

Arthritis

Arthritis occurs when the joints in the body are inflamed or there is a breakdown of cartilage in the joints. Joints are places in the body where two or more bones meet, such as the hip or knee. Cartilage is the cushion in the joints that protects them from pressure and makes movements smooth. When cartilage breaks down in a joint, the bones rub together. This causes pain, swelling and stiffness.

The most common type of arthritis is **osteoarthritis**. With this type of arthritis, the joints wear out over time from use or as the person ages. Injury to a joint may also lead to this type of arthritis. Osteoarthritis occurs most often in the knees, hips and hands. The joints begin to ache and thicken. At times, the tissues around the joint become strained and cause more pain.

Arthritis can also occur when the immune system, which normally protects the body from infection, attacks the body's tissues. **Rheumatoid arthritis** is the most common type of this kind of arthritis. It causes inflamed and painful joints and may affect other parts of the body, such as the heart, muscles, blood vessels, nerves and eyes.

Signs of Arthritis

- Joint pain
- Joint is not stable or it feels like it will not support you
- Joint enlarges or swells
- Stiffness, often in the morning
- Limited use of joint

XUBNO XANUUN

Xubno xanuunku wuxuu dhacaa marka laabatooyinka jidhka ku dhexyaalaa ay baaba' aan ama carjawda laabatooyinku ay baaba' an. Laabatooyinku waxaa weeye meelo ku yaalla jidhka halkaas oo laba lafood ama in kabadan ay ku kulmaan, sida misigta iyo jilibka oo kale. Marka ay xajiyadu ruugagga qaarkood ka baaba' aan laabatooyinka dhexdooda, Tan lafahaaga ayaa is xoqaya oo kuu keenaya xanuun. Barar, iyo tig-tignaan.

Nooca ugu caansan Xubno xanuunka waa mid **bararka ruugagga** (osteoarthritis). Noocan xubno xanuunka ah, xubnaha ayaa yaraadaan waqtiba waqtiga ka danbeeya isticmaalka ama marka uu qofku da' noqdo. Sidoo kale waxaa laga yaabaa dhibato soo gaadha laabatooyinka inay sababaan nooca xubno xanuunkan. Bararka ruugagga Tani waxay badanaa ka dhacdaa jilbaha, sinaha iyo gacmaha. Laabatooyinku waxay billaabaan iney xanuunaan ayna dhumuc weynaadaan. Mararka qaarkood nudaha ku hareereysan laabatooyinka ayaa kala jiidma oo xanuun badan keena.

Sidoo kale xubno xanuunkani wuxuu dhacaa marka habdhiska jidhku xanuunka iskaga difaaco, kaas oo caadiyan ka ilaaliya jidhka xanuunka, ayaa weerara xiddidada jidhka. **Lafa garaaca** waa nooca ugu caansan noocan xubno xanuunka ah. Waxay sababaan xunbo barar iyo xanuun oo laga yaabo inay saamayn ku yeeshaan qaybaha kale ee jidhka, sida wadnaha, muruqyada, xiddidada dhiiga, dareen wadayaasha iyo indhaha.

Calaamadaha

- Laabatooyin xanuun
- Laabatooyinka oo aan xasillooneyn ama waxaad dareemeysaa inayna ku taageeri doonin
- Laabatada ayaa balaadha ama barara
- Tig-tignaan, badanaa subixii dhacda
- Isticmaalka laabatada xaddidan

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- Warmth around joint
- Redness of the skin around joint

Other signs may occur with rheumatoid arthritis. If you have any signs that cause you pain or concern, see your doctor.

Tests

Your doctor will talk to you about your health and look at your joints. Your doctor may order blood tests and x-rays.

Treatment

Treatment of arthritis depends on:

- The cause
- Which joints are painful
- Amount of pain
- How the arthritis affects your daily activities
- Your age
- Your work or activity

Your doctor may suggest:

- Medicine to control pain and swelling
- Physical or occupational therapy
- Assistive devices such as a cane or grab bars for the bathtub or toilet
- Weight loss
- Surgery to replace the joint

- Diirranaan laabatada dhinacyadooda ah
- Guduudnaanta maqaarka ruugagga ku hareereysan

Calaamado kale ayaa laga yaabaa inay ku dhacaan lafa garaaca. Haddii aad leedahay mid ka mida calaamadahan ee ku xanuujinaya ama walaac kugu abuuraya, la kulan dhakhtar.

Baaritaannada

Takhtarkaagu wuxuu kaala hadli doonaa caafimaadkaaga wuxuuna eegi doonaa laabatooyinkaaga. Takhtarkaagu waxaa laga yaabaa inuu kugu amro baaritaan dhiig, iyo raajato.

Daaweynta

Daaweynada riixu waxay ku xiran yihiin:

- Sababta
- Laabtadee ku xanuunaysa
- Inta uu xanuunku le egyahay
- Sida xubno xanuunku uu u saameynayo hawlo maalmeedkaaga
- Da'daada
- Shaqadaada ama hawshaada

Dhakhtarkaaga ayaa laga yaabaa:

- Daawo aad ku xakamayso xanuunka iyo bararka
- Daawaynta jidhka ama shaqo baxnaaninta
- Alaabaha caawimaada sida ama biraha la qabsado ee qolka bakooraad maydhashada ama musqusha
- Miisaanka oo hoos u dhaca
- Qalniin lagu badalo Labatada

As a part of your treatment, you may need to:

- Exercise to improve movement and joint strength. Good choices include walking, swimming, bike riding, dancing, strength training and gentle stretching exercises.
- Use hot or cold treatments to control pain and swelling.
- Avoid positions or movements that put extra stress on your painful joints.
- Avoid staying in a position too long.

Call your doctor right away if:

- You have severe unexplained joint pain.
- The joint is very swollen.
- You suddenly have a hard time moving the joint.
- Your skin around the joint is red or hot to the touch.
- You have other signs that concern you.

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

Ka qayb ahaan daaweyntaada, waxaa laga yaabaa inaad u baahato in aad:

- Jimicsato si aad u wanaajiso dhaqdhaqaaqa iyo itaalka laabatooyinka. Doorashooyinka wanaagsan waxaa ka mida socodka, dabaasha, baaskiilad fuuulista, qoob ka ciyaarka, tababar xoojinta iyo jimicsi iskala bixin taxadar ku jiro.
- Isticmaasho daaweyn kulalyl iyo qabow ah oo lagu xakameeyo xanuunka.
- Iskajirto qaabka iyo dhaqdhaqaaqa daqdiga dheeraadka ah ku keenaya xubnaha ku xanuunaya.
- Iskajirto joogitaanka meel keliya mudo dheer.

Isla markiiba takhtarkaaga wac haddii:

- Aad isku aragto laabatooyin xanuun oo aan la sharrixin oo daran.
- Uu ruuggu aad kuu bararo.
- Ay si lama filaan ah kuugu adkaato dhaqaajinta laabatooyinku.
- Maqaarkaaga ku hareereysan laabatooyinku uu guduudan yahay ama kulul yahay marka la taabto.
- Waxaad leedahay calaamado kale oo ku dhiba

U sheeg dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

2005 – 1/2011 Health Information Translations

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