



American Heart Association.



Fahamka Khatarta Dufanka dhiiggayga Lp(a)

La imaaw warqaddan marka aad ballantaada imaanayso, una isticmaal si ay kuugu hagto wada hadalkaaga xirfadlahaaga daryeelka caafimaadka.

Fahamka Lp(a)

Dufanka dhiigga(a), ama Lp(a), waa dufan qaada kolestarool oo ku jira dhiiggaaga. **Heerkaaga badankiisu waa la iska dhaxlaa, marka uu sarreeyana wuxuu kordhin karaa khatarta cudurrada wadnaha iyo istarogga.**

Baariitaanka caadiga ah ee kolestaroolka ma cabbiro heerkaaga Lp(a). Habka keliya ee lagu ogaan karo heerkaaga waa baariitaan dhiig oo fudud oo uu dalbo xirfadlahaaga daryeelka caafimaadka.

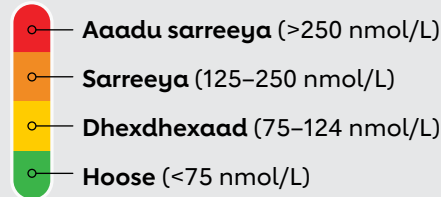
Tilmaamaha hadda jira waxay ku talinayaan in **qofkasta oo qaangaar ah la baaro Lp(a) ugu yaraan hal mar inta uu nool yahay.** Baariitaanku wuxuu si gaar ah muhiim u noqon karaa haddii aad leedahay:

- Taariikh qoys ama shakhsiyeed oo cudurka wadnaha hore u bilowda (ragga ka yar 55 sano, dumarka ka yar 65 sano).
- Taariikh qoys oo la og yahay oo Lp(a) sare leh.
- In lagaa helo cudurka Familial Hypercholesterolemia (FH), oo ah xaalad la iska dhaxlo taas oo dadka qaarkood ay ku dhashaan iyagoo leh heerar aad u sarreeya oo LDL ah.

Khatartaada cudurrada wadnaha iyo istarogga waxay ku xiran tahay dhowr arrimood, keliya kuma xirna Lp(a). Xirfadlahaaga daryeelka caafimaadka ayaa kuu sharxi kara waxa heerkaaga Lp(a) uu adiga kuu yahay.

Fahamka Heerkeyga

Heerarka Lp(a) ee khatarta cudurrada wadnaha iyo istarogga



Heerarkan waxay ku salaysan yihiin qiyaaso heerka guud ee bulshada, khatarta shakhsiguna waxay ku xiran tahay arrimo kale sida da'da iyo cadaadiska dhiigga.

Heerka Lp(a)-gayga: _____

- Maxay ka dhigan tahay heerka Lp(a)-gaygu?

- Sidee heerka Lp(a)-gaygu ugu habboon yahay caafimaadkayga guud?

- Ma habboon tahay in xubnaha qoyskeyga sidoo kale la baaro?

Fahamka Ikhtiyaarradayda

Isbeddellada qaab-nololeedku hoos uma dhigaan Lp(a), laakiin waxay kaa caawiyaan inay yareeyaan khatarta guud ee cudurrada wadnaha iyo istarogga.

- Ma kordhiyaa Lp(a)-gaygu khatarta cudurrada wadnaha ama istarogga?

- Waa maxay isbeddellada qaab-nololeedka ee aan sameyn karo si aan u yareeyo khatartayda?

- Ma jiraan dawooyin ay tahay inaan qaato ama sii wato si aan u yareeyo khatartayda?

- Xaggee ka heli karaa macluumaad dheeraad ah oo ku saabsan Lp(a)?

Ka raadi macluumaad waxtar leh oo ku saabsan Lp(a) bogga heart.org/Lpa (mareegta ku qoran Af-Ingiriisi).