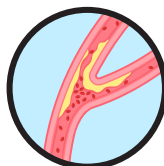


Arrimaha Khatarta ah ee Faaliga/Istaroogga iyo Ka-hortagga

Unugyada maskaxdu dib uma soo baxaan. Taasi waa sababta faaliga/istarooga uu u yahay xaalad degdeg ah oo caafimaad. Dhakhtarkaaga kala hadal khatarta aad ugu jirto faaliga/istarooga. U qaado daawooyinka sidi laguugu qoray. Kala hadal dhakhtarkaaga ka hor inta aadan joojin wax daawooyin ah.

Waa maxay noocyada faaliga/istarooga?

- **Istarooga xinjir xirista xididka:** Xirmashada qulqulka dhiigga, caadi ahaan ay keento xinjir, oo ka dhacda aag ka mid ah maskaxda.
- **Dhiig-baxa maskaxda:** Wuxuu dhacaa marka hawl-bowle dhiig uu qarxo oo uu dhiigu ku qulqulo gudaha iyo hareeraha maskaxda.
- **TIA (xinjir xirista xididka oo ku meelgaar ah):** Xirmasho ku meelgaar ah oo ku timaado qulqulka dhiigga ee aag ka mid ah maskaxda.



Waa maxay arrimaha khatarta ee faaliga/istarooga?

✗ Arrimaha khatarta ee aadan beddeli karin

	Duqoobidda
	Jinsigi lagu asteeyay xilliga dhalashada
	Uurka iyo arrimaha kale ee saameeya hormoonada ee dadka loo asteeyay dhedig xilliga dhalashada
	Isirka
	Faraca
	Taariikhda shakhsiyeed ee faaliga/istarooga ama TIA

✓ Arrimaha khatarta ee aad beddeli karto

	Cadaadiska dhiigga ee badan
	Kolestaroolka badan
	Xanuunka sonkorowga ee aan waxbo laga qaban
	Sigaar cabista, tubaakada iyo nikotiinta
	Wadno garaaca aan caadiga ahayn (AFib)
	Isticmaalka khamrada ama daroogada madadaalada ama sharci darrada ah
	Cunto xumo iyo nafaqo xumo
	Dhaqdhaqaaq jireed oo aan joogto ahayn
	Hurdo aan ku filnayn
	Istarees aan wax laga qaban

B.E. F.A.S.T.

Ogow calaamadahaan faaliga/istarooga. Wac 911 haddii aad qabto mid ka mid ah.



Ilaha

Ka soo kabashada faaliga/istarooga ayaa u muuqata mid ay ku kala duwan yihiin dadka. Waa kuwan ilo kaa caawinaya safarkaaga:

- **Stroke INSPIRE.** Kani waa barnaamij taageero oo bilaash ah oo ay bixiso HealthPartners, oo loogu talagalay dadka ka badbaaday faaliga/istarooga iyo daryeelayaashooda. Wuxuu bixiyaa fursado kala duwan, oo ah fool-ka-fool iyo fogaan arag labadaba, oo loogu talagalay dadka ka badbaaday istarooga inay la hadlaan dadka kale, oo ay ku jiraan kooxaha taageerada, waxbarashada istarooga, bixinta fayyo-qabka iyo barnaamijyada mutadawaca ah. Barnaamijku wuxuu u awoodsiyaa dadka ka badbaaday istarooga inay dadka la wadaagaan khibradahooda, dhisaan bulshada, oo ay dib ula soo noqdaan madax-bannaanida istarooga kadib. Wixi macluumaad dheeraad ah, wac **952-993-6789** ama iimayl u dir strokeinspire@healthpartners.com.

Booqo eventbrite.com/cc/stroke-inspire-2905709 ama iskaangaree sawirka iskaankan si aad u eegto barnaamijyada fool-ka-foolka iyo fogaan aragga ah oo aad ugu biirto koox.

- **Dallada Dhaawaca Maskaxda MN** braininjurymn.org/resource-facilitation/index.php



Xusuusnow inaad daba-gasho

1. Dhakhtarkaaga kala hadal khatarta aad ugu jirto faaliga/istarooga.
2. U qaado daawooyinka sidi laguugu qoray.
3. Kala hadal dhakhtarkaaga kahor inta aadan joojin wax daawooyin ah.

- **Hagaha Ilaha Ururka Istarooga Minnesota** strokemn.org/healthpartners/



- **Neurowell.** Macluumaad gacan looga gaysto kor u qaadista fayyo-qabka guud iyo tayada nolosha kadib isbeddelada maskaxda ama jirka. healthpartners.com/care/specialty/neuroscience/stroke/support/



- **Jooji sigaar cabbista iyo nikotiinta 800-QUIT-NOW (800-784-8669)** Minnesota: QuitPartnerMN.com Wisconsin: quitline.wisc.edu



Waxaan halkan kuula diyaar nahay inaan kugu garabsiino safarkaaga oo dhan!



Kheyraadka Waxbarashada