

# Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that provides the heart muscle with oxygen becomes blocked, stopping blood flow to a part of the heart. If treatment is not done right away, part of the heart muscle dies. The sooner you get help, the less damage you will have to your heart.

Blockage in the blood vessel may occur from:

- Fatty deposits called plaque
- A blood clot
- A spasm in the blood vessel

## Signs of a Heart Attack

- Pain, pressure, tightness, heaviness, squeezing or burning in your chest, arm, jaw, shoulders or neck
  - ▶ Occurs both during activity and at rest
  - ▶ Lasts for more than 5 minutes or goes away then comes back
- Sweating
- Shortness of breath
- Nausea or vomiting
- Stomach pain or heartburn
- Feeling very tired, dizzy or faint
- Feeling scared or panicked

# Wadne Qabad

Wadne qabad waxaa kaloo loo yaqaanaa myocardial infarction ama MI. Wuxuu dhacaa marka marin dhiig uu siiyo muruqa wadnaha ogsajiinta ayuu xanibaa. Wuxuu ka joojiyaa socodka dhiigga qayb wadnaha ka mid ah. Hadii aan isla markiiba la daaweyn, qayb ka mida muruqa wadnuhu way dhimataa. Caawimaada isla markiiba aad hesho, waxay ka dhigan tahay dhibaato yar oo soo gaadha wadnahaaga.

Xannibanku xididada dhiigu waxay ka imaan karaa:

- Isu ururka dufan loo yaqaanno bakteeriyada qurunta
- Dhiig xidhan
- Dubaaxinta xididada dhiigga dhexdooda

## Calaamadaha Wadne Qabadka

- Xanuun, cadaadis, tigtignaan, culaysisku soo ururu ama gubasho laabtaada ah, cududa, daanka, garbaha, ama qoorta
  - ▶ Wuxuu dhacaa waqtiyada hawlaha iyo waqtiyada nasashada labadaba
  - ▶ Wuxuu jiraa in ka badan 5 daqiiqadood ama wuu iska tagaa dabadeedna soo laabtaa
- Dhidid
- Neefsashada oo kugu adkaata
- Lalabbo ama matagid
- Calool xanuun ama laab jeex
- Daal dareemid badan, dawakhaad ama suuxid
- Cabsi dareemid ama amakaagid

Call 999 **right away** if you have any of these signs. Sit or lie down until the emergency team arrives. **Do not drive to the hospital or delay by calling your doctor.**

Some people, especially women, may not have chest pain, or they may have very mild signs. The more signs you have, the more likely you are having a heart attack. If you had a heart attack before, you may have different signs with a second heart attack. **Do not ignore your signs.** Call for help quickly to limit damage to your heart.

## **Your Care at the Hospital**

Tests will be done to see if you had a heart attack and if there was damage to your heart. You may be in the hospital for a few days. You may be started on medicines and have treatments to improve the blood flow to your heart.

## **Discharge Instructions after a Heart Attack**

- Go to your follow-up doctor's appointment.
- Ask about getting into a cardiac rehab program.
- **Limit your activity for 4 to 6 weeks.**
  - ▶ Rest each day.
  - ▶ Increase your activity over time.
  - ▶ Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering or shaving.
  - ▶ Limit stair climbing. Take the stairs slowly.
  - ▶ Avoid lifting more than 10 pounds or 4.5 kilograms.

Garaac telefoon lambarka 999 **Isla markiiba** wac hadii aad qabtid mid ka mid ah calaamadahaan. Fadhiiso ama seexo ilaa iyo kooxda gar-gaarka deg-dega ah imanayo. **Baabuur ha u wadanin in aad isbitaalka ku aaddo ama dib ha u dhiganin in aad wacdo takhtarkaaga.**

Dadka qaarkood, gaar ahaan dumarka, ayaan laga yaabin inay yeeshaan laab xanuun, ama waxaa laga yaabaa inay yeeshaan calaamado khafiifa, calaamadaha faraha badan eed yeelato, waxaa suurtoogala inaad leedahay wadno xanuun. Hadii aad lahayd wadno xanuun kahor, waxaa laga yaabaa inaad yeelato calaamado kala duwan oo wata wadno xanuun labaad. **Ha iska indho tirin calaamadahaaga.** Si degdeg caawimaad u dalbo si aad u xadido waxyeelada wadnahaaga.

## **Daryeelkaaga cisbitaalka**

Baadhitaano ayaa la samayn doonaa si aad u oggaato inaad wadno xanuun leedahay iyo hadiiba ay jirtay waxyeelo soo gaadhay wadnahaaga. Waxaa laga yaabaa inaad dhawr maalmood aad joogto cisbitaalka. Waxaa laga yaabaa in daawooyin lagu bilaabo oo lagu daaweeyo si uu u ladnaado socodka dhiiga wadnahaagu.

## **Tilmaamaha Soo saaridda Wadne Qabashada ka Dib**

- Aad ballanta uu takhtarkaagu ku dabagalayo arrinka.
- Weydiiso in aad gasho barnaamij dib u soo kabid wadne.
- **Hawlahaaga xaddid ilaa 4 ilaa 6 toddobaad.**
  - ▶ Maalin kasta naso.
  - ▶ Hawlahaaga waqti ka waqti u sii kordhi.
  - ▶ Naso 1 saac ka dib markaad cunto cuntooyin iyo ugu yaraan 30 daqiiqadood hawlaha sida qubeysiga, maydhashada ama xiirashada ka dib.
  - ▶ Ka fogow qaadidda wax ka badan 10 pounds ama 4.5 kiilo garaam.

- ▶ **Do not** vacuum, mow grass, rake or shovel. You may do light housework.
- ▶ Ask your doctor when you can drive and when you can return to work. Talk to your doctor about any limits if you plan to travel.
- ▶ Sexual activity can be resumed when you are able to walk up 20 stairs without any problems.
- Follow the diet your doctor and dietitian suggest.
  - ▶ Eat foods that are low in fat.
  - ▶ Avoid salty foods.
- Weigh yourself each day to check for fluid build-up. Extra fluid makes your heart work harder. Call your doctor if you gain 2 to 3 pounds or 1 kilogram overnight.
- Avoid temperatures that are very hot or very cold.
  - ▶ Do not take hot or cold showers.
  - ▶ Do not use a hot tub, spa or whirlpool.
  - ▶ Stay indoors during humid weather or very hot (higher than 80° F or 27° C) or cold (lower than 30° F or 1° C) temperatures.
- Many people feel very sad or have changes in emotions after a heart attack. Call your doctor if this gets worse or does not go away in a few weeks.

Your doctor may give you other instructions.

- ▶ **Wax ha** xaaqin, caws ha jarin, ha geed qaadin ama wax ha falin. Shaqooyinka fudud waad sameyn kartaa.
- ▶ Takhtarkaaga weydii goorta aad baabuur wadi karto iyo goorta aad shaqada ku noqon karto. Waxaad masaafuoyin dhow u fuuli kartaa baabuur.
- ▶ Hawlaha galmada waa la soo celin karaa markaad awooddo in aad fuuli karto ilaa 20 jaranjaro adigoon dhibaato ku qabin.
- Raac cuntada ay takhtarkaaga iyo cunto qoruhu kuu soo jeediyaan.
  - ▶ Cun cuntooyinka dufanku ku yar yahay.
  - ▶ Ka fogow cuntooyinka cusbada leh.
- Maalin walba is miisaan si aad u hubisid in dheecaan kugu kordhayo. Dheecaan dheeraad ah wadnahaaga shaqada ayuu ku sii adkaynayaa. Wac takhtarkaaga haddii ay kugu kordhaan 2-3 rodol ama 1 kiilo garaam oo miisaan dheeraad ah.
- Ka fogow heerkullada aadka u kulul ama aadka u qabow.
  - ▶ Ha ku maydhan biyo kulul ama qabow.
  - ▶ Ha isticmaalin tuubbooyinka biyaha kulul, il biyood ama biyo wareeg ku qul-qulaya.
  - ▶ Guriga joog waqtiga cimilada huurka leh ama heerkullada aadka u kulul (wixii ka sarreeya 80° F ama 27° C) ama qabowga (wixii ka hooseeya 30° F ama 1° C).
- Dad badan ayaa dareema murugo badan ama waxaa ku yimaada isbadalo xagga shucuurta ah kadib wadno xanuunka. Wac dhakhtarkaaga hadii ay arrintani ka soo darto amase ay kaaga tagi waydo dhawr toddobaad.

Takhtarkaaga ayaa laga yaabaa inuu ku siiyo tilmaamo kale.

## **Improve Your Heart Health**

There are things you can do to improve your heart health.

- Do not smoke or use tobacco products and avoid other people's tobacco smoke.
- Treat high blood pressure if you have it.
- Exercise at least 30 minutes each day.
- Eat a healthy diet that has less fat, salt and sugars.
- Keep your weight in a normal range.
- Control your blood sugar if you have diabetes.
- See your doctor for regular check ups and take your medicines as ordered.

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

## **Horumari Caafimaadka Wadnahaaga**

Waxaa jira arrimo aad qaban kartid si aad u horumariso caafimaadka wadnahaaga.

- Ha cabin sigaar ama ha isticmaalin buuri oo iska ilaali inaad ka ag dhawaato dadka kale ee sigaarka cabaya.
- Iska daawee dhiig karka haddii aad qabto.
- Jimicsi samee ugu yaraan 30 daqiiqadood maalin kasta.
- Cun cunnoyinka ay ku yar yihiin duxda, milixda iyo sonkorta.
- Ilaali miisaankaaga oo ha ahaado inta caadiga ah.
- Xadid sonkorta ku jirta dhiigaaga haddii aad leedahay kaadi macaan.
- Si joogto aha ula kulan dhakhtar si uu kuugu sameeyo baadhitaano caafimaad oo u qaado daawada sida uu kuugu sheego.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.**

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Heart Attack. Somali.