

BP = Cadaadiska Dhiigga, BMI = Isugeynta Miisaanka Jirka, SBP = Cadaadiska Dhiigga Systolic, DASH = Qaababka Cunnada ee loo Joojiyo Dhiig-karka

Ogaanshaha lambarradaada iyo la socoshada natiijooyinkaaga waqti ka dib ayaa kaaga digi kara wixii isbeddel ah, waxay kaa caawin karaan inaad ogaato qaababka, iyo inaad muujiso haddii isbeddelada aad samaysay ay shaqeynayaan. Baro wax badan oo ku saabsan hagaajinta cadaadiska dhiigga ee Ururka Wadnaha Mareykanka (American Heart Association), booqo: [www.heart.org/HBP](http://www.heart.org/HBP).

## Booqo [LoveYourHeartSD.org](http://LoveYourHeartSD.org) Si aad:

- 1 U hesho baaritaanka cadaadiska dhiigga ee bilaashka ah, dhacdooyinka internetka ka dhaca, tabaha iyo waxqabadyada bisha caafimaadka wadnaha
- 2 U Ogaato Lambaradaada iyo Micnahooda
- 3 Hesho Firfircoon oo Maaree Cadaadiska
- 4 Cun cunno caafimaad qabta oo yaree Sodium
- 5 U joojiso Sigaar Cabista iyo Caadada Khamriga

Dhiigaaga gudbi natiijooyinka cadaadiska ee **Love Your Heart Day** Febraayo 11!



Hesho lacag la'aan wajiga maaskaro iyo gacmo nadiifiye!

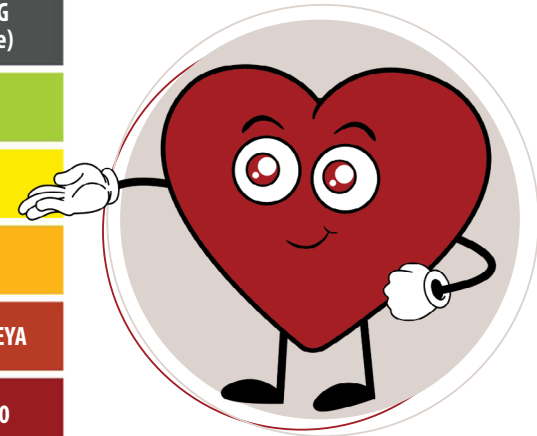
Sawirka QR Code si aad u booqato: [LoveYourHeartSD.org](http://LoveYourHeartSD.org)

Dhiig karka (ama hypertension) waa marka awooda dhiiga ee ku qulqulaya xididdadaada dhiigga ay si joogto ah u sarreeyaan. Tani waxay dhaawici kartaa wadnahaaga, sambabahaaga, halbowlayaasha iyo xididdada waxayna sababi kartaa wadno qabad, istarog iyo dhibaatooyin caafimaad oo kale. Laakiin, daaweyn wanaagsan iyo maareyn, waxaad xakameyn kartaa cadaadiska dhiiggaaga si uu kaaga caawiyo inaad ku noolaato nolol dheer oo caafimaad leh.

## Ogow Lambaradaada

Habka ugu fiican ee lagu ogaan karo inaad qabtid dhiig kar ama cadaadis dhiig oo sareeya waa inaad iska hubiso. Ku dhowaad kala bar dadka waaweyn ee Mareykanka ah waxay leeyihiin dhiig kar ... iyo in badan oo ka mid ah xitaa ma oga inay qabaan, maxaa yeelay marar badan ma jiraan calaamado cad.

QEYBTA CADAADISKA DHIIGA	SYSTOLIC MMHG (Lambarka sare)		DIASTOLIC MMHG (Lambarka hoose)
CAADI	IN KA YAR 120	iyo	IN KA YAR 80
KACSAN YAHAY	120-129	iyo	IN KA YAR 80
CADAADISKA DHIIGA OO SARREEYA (DHIIG KARKA) MARXALADA 1	130-139	ama	80-89
CADAADISKA DHIIGA OO SARREEYA (DHIIG KARKA) MARXALADA 2	140 AMA IN KA BADAN	Ama	90 AMA KA SARREEYA
DHIIBAA TO DHIIG KAR (Ula tasho dhakhtarkaaga sida ugu dhaqsiyaha badan)	180 KA SARREEYA	Iyo/ama	KA SARREEYA 120



Cadaadiska dhiiggaaga waxaa loo diiwaan geliyaa inuu yahay laba lambar – Systolic / Diastolic:

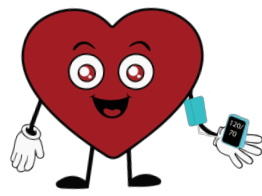


- **Systolic** cadaadiska dhiigu waa lambarka koowaad (lambar sare) wuxuuna muujinayaa cadaadiska dhiiga ee ku yaala darbiyada halbawlaha **marka wadnuhu garaaco.**
- **Diastolic** cadaadiska dhiigu waa lambarka labaad (lambar hoose) wuxuuna muujinayaa cadaadiska dhiiga ee kuyaala darbiyada halbawlaha **marka wadnuhu nasan yahay.**

Wax badan ka baro shanta qaybood ee cadaadiska dhiigga ee ay garatay **American Heart Association**, booqo: [www.heart.org/HBP](http://www.heart.org/HBP) "Understanding Blood Pressure Readings."



# Sida loo Cabiro Dhiig karka



# Tilmaamaha Cadaadiska Dhiigga

Cadaadiska dhiiggaagu miyuu ku jiraa meel caafimaad qabta ama aan caafimaad qabin? Ogow lambarradaada adigoo hubinaya cadaadiska dhiiggaaga si joogto ahna ula soco si aad u muujiso qaabab ama isbeddello.

**1**

Waxa aad nasataa ugu yaraan 5 daqiiqo. Si raaxo leh ugu fadhiiso meel deggan, gadaalna waa lagu taageeray, lugahana aan isdhaafsaneen cagahaaguna yaaliin sagxada dhulka. Sigaar ha ku cabbin, ha jimicsan, ha cabin cabbitaanno ay ku jirtaan maaddo ama aalkolo 30 daqiiqo gudahood baaritaanka kadib.

**2**

Ka qaad dharka qaro weyn ee aagga gacanta sare ee gacanta bidix.

**3**

Ku qabo gacan-duubka gacantaada bidix iyadoo gacan-duubka dhexda uu ku xiran yahay heerka wadnaha.

**4**

Hubi cabbirka gacan duubka oo geli. Qeybta hoose ee gacan duubka waa inay ugu yaraan 1/2 inji ka sarreysaa xusulka gudiisha.

**5**

tuubada taala gudaha ah  
Suxul gacanta debci

Tuubbada hawadu waa inay ku tiirsataa xusulka gudihiisa isla markaana hubisaa in gacantaadu ku tiirsan tahay meel adag.

**6**

Riix badhanka "START / STOP" si aad u bilowdo tijaabinta. Si deggan u fadhiiso oo ha hadlin inta aad wax cabbirayso. Qaado ugu yaraan laba akhrin, oo 1 daqiiqo u dhexeyso.\*

Qoondaynta	Systolic Cadaadis Dhiig (mmHg)		Diastolic Cadaadis Dhiig (mmHg)	Astaamaha:	Raadraaca Talo Soo Jeedin
Caadi	<120	Iyo	<80		Dib-u-hubi sanadle ama sidii waxaa kugula taliyay dhakhtarka
Ka sareysa	120-129	Iyo	<80		La soco dhaqtarkaaga 3 bilood gudahood
Dhiig-kar, Marxaladda 1	130-139	Ama	80-89		La soco dhaqtarka 1 bil gudahood; wac 211 hadaad sameyso ma laha caymis si ay u hesho xarun caafimaad bulshada kuugu dhow
Dhiig-kar, Marxaladda 2	≥ 140	Ama	≥ 90		
Dhiig karka Deg Deg *	≥ 180	And/ Or	≥ 120	Maya	La soco dhaqtarka isla markiiba; wac 211 hadaad haysan caymis si loo helo beel xarun caafimaad oo kuugu dhow
Dhiig karka Degdeg ah *	≥ 180	And/ Or	≥ 120	Haa (xabad xanuun, gaabin neef, dhabar xanuun, kabuubyo / daciifnimo, wax ka bedelida aragga ama hadalka oo adag)	Wac 911. ama aad Waaxda Gurmadka
<b>Xusuusnaaw inaad firfircoon tahay, cun cunto caafimaad leh oo sigaar ha cabin! Booqo LOVEYOURHEARTSD.org si aad waxbadan uga barato.</b>					

\*Fiiro gaar ah: Haddii dhiig karkaagu si lama filaan ah uga bato 180/120, sug shan daqiiqo kadibna mar labaad tijaabi cadaadiska dhiiggaaga. Haddii akhrintaadu ay wali tahay mid aan caadi ahayn, la xiriiir dhaqtarkaaga isla markiiba. Haddii cadaadiska dhiiggaagu ka sarreeyo 180/120 oo aad la kulantid xanuun laabta ah, neef-qabad, dhabarka xanuun, kabuubyo / daciifnimo, aragga oo isbeddela ama hadalku ku adkaado, ha sugin inaad aragto haddii cadaadiskaagu kaligiis hoos u dhacayo. Wac 911.

Love Your Heart waxaa damiintay Degmada San Diego iyo ururada soo socda:



Iyada oo gacan ka heleysa qeybinta ururada soosocda:

