

EDR153-SO

Sidee ayaa loogu adeegsadaa cago-gashiga lugo-qallooca?

Gelinta cago-gashiga ee lugo-qallooca waxaa lagu sameeyo laba qaybood. Marka hore, qeybta hoose ee gashiga waxaa mariyaa malaas ama faashid jilicsan oo si taxaddir leh ayaa loo qaabeeyaa Nuskan faashiida waxey kasoo bilaabataa suulka ilaa jilibka hoostiisa. Markaas ka dib, jilibku wuu dabcaa, waxaana la mariyaa qaybta sare ee faashida, taas oo gaarta ajarka qeybta sare. Qaybta sare ee gashiga/faashida waxaa lagu sameyn karaa malaas ama shey loo yaqaano faashid jilicsan; labaduba waxey qabtaa hawsha ku qabashada jilibka boos dabacsan.

Gashiyada waxaa xira laba xubnood oo ka tirsan kooxda galinta ee lugo-qallooca ah; qofka kowaad wuxuu meel ku qabtaa lugta iyo cagta halka qofka labaadna uu xidho doono Lugo-gashiga. Gashiga markaas kadib si taxaddir leh ayaa loo qaabeeyaa iyadoo malaaska ama faashida jilicsana lugta meel ku qabaneyso. Marka malaasku adkaado, waxaanu jarnaa sheyga ku wareegsan suulasha. Ka dibna lugta ayaa la qabtaa oo jilibkuna waa la dabciyaa iyadoo lugta sare lagu duubo suuf kadibta agabka gashiga la meeleeeyaa.

Waxaa laga yaabaa inaad aragto barar fudud oo ku yaala faraha maalinta gashiga la xiro. Suulyada waa in ay mar walba lahaadaan wareeg fiican; tan waxaa lagu hubin karaa iyadoo la qanjaruufo suulasha lana eego iyagoo iska soo bedelaya casaan inta la qanjaruufayo, kuna soo laabanaya nooca maqaarka caadiga ah marka qanjaruufada la sii daayo. Haddii faraha ay madoowaadaan ayna qabow noqdaan kuna soo casaan qanjaruufo, waxey tani ka dhigantahay in gashigu aad u nuuqsanyahay. Xaaladdan oo kale, la xiriir kooxdaada daryeelka Gillette isla markiiba si loo saaro gashiga.

Sideen u daryeelaa lugo-gashiga?

Gashiga iyo tixgelinta maqaarka—ku ilaali gashiga nadiif oo qaleel

In laga ilaaliyo lugo-gashiga lugo-qallooca qoyan way adkaan kartaa, laakiin aadbey muhiim u tahay. Qubaysku badanaa waxay ka mid tahay caadada maalinlaha ah, cimiladu waxay noqon kartaa mid aan la saadaalin karin, dheecaanada jirka ku jirana way adkaan karaan in la xakameeyo. Ku duubida gashiga bac oo isku dayida qubeys ama dabaal iyadoon la qoyan ma shaqeyneyso.

Haddii gashigu qooyo, faashid ka hooseysa ayaa keydin doonta qoyan oo maqaarka ayey kula dhajin doontaa. Qoyaanka la xanibey wuxuu sababi karaa arimo ku saabsan maqaarka, u oggolaada karo in gashigu siibto, ama uu ku aburo ur wasakhaysan gudaha gashiga. Haddii gashigaagu ka samaysan yahay malaas, way jilicsiin doonaa marka

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qooyo oo ma hayn doonto booska cagta saxda ah inta lagu jiro daaqada daaweynta. Haddii gashigu uu noqdo mid qoyan ama ciiday, fadlan isla markiiba la xiriir Telehealth.

Talooyinka Gillette waa in la siiyo qubeyska suufka inta bukaanku ugu jiro cago-gashiga.

Tixgelinada Maqaarka iyo Gashi Simbiriirixiyey

Hubi si maalinle ah si loo hubiyo in gashigu uusan simbiriirixan. Gashi simbiriirixey/siibtey wuxuu bedeli karaa qaabka cagta, waxay noqon kartaa mid aad u dhuuqsan, ama kor u qaadi karta khatarta ah in nabro cadaadis ku dhaco. Gillette waxay kugu dhiirigelinaysaa in aad sawirro ka qaadata faraha lugaha kadib marka xirista la sameeyo si aad isu barbardhigto booska cagta ee hadda jira haddii aad ka shakiso in ay siibmi uu dhacay. Haddii shaki ku jiro, fadlan la xiriir Telehealth isla markiiba. Waxaad awoodi doontaa inaad sawiradaada la wadaagto kalkaalisoooyinka Telehealth si bixiyayaasha ay dib ugu eegaan. Marka dib u eegis lagu sameeyo, waxay ku talin karaan in aad ka guriga uga saarto gashiga. Haddii aad hubto in gashi uu simbiriirixay, waxaad isla markiiba saari kartaa gashiga ka dibna la xiriir kooxda si aad ballan u sameyso dib-u-xirida gashiga.

- Suulasha iyo faraha ee gashigu ku jiro waa inay ahaadaan casaan oo ay dareemaan diiranaan marka la taabto. Si loo baaro wareegga dhiigga ee saxda ah, saar cadaadis caddiyaha faraha ama suufka. Caddiyadu waa in ay ku soo baxdo casaan 5 il-ildhiqsi gudahood ka dib markii cadaadiska la sii daayo.
- Barar ku dhaca gashiga waa suurtagal, kor u kicinta lixaadka waxay caawin kartaa dhiigga inuu dib u wareego.
- Xafaayadaha markaad beddeleysid, fadlan ha jiidin gashiga, laakiin taa badalkeeda lugaha ku taageer gacantaada oo kor u qaad gashiga iyo lugaha.

Ku haay gashiga mid taagan

Si cago-gashiga uu u sameeyo waxa loogu talagalay inuu sameeyo, waxa ay u baahan tahay iney sideeda ahaato ilaa taariikhda saarista la gaaro. Way fududahay in faashiga lagu dhaqaajyo gashiga gudihiisa, taas oo sababi karta in faashida dhuuqsanto, carqaladeyn dhiig-wareeg, iyo/ama arrimo maqaarka ah.

Iska ilaali in aad ku durto ama kasoo saarto walxo gashiga. Ha ku durin waxba gudaha gashiga, oo ay ku jiraan farahaaga.

Haddii gashigu dildilaaca ama jabo, cedhibta ayaa jilacday, ama faashida ayaa la carqaladeysantay, waxay u baahan tahay in la dayactiro ama la bedelo, sidaas darteed fadlan la xiriir Telehealth isla markiiba.

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Goorta iyo waxa ay tahay in loo sheego adeeg-bixiyahaaga

Isla markiiba la xidhiidh Telehealth haddii aad dareento mid ka mid ah kuwan soo socda:

- Suulala u muuqanaya in ay dib ugu simbiirixee gashiga.
- Gashi qooyey ama ciidoowey.
- Ilmahaagu oo aadan xakamayn karin iyadoo sababna jirin.
- Wasaq cusub oo ka soo baxa gudaha gashiga.
- Ur aa caadi ahayn oo ka soo baxa gashiga.
- Isbedelada midab ama heer kulka ee suulasha ama faraha.
- Maqaarka oo cuncuna ama finan
- Dillaac / jabis gashiga ah.
- Qandho aan la sharaxin oo ah 101.5°F (38.6°C) ama ka weyn.
- Shey shisheeye oo ku dhex jira gashiga

Sideen u saari cago-gashi anigoo guriga jooga?

Fadlan akhri tilmaamahan oo buuxa si aad uga fogaato saameynta natiijooyinka tallaabada xigta ee galinta lugo-qallooca. Macluumaadkaan waxaa loogu talagalay ujeedada waxbarashada oo kaliya.

Waxaad gashiga ilmahaaga guriga uga saari kartaa subaxda ballantaada gashi-xirista xigta. Fadlan ha ka saaran lugo-gashiga habeenka ka horeeya ballantaada; Tani waxay u oggolaan doontaa waqti weyn oo cagtu ay ku adkayn karto, taas oo saameyn ku yeelan karta awooddeena inaan ku fidno oo aan saxno cagta galinta xigta. Tani waxay ugu dambeyntii keeni kartaa in lugo-gashiyo badan iyo muddo dheer si loo saxo lugo-qallooca.

Saarida malaasta waa lallabo, oo gabalada malaasta ayaa ukala firdhisma meel kasta. Malaasta waa in aanay biyo mareenka hoos ugu daadan, maxaa yeelay waxay xiri kartaa tubooyinkaaga. Naftaada sii waqti dheeraad ah ka hor ballankaaga si aadan degdeg ugu dareemin inaad xoorto lugo-gashiga kadibna ballantaada uga gaadhid. Malaasta lugo-gasiga waxey ku soo bixi doontaa biyo, wakhti iyo masaajeyn ku filan. Ku samir, hana argagaxin: in la saaro lugo-gashi cago-qallooca waxey qaadan kartaa wax ka badan saacad, laakiin way fududaan hadba mar kasta aad sameysid.

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Ka Furidda Kabka Gabi ahaanba ka Sameysan Malaas (Balaastar)

1. Hadduu kabka yahay malaas (balaastar) lagu kor duubay faashadda is qabsato (Coban), ka fur faashada ka hor intaadan balaastarka biyo ku radinin. Faashada biyo haku radinin.
2. Ku radi kabka biyo diirran qiyaastii 15 ilaa 20 daqiiqo. Waxaad sidan ku samayn kartaa baaf, weelka cunugga loogu qabeeyo, ama bac balaadhan, ama shukummaan qoyan.
3. Waxaad ku dari kartaa biyaha khal cad si aad u jilciso malaasta (balaastar).
4. Marka ay bilowdo malaasta (balastarka) inay burburto, daliig kabka si aad u dedejiso burburka.
5. Waxaa laga yaabaa in gunti malaas (balastar) ah ku hadhay kabka, taas oo muujinaysa dhamaadka duubka. Haddii ay arintu sidaas tahay, ka bilow furfurka guntigan marka ay bilowdo malaasta inay ukala baxdo lakabyo (kala fuqfuqdo).
6. Haddii aysan jirin gunti yar oo malaas ah, marka ay malaasta bilowdo in ay kala fuqfuqdo, ku jar geeska hagaya kabka manqas adigoo ka bilaabaya bawdada ka dib bilow inaad furfurto lakabyada.
7. Qaybta cagta ee kabka caadi ahaan waxay sibdhasho uga baxdaa faraha lugaha.
8. Lugta nadiifi, daliig, oo looshan mari.

Ka Furidda Kabka Gabi ahaanba Jilicsan

1. Raadi dhammaadka duubka jilicsan. Ama waa la isku dul-laabay sida kuus oo kale ama waa sabiibax siman. Si kastaba ha ahaatee, tani waa meesha ugu fiican ee laga bilaabo furfuridda kabka. Waxaa laga yaabaa in aad u baahato in aad cidida hoos ka geliso dhammaadka si aad u bilowdo.
2. Marka kabka jilicsan la furfuray, furfur isbuunyada suufka ah kana bixi faashadda (stockinette) bawdada sare.
3. Nadiifi lugta, daliig, oo looshan mari.

Ka Furidda Kabka Isku Jirka ah

Haddii kabka yahay malaas (balastar) oo lagu kor duubay kabka jilicsan, habka ka furidda waa isku dar ah labada nooc. Furfur kabka jilicsan, ka dib biyo ku radi kabka malaasta ah – biyo haku radinin kabka jilicsan. Ka hor inta aadan qoynin malaasta (balastarka), hubi in aad ka saarto suufka iyo faashadda wareegeeda bawdada sare.

Haddii aad wax su'aal ah ka qabto sida looga furo kabka cago leexsan, Fadlan wac Khadka kalkaalisada 24/7:

(651) 229-3890 (Toll-free: 1 (800) 719-4040)

Burnsville Clinic: (952) 223-3400

Maple Grove Clinic: (763) 496-6000

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