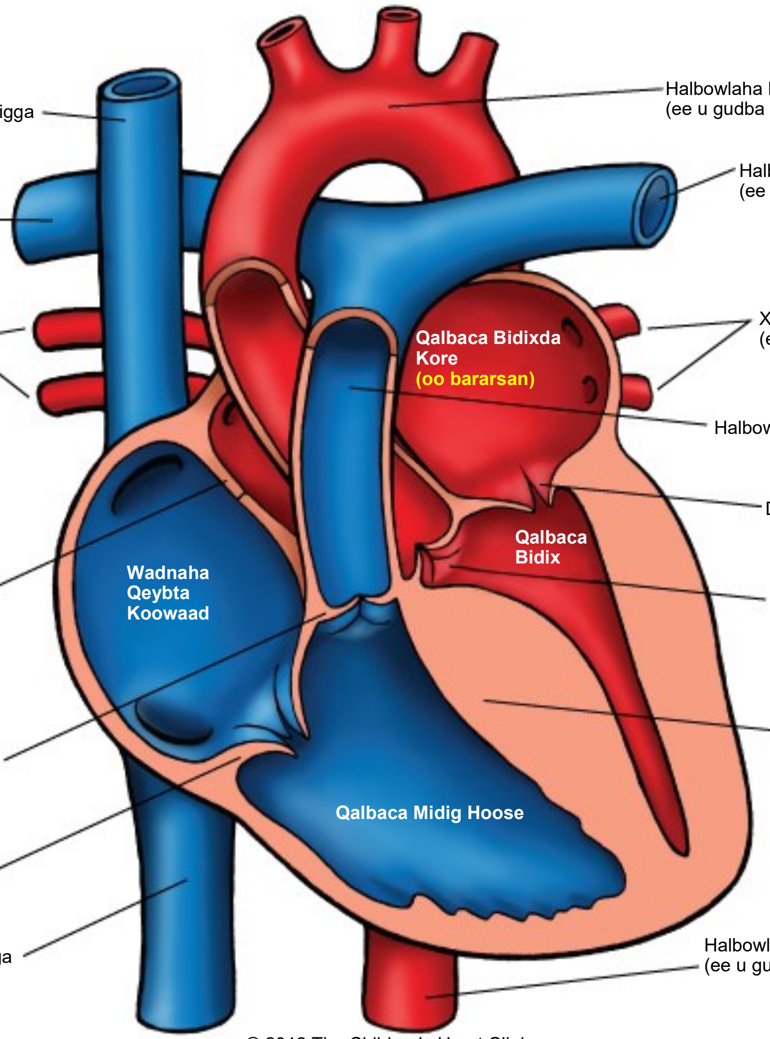
Children's MINNESOTA — The Children's Heart Clinic

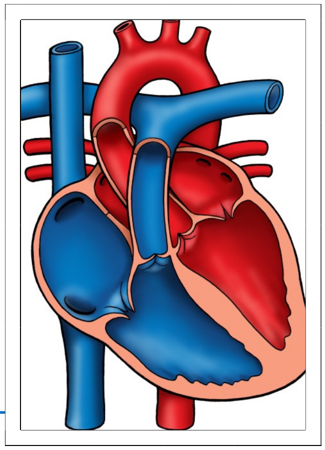
Cardiomyopathy– Hypertrophic

Xanuun Wadnaha Aafeeya – Unugweynaad



© 2012 The Children's Heart Clinic

Wadne Caadi ah



Ogeysiis:

The Children's Heart Clinic 2530 Chicago Avenue S, Ste 500, Minneapolis, MN 55404
612-813-8800 * Toll Free: 1-800-938-0301 * Fax: 612-813-8825
Children's Hospital of Minnesota, 2525 Chicago Avenue S, Minneapolis, MN 55404

© 2012 The Children's Heart Clinic

Xanuun Wadnaha Aafeeya – Unugweynaad
Cardiomyopathy– Hypertrophic (HCM)

Hypertrophic Cardiomyopathy (Xanuun Unugweynaad Aafeeya Wadnaha Qalbaciisa Bidixe ama HCM) waa xanuun ku dhaca muruqa wadnaha (wadnaha muruqiisa) oo muruqa ayaa noqda mid si aad ah u bararsan (unugweynaad) iyada oo aysan jirin sabab cad. HCM inta badan waa kala dhaxlaa, oo 60% ilmaha waxaa u soo gudbiya qoyskooda koowaad marka xanuunka lagu ogyahay. Waxay badanaa ku dhacdaa dhallinta iyo dhallinyarada qaangaaray oo waa isku mid lab/dheddig. Dabeecad ahaan, wadnaha muruqiisa ee left ventricle (qalbaca bidix ama LV) waxaa uu ku dhacaa unugweynaad godka qalbaca oo cabbirkiisu yahay caadi ama mid yar. LV waa ay adkaataa oo dhiigga hoose ee ka buuxsamaya qalbaca hoose ayaa daciifa. Waxaa imaan karta ciriiri ku dhaca xididdada sambabka iyo qalbaca bidix ee kore oo ballaarta, oo waxay natiijadu noqoneysaa congestive heart failure (wadnaha oo dhiigga soo saari waaya ama CHF). Xanuunka noocan ah ee wadnaha wuxuu ku dhacaa 0.2 ilaa 0.5% ka mid ah dadweynaha guud.

Wiisiteynta/Calaamadaha Jirka:
- Daal, naqaska oo soo bixi waaya (neefsashada oo adkaata), garaaca wadnaha, dawakhaad, suuxid yar, ama xanuun xabadka ah.
- Waxa uu noqon karaa calaamad la'aan ilaa iyo dhimasho wadne oo degdeg ah.
- Dhiigga kore ayaa laga dareemi karaa dhinaca bidix ee agagaarka hoose ama figta sare.
- Guuxa dhiigga kore oo heerkiisu yahay I ilaa III ayaa lagu arkaa xabadka bidix ee dhexe/hoose.
- Guuxa dhiiga guud waxaa la arki karaa (dabool dhiigga celin waaya).
- Guuxa ayaa badanaa u bata si xoog leh iyadoo la taagan yahay ama Majiirasho la sameynayo.
- *Xoogga iyo joogitaanka guuxa waa ay kala duwanaan karaan baaris kasta!*

Cilladsheegid:
- <u>Raajo Xabadka</u>: Wadnaha oo yeesha qaab Wareeg ah, hab ah xididdada sambabbada.
- <u>EKG</u>: Unugweynaad ah qalbaca bidix, isbeddelada ST, mowjadaha Q oo aan caadi ahayn ee qoto dheer, hirar ah T taban, wadne-ganaac aan caadi ahayn, ama heerka koowaad oo ah wadnaha oo istaaga ayaa dhici kara.
- <u>Uultarasawnka wadnaha</u>: Cilladsheegid.
- <u>Baaritaanka hidderaaca</u>

Maareynta/Daaweynta Caafimaadka:
- Si dhexdhexaad ayaa loogu oggol yahay dhaqdhaqaaqa iyo ciyaarta. Wadnaha ayaa xaalkiisa la soo hubinayaa ka hor ciyaaraha tartanka isboortiska ah.
- Baaritaan ah caafimaadka/hidderaaca qoyska koowaad ayaa lagu talinayaa.
- Daawooyin garaacista wadnaha iyo kuwo muhiim ah, gaar ahaan kuwa xannibaadda qulqulka ama hagaajinta garaacista.
- Kaalsiyamta daawada hor istaagta (verapamil) ayaa lagu talin karaa.
- Qalliinka duleelka darbiga ayaa lagu sameyn karaa marka lagu guuldarreysto dadka si loo yareeyo xannibaadda qulqulka iyo in lala tacaalo calaamadaha.
- Implantable cardioverter-defibrillator (qalabka hagaajiya garaacista wadnaha ama ICD) ayaa loogu gelin karaa si looga hortago dhimashada degdegga ah ee ilmaha halista weyn ku jira.
- Wadne kale in loo geliyo haddii lagu guuleysan waayo dedaalka daaweynta ah.
- La-socosho ah daawooyinka iyo takhasuska daaweynta wadnaha.

Natiijooyinka Mustaqbalka-fog:
- 2 ilaa 4% ah dhimasho degdega ayaa ku dhacda bukaanka u dhaxeeya 10 jir ilaa 35 jir.
- Natiijooyinka waa ay kala duwan yihiin oo waxay ku xiran tahay in ay caadi yihiin qalbaca iyo garaacista wadnaha, da'da xanuunka la ogaado iyo sida wax looga qabto.

© 2012 The Children's Heart Clinic