

# Uur qaadka?

Maxaa xiga inaad qabatid...

Small translation - English version available



# Ku Faraxa uur yeelashada?

**Dumar badan ayaan la kulmin dhakhtar oo lumiya baadhista caafimaadka ee bilaashka ah iyo talada qiimaha leh.**

**Hadaad qabto inaad uur leedahay waxa lagama maarmaan ah in aad si toos ah ula xiriirto hawlwadeenada xanaanad caafimaadka. Kala door in aad toos ula xirrito GP kaag am Umulisada si aad uga samaysatid balan bilaash ah.**

12 wiig ee ugu horeeya uurkaagu waa waqtiga ugu muhiimsan korista ilmahaaga. Hadba sida ugu dhaqsoha badan aad ula kulanto dhakhtarka ama umulisada ayaa dhaqso loogu hubin karaa in wax kastaa idiin hagaagsan yihiin labadiinaba.

Hadii aad dhibaato hore oo caafimaad lahayd ( sida dhiig macaan, suuxdin, xaalad caafimaad daro maskaxda ah) ama haddii aad dhib hore kala soo kulantay uurka ama umusha, tani aad bay muhimad kale kuugu noqonaysaa.

GP kaaga ama umulisadu si qarsoon bay kaala hadli doonaan uurkaaga kuuna samayn doonaan baaris. Waxad fusadan ku wediisaa hawlwadeenada xanaanada caafimaadk wax kasta oo daaha ka rogaaya barista aad u baahantahay, gaar ahaan 10 wiig uurka ka hor. Waxay kula falanqayn doonaan in aad doorato xanaanad uurka iyo daahroga iyo in ay kuu gudbiyaan dadka iyo ururada ku haboon.

Waxad heli doontaa balantaada antinaatalka u horaysa laba wiig gudahood ka dib marka aad u sheegtid Gp ga am Umulisada in aad uur leedahay, hadii aad balanta ku heli weydid laba wig godhood, fadlan tilfoon u dir GP kaaga am Umulisada.

**Toos ugala xiriir Umulisada mid ka mid ah waxqabad bixiyayaasha dhalmada Brent**

Northwick Park Hospital

Tel: 020 8869 5252

[www.nwlh.nhs.uk/maternity](http://www.nwlh.nhs.uk/maternity)

St Mary's Hospital

Tel: 020 3312 6135

[www.imperial.nhs.uk/maternity](http://www.imperial.nhs.uk/maternity)

The Royal Free Hospital

Tel: 020 7794 0500 ext 36169

[www.royalfree.nhs.uk](http://www.royalfree.nhs.uk)

# Arrimaha muhiimka ah in aad ogaato

Cunista khudrada fruutka, khudrada iyo cuntada ay ku jirto macdanta Iron (birtu), Calcium (kaalshiyamka), folic acid (foolik aysiid) iyo Vitamins faytamiinta ayaa aad muhiim ugu ah uurkaaga; koritaanka ilmuhu markuu bilaabmo wuxu u baahanyahay nafaqo sugan.

Folic acid waa muhiim 12 ka wig ee uurka u horeeya- waxay kaa caawisaa xaalado halis u keeni kar xangulada oo dahaar weyda.

Faytamiin D du waxay caawisaa korista ilmaha, gaar ahaan lafaha iyo ilkaha.



## Arrimaha ay tahay inaad hada bilawdid



Cunista khudrad badan oo cagaaran, bariiska cawlan, miraha buushiga wata iyo qiyaas sargo'an oo siiriyal ah; waxa laga helaa folic acid.



Cunista miro kala jaad ah, hilibka cas, fruudka engegan, khudrada cagaaran iyo qiyaas sargo'an oo siiriyal ah; waxa waxyaalaha ugu badan ee lag helo macdanta Iron (birta)



Kordhi duxlayda; sida caanaha, jiiska, ciir-fadhi; taasi waxay ku siinaysaa Calcium (kaalshiyam)



Dhaq gacmaha, gaar ahaan wax beerida ka dib, faro ku haynta hilibka cayriin mukulaasha am bisada yar. Galoofis xiro marka aad qabanayso waxa uu xayawaanku dhigo waxa ay sidaan bakteria dhib leh.

Wixii aad daawo qaadato hubi in aad u sheegto GP ga am farmasiga. Raadi foojarada caafimaad bilawga bilaash ka ah. Waxa aad u adeegsn kartaa in aad ku heshid cunto aan dab galin iyo faytamiino.

Booqo: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) si aad u heshid warbixin



## Arrimah ay tahay in aad yarayso am joojiso



dhin qaadashada faytamiin A, dhaaf cunista beerka hana qaadan saliid sayda ama kiniinka faytamiin A.



Dhaaf cunista hilibka cayriin ama yacyacoodka ah, ukunta ama kaluunka, duxda iyo caanaha aan liska ahayn, jiiska jilicsan ama waxa la naaxiyo.



Dhaaf cunista shark, marlin iyo kaluun seef waxa ku jira macdanta Mercury (Meerkari). Tuunaha wax badan haka cunin ( haka badin lix saanweyj wiigii).



Ha cunin lawska haddii qayskiinu ku leeyahay xasaasi ama aad hore u lahaan jirtay Eczema (eksama), sanboor am xiiq-neef.



Da qaadan Caffeine (Kafayn) badan. Sida shaaha, bunka cabista enarjaatiga sare leh, cookaha ay kafayntu ku jirto kafayntu. Waa inaad qaadataa in ka yar sedex koob oo bun karsan ah (brewed) (ama afar koob oo bunka inistantka) ama lix koob oo shaah ah maalintii. Isku gayn aan ka badnayn 300gm maalintii.

## Khamriga ama daroogada

GP kaaga am umulisadu waxay kaa caawin karaan ai ay ku siiyaan talooyin aad wax kaga badasho hab nololeedka iyo caafimaadka adiga iyo ilmahaaga.

**Sigaar cabis:** cabista sigaarku wuxu wax yeeli karaa caafimaadka iyo korista ilmahaaga-waxa si adag kaguu farayaa in aad joojisid dhamaantii.

**Cabista khamriga:** waxay talada fiicani ku jirtaa in aad dhaafto cabista khamriga markaad uurka leedahay.

**Daroogada:** droog oo dhami halis buu ilmaha u yahay. Si dhaqso ah ugu sheeg GP ga am Umulisad darooga aad qaadatid, ay ku jiraan daawada laguu qoro ama meel la ogyahay ka qadatid ama daroogada suuqa. GP iyo Umulisadu waxay ku siin karaan talo iyo sida ugu fiican aad u maamuli doonto.

# Uurka aan ku faraxgalin?

**Tilifooni GP kaag ama waxqabadka qorshaha qoyska kana samayso balan si aad ugla hadashid xaaladaada.**

**Waxay yeeli kartaa haweenayda uurka lihi waxyaalo badan. Haddii dareen kaagu yahay in aad sii wadatid uurkaaga ama u baahantahy talo aad go'aan hagaagsan ku qaadato, waxa ku caawin kara GP kaaga am waxqabadka qorshaha qoyska .**

Waxa jira waxqabad degaan fidsan oo ku siin kara cawino.

Hawlwadeeno kugu caawin doona wax kasta aad go'aansato ayaa kula yeelan doona wada hadalo qarsoodi ah.

Waxaqabadka talo bixinta uurka ama GP kaagu waxay ku siin karaan talo dheeraad ah hadaad go'aansatid in aadan jeclayn inaad sii wadatid uurkaaga.

The Family Planning Association

Khadka caawinta

Tel: 0845 122 8690

Marie Stopes International

Tel: 0845 300 8090

British Pregnancy Advisory Service

Tel: 0845 730 4030

Chalkhill Health Centre

Wembley Park

Tel: 020 8904 0911

Hillside Primary Care Centre

Stonebridge

Tel: 020 3188 7399

Stag Lane Clinic

Kingsbury

Tel: 020 8204 9117

Wembley Centre for Health & Care

Chaplin Road, Wembley

Tel: 020 8795 6010

Willesden Centre for Health & Care

Robson Ave, Willesden

Tel: 020 8438 7085

Brent Connexions

Tel: 020 8438 1650

Brent Connexions (Teenage service)

(waxqabadka dawr iyo toban jirka)

Tel: 020 8937 3695

# Lambarada iyo mareegaha faa'iidada leh

## Uurka iyo talada caafimaadka galmada

British Tay Sachs Foundation	Tel: 020 8922 2000
Brook Clinic (under 25s)	Tel: 0800 018 5023
Family Planning Association	Tel: 0845 122 8690
National Childbirth Trust	Tel: 0300 33 00 772
NHS Direct	Tel: 08 45 46 47
NHS Guide to pregnancy	<a href="http://www.nhs.uk/pregnancy">www.nhs.uk/pregnancy</a>
Samaritans	Tel: 0845 790 9090

## Waxqabadyada degaanka ee uurka iyo ka hortaga uurka ee Brent

Brent Sickle Cell & Thalassaemia Centre	Tel: 020 8453 2050
Chalkhill Health Centre	Tel: 020 8904 0911
Hillside Primary Care Centre	Tel: 020 3188 7399
Stag Lane Clinic	Tel: 020 8204 9117
Wembley Centre for Health & Care	Tel: 020 8795 6010
Willesden Centre for Health & Care	Tel: 020 8438 7085
Brent Connexions (waxqabadka dawr iyo toban jirka)	Tel: 020 8937 3695

## Waxqabadka caafimaadka galmada

GUM Clinic at Northwick Park Hospital	Tel: 020 8869 3147
Patrick Clements Clinic at CMH	Tel: 020 8453 2221

## Diiqada& kabiidka nafta iyo waxqabadyada caafimaadka maskaxda ee bulshada

Brent MIND	Tel: 020 7604 5177
Koofur Brent - kooxda u xil saaran	Tel: 020 8937 4775
Waqooy & Galbeed Brent – kooxda u xi saaran	Tel: 020 8937 6347
Bariga Brent – kooxda u xil saaran	Tel: 020 8937 6338

## Joojinta cabista sigaarka

Waxaqabadka joojinta cabista sigaarka ee Brent	Tel: 020 8795 6669
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## Hagardaamada hooysiga iyo kufsiga

Khadka wadaniga ee gargaarka dhibfalka qoyska	Tel: 0808 2000 247
Solace Women's Aid	Tel: 0808 802 5565

## Waxyaalaha si qaldan loo isticmaalo

FRANK	Tel (free): 0800 77 6600
The Junction Drugs and Alcohol Service	Tel: 020 8961 7007
Addaction Brent (waxqabadka dadka dhalinta yar)	Tel: 020 8459 9510

## Warbixinaha faa'iidada leh

Citizen Advice Bureau	<a href="http://www.citizenadvice.org.uk">www.citizenadvice.org.uk</a>
Brent Citizen Advice Services	Tel: 020 8459 3617