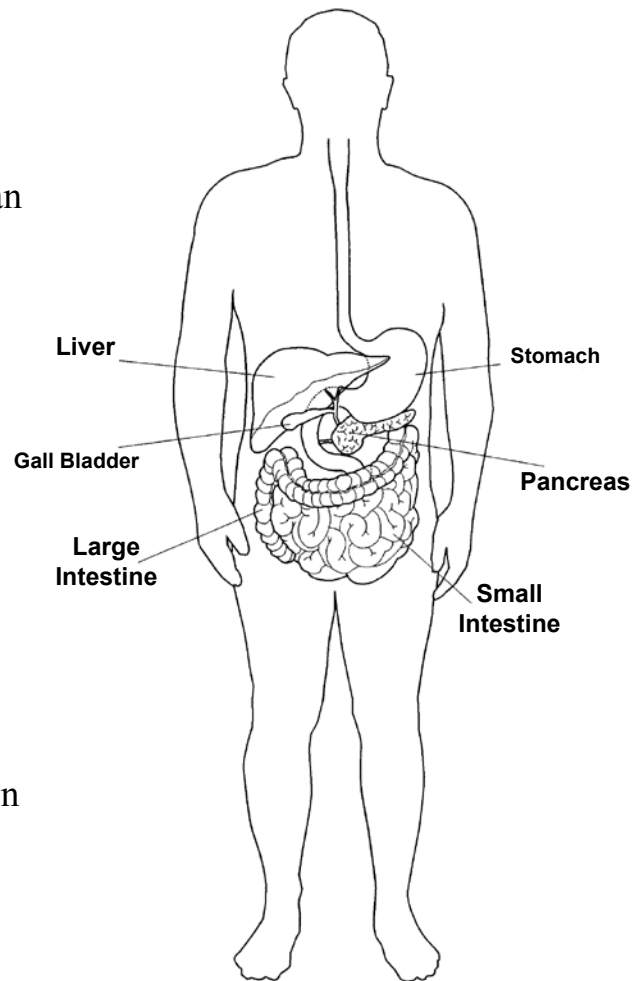


# Crohn's Disease

Crohn's disease is a bowel disease with no known cause. The intestines or bowels become swollen, and do not function well. Crohn's disease can affect the small or large part of the bowel. It is a long-term disease. You may feel better for weeks or months, or you may have signs every day. With care, most people with Crohn's disease lead full, active lives.

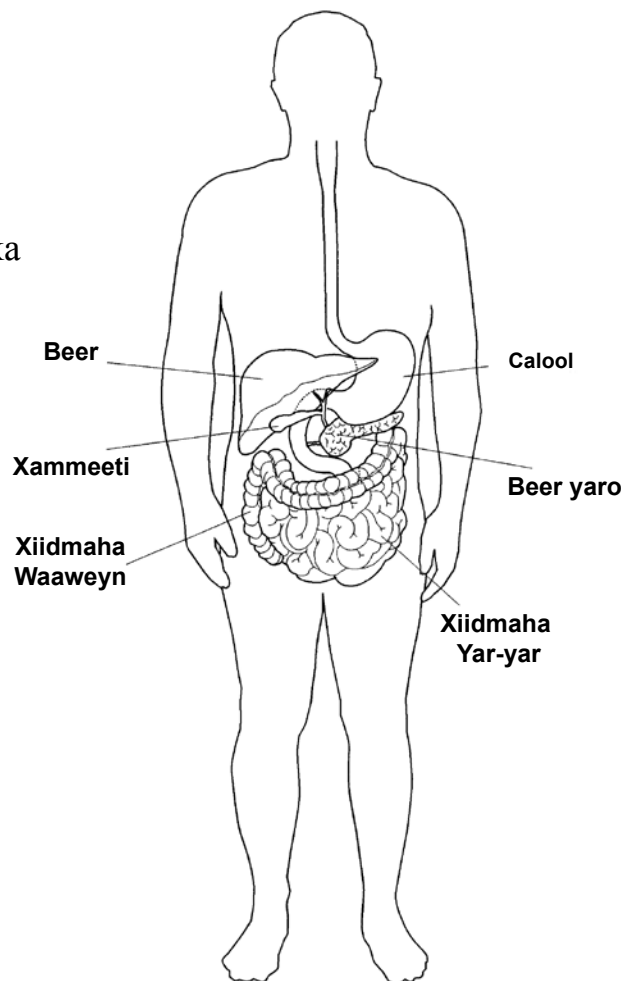


## Signs

- Diarrhea
- Fever
- Pain and cramping in the abdomen
- Trouble eating
- Weight loss
- Feeling tired

# Cudurka Bararka Xiidmaha (Crohn)

Cudurka bararka xiidmuhu (Crohn) waa cudur malawad oo aan la garaneynin waxa keena. Xiidmaha ama malawadka ayaa barara si fiicana uma shaqaynayaan. Cudurka bararka, xiidmuhu (Crohn) wuxuu ku dhici karaa qaybta yar ama weyn ee malawadka. Waa cudur muddo dheer. Waxaa laga yaabaa in aad dareento in aad fiican tahay toddobaadyo ama bilo, ama waxaa laga yaabaa in aad maalin calaamadaha maalin walba isku aragto. Daryeel la siiyo, ayey dadka badankooda qaba cudurka xiidmaha (Crohn) waxay horseedayaan nolol fir-fircoon, oo buuxda.



## Calaamadaha

- Shuban
- Qandho
- Xanuun iyo casiraad caloosha ah
- Dhibaato xagga cunidda ah
- Caatoobid
- Daal dareemid

## **Your Care**

Your doctor will check you and ask you questions about your signs. You may also have:

- Blood or stool tests
- A colonoscopy, a test where your doctor looks inside the rectum and colon through a flexible tube
- X-rays with barium

Although there is no cure for Crohn's disease, treatment to manage signs may include:

- Taking medicines to reduce swelling, decrease pain and cramping, and prevent infection.
- Avoiding any foods that make your signs worse. Keep a record to learn what bothers you. High fiber foods such as fresh vegetables and whole grains, and high fat foods such as dairy products and red meat cause signs in many people.
- Having surgery to correct problems in the bowel.

Other things that you can do to help:

- Stay active.
- Do not smoke.
- Learn how to relax and reduce stress.
- See your doctor for follow-up as directed. Keep your appointments.

## **Daryeelkaaga**

Takhtarkaagu wuu ku baari doonaa wuxuuna ku weydiin doonaa su'aalo ku saabsan calaamadahaaga. Waxaa sidoo kale laga yaabaa in:

- Dhiig ama saxaro lagaa baaro
- Malawad baaridda (Colonoscopy) – baadhitaan halkaas oo dhakhtarkaagu uu baari doonaa gudaha malawadka iyo xiidanka isagoo isticmaalaya tubbo dabacsan
- Raajo leh barium

Inkastoo aanu jirin daawo loogu talagalay cudurka xiidmaha (Crohn), daaweynta lagu maareynayo cudurka waxaa ku jiri kara:

- Daawooyin qaadasho si loo yareeyo bararka, yaraynta xanuunka iyo casiraadda, iyo ka hortagga cudurka.
- Ka fogaanshada wixii cuntooyin ah oo calaamadahaaga uga sii daraaya. Xafid diiwaan si aad u barato waxa ku dhibaya. Cuntooyinka buunshuhu ku badan yahay sida khudradda markaas la gooyey iyo miraha isu dhan, iyo cuntooyinka dufankoodu sarreeyo sida waxyaabaha caanaha laga sameeyey iyo hilibka guduudan ayaa laga yaabaa iney dadka qaarkood u keenaan calaamadaha.
- In lagu qalo si dhibaataada malawadka ka jirta loo saxo.

Waxyaabaha kale ee aad sameyn kartid si ay kuu caawiyaan:

- In aad fir-fircoonaato.
- Aadan sigaar cabbin.
- Aad barato sida la isku dejiyo diiqaddana la isaga yareeyo.
- Takhtarkaaga u tag si laguula socdo hadba sida lagu taliyo. Ballammadaada ka soo bax.

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

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**Takhtarkaaga ama kalkaalisada la hadal haddii aad wax su'aalo  
ama walaac ah aad qabtid.**

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**Crohn's Disease. Somali.**