

- Yaree TVga daawashadiisa oo soc-soco marka xayaysiisku soo galo.
- Gaadhiga kaga tag meel suuqa ka fog is aad u lugayso xoogaa.
- U lugee markaad waxyaabaha yar-yar soo iibsanaasid.

MARKAAD DHAQ-DHAQAAQAGA BADIYSO WAXAY KAA CAAWISA:

- In ay kaa yarayso khatartii cudarada sonkorta, wadnah joogsiga iyo faalidka.
- Inay debciso xubnahaag laab-laabma
- Inay xoojiso dhaq-dhaqaaqaga
- Inay kaa ilaaliso lafaha is gala marka dadku gaboobo
- Inay kaa ilaaliso lafaha khfiifa ee dil-dilaaca (osteoporosis)
- Inaad noqoto qof farxsan oo aan madulumna ahayn oo aan cadhoonayin.
- Inay ka dhigto qof isku kalsoon oo hanwayn.
- Inay kaa ilaaliso wel-welka iyo welbahaarka.

Wararka dhambaakan ku qoran waxaa laga soo xigtay:

The Centers for Disease Control and Prevention

U.S. Department of Agriculture

American Heart Association

American Diabetes Association

American Obesity Association

Georgia State University, Department of Geography and Anthropology

• • •

Wixii akhbar dheerad waxad ka eegtaa:

www.americanheart.org

www.diabetes.org

www.cdc.gov

www.usda.gov

www.medlinplus.gov

This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.

CONTACT INFORMATION:

riht@uscrdc.org

U.S. Committee for Refugees and Immigrants

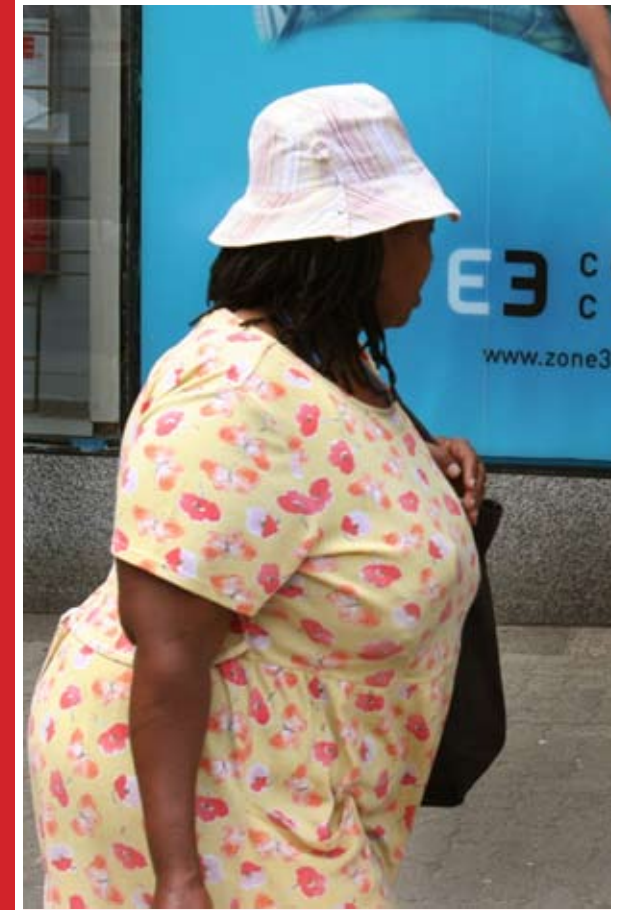
1717 Massachusetts Ave., NW
Suite 200

Washington, DC 20036

Phone: 202 • 347 • 3507

Fax: 202 • 347 • 7177

www.refugees.org



Waa maxay cayilka xad dhaafaka ahi?

(Somali)



www.refugees.org

Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911

WAA MAXAY CAYILKA XAD DHAAFKA AHI (SHULUQ AMA SHAXAM)?

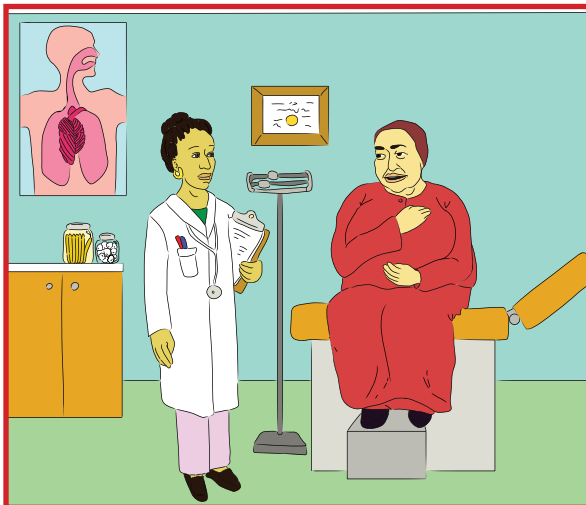
Cayilka xad dhaaka ahi waa cudur.

Waana marka qofka baruurta fara badani korto ee qoka culayskii noqdo xad dhaaf.

Waxa ugu wayn nee keena calikan cudurka ah waa qofka oo cuna cuno badan iyadoo dhaq-dhaqaaqisuna yar-yahay. Dadka qaxootiga ah caadiyan waxay qaadan cudurka markay yimaadaan dhul aany garanayn. Cudurka cayilku wuxuu wax yeelaa wadnah, sambabda, xunaha laabma, iyo lafaha. Cudurka cayilku waxa laga yaabaa in aad is dhaawacdo oo xunahaaga laabma iyo lafaha wax is yeeho waxaana laga yaabaa in uu ku dilo ood u dhimato.

Waxyaabaha khatarta naftaada gelinaya ee cudurka cayilku keeno waxa ka midda:

- Dhiigkar ka
- Sonkorta ama kadimacanta
- Cudurada wadnaha sida wadno joogsiga iyo Faalidka.
- Neefta (xiiqda iyo xurquunka)



SIDEE LAYSAGA DIFAACA CUDURKA CAYILKA

- Adigoo dhaq-dhaqaaqa badiya oo lugeeya , ciyaara kubada cagta, ta gacanta ugu yaraan sedex goor todobaadkii .
- Adigoo joojiya sigaar cabida iyo meelaha sigaarka lagu cabo.
- Adigoo cuna cuntooyin saxan oo khudran u badan
- Adigoo yareeya cabitaanka khamrada.

CUNTOOYINKAAGA OO AAD SAXDO:

- Waxaad cuntaa khudrada macan iyo ta la kariyo oo noocyo badan isugu jirta si jidhkaagu uga helo nafaqooyinka iyo macdanta uu u bahanyahay jidhku.
- In aad cunto cuntooyin nafaqo leh oo kala duwan.
- Yarayso cunooyinka ay ka mid yihiin buskudka, baradhada shiilan, mac-macaanka nac-naca subagyada kala duwan ,milixda, jalatooyinka kala duwan iyo cabitaanka soodha ah.
- Iska yaree cunooyinka shiilan ee dufanka badan sida mac-macaanka, buskudyada, iyo keegaga.

WAXYABAHA KALE EE CUNADA CAAFIMAAD IYO SAXO KU KORDHIYA:

- Dooro cunooyinka nafaqada leh sida rootiga guduudan, bariiska aan cadaanka ahay.
- Markaad cunada karinayso ha ku badinin dufanka.
- Markaad cunad karinayso ha shiilin. Cunada dub, huuri, kari, foornee,

ama umatee.

- Dooro hilibka aan baruurta lahayn ama hilibka cad sida digaaga , digirinka iyo kalunka (malayga) .
- Dooro caanaha aan dufanka badan lahayn (1%) gubnadda (chees), caano-fadi iyo caanaha aan dufanka lahayn (skim)

WAXYABAHA KUU KORDHINAYA DHAQ-DHAQAAQA JIDHKA: (JIMICSIGA JIDHKA)

- Lugee! Malin walba xaware ku soco 15 miridh
- Ciyaar ciyaarah qoobka ciyaarka
- La ciyaar ama la bardoodan caruurtaada.
- Haraaciin wishka guriga ee kor jaranjarda.
- Baska ka deg halbusteejo ka hor inta aan la gadhin taada si aad uyara lugayso.

