdo gudaha qolfoofta madaxa.

Jugta madaxa waxay sababi kartaa waxyeelo, dhiig bax ama maskaxda oo bararta. Dhaawaca qolfoofta madaxa imaan kara marka jug madaxa soo gaarto.

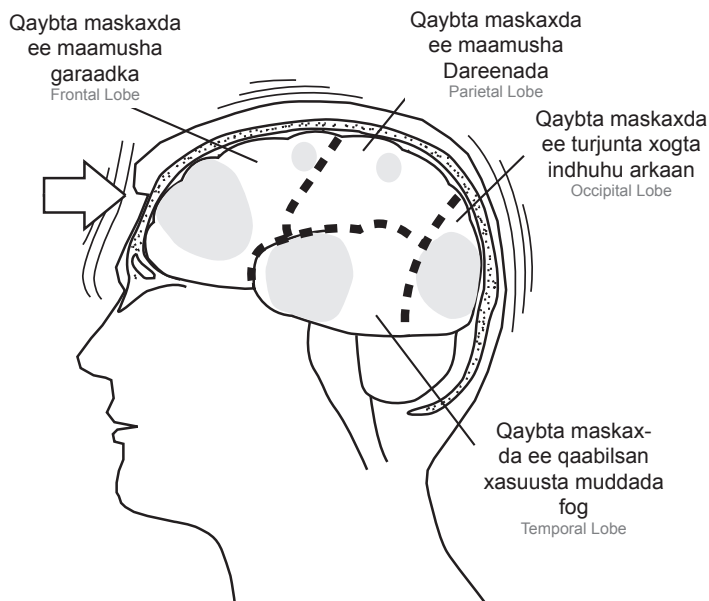
Jugta madaxa caadiyan ma keenti dhimasho, laakiin waxay noqon kartaa xaalad adag. Haddii astaamahaagu kasii daran 7 illaa 10 maalmood kadib, u tag dakhtarkaaga daryeelka caafimaadka bixiya. Daawooyin ayaa la isticmaali karaa si loogu daaweeyo madax dilaanka ama madax xanuunka, laakiin waqti iyo nasasho ayaa loo baahan yahay si maskaxdu usoo kabsato.

## Contusion

Contusion means bruise. When the head is hit, the brain moves back and forth inside the skull. When the brain is pushed up against the ridges and sides of the skull, bruising to the brain can occur.

Because a big force is needed to create a contusion, the person may also have other brain injuries.

It often takes a long time for the person to recover from this injury. The location of the contusion and the amount of damage impacts recovery time.



## Jug

Jug waxaa loola jeedaa dhiig madaxa ku furma. Marka madaxa wax ku dhacaan, maskaxdu waxay usoo durugtaa gadaal iyo hore ee qolfoofa madaxa. Marka maskaxda usoo durugto madax kore iyo geesaha qolfoofa madaxa, dhiig ku furma maskaxda ayaa imaan kara.

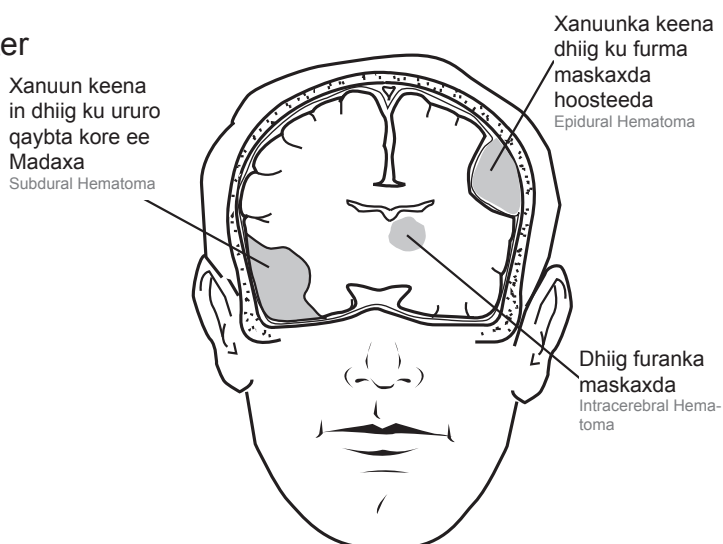
Waa in maskaxda ku dhacaan wax culus si dhiig furan ku imaado, qofku wuxuu sidoo kale qabi karaa dhaawac kale oo maskaxda ah.

Waxay qaadataa muddo dheer in qofku kasoo kabto dhaawaca maskaxda. Goobta rugta iyo cadadka dhaawaca waxay saameyn ku yeelan karaan waqtiga soo kabashada.

## Hematoma

A hematoma is a form of brain injury that involves a blood collecting around the brain.

Hematoma may develop right after a brain injury or later. There are different types of hematoma, depending on where the blood collects.



## Dhaawac adag oo soo gaara maqaarka ama unugyada hoose (Hematoma)

Hematoma waxaa sababi kara dhaawac maskaxda ee keena in dhiig ku ururo maskaxda.

Hematoma wuxuu imaan karaa isla markiiba ama muddo kadib marka uu dhaco dhaawaca maskaxda. Waxaa jira noocyo kaladuwan oo Hematoma ah, ayadoo ay ku xiran tahay meesha dhiigu ku aruro.

- Epidural hematoma – the outer layer of the brain between the brain and skull
- Subdural hematoma – the middle layer of the brain
- Intracerebral hematoma – the inside part of the brain

Treatment of a hematoma may include surgery to remove it. Recovery depends on how serious it was and is there were other injuries with it.

- Dhiig furanka maskaxda – qaybta kore ee maskaxda ee u dhaxeysa maskaxda iyo qolfoofa madaxa
- Xanuun keena in dhiig ku ururo qaybta kore ee Madaxa – dhexda qalfoofka maskaxda
- Dhiig furanka maskaxda – gudaha qalfoofka maskaxda

Daaweynta hematoma waxaa lagu sameyn karaa qaliin lagu saaro. Kabsashadu waxay ku xiran tahay heerka xanuunka iyo meesha dhaawucu soo gaaray.

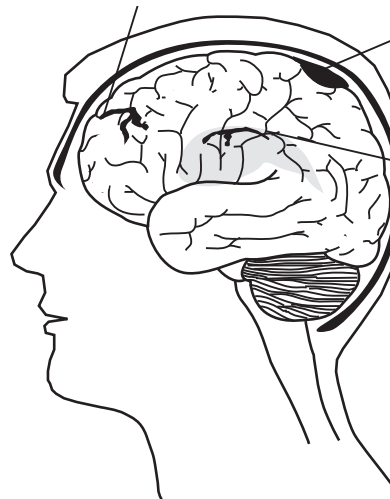
## Cerebral Hemorrhage

This means bleeding in the brain. There are different types of hemorrhages, depending on where the bleeding is.

- Over the outer surface of the brain, called subarachnoid hemorrhage
- Into the spaces of the brain or ventricles, called intraventricular hemorrhage
- Into the brain tissue, called intracerebral hemorrhage

Treatment depends on how serious it is and where the bleeding is. It may include surgery and medicines. Recovery depends on how severe the bleeding is and whether there are problems from the bleeding.

Qaybta maskaxda ee maamusha garaadka  
Intracerebral Hemorrhage



## Dhiig Baxa Maskaxda ee aan Xakameynta Lahayn

Tani waxaa loola jeedaa dhiig bax ku yimaada maskaxda. Waxaa jira noocyo kaladuwan oo dhiiga baxa ah ah, ayadoo ay ku xiran tahay meesha dhiig baxaysa.

- Qaybta kore ee maskaxda, oo loo yaqaan Qayb kamid ah istarooma sababta dhimashada

- Aaga maskaxda ama fertikool, oo loo yaqaan dhiig baxa ku yimaada gudaha fertikoolka
- Gudaha unugyada maskaxda, oo loo yaqaan Dhiig furanka maskaxda

Daaweyntu waxay ku xirnaan doontaa heerka xanuunka iyo meesha dhiig baxu ka yimaaday. Waxaa lagu daaweyn karaa qaliin iyo daawooyin. Kabsashada waxay ku xiran tahay heerka dhiig

baxa daran iyo meesha dhiig baxu ka yimaaday.

## Lack of Oxygen - Anoxia

Injury to the blood flow of the brain may cause anoxia (an-ox-ee-a) or a lack of oxygen to the brain. Any injury to the blood flow of the brain that decreases oxygen can cause brain damage. This includes heart attack, stroke, drowning or injuries with blood loss.

Treatment of anoxia includes supporting breathing and blood pressure, medicine and treating the cause of anoxia, if possible.

There may be problems such as loss of memory, changes in behavior, problems with speech or seizures. With severe anoxia, a long-term coma or brain death may occur.

## Diffuse axonal injury (DAI)

An injury where the brain slides back and forth inside the skull, causing the brain's nerves to be stretched or torn. Damage to the brain may be widespread. When the nerves are torn, they die. It is a moderate to severe form of brain injury.

The recovery process can take a long time. The person with this injury may be in a coma for months.

## Ogsijiin la'aan - Ogsijiinta oo Gaari Waaya Unugyada (Anoxia)

Dhaawac soo gaara qulqulka dhiiga wuxuu sababi karaa Anoxia (an-ox-ee-a) ama in ogsijiintu gaari wayso maskaxda. Dhaawac kasta oo soo gaara qulqulka dhiiga wuxuu ee yareeya ogsijiinta wuxuu sababi waxyeelo ku keeni karaa maskaxda. Kani waxaa kujira wadno qabad, istaroog, miyir beelid ama dhaawac keena dhiig bax.

Daaweynta anoxia waxaa kamid ah taageero dhanka neefta ah iyo cadaadiska dhiiga, daawooyin iyo daaweynta waxa sababa anoxia, haddii ay macquul tahay.

Waxaa jiri kara dhibaatooyin sida xasuus la'aan, isbeddello ku yimaada habdhaqanka, dhibaatooyinka sida hadalka ama suuxdin. Marka ay jiryo cilada ogsijiintu aysan gaareyn unugyada, koomo muddo dheer ah ama dhimashada maskaxda ayaa imaan kara.

## Diffuse axonal injury (DAI, Dhaawaca Maskaxda Waxyeeleeya)

Dhaawaca ka dhasha marka maskaxdu hoos u dhacdo iyo u durugto geesaha qolfoofta madaxa, sababana in neerfayaasha maskaxda cariiri noqdaan ama kala haraan. Dhaawac soo gaara maskaxda ayaa sii waynaan kara. Marka neerfayaasha waxsoo garaan, way dhibtaan. Waa dhaawac maskax oo meel dhaxaad ah illaa mid daran.

Waqtiga kasoo kabashada wuxuu qaadan karaa muddo dheer. Qofka uu soo gaaro dhaawucu wuxuu ku jiri karaa koomo muddo billooyin ah.

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

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

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Types of Brain Injury. Somali.