

# Yareey khatartaada in dhimirbeel kugu dhaco





## Ma ogtahay?

Gabownimada micnaheedu **ma aha** in dhimirbeel kuugu dhici doono.

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Adigu dhimirbeel kuguma **dhici doono** xubin qoyska ka tirsan ayaa qaba darteed.

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**Waxaad qaadan** kartaa tallaabo aad hoos ugu dhigayso halista inay dhimirbeel kuugu dhacdo.

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Marna ma aha wax goor hore ama aad looga daahay in **tallaabo la qaado.**

## Waa maxay dhimirbeelida?

Erayga 'dhimirbeelida' wuxuu qeexayaa calaamado dallad ahaan oo ay ku jiraan xusuus lumis iyo dhibaatooyin xagga fikirka, xalinta dhibaataada ama luqadda. Waxay kaloo ku lug yeelan kartaa isbeddellada niyadda, aragtida ama habdhaqanka.

Waxaa jira sababo badan oo kala duwan ee dhimirbeelida, iyo noocyo badan oo kala duwan, tusaale ahaan Alzheimer's ama dhimirbeelka vascular.

**Si aad wax badan u ogaato, oo ay ku jiraan calaamadaha, booqo [www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

## Yaraynta khatarta

Inkasta oo ay jiraan xaqiiqyo halis ah oo aan la beddeli karin, warbixinta wanaagsan waxay tahay in cilmi-baaristu ay muujisay in ay suurtagal tahay in la yareeyo suurtagalnimadaada in dhimirbeel kuugu dhaco. Tani waxay ku lug leedahay samaynta isbeddelada qaarkood si ay kaaga caawiyaan ilaalinta caafimaadka jidhkaaga iyo ka hortagga dhaawaca maskaxdaada. Tani waxay faa'iido u yeelan kartaa dadka da' kasta ah.

Hagahani wuxuu ku siin doonaa macluumaad ku saabsan qaar ka mid ah xaqiiqyada halista ah. Waxay sidoo kale kula socod siin doontaa inaad ka warqabto taageerada deegaanka iyo macluumaadka kaa caawin doona inaad qaaddo tallaabo aad ku yareeynayso fursadahaaga in dhimirbeel kugu dhaco. Haddii aad ka walwalsan tahay naftaada ama qof kale, waa inaad talo ka raadsataa xirfadle daryeel caafimaad.



## Ilaalinta wax maqalkaaga

Khatarta aad ku qaadi karto dhimirbeelka waxaa sii kordhisaa haddii aad lahaato in wax maqlidaada ay lunto oo aanad wax tallaabo ah qaadin.

Badanaa, wax ka qabida lumista maqalku sida ugu fiican ayay u shaqaysaa markaad bilawdo inaad goor hore wax ka qabato. Arintani waxay ka dhigan tahay ilaalinta wax maqalkaaga laga bilaabo da' yaraanta. Tusaale ahaan, waxaad ka fogaan kartaa dhegeysiga dhawaaqyada dheer in muddo dheer, iyo inaad xidhato wax dhegta layskaga ilaaliyo marka loo baahdo.

**Waa muhiim in maqalkaaga lagaa baaro.**

**Had iyo jeer u tag GP marka hore haddii:**

- adigu aad sidoo kale leedahay calaamado kale, sida dhego xanuun ama dheecaan ka soo bixid - tani waxay noqon kartaa shay si fudud loo daweyn karo sida dhukayga dhagta ku urura ama caabuqa dhegta
- aad lahaato inaad hal dheg si lama filaan wax ka maqli waydo

**Waxaa jira dhowr hab ee wax maqlidaada lagaa baari karo.**

## Sida loo helo baaritaanka maqalka ee NHS

Waxaad NHS ka heli kartaa baaritaanka maqalka bilaashka ah iyo qalabka gargaarka maqalka dhijitaalka waxaana ku soo gudbinaya GP. Dhaqtarka Maqalka (khabiirka maqalka) ayaa kaala hadli doona natiijooyinka kuguna talin doona doorashooyinka ama talo ku siin doona.

Waxa kale oo jira shirkado badan oo gaar loo leeyahay oo ku bixiya baadhista maqalka lacag la'aan iyo qalabka gargaarka maqalka oo kharashkeeda adigu bixin doonto, haddii ay arintani ay tahay khiyaarka aad door biday.



## Maxaad u qaadan wayday baaritaanka maqalka onleenka ee bilaashka ah si aad uhubiso maqalkaaga?

Waxaad baaritaanka ku qaadan kartaa boga websaaydka ee The Royal National Institute qaranka ee dadka dhagoolayaasha ah (RNID) - [www.rnid.org.uk](http://www.rnid.org.uk)

Tani waxay kuu sheegi kartaa haddii aad u baahan tahay in lagaa qaado baaritaanka wax maqalka ee fool-ka-fool ah waxayna ku siin kartaa fursad aad ku hesho talo ku saabsan waxaad samayn lahayd.

**Xaqiiji inaad isticmaashid oo aad ilaaliso aaladahaaga wax maqalka haddii aad u baahan tahay!**

## Jooji sigaarka

Joojinta ama ka fogaanshaha sigaarka waxay hoos u dhigi kartaa khatarta aad ku qaadi karto dhimirbeelka.

Sigaarku wuxuu waxyeelo badan u geystaa wareegga dhiigga ee jidhka, gaar ahaan xididdada dhiigga ee maskaxda, iyo sidoo kale wadnaha iyo sambabada, waxayna kordhisaa khatarta kansarka, cudurrada wadnaha iyo xididdada iyo cudurrada kale.

Joojinta sigaarka waa waxa ugu fiican ee aad u samayn karto caafimaadkaaga, waxtarka caafimaadkuna waxay bilaabataa isla markiiba.

Weligeed ma aha wax laga daahey joojinta sigaarka. Hase ha ahaatee, islamarkii hore ee aad joojiso, waxay hoos u dhigeysaa khatarta aad ku qaadi karto dhimirbeelka.

Waxaad afar jeer uga dhowdahay inaad joojiso sigaarka adoo isticmaalaya Adeegga Joojinta Sigaarka ee NHS marka loo eego haddii aad isku daydo inaad kaligaa iska joojiso.

Sigaarka gacanta labaad (mararka qaarkood loo yaqaan sigaarka dadban) sidoo kale waxay kordhin kara halista dhimirbeelka goor dambe ee nololaha.



## Ilaalinta caafimaadkaag maskaxda



Qof kastaa wuxuu dareemi karaa niyadjab mararka qaarkood. Calaamadaha niyad jabka guud waxay ka mid noqon kara dareenka:

- murugo
- walaac ama argagax
- daal badan sida caadiga ah ama hurdo la'aan
- xanaaq ama niyad jab
- Kalsoonida oo hoosaysa ama isku kalsoonaanta
- Adoon rabin inaad ka qayb qaadatao hawlihii aad ku raaxaysan jirtay

***Niyadjabka badanaaba waxay ficnaataa dhowr maalmood ama toddobaadyo ka dib.***

## Calaamadaha niyadjabka

Haddii aad leedahay dareen hoose soconaysa 2 toddobaad ama ka badan, waxay noqon kartaa calaamad niyad jab.

Calaamadaha kale ee niyad-jabka waxaa ka mid noqon kara:

- aanad ka helin wax raaxo ah ee nolosha
- dareen rajo beelid
- aan awoodin inaad diirada saarto waxyaabaha maalinlaha ah
- aad lahaato fikrado isdil ama fikrado ah inaad naftaada waxyeelayso

## Maxaad samayn kartaa si aad naftaada u caawiso?

Haddii dareenka niyadjabka uu saameynayo noloshaada, waxaa jira waxyaabo aad isku dayi karto oo ku caawin kara.

Niyadjabka waxaad ku wanaajin kartaa adiga oo isbedel yar ku sameeya noloshaada, tusaale ahaan inaad kala hadasho dareenkaaga saaxiib, xubin qoyska ama talobixye **Waxaad sidoo kale la xiriiri kartaa Samaritans (wac 116 123 ama email [jo@samaritans.org](mailto:jo@samaritans.org))** haddii aad u baahan tahay qof aad la hadashid.

## Maxaad isku dayi wayday Shanta Hab ee wanaagga?

1. **Ukuuragal** - Naftaada waqti u qaado, u fiirso waxyaabaha kugu xeeran oo ku raaxayso wakhtiga
2. **Xiriirin** - Sameey wakhti aad kula xidhiidho asxaabta iyo qoyska si ay kaaga caawiyaan tayaynta maalintaada
3. **Firfircoon ahaw** - Firfircoonidu waxay ku dareensiisaa wanaagsanaan. Dhaqdhaqaaq - qoob ka ciyaar, hees, dibadda u bax - luga baxso, orod ama baaskiil wad
4. **Waxbarasho sii wad** - Barashada wax cusub waxay noqon kartaa wax madadaalo, waxay ku dareensiisaa wanaag oo waxay dhistaa kalsoonidaada
5. **Wax bixi** - Falalka naxariista, caawinta dadka kale ama xitaa mutadawacnimada waxay kaa dhigi kartaa inaad dareento farxad

Taageero dheeraad ah ayaa la heli karaa haddii waxyaalaha aad adigu iskaaga isku dayayso aanay ku caawinayn. Liiska ilaha caawimada ayaa waxaa lagu bixiyay dhamaadka buug-gacmeedkan. Haddii aad dareemayso is-dilid, waa inaad la xiriirtaa xirfadle caafimaad.

## Ku xidhnow dadka kale oo maskaxdaada mashquuli

**Ku lug yeelashada fayoobida maskaxda ama hawlaha bulsheed waxay kaa caawin karaan inaad dhisto kartida maskaxdaada si ay ula tacaasho cudurka, yarayso walbahaarka iyo hagaajinta niyaddaada.**

Tani waxay ka dhigan tahay samaynta hawlaha waxay kaa caawin karaan dib udhigista, ama xitaa ka hortagga, inaad hesho dhimirbeelida. Raadso waxqabadyo aad jeceshahay oo tartangelin ku ah maskaxdaada oo sijoogto ah u sameey. Tani waxay noqonkartaa halxiraalaha ama ereyadaisdhaafsiga, laakiin waxa kale oo jira waxqabadyo kale oo badan oo aadsamayn karto. Wax kasta oomaskaxdaada mashquuliya, socodsiiyamacluumaadka oo kobciya xirfadahaagafikirka way kuu fiican tahay.

Waxqabadyada bulsheed waxay u fiican yihiin maskaxda, taasoo ka dhigaysa hab aad u wanaagsan oo lagu yareeyo khatarta aad ku qaadi karto dhimirbeelka. Tan waxa ku jira la macaamilka dadka kale ee internetka iyo sidoo kale shakhsi ahaan. Tani waxay ka dhigan tahay inay muhiim tahay inaad isku daydo inaad la xiriirto dadka adiga muhiim kugu ah, sida asxaabta iyo qoyska. La sheekaysiga qof kale waxaad kale oo ay ku jimicsan kartaa xirfado badan ee maskaxdaada.

### Maxad iskugu Dayi Wayday?

- waxbarashada dadka waaweyn ama waxbarashada
- farshaxanka iyo wax qorid (gaar ahaan koox ahaan)
- ku ciyaarista qalab muusig ama heeso
- iskaa wax u qabso
- samaynta 'maskax mashquulid', sida xujooyinka, ereyada isdhaafsiga ama su'aalaha
- ciyaaraha turubka, shaxanka ama ciyaaraha looxa
- akhrinta buugaagta, ama xubin ka noqoshada naadiga buugaagta
- qoraal hal abuur leh ama sameeyn xusuus qor
- barashada luqad cusub



## Ilaali madaxaaga

Dhaawacyada maskaxda ee naxdinta leh waxa sababa jug ama dhaqdhaqaaq madaxa - gaar ahaan marka qofka uu dhaco isagoo miyirka beela.

Tani waxay bilaabi kartaa habka maskaxda halkaasoo walxaha keena cudurka Alzheimers ay ku ururaan agagaarka aagga dhaawacan.

Dhaawacyada maskaxda waxaa inta badan keena:

- Shilalka wadada ee baabuurta
- Walax si lama filaan ah madaxaaga ugu dhufatay
- Ciyaaraha qaar

*Isku day in aad xidhato koofiyada adag ee ka hortag ah xaaladaha ay ka jirto khatar ka sarraysa oo ka badan inta caadiga ah ee dhaawaca madaxa.*



## Isha ku haay dhiig karkaaga

Dhiig karka, gaar ahaan inta lagu jiro bartamaha nolosha ama goor dambe ee nolosha, waxay kordhin kartaa halista cudurka dhimirbeelka. Markaad sii gaboobeyso, waxaa muhiim ah inaad ka warqabto dhiig karkaaga inta uu yahay.

Habka kaliya ee lagu ogaan karo in aad qabto dhiig karka waa in la iska baaro dhiig karka.

Waxaa lagaa baari karaa dhiig karkaaga dhowr meelood, oo ay ku jiraan:

- rugta dhaqtarkaaga GP
- farmashiyada qaarkood
- goobaha shaqada qaarkood



Isbeddelladan hab-nololeedku waxay kaa caawin karaan hoos u dhigista iyo xitaa ka hortagga dhiig-karka:

- Yaree inta milix ee aad cunayso
- Yareey walxaha sonkorta lagu daray
- Qaado cunto guud ahaan caafimaad leh
- Xaddid qaadashada khamriga
- Miisaankaaga yaree haddii aad cayilan tahay
- Sameey jimicsi joogto ah
- Yareey cabida Kofeega
- Jooji Sigaarka

Waxaa jira macluumaad dheeraad ah oo ku saabsan qaar ka mid ah arrimahan qaab nololeedka ee gudaha qaybaha kale ee hagahan.

**Cadaadiska dhiigu waa inuu ka hooseeyaa 140/90 mmHg dadka da'doodu ka hooseeyso 80 iyo 150/90 mmHg ee da'da 80+.**

**Fadlan ogow in kala duwanaanshaha cadaadiska dhiigga ee ugu habboon uu ku kala duwanaan karo iyadoo ku xiran xaaladaha caafimaad ee shakhsi ahaaneed.**

# Dhaqdhaqaaq dheeraad haddana dhaqdhaqaaq inta badan

Firfircoonidu waxay u fican tahay wadnahaaga, wareegga dhiiga, miisaankaaga iyo fayobida maskaxda waxayna yarayn kartaa khatarta aad ku qaadayso dhimirbeelka.

Dadka waaweyni waa inay higsadaan ugu yaraan 150 daqiiqo usbuucii jimicsi dhexdhexaad ah (neefsasho korodhis ah laakiin weli awood u leh inuu hadlo qofku), ama ugu yaraan 75 daqiiqo usbuucii dhaqdhaqaaq xoog leh (neefsi degdeg ah iyo inay kugu adkaato hadalka), ama isku-dar u dhigma labadaba.

Dhaqdhaqaaq badan, fadhiisin yar - si tartiib ah u bilow oo sii kordhi inaad firfircoon noqoto 30 daqiiqo maalin kasta. Dhaqdhaqaaq 10 daqiiqo keliya ah markiiba waxay faa'iido u yeelan doontaa caafimaadkaaga.

Waxaad dooran kartaa dhaqdhaqaaq jireed oo laga yaabo inaad ku raaxaysato oo aad hesho mid adiga kuu shaqeeya.



## Maxaad iskugu Dayi wayday?

- Socodka
- Dabaasha
- Qoob ka ciyaar
- Iska diiwaan gelinta jimicsiga (Xubinnimada wakhtiga firaqada)
- Ka qayb qaadashada fasalka jimicsiga
- baaskiilka
- orodka

## Ama ku bilow isbedelo yaryar sida:

- Ku dhis nolol maalmeedkaaga socodka adigoo u lugeysa dukaamada
- Qaado ee kor jaranjarada ee ha qaadin wiishka
- Baabuurkaga kaga tag guriga marka aad safarrada maxaliga ah aadayso
- Haddii shaqadaadu ku lug leedahay fadhi badan, hubi inaad qaadatao nasasho joogto ah si aad udhaqdhaqaaqdo

## Yareey khatartaada nooca 2-aad ee sonkorowga

Nooca 2-aad ee sonkorowga waa xaalad sababa in heerka sonkorta dhiigga qofka (glucose) uu aad u sarreeyo waxayna kordhin kartaa halista aad ku qaadi karto dhimirbeelka.

Warka wanaagsan waxay tahay in aad hoos u dhigi karto fursadahaaga in uu kugu dhaco cudurka macaanka nooca 2aad adiga oo samaynaya isbeddelada.

1. Gaaritaanka miisaan caafimaad leh
2. Kordhinta heerka dhaqdhaqaaqaaga
3. Joojinta sigaarka
4. Xulashada cuntooyinka faybarku sa rreeyo
5. Cunista yar ee hilibka la warshadeeyay, macmacaanka, doolshiga iyo cabitaanka sonkorta ka buuxa
6. Hiigsiga ugu yaraan 5 qaybood oo furuut iyo khudrad ah maalintii
7. Joojinta khamriga

Haddii aad qabto sonkorowga nooca 2, waxaa lagu maareyn karaa isbedel lagu sameeyo xulashada cuntada, firfircoon ahaanida iyo inaad hesho miisaanka jirka oo caafimaad qaba. Cilmi baaris ayaa hadda dadka qaar u muujisay in nooca 2-aad ee xanuunka macaanka la joonin karo iyadoo loo marayo dhimista miisaanka. Tani waxay aad suurtagal tahay inay dhacdo 6-da sano ee ugu horreysa ka dib ogaanshaha cudurka.

## Xadid qaadashada khamriga

Isticmaalka khamriga ee xad-dhaafka ah waxay isku xiran yihiin isbeddellada maskaxda iyo dhimirbeelka. Xaddidaadda isticmaalka khamrigaaga

waxay yarayn kartaa halista aad ku qaadayso dhimirbeelka.

## Hagaha khamriga



Ku ekaaw qadarta khamriga ee aad cabto xadka lagula taliyay waxaan ka badnayn 14 unug asbuucii ragga iyo dumarkaba - taasi waa qiyaastii dhalo iyo nus khamri ah ama lix pints oo biir ah.

Haddii aad cabto ugu badnaan 14 unug todobaadkii, waxa fican inaad arintan si siman u kala fidiso 3 maalmood ama ka badan.

Haddii aad uur leedahay, habka ugu badbaadsan waa inaad cabbin khamriga gabi ahaanba, si aad ugu yarayso halista ilmahaaga.

Haddii aad wax walaac ah ka qabto cabistaada khamriga, booqo [www.alcoholchange.org.uk](http://www.alcoholchange.org.uk) ama la hadal dhaqtarkaaga.

## Sidee ku cabbi kartaa si macquul ah?

- **Qorshe sameey**  
Kahor intaadan bilaabin cabitaanka, sameeyso xad inta aad cabbi doonto.
- **Sameey Miisaaniyad**  
Qaado qaddar go'an oo lacag ah keliya si aad u isticmaasho khamriga.
- **La socodsii kuwa kale**  
Haddii aad la socodsii asxaabtaada iyo qoyskaaga inayogaadaan inaad dhimayso oo ay muhiim kuu tahay - waxaa lagaa yaaba inaad iyaga taageero ka heshid.
- **Lasoco cutubyadaada**  
Wax yar iska jar maalin kasta. Waxaad isku dayi kartaa appka la socodkacabitaanka (tracker app) si aad si fudud u hubiso inta yunit ee aadcabbeyso.
- **Ka dhig mid yar**  
Waxaad weli ku raaxaysan kartaa cabitaanka, laakiin sameey cabbirroyaryar. Isku day biirka dhalada ah halkii aad ka isticmaali lahayd pints, ama koob yar oo khamri ah halkii ay ka ahaan lahayd mid weyn.
- **Lahaaw cabbitaantamar-hoose**  
Iska yareey aalkolada adigoo kubeddelaya biirka amakhamriga kuwa leh tamar hoose (ABV in %) ama mida aan aalkoladaku jirin. Macluumaadkan waxaad ka heli doontaadhalada.
- **Sii ahaaw qof fuuq leh**  
Qaado koob biyo ah ka hor intaadanaalokalada cabbin kuna beddel cabitaanka aalkolo leh biyaha amacabitaanno kale oo aan aalkolo ahayn.
- **Nasasho qaado**  
Hubi inaad haysatomaalmo badan oo bilaa-cabitaan ah toddobaadkasta.





## Ilaalinta indhahaaga

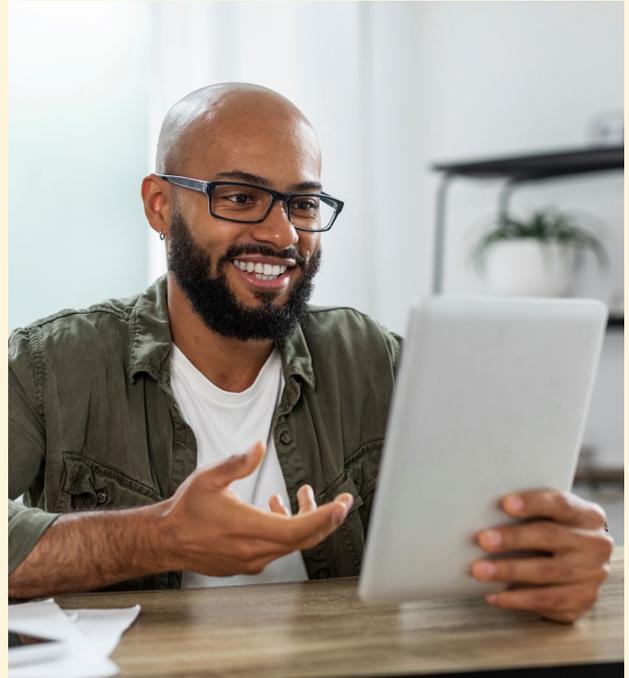
Lumitaanka aragga waxa lala xidhiidhin karaa dhimirbeelka haddaba daawaynta xaaladaha indhaha qaarkood waxa ay hoos u dhigi kartaa halista dhimirbeelka. Luminta aragga waxay sidoo kale ka dhigi kartaa dhimirbeelka in la ogaado mid aad u adag.

Baaritaannada indhaha ee joogtada ah waxay bixiyaan qiimaynta araggaaga waxayna kaa caawin karaan in lagu ogaado xaaladaha indhaha. Xaalado badan oo indhaha ah ayaa la daweyn karaa haddii wakhti hore la ogaado, markaa ha daahin in indhahaaga lagaa baaro.

### *Waa muhiim in si joogto ah indhahaaga loo baaro:*

- Waxaad ka ballansan kartaa baaritaanka indhaha dhakhtarka indhaha ee xaafaddaada.
- Baaritaannada indhaha ee NHS ayaa waxaa heli karaan kooxo qaarkood-raadso haddii aad u qalanto baaritaanka aragga ee NHS halkan: [www.nhs.wales/sa/daryeelka-indhaha-wales](http://www.nhs.wales/sa/daryeelka-indhaha-wales)
- Haddii aad wax walaac ah ka qabto indhahaaga, waa inaad isla markiib u tagtaa dhakhtarka indhaha. Dhakhtarka indhaha ayaa kugula talin doona haddii aad u qalanto baaritaanka caafimaadka indhaha ee bilaashka ah

Habnololeed caafimaad leh, oo ay ku jiraan cunto nafaqo leh iyo jimicsi joogto ah, waxay sidoo kale indhahaaga ka caawin doontaa inay caafimaad ahaadaan intii suurtoagal ah. Waxa kale waxaa talo ahaan la soo jeediyaa in aad indhahaaga ka ilaaliso qorraxda markaad dibadda u baxdid.



## Baro haddana iska daaweey LDL dufanka heer sare

- dufanka cufka-hoose ee Lipoprotein (LDL) kolestaroolku waa nooc ka mid ah dufanka ku wareegsan dhiigga oo mararkaqaarkood loo yaqaan dufanka “xun”
- Dufanka sare ee LDL waxaa marhoreyba loola xiriiriyaa cudurradawadnaha, laakiin cilmi-baaris dhawaan lasameeyay ayaa muujisay in haddii aan laxakameynin, ay sidoo kale kordhin kartokhatarta aad ku qaadi karto dhimirbeelkaee goor dame ee nololsha
- Dufanka LDL ee sarreeya waxaa sababamiisaanka oo kordha iyo cayilidheeraadka, cunista cuntada dufankaleh, jimicsi la'aanta, sigaarka iyocabbitaanka khamriga. Waxa kale oolaysku dhaxli karaa qoysaska dhexdiisa
- Dufanka LDL aad u badan waxay xannibikartaa xididdada dhiiggaaga. Waxay kaadhigaysaa inaad aad ugu suurowdoinaad hesho dhibaatooyin wadnaha ahama faalig
- A 5–10% miisaanka oo la dhimo waxaysi wayn u yarayn kartaa kolestaroolkaLDL. Cunista si caafimaad leh iyo jimicsibadan ayaa sidoo kale ku caawin doonta.Intaa waxaa dheer, dadku waxay sidookale u baahan karaan inay qaataandaawada statin
- Cilmi-baadhis cusub waxay soojeedinaysa ogaanshaha iyodaawaynta sare ee kolestaroolka LDL ay yarayn karto khatarta ah inuu kugu dhaco dhimirbeel. Xili dambe ee nololsha.

### Iska baar

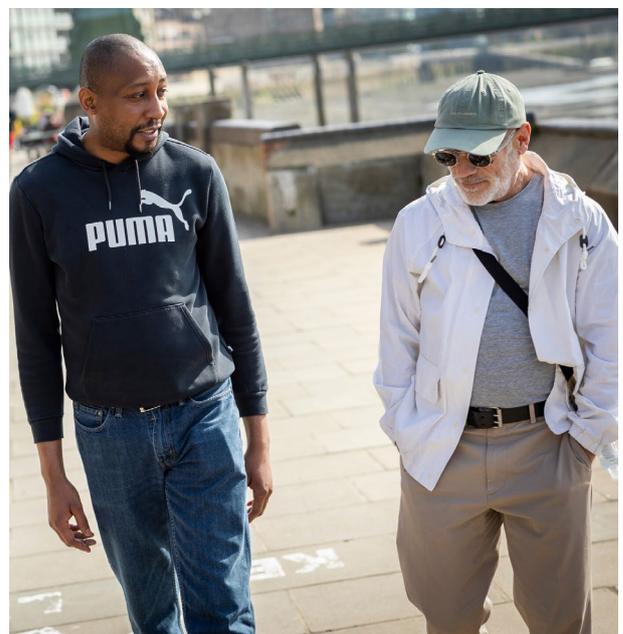
Dufanka heer sare ee LDL caadi ahaan ma sababao wax calaamado. Waxa kaliya oo aad ku ogaan kartaa haddii aad ka qabto habka baaritaanka dhiigga.

Waxaa laga yaabaa in Dhaqtarkaaga soo jeediyo in lagu sameeyo baaritaan lagu hubinayo haddii heerka dufankaaga sarreeyo.

Tani waxa u sabab noqon kara da'daada, miisaankaaga ama xaalad caafimaad ee aad qabtid (sida dhiig karka ama sonkorowga).

Baaritaanka dufankaaga waxay cabbiri kartaa:

- wadarta dufankaaga - tirada guud ee dufanka dhiigaaga
- dufanka wanaagsan (oo loo yaqaan HDL) - arintani waxay kaa dhigi kartaa inay yareeyso inaad laahato dhibaatooyin wadnaha ama faalig
- Dufanka LDL



### *Maxaa caawin kara?*

Isbeddellada hab-nololeedku waxay kaa caawin karaan xakamaynta heerka kolestaroolkaaga sare, oo ay ku jiraan:

- Joogteynta miisaan caafimaad leh
- Kordhinta dhaqdhaqaaqa jirka
- Joojinta sigaarka
- Ku samaynta isbeddelada cuntadaada, oo ay ku jiraan:
  - Yaraynta dufanka buuxa (tusaale hilibka cas dufanka leh amacaanaha ama cuntooyinka shiilan) iyo kordhinta qaadashadaborotiinka ka caafimaad badan, sida kalluunka saliidda leh (tusaale, mackerel, sardines) ama digaag
  - Kordhinta qaadashadaada fiber-ka milma, laga helo boorashka, digirta, cadaska, khudaarta iyo saladka
  - Dhexdhexaadinta qaadashadaada cuntooyinka sonkorta leh iyo aalkolada

Haddii lagaa baadhay oo lagaa helay heerarka sare ee kolestaroolka LDL, Waxaa muhiim ah in sidoo kale inaad tixgeliso daawo qaadashada, marka lagu daro isbeddelka habnololeedka.



# Warbixin iyo Taageero Dheeraad ah

NHS – Wax badan ka ogow waxa ku saabsan ka hortagga dhimirbeelka  
[www.nhs.uk/conditions/dementia/about-dementia/prevention/](http://www.nhs.uk/conditions/dementia/about-dementia/prevention/)

Ilaalinta wax maqalkaaga	
<b>Adeegyada Maqalka Guddiga Caafimaadka ee Jaamacadda Cardiff iyo Vale (Cardiff and Vale University Health Board Audiology Services)</b> (Fiiro gaar ah: Bukaannada cusub waxay u baahan doonaan inay la xiriiraan dhaqtarkooda GP (ama xirfadlayaasha kale ee caafimaadka ee isbitaalka) si loogu gudbiyo waaxda Maqalka)	<a href="http://www.cavuhb.nhs.wales/our-services/audiology">www.cavuhb.nhs.wales/our-services/audiology</a> Tel: 029 2184 3179 Email: <a href="mailto:audiology.helpline.CAV@wales.nhs.uk">audiology.helpline.CAV@wales.nhs.uk</a>
<b>Eargym</b> Appka Tababarka Maqalka	<a href="http://www.eargym.world/">www.eargym.world/</a>
<b>Baaritaanka maqalka ee onleenka (RNID)</b>	<a href="http://www.rnid.org.uk/information-and-support/take-online-hearing-check">www.rnid.org.uk/information-and-support/take-online-hearing-check</a>
Jooji sigaarka	
<b>Help Me Quit</b>	<a href="http://www.helpmequit.wales">www.helpmequit.wales</a> Tel: 0800 085 2219 Fariin u qor HMQ 80818 Email: <a href="mailto:helpmequit@wales.nhs.uk">helpmequit@wales.nhs.uk</a>
<b>NHS Live Well - Joojinta Sigaarka</b>	<a href="http://www.nhs.uk/live-well/quit-smoking">www.nhs.uk/live-well/quit-smoking</a>
<b>Patients at University Hospital of Wales (UHW) and University Hospital Llandough (UHL) - gudbinta adeega joojinta ee gudaha</b>	Tel: 029 2074 3582 (UHW) Tel: 029 2071 5420 (UHL)
<b>Farmashiyeyaasha</b>	Taageerada joojinta sigaarka waxaa bixiya farmashiyaal badan. Weydii farmashiyaha xaafaddaada macluumaad dheeraad ah oo ku saabsan joojinta sigaarka

<b>Smoke Free</b> (appka)	<a href="http://www.smokefreeapp.com">www.smokefreeapp.com</a>
<b>Ilaali caafimaadka maskaxdaada</b>	
<b>ACTivate your life - Nololshaada Firfircooneysii</b> - koorsada is-caawinta onleenka ee bilaashka ah ee loogu talagalay inay kaa caawiso hagaajinta caafimaadkaaga dhimirka iyo ladnaantaada Nololshaada Firfircooneysii - Caafimaadka Dadweynaha Wales (nhs.wales)	<a href="http://www.phw.nhs.wales/services-and-teams/activate-your-life">www.phw.nhs.wales/services-and-teams/activate-your-life</a>
<b>C.A.L.L. Khadka Caawinta</b> (TaliyahaBulshada & KhadkaDhageysiga) - Waxaybixisaa taageero niyadeediyo macluumaad/ qoraalada caafimaadka maskaxda iyoarrimaha la xidhiidha dadkaWales	<b>Taleefanka bilaashka ah 0800 132 737 Ama caawimo fariin u dir 81066</b>
<b>Cardiff Mind</b>	<a href="http://www.cardiffmind.org">www.cardiffmind.org</a> Tel: 029 2040 2040 Email: <a href="mailto:admin@cardiffmind.org">admin@cardiffmind.org</a>
<b>Mind in the Vale of Glamorgan</b>	<a href="http://www.mindinthevale.org.uk">www.mindinthevale.org.uk</a> Tel: 014 4673 0792 Email: <a href="mailto:admin@mindinthevale.org.uk">admin@mindinthevale.org.uk</a>
<b>Cardiff &amp; Vale Action for Mental Health</b> (cavamh)	<a href="http://www.cavamh.org.uk">www.cavamh.org.uk</a> Tel: 029 2022 2000 Email: <a href="mailto:mail@cavamh.org.uk">mail@cavamh.org.uk</a>
<b>Every Mind Matters</b> (NHS)	<a href="http://www.nhs.uk/every-mind-matters">www.nhs.uk/every-mind-matters</a>
<b>Mindfulness</b>	<a href="http://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness">www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness</a>
<b>Goobta Daaweynta dabiiciga ee Caafimadka maskaxda</b> (CAVUHB)	<a href="http://www.cavuhb.nhs.wales/our-services/mental-health/our-services1/psychological-therapy-hub">www.cavuhb.nhs.wales/our-services/mental-health/our-services1/psychological-therapy-hub</a>

<p><b>Aqrinta Wanaagsan ee Caafimaadkaaga Maskaxda</b> (Buuga Warqada dhaqtar)</p>	<p>Waxaa laga heli karaa dhammaan Goobaha caawinaadka Cardiff iyo Maktabadaha iyo dhammaan Maktabadaha Valle ee Glamorgan</p> <p><a href="http://www.libraries.wales/library-services-activities/health-wellbeing/reading-well-books-on-prescription-in-wales">www.libraries.wales/library-services-activities/health-wellbeing/reading-well-books-on-prescription-in-wales</a></p>
<p><b>Samaritans (Samaroon)</b></p>	<p>Wac: 116 123 Ma u baahan tahay taageero afka Welsh? Tel: 0808 164 0123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a></p>
<p><b>Wellbeing Support Service (Adeegga Taageerada Ladnaanta (1:1 hagid)</b> Taageerada lagu caawinayo dadka inay la xiriiraan Goobaha caawinta ee Cardiff si ay u hagaajiyaan wanaagooda</p>	<p><a href="http://www.cardiffhubs.co.uk/wellbeing-support-service">www.cardiffhubs.co.uk/wellbeing-support-service</a> Tel: 029 2087 1071 limeel: <a href="mailto:Wellbeingteam@cardiff.gov.uk">Wellbeingteam@cardiff.gov.uk</a></p>
<p><b>Wellbeing Matters Service (Adeegyada fayooabaanta) (Vale of Glamorgan)</b> - xiriinta muwaadiniinta eebulshada, samafalka iyo taageerada mutadawacnimada ah</p>	<p><a href="http://www.valeofglamorgan.gov.uk/en/living/social_care/Health-and-Wellbeing/Wellbeing-Matters-Service.aspx">www.valeofglamorgan.gov.uk/en/living/social_care/Health-and-Wellbeing/Wellbeing-Matters-Service.aspx</a> Tel: 01446 741706/01446 704138</p>
<p><b>La xidhiidh dadka kale oo maskaxdaada mashquuli</b></p>	
<p><b>Adult Learning Cardiff</b> (Waxbarashada Dadka Waaweyn ee Cardiff)</p>	<p><a href="http://www.adultlearningcardiff.co.uk">www.adultlearningcardiff.co.uk</a></p>
<p><b>Adeegga Waxbarashada Dadka Waaweyn ee Vale of Glamorgan</b></p>	<p><a href="http://www.valeofglamorgan.gov.uk/en/working/adult_and_community_learning/Adult-Community-Learning.aspx">www.valeofglamorgan.gov.uk/en/working/adult_and_community_learning/Adult-Community-Learning.aspx</a></p>
<p><b>Cardiff Hubs and Libraries</b></p>	<p><a href="http://www.cardiffhubs.co.uk">www.cardiffhubs.co.uk</a></p>
<p><b>Vale of Glamorgan Libraries</b></p>	<p><a href="http://www.valeofglamorgan.gov.uk/en/enjoying/Libraries/Libraries.aspx">www.valeofglamorgan.gov.uk/en/enjoying/Libraries/Libraries.aspx</a></p>
<p><b>Kooxda FAN</b></p>	<p><a href="http://www.thefancharity.org/find-a-fan-meeting">www.thefancharity.org/find-a-fan-meeting</a></p>

<p><b>Wellbeing Support Service-</b> Taageerada lagucaawinayo dadka inay laxiriiraan dadka kale</p>	<p><a href="http://kalewww.cardiffhubs.co.uk/wellbeing-support-service">kalewww.cardiffhubs.co.uk/wellbeing-support-service</a> Tel: 029 2087 1071 limeel: <a href="mailto:Wellbeingteam@cardiff.gov.uk">Wellbeingteam@cardiff.gov.uk</a></p>
<p><b>Wellbeing Matters Service (Adeegga Arrimaha Ladnaanta (Vale of Glamorgan) - isku xidhka muwaadiniintabulshada, samafalka iyotaageeradamutadawacnimada ahwww</b></p>	<p><a href="http://ahwww.valeofglamorgan.gov.uk/en/living/social_care/Health-and-Wellbeing/Wellbeing-Matters-Service.aspx">ahwww.valeofglamorgan.gov.uk/en/living/social_care/Health-and-Wellbeing/Wellbeing-Matters-Service.aspx</a> Tel: 01446 741706 / 01446 704138</p>
<p><b>Isha ku hay cadaadiska dhiiggaaga</b></p>	
<p><b>Hubi da'da wadnahaaga (NHS)</b></p>	<p><a href="http://www.nhs.uk/health-assessment-tools/calculate-your-heart-age">www.nhs.uk/health-assessment-tools/calculate-your-heart-age</a></p>
<p><b>Cardiff Hubs - nidaamka amaahda qalabka lagu fiiriyo dhiig karka ee bilaashka ah ee xubnaha maktabadda (sidoo kale waxaa heli kara dadka deggan Vale)</b></p>	<p><a href="http://www.cardiffhubs.co.uk">www.cardiffhubs.co.uk</a></p>
<p><b>Dhaqdhaqaaq badan iyo marar badan</b></p>	
<p><b>Being Physically Active (Inaad ahaato Firfircoonida Jirka)</b></p>	<p><a href="http://www.cavuhb.nhs.wales/patient-advice/local-public-health-team/key-areas-of-focus/making-every-contact-count-mecc/being-physically-active">www.cavuhb.nhs.wales/patient-advice/local-public-health-team/key-areas-of-focus/making-every-contact-count-mecc/being-physically-active</a></p>
<p><b>Cardiff Hubs (waxqabadyo kaladuwan)</b></p>	<p><a href="http://www.cardiffhubs.co.uk/events">www.cardiffhubs.co.uk/events</a></p>
<p><b>Beeraha Cardiff</b></p>	<p><a href="http://www.outdoorcardiff.com/parks">www.outdoorcardiff.com/parks</a></p>
<p><b>Vale of Glamorgan Parks and Gardens (gardiinooyinka Vale ee Glamorgan iyo Beeraha)</b></p>	<p><a href="http://www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Parks-and-Gardens.aspx">www.valeofglamorgan.gov.uk/en/enjoying/Parks-and-Gardens/Parks-and-Gardens.aspx</a></p>
<p><b>Dewis Cymru (Liiska naadiyada/kooxaha deegaanka)</b></p>	<p><a href="http://www.dewis.wales/home">www.dewis.wales/home</a></p>
<p><b>Elderfit (caafimaad ahaanshaha dadka waaweyn)</b></p>	<p><a href="http://www.elderfit.co.uk/group-sessions">www.elderfit.co.uk/group-sessions</a> Tel: 07731 382224 Email: <a href="mailto:gareth.elderfit@gmail.com">gareth.elderfit@gmail.com</a></p>

<b>Keeping Cardiff Moving</b> (safar firfircoon)	<a href="http://www.keepingcardiffmoving.co.uk/home">www.keepingcardiffmoving.co.uk/home</a>
<b>Keeping Me Well</b> (CAVUHB)	<a href="http://www.keepingmewell.com/living-well-leading-a-healthy-lifestyle/physical-activity">www.keepingmewell.com/living-well-leading-a-healthy-lifestyle/physical-activity</a>
<b>Xarumaha firaagada, jimicsiga &amp; barkadaha dabaasha ee Cardiff</b>	<a href="http://www.better.org.uk/leisure-centre/cardiff">www.better.org.uk/leisure-centre/cardiff</a>
<b>Xarumaha dabaasha iyo jimicsiga ee Vale of Glamorgan</b>	<a href="http://www.valeofglamorgan.gov.uk/en/enjoying/Leisure-Centres/Leisure-Centres.aspx">www.valeofglamorgan.gov.uk/en/enjoying/Leisure-Centres/Leisure-Centres.aspx</a>
<b>Make Your Move</b> (Taageerka inaad firfircoon ahaatid)	<a href="http://www.makeyourmove.org.uk">www.makeyourmove.org.uk</a> Email: <a href="mailto:sportcardiff@cardiffmet.ac.uk">sportcardiff@cardiffmet.ac.uk</a>
<b>Move More, Eat Well</b>	<a href="http://www.movemoreeatwell.co.uk">www.movemoreeatwell.co.uk</a> Email: <a href="mailto:movemoreeatwell@wales.nhs.uk">movemoreeatwell@wales.nhs.uk</a>
<b>NHS Fitness Studio - Fiidiyow jimicsiga</b>	<a href="http://www.nhs.uk/conditions/nhs-fitness-studio">www.nhs.uk/conditions/nhs-fitness-studio</a>
<b>Parkrun</b>	<a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a>
<b>Race Equality First</b> (Waxqabadyo loogu talagalay dadka ka soo jeeda qowmiyadaha tirada yar)	<a href="http://www.raceequalityfirst.org/sport-physical-activity">www.raceequalityfirst.org/sport-physical-activity</a> Tel: 029 2048 6207
<b>Sport Cardiff</b>	<a href="http://www.sportcardiff.co.uk">www.sportcardiff.co.uk</a> Tel: 029 20205286 Email: <a href="mailto:sportcardiff@cardiffmet.ac.uk">sportcardiff@cardiffmet.ac.uk</a>
<b>Vale of Glamorgan Healthy Living Team</b>	<a href="http://www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Meet-The-Team.aspx">www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play/Meet-The-Team.aspx</a> Tel: 014 4670 4793
<b>Stay Steady</b> (Kahortaga Kufida)	<a href="http://www.gvs.wales/news/stay-steady-clinic-cardiff-and-vale-university-health-board">www.gvs.wales/news/stay-steady-clinic-cardiff-and-vale-university-health-board</a>
<b>Strength and Balance</b> Fasalo jimicsiga	<a href="http://www.cavuhb.nhs.wales/our-services/diabetes/keeping-well-type-2-diabetes/keeping-active-with-type-2-diabetes/strength-and-balance-exercise-classes">www.cavuhb.nhs.wales/our-services/diabetes/keeping-well-type-2-diabetes/keeping-active-with-type-2-diabetes/strength-and-balance-exercise-classes</a>
<b>Socodka</b> Vale of Glamorgan	<a href="http://www.valeways.org.uk">www.valeways.org.uk</a> Tel: 014 4674 9000 Email: <a href="mailto:info@valeways.org.uk">info@valeways.org.uk</a>

Socodka, hanuuninta iyo dariiqyada baaskiilka ee Cardiff	<a href="http://www.outdoorcardiff.com/trails-across-cardiff">www.outdoorcardiff.com/trails-across-cardiff</a>
<b>Yaree khatartaada nooca 2aad ee sonkorowga</b>	
Fadlan tixraac taageerada ku taal hoosta 'Dhowrso miisaan caafimaad leh', 'Dhaqdhaqaaq badan iyo marar badan' iyo 'Yaree cabitaanka khamriga'	
<b>Xaddid khamrigaaga</b>	
Alcohol change (Isbeddelka khamriga)	<a href="http://www.alcoholchange.org.uk">www.alcoholchange.org.uk</a> Tel: 020 3907 8480 Email: <a href="mailto:contact@alcoholchange.org.uk">contact@alcoholchange.org.uk</a>
Cardiff and Vale Drug and Alcohol Service (CAVDAS)	Tel: 0300 300 7000 Email: <a href="mailto:info@cavdas.com">info@cavdas.com</a>
DAN 24/7 (Khadkacaawinta Aalkolada iyo Maandooriyaasha bilaashka ah ee Wales)	Tel: 0808 808 2234 <a href="http://www.dan247.org.uk">www.dan247.org.uk</a>
Maalmaha Cabitaan La'aan (appka)	<a href="http://www.nhs.uk/better-health/drink-less">www.nhs.uk/better-health/drink-less</a>
Recovery Cymru	<a href="http://www.recoverycymru.org.uk/">www.recoverycymru.org.uk/</a> Tel: 079 4485 1050 Email: <a href="mailto:info@recoverycymru.org.uk">info@recoverycymru.org.uk</a>
<b>Ilaali miisaanka caafimaadka leh</b>	
Eat Well (NHS)	<a href="http://www.nhs.uk/live-well/eat-well">www.nhs.uk/live-well/eat-well</a>
Food Cardiff - Talagadaha bulshada, Storada Cuntada, naadiyada iibsiga iyo Iskaashatooyinka iwm	<a href="http://www.foodcardiff.com">www.foodcardiff.com</a>
Food Vale	<a href="http://www.foodvale.org">www.foodvale.org</a>
Food Facts (BDA)	<a href="http://www.bda.uk.com/food-health/food-facts.html">www.bda.uk.com/food-health/food-facts.html</a>

<b>Foojarrada Bilowga Caafimaadka leh</b> (Haddii aad leedahay uur ka badan tahay 10 toddobaad ama aad leedahay ilmo ka yar 4, waxa laga yaabaa inaad xaq uyeelato inaad hesho caawimoaad ku iibsanaayso cunto iyocaano caafimaad leh)	<a href="http://www.healthystart.nhs.uk">www.healthystart.nhs.uk</a>
<b>Healthy Weight, Healthy You</b>	<a href="http://www.healthyweight.wales">www.healthyweight.wales</a>
<b>Keeping Me Well - Eating Well</b> (CAVUHB)	<a href="http://www.keepingmewell.com/living-well-leading-a-healthy-lifestyle/eating-well">www.keepingmewell.com/ living-well-leading-a-healthy-lifestyle/eating-well</a>
<b>Move More, Eat Well</b>	<a href="http://www.movemoreeatwell.co.uk">www.movemoreeatwell.co.uk</a>
<b>NHS Wales BMI</b> qiyaasta miisanka caafimaadka leh	<a href="http://www.111.wales.nhs.uk/livewell/bmicalculator">www.111.wales.nhs.uk/livewell/bmicalculator</a>
<b>NHS Food Scanner</b> (app)	<a href="http://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app">www.nhs.uk/healthier-families/food-facts/ nhs-food-scanner-app</a>
<b>NHS Healthier Families</b>	<a href="http://www.nhs.uk/healthier-families/food-facts">www.nhs.uk/healthier-families/food-facts</a>
<b>Nutrition Skills for Life</b>	<a href="http://www.nutritionskillsforlife.com">www.nutritionskillsforlife.com</a>
<b>Indhahaaga ilaali</b>	
<b>Eye Care Wales</b>	<a href="http://www.nhs.wales/sa/eye-care-wales/">www.nhs.wales/sa/eye-care-wales/</a>
<b>Sight Life</b>	<a href="http://www.sightlife.wales">www.sightlife.wales</a> Tel: 029 2039 8900 iimaylka: <a href="mailto:ask@sightlife.wales">ask@sightlife.wales</a>
<b>Ogow oo daaweey kolestaroolka LDL ee sarreeya</b>	
<b>Takhtarkaaga Guud</b>	Waydii dhakhtarkaaga GP-gaaga baadhista kolestaroolka haddii aanad hore u soo baadhin oo aad ka weyn tahay 40, miisaan culus, ama kolestaroolka/dhibaatooyinka wadnaha oo sarreeya ayaa qoyskaaga ka dhex jira
<b>Wixii macluumaad dheeraad ah, booqo bogga internetka ee British Heart Foundation oo raadi 'cholesterol'</b>	<a href="http://www.bhf.org.uk/informationsupport/publications/heart-conditions/understanding-cholesterol">www.bhf.org.uk/informationsupport/publications/ heart-conditions/understanding-cholesterol</a>

Fadlan ogow - haddii aad ka welwelsan tahay caafimaadkaaga, ama mid qof kale, waa inaad talo ka raadsato GP-ga.

## Fikradbixin

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Waxaan idiin mahad naqaynaa haddii aad fikrad-celin ka bixin karto buug-gacmeedkan.

Fadlan sawir koodka QR ama tag:

<https://forms.office.com/e/HzhKHgCBuQ>



Haddii aad jeceshahay nuqul dijitaal ah oo buuggan ah,

fadlan sawir koodhka QR:



Si aad u hesho tiro badan oo buug-gacmeedkan ah ee kooxdaada ama ururkaaga, fadlan la xiriir [dementiafriendly@cardiff.gov.uk](mailto:dementiafriendly@cardiff.gov.uk)





[www.dementiafriendlycardiff.co.uk](http://www.dementiafriendlycardiff.co.uk)



[www.dementiafriendlyvale.com](http://www.dementiafriendlyvale.com)

