

Wadnaha oo hawshiisa gabay (Somali)

Waa maxay wadnaha oo hawshii gabay?

Shaqa gabka wadnaha waxuu dhacaa marka wadnahu awoodi waayo inuu dhiigga soo saaro sidii la rabay. Markii wadnahu u soo tuuri waayo dhiigga, dhiiggu dibu ugu noqdaa sambabada, beerka, iyo jirka xubnihiisa kale, taasuu waxay keenaysaa wadnahu inuu shaqo badan qabto si uu si caadi ah dhiiga ugu soo tuuro.

Wadnaha hawl gabkiisa la mid maha wadnaha oo istaaka.

Maxaa sababa wadnaha oo hawshiisa gaba (CHF)?

Hawl gabka wadnaha ee caruurta waaxuu ku yimidaa cilad xaga wadnaha ah ee lagu dhasho ama inuu xidid dheeraad ah jiro. Ciladaha wadnaha ee lagu dhashto dhamaantood ma sababaan wadnaha inuu hawl gab noqdo. Xaalada kale ayaa keeni kara in wadnaha si fiican u shaqaynin.

Congestive heart failure (English)

What is congestive heart failure?

Congestive heart failure (CHF) occurs when the heart is unable to pump all the blood effectively. This causes the blood and fluid to back up into the lungs, liver, and other organs, making the heart work harder and pump more blood than normal.

Congestive heart failure is not the same as a heart attack.

What causes CHF?

In children, the most common cause of CHF is a congenital (present at birth) heart defect. This may be a hole in the wall between the heart chambers or an extra blood vessel. Not all congenital heart defects lead to congestive heart failure. Other conditions can also cause the heart to function poorly and then lead to CHF.

Maxay yihiin calaamadaha hawl gabka wadnaha?

Si tartiib ah bay u bilaabataa calaamada hawl gabka wadnaha, waxaa markiiba garan kara cunugga isbadalkiisa waaridka. Calaamada haas markasta ma sheegayaan hawl gab wadnaha, laakin wac bukaan eegto haddii ad ku aragtid cunugga. Calaamadaha hawl gabka wadnaha waa ku waan:

- dhaqsaha neefsashada oo kordha
- daloolka sanko oo neef badan ka soo baxayso
- gadaal u celin neefta maqaarka iyo murqaha ku aadan xabadka oo feeraha gudaha u gala
- neef tuur
- qufac daba dheeraada
- cunugga lama qancin karo markii uu bogga u jiifo lakin marku fadhiyo ma'aha taas.
- sida badan kaadida oo yar
- wajiga ama jirka intiisa kale oo dhidida

- waqti dheer bay ku qaadataa inuu cuntada ama cabida u ku dhameeyo
- sida badan raashin yar buu cunnaa
- miisankiisa oo heer hoose ah
- seexashadiisa oo badan ama in la kiciyo marka wax lasiinayo oo kaliya
- maqaarka ama bushimaha oo midabkoodu mugdi ku jiro ama aan dhalaalayn oo khafiif ah
- cagaha ama gacmaha oo mar kasta qabow dareemaya
- gacmaha, cagaha, ama isha baalkeeda oo bararsan

What are the signs of CHF?

The signs of CHF may develop slowly, and parents are often the first to notice changes in their child. These signs do not always mean that your child has CHF, but you should call the clinic if any develop. Signs of CHF are:

- faster breathing
- nasal flaring (nostrils open wider with breaths)
- retractions (pulling in of the skin between the ribs with breaths)

- grunting during rest
- chronic cough
- child is more fussy lying down and would rather sit upright
- urinating less often
- sweaty or clammy feeling on forehead, face, or body (mostly during feedings)
- taking longer to eat or to finish a bottle
- taking smaller feedings more often
- poor weight gain
- sleeping more or needing to be awakened for feedings
- pale or dusky color on skin or lips

- hands and feet always feel cold

- swelling of the hands, feet, or eyelids

Goorma ayaan wici karraa takhtarka?

Markad aragtid calaamadaha hawl gabka wadnaha wac takhtarka.

Sidee tahay daaweynta hawl gabka wadnaha?

Hawl gabka wadnaha waxaa lagu maamuli karaa daawo ama qalniin. Calaamadaha hawl gabka wadnaha oo daawada lagu maamuli karo waxaa ka mid ah:

- daawada keenta kaadi badan, sida (Lasix®)
- daawada caawinta wadnaha inuu si xoog leh wax u soo tuuro, sida (digoxin)
- daawada yaraysa cadaadiska dhiigga iyo shaqada faraha badan ee wadnaha

Haddii hawl gabka wadnaha usan iski u buskoon, waxaa lagu buskeyn karraa qalniin.

Su'aalo?

Warqadan amaba warbixintani kuma saabsana ilmahaaga oo keliya, laakin waa warbixin guud. Haddii aad qabtid su'aallo, fadlan soo wac takhtarka.

Hadii aad rabtid warbixin ama qoraalo kusaabsan cudurkan, ama casharo/qoraalo caafimaad oo kale, fadlan wac Maktabada Xarunta Adeegyada Qoyska ama booqo shebekeda internetka ee www.childrenshc.org.

When should I call the doctor?

Call the cardiologist right away if any signs of CHF are present.

How is CHF treated?

CHF is managed with medicine or surgery. Medicines used to control the symptoms of CHF may include:

- diuretics, such as Lasix®, to remove excess fluid by increasing urination
- medicines, such as digoxin, to help the heart pump more strongly
- medicines to reduce blood pressure and the work load on the heart

If the cause of CHF does not repair itself, it may be possible to correct the problem with surgery.

Questions?

This sheet is not specific to your child but provides general information. If you have any questions, please call the doctor.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrenshc.org.

Children's Hospitals and Clinics of Minnesota
Patient/Family Education
2525 Chicago Avenue South
Minneapolis, MN 55404
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