

Anemia

A person with anemia has fewer red blood cells in his or her blood than the normal level. Red blood cells carry oxygen to all the cells in the body. When the number of red blood cells is lower than normal, less oxygen is carried in the blood.

Signs

A person with anemia may not notice any signs. As anemia gets worse, you may have:

- Fatigue – feel weak or tired
- Dizziness or feel faint
- Cold hands or feet
- Headaches
- Pale skin or nails that break easily
- Trouble thinking clearly or a hard time concentrating
- Shortness of breath or chest pain
- A fast or irregular heart beat
- Fewer menstrual periods or increased bleeding during menstrual periods

Talk to your doctor if you have any of these signs. **Call 911** if you have shortness of breath or chest pain.

Causes

The causes of anemia include:

- Problems with how iron is used by the body

Dhiig yari

Qofka qaba dhiig yaraantu waxaa ku jira waxoogaa unugyada dhiigga cas-cas dhiiggiisa dhiiggeeda oon ahayn ka caadiga ah. Unugyada dhiigga cas-cas ayaa gaadhsiiya ogsijiinka dhammaan unugyada jidhka ku yaalla. Marka ay tirada unugyada dhiigga cas-cas ay ka hooseeyaan inta caadiga ah, ogsijiin yar ayaa gaadha dhiiga.

Calaamadaha

Qofka qaba dhiig yaraantu lagama yaabo inuu ogaado wax calaamado ah. Marka dhiig yaradi ka sii darto, waxa laga yaabaa inaad yeelato calaamadahan:

- Tabcaan- ama tamar darro ama daal dareemid
- Dawakhaad ama suuxid dareemid
- Gacmaha iyo lugaha oo ku qadhqadha
- Madax xanuun
- Dubka oo naafish noqdo ama ciddiyaha oo si sahlan kuu dildilaaca
- Dhibaato aad kala kulanto inaad si fiican u fikirto ama inay kugu adkaato xoog meel saaristu
- Neefta oo ku qabata ama laab xanuun
- Wadne garaac degdgea ama aan caadi ahayn
- Waqtiyada caadada oo yaraada waqtiyada uu socdo dhiigga caadadu

La hadal dhakhtarkaaga haddii aad isku aragto calaamadahaas miduun. **Wac 911** haddii neeftu ku qabato ama xabbadku ku xanuuno.

Sababaha

Sababaha dhiig yaradi waxaa ka mida:

- Dhibaatooyin ka yimaada sida birta uu isticmaalo jidhku

Anemia. Somali.

- Not eating enough iron-rich foods
- Bleeding or blood loss, such as from heavy menstrual periods
- Pregnancy
- A lack of folate or B-12 vitamins in the body
- Treatments for some diseases, such as cancer, that make it harder for the body to make new red blood cells
- Sickle-cell disease where the body destroys too many red blood cells
- Immune system problems where the body destroys or cannot make red blood cells
- Babies less than one year old who drink cow's or goat's milk
- Babies who are fed formula that does not have extra iron

Your Care

Your doctor will do tests to find the cause of your anemia and to plan your treatment. You may need to:

- Eat a healthy diet that includes fruits, vegetables, breads, dairy products, meat and fish. Eat more iron-rich foods such as lean beef, pork or lamb, poultry, seafood, iron-fortified cereals and grains, green leafy vegetables such as spinach, nuts and beans. Your doctor may want you to meet with a dietitian to plan healthy meals.
- Take vitamin or iron supplements.
- Get a blood transfusion to treat blood loss. Blood is given through an intravenous (IV) line into a blood vessel.
- Have other treatments such as medicines or surgery to treat the cause of your anemia.

- In aan la cunin cunto ay feeradu ku badan tahay
- Dhiigista ama dhiig baxa, sida dhiigga culus ee ka yimaada waqtiyada caadada
- Urka
- Foolayt la'aanta ama fitamiin B-12 jidhka
- Daawaynta xanuunnada qaarkood, sida kansarka, oo aad jidhka u adkeeya si uu u sameeyo unugyada dhiigga cas-cas ee cusub
- Jirrada dhiigga kaas oo burburiya jidhka unugyo dhiig cas-cas oo badan
- Dhibaatooyinka hab-dhiska difaaca halkaas oo jidhku buruburiyo ama aanu samayn karin unugyada dhiiga cas-cas
- Dhallaanka ka yar hal sano ee cabba caanaha lo'da ama caanaha adhiga
- Dhallaanka lagu quudiyo caano boore aan lahayn feero ama bir dheeraad ah

Daryeelkaaga

Takhtarkaagu wuxuu baari doonaa si uu u ogaado sababaha dhiig yarida kuu keenay iyo in uu qorsheeyo daaweyntaada. Waxaa laga yaabaa inaad u baahato:

- Cunto cunooyin gaara oo caafimaad leh ka mid yihiin furuto, khudrad, rooti, waxyaabaha caanaha laga sameeyo, hilib iyo kalluun. In aad cunto cuntooyin feero badan sida khudradda caleenta ah, hilibka lo'da oon mac ahayn, hilib doofaar ama hilib adhi, hilib digaag, cunnada badda, midhaha iyo iniinyaha ay birtu ku xooggan tahay, khudaarta cagaaran sida isbinaajada naatiska iyo digirta. Takhtarkaagu waxaa laga yaabaa in uu doonayo in uu la kulmo cunto qore si laguugu qorsheeyo cuntooyin caafimaad leh.
- Qaado fitamiinnada ama feero-kordhiye.
- Dhiig halagugu shubo si loo daaweeyo dhiig baxa. Dhiiga waxaa laga qaataa xiddidada iyagoo ugu sii gudbaya xiddidada dhiiga
- Qaado daawooyin kale sida daawooyinka ama qalniinka si loo daaweeyo waxa sababaya dhiig yaraantaada

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Talk to your doctor or nurse if you have any questions or concerns.

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**Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo
ama walaac ah aad qabtid.**

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