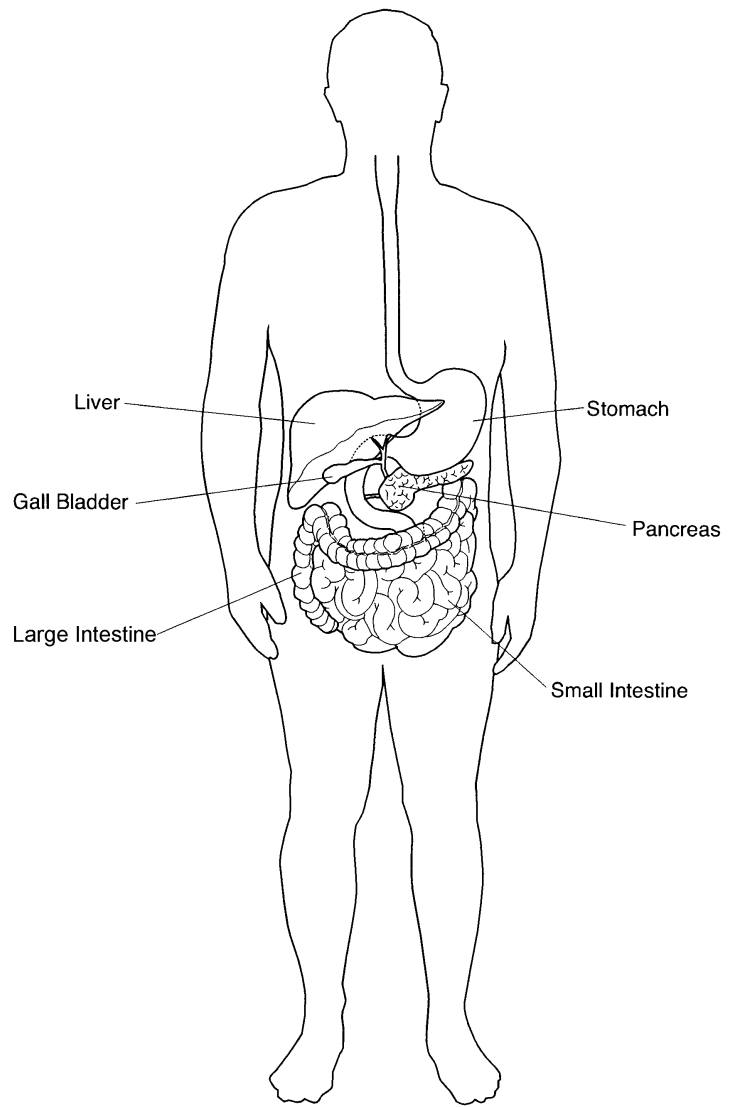


Crohn's Disease

Crohn's disease is a bowel disease with no known cause. The intestines or bowels become swollen and do not function well. Crohn's disease can affect the small or large part of the bowel. It is a long-term disease. You may feel better for weeks or months or you may have signs every day. With care, most people with Crohn's disease lead full, active lives.

Signs

- Diarrhea
- Fever
- Pain and cramping in the abdomen
- Trouble eating
- Weight loss
- Feeling tired

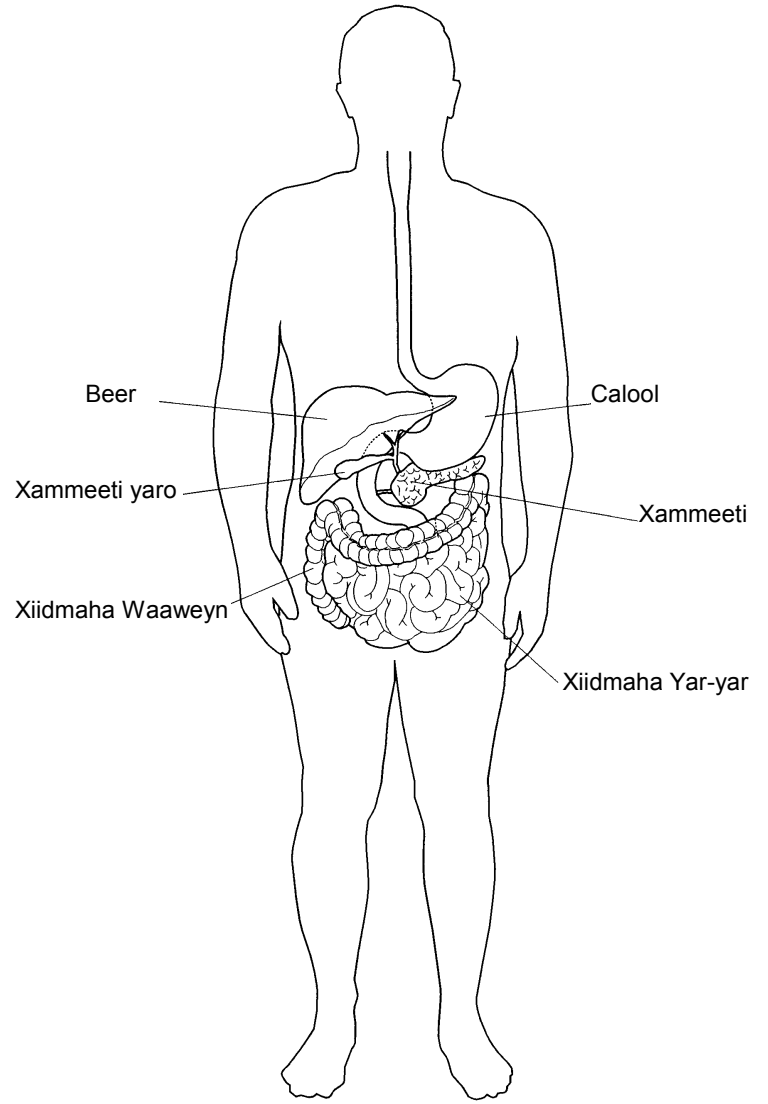


Cudurka Bararka Xiidmaha (Crohn)

Cudurka bararka xiidmuhu (Crohn) waa cudur malawad oo aan la garaneynin waxa keena. Xiidmaha ama malawadka ayaa barara si fiicana uma shaqaynayaan. Cudurka bararka xiidmuhu (Crohn) wuxuu ku dhici karaa qaybta yar ama weyn ee malawadka. Waa cudur muddo dheer. Waxaa laga yaabaa in aad dareento in aad fiican tahay toddobaadyo ama bilo ama waxaa laga yaabaa in aad maalin calaamadaha maalin walba isku aragto. Daryeel la siiyo, ayey dadka badankooda qaba cudurka xiidmaha (Crohn) waxay horseedayaan nolol fir-fircoon, oo buuxda.

Calaamadaha

- Shuban
- Qandho
- Xanuun iyo casiraad caloosha ah
- Dhibaato xagga cunidda ah
- Caatoobid
- Daal dareemid



Crohn's Disease. Somali.

Your Care

Your doctor will check you and ask you questions about your signs. You may also have:

- Blood or stool tests
- Colonoscopy - your doctor looks inside the rectum and colon through a flexible tube
- X-rays with barium

Although there is not a cure for Crohn's disease, treatment to manage signs may include:

- Taking medicines to reduce swelling, decrease pain and cramping, and prevent infection.
- Avoiding any foods that make your signs worse. Keep a record to learn what bothers you. High fiber foods such as fresh vegetables and whole grains and high fat foods such as dairy products and red meat cause signs in many people.
- Having surgery to correct problems in the bowel.

Other things that you can do that are helpful:

- Stay active.
- Do not smoke.
- Learn how to relax and reduce stress.
- See your doctor for follow-up as directed. Keep your appointments.

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

Daryeelkaaga

Takhtarkaagu wuu ku baari doonaa wuxuuna ku weydiin doonaa su'aalo ku saabsan calaamadahaaga. Waxaa sidoo kale laga yaabaa in:

- Dhiig ama saxaro lagaa baaro
- Malawad baarid (Colonoscopy) – takhtarku wuxuu baari doonaa gudaha malawadka iyo xiidanka isagoo isticmaalaya tubbo dabacsan
- Raajo leh barium

Inkastoo aysan jirin daawo loogu talagalay cudurka xiidmaha (Crohn), daaweynta lagu maareynayo cudurka waxaa ku jiri kara:

- Daawooyin qaadasho si loo yareeyo bararka, yaraynta xanuunka iyo casiraadda, iyo ka hortagga cudurka.
- Ka fogaanshada wixii cuntooyin ah oo calaamadahaaga uga sii daraaya. Xafid diiwaan si aad u barato waxa ku dhibaya. Cuntooyinka buunshuhu ku badan yahay sida khudradda markaas la gooyey iyo miraha isu dhan iyo cuntooyinka dufankoodu sarreeyo sida waxyaabaha caanaha laga sameeyey iyo hilibka guduudan ayaa laga yaabaa iney dadka qaarkood u keenaan calaamadaha.
- In lagu qalo si dhibaataada malawadka ka jirta loo saxo.

Waxyaabaha kale ee aad sameyn kartid ee ku caawin kara:

- In aad fir-fircoonaato.
- Aadan sigaar cabbin.
- Aad barato sida la isku dejiyo diiqaddana la isaga yareeyo.
- Takhtarkaaga u tag si laguula socdo hadba sida lagu taliyo. Ballammadaada ka soo bax.

Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo ama walaac ah aad qabtid.

Crohn's Disease. Somali.

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