

CAAFIMAADKAAGA

Baadh

Mid ka mida waxa ugu muhiimsan ee aad u samayn karto caafimaadka waa in aad booqato dhakhtarkaaga ugu yaraan hal mar sanadkii. Dhakhtarkaaga waxa uu kaa caawin karaa in la qabto dhibaatooyinka goor hore markaasna waxaad ku joogi kartaa caafimaad qab. Ma aragtay weli dhakhtarkaaga sanadkan?

Waxa aad waydiinayso dhakhtarkaaga: Ma u baahanahay...

- Si aan isbeddel ugu sameeya qaab nololeedkayga (cuntadda, jimicsiga, maan dooriyaha iyo khamrada, walabahaarka)?
- Si aan uga hadlo daawayntayda hadda?
- Si aan hoos ugu dhimo caddaadiska dhiigayga?
- Wax tallaal ah?
- Si aan uga hadlo niyad jabka?
- Baadhitaanka sonkorta dhiiga?
- Baadhitaanka kansarka naaska?
- Kansarka dhuunta ilmo galeenka?
- Baadhitaanka ilkaha?

**Caafimaadku
Halkan ayuu Ka
dhacaa**

Ha Iloobin!

Carruurta iyo kuraydu waa in ay booqdaan dhakhtarkooda ugu yaraan hal mar sanadkii, sidoo kale!

HADII AAD U BAAHANTAHAY CAAWIMADA IN AAD DHAKHTAR HESHO?

Wac Caafimaadka FamilyCare Adeegyada Taakulada lambarkan 503-222-2880 ama 800-458-9518.



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