

Daryeelka Ilkaha, Araga iyo Caafimaadka ee BILAASHKA aha!



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SEATTLE/KING COUNTY CLINIC

ABRIIL 27 – 30, 2023

ee Xarunta Seattle

Waxyaabaha ku saabsan Rugta Caafimaadka

- **Tiro xadidan oo takidhad gelitaanka ah ayaa markay** ahayd 5:30 AM la qaybiyyah Fisher Pavilion ee Seattle Center (Corner of 2nd Ave N & Lenny Wilkens Way)
- Ma isla heli kartid isla maalin daryeelka ilkaha iyo aragtada
- Ma jirto is diiwaangelin hore – **KOW-IMAAD, MARKA-KOOWAAD HALAGUU ADEEGO**
- **HA KA** soo qayb galin haddii aad jiran tahay
- Turjubaano waa la heli karaa
- Baarkin BILAASH ah Mercer St. Garage (650 3rd Ave N)
- **Imow adoo isu diyarii maalin deer ado wato cunto, dhar fiican iyo daawooyinka maalmeed loo bahdo.**

Dhammaan adeegyadu waa bilaash

ILKAHA: Buixin, bixinta, raajo, nadiifin dheer.

ARAGGA: Baaritaan aragga, baaritaanada indhaha oo dhammaystiran, ookiyaalaha akhriska iyo muraayadaha indhaha ee dhakhtarka uu qoro. Hore u keen warqadda dhakhtarka uu qorey ee muraayadda/ookiyaalaha indhaha ee hadda (aan ka weynayn laba sano) si aad uga gudubto baaritaanka oo aad u hesho muraayadaha indhaha/ookiyaale.

CAAFIMAAD: Baaritaano jireed, raajo, raajada naasaha, altarasownka, tijaabooyin shaybaar oo xul ah, tallaalada, daryeelka cagaha iyo nabarada, maqaarka, daawaynta jirka iyo shaqada, toobin/durrid, daryeelka xanuunka ee loo yaqaan ‘chiropractic care’, caafimaadka habdhaqanka, iyo in kale oo badan.

KHAYRAADKA: Shaqada bulshada, caawinta caymiska caafimaadka, iyo.

Dhammaan waa la soo dhaweynaya!

- Waxaa loogu talagalay qof kasta oo danyar ah oo ladalaa dhacaaya helitaanka iyo/ama aan awoodin inuu iskadhiibo daryeelka caafimaadka
- Bukaanku uma baahna aqoonsiga ama caddaynta xaaladda socdaalka
- Bukaanku uma baahna inay deggan yihiin Seattle ama gobalka King

Macluumaad dheeraad ah:
seattlecenter.org/patients

limayl: SKCClinic@seattlecenter.org

Telefoon: **206.684.7200**

(DHAMAADAY)



How Sideen Ku Galaa Xarunta Caafimaadka?

- Tigit ka hel Fisher Pavilion ee Seattle Center. Fisher Pavilion waxaa maalin kasta 12:30 AM loo furaa bukaanada wakhti hore yimaada (eeg seattlecenter.org/patients si aad u hesho khariidadda iyo wixii faahfaahin ah).
- Kahor inta aadan gudaha u galin, bukanada iyo martidooda ayaa mari doona baaritaan caafimaad. Qof kasta oo qaba hargab ama astaamo u eg COVID gudaha looma ogaalaan doono.
- Tigityo tiro xaddidan ayaa la bixin doonaa maalin kasta laga bilaabo 5:30 AM. Tigitku maalintaas uun buu shaqeynayaa. Hal tigit ayaa loo ogol yahay qofkiib.
- Bukaanadu waxay Rugta u geli doonaan siday u kala horreeyaan lambarka tigitkooda.

Sideen ugu Diyaar Garoobi karaa Rugta caafimaadka?

Tani waxay noqon kartaa maalin dheer. Kaalay isu soo diyaargaree inaad daryeesho naftaada.

- **HA KA** soo qayb galin haddii aad jiran tahay.
- Keenso cunto, cabitaan, iyo daawo kasta oo aad u baahan karto maalinta oo dhan.
- **HA U** soomin baaritaanada shayaarka.
- Si aad u hesho daryeelka ilkaha, waa inaad dhiiga iyo sokorta ay degan yihiin. Tani waa badbaadada.
- Soo xidho dhar kuugu haboon.
- Maaskaro ayaa loo baahan yahay — haddii aadan haysan maaskaro, mid ayaa lagu siin doonaa.
- Xayawaanaadka rabaayaadeysan looma ogola marka laga reebo haddii ay yihiin kuwo tababaran.
- Waalidka ama mas'uulka sharciga ah waa inuu soo raaco bukaanka da'diisu ka yar tahay 18 jir. Wuxuu qofsi kaa dhafitaan loo sameeyo dhalinyarada da'doodu tahay 13 iyo wixii ka sareeya ee aan la xiriirin/xiriir dhow la lahayn waalidka ama masuulka sharciga ah. Fadlan ogow, dhakaatiirta takhasuska leh daryeelka carruurta ayaa laga yaabaa inaysan diyaar ahayn si ay u bixiyaan daryeelka carruurta.

Qof Miyaa ku Hadli Doona Luqaddayda?

- Turjumis ayaa laga heli doonaa Rug caafimaadka kasta.

Maxaa Dhacaya Marka aan Galo Rugta Caafimaadka?

- Waxaa jiri doonoo bukaano tiro badan. **Waxaa suurtagal ah inaadan helin dhamaan adeegyada aad doonayso ama labixinaayo isla maalintaas.** Ma isla heli kartid isla maalin daryeelka ilkaha iyo aragtada.
- Bukaanada waxay ku sugi karaan safka si ay u qaataan tikiidka maalin kale adeegyo dheeraad ah.
- Waxaa lagu siin doonaa kaarka gelista Rugta caafimaadka. Kaadhkani gelista wuxuu kuu ogolaanayaa inaad ka baxdo oo aad dib u gasho dhismayaasha Rugta maalintaas oo keliya.
- Wuxuu qofsi kaa dhafitaan loo sameeyo dhalinyarada da'doodu tahay 13 iyo wixii ka sareeya ee aan la xiriirin/xiriir dhow la lahayn waalidka ama masuulka sharciga ah. Fadlan ogow, dhakaatiirta takhasuska leh daryeelka carruurta ayaa laga yaabaa inaysan diyaar ahayn si ay u bixiyaan daryeelka carruurta.
- Goob kasta oo adeeg (goobaha ilkaha, aragga ama caafimaadka) waxaad sugi doontaa tookadaada adigoo galaya safka wuxuu bukaanada loo qaabilo doonaa hadba sida ay u soo kala hormareen (ee laguma salayn doono lambarkaaga tigitka asalka ah).
- Haddii aad saf ugu jirto adeegga oo aad ka tagto goobtaada wakhti dheer, waxaad waayi doontaa booskaaga safka oo waxaad u baahan doontaa inaad tagto dhamaadka khadka markaad soo noqoto.

Waa Maxey Adeegyada Aan LA Bixin Doonin?

ILKAHA: Buuxinta, soo saarista ilkaha oo ay ku jiraan ilkaha xikmadda/ilkaha dambe, ilko-xirkha, beeritaanada, toosinta ilkaha qaloocan, kanaalada xididada, salka ilkaha, suuxinta, ilko caddaynta.

ARAGTIDA: Xiriirka, muraayadaha qorraxda.

CAAFIMAADKA: Jarista, qaliinka, raajo CT, tolista/toliinka, tallaalada carruurta ka yar 18, seexinta xarunta daaweynta, MRIs, daawo qorista daaweynta caafimaadka dhimirkha.

Daroogada ma la isticmaali doonoo mana la qorayo Ogolaanshada isticmaalka cashiishka caafimaad dharteed ma la bixin doono.

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