

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገርዎ ስኬታማ የሚያደርግዎ ቀልፎች  
 የህክምና አንክብካቤ እና የጤና ዋስትና - 7

Safe, Smart and Healthy – Keys to Success in Your New Home  
 Medical Care and Health Insurance - 7

AMHARIC

<p>ልጆችዎ በሌላ ሃኪም ወደ ህፃናት ሃኪም ሊመሩ ይችላሉ። የህፃናት ሃኪምች ህጻናትን በማከም የተካኑ እና በሞያው ልዩ ስልጠና የወሰዱ ናቸው።</p> <p>ልጆችዎ ጤነኛና ጠንካራ ሆነው እንዲያድጉ በየጊዜው የህፃናት ሃኪም ማየታቸው አስፈላጊ ነው።</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>በመጀመሪያው የህፃናት ሃኪም ጉብኝትዎ የልጅዎን ሁሉንም የህክምና መዝገብ ይዘው መቅረብ አይዘንጉ።</p>	<p>Remember to bring all of your child’s medical records to the first visit with the pediatrician.</p>
<p>አቶ ባ በመገጣጠሚያ ላይ ያለ ሀመም እና አብጠትን ለመቆጣጠር በየጊዜው ደክተር የጎበኛል። ስር የሰደደ የሀመም ሁኔታዎች ካለብዎ ደክተር እንዲያዩ ሊመሩ ይችላሉ።</p> <p>ስር የሰደዱ የሀመም ሁኔታዎች እንደ ደም ገፊት፣ ሰካር እና የመገጣጠሚያ ሀመምን ጨምሮ ለረዥም ጊዜ ይቆያሉ። በየጊዜው በደክተር መመርመር አለባችው።</p> <p>ስር የሰደደ በሽታ ከሌለዎት የጤናዎ ሁኔታ እንደት እንደሆነ ለማየት እና ለማረጋገጥ ደክተርዎን በየጊዜው ማየት አስፈላጊ ነው።</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.</p>
<p>የሚበሉት እና የሚጠጡት እንዲሁም የሚወስዷቸው መድሃኒቶች በሙሉ በአርሰዎ ላይ ተጽእኖ አላቸው።</p> <p>ለደክተርዎ የሚመጡትን እና የሚጠቁትን እንዲሁም የሚወስዱዎቸውን መድሃኒቶች ሻይታሚናቸን፣ ተጨማሪ ድጋፍ ሰጭዎችን ፣ የቤት ውስጥ ባህላዊ የህክምና ዘዴዎችን ጨምሮ መንገርዎን አርገጠኛ ይሁኑ።</p> <p>መጠጥ የሚጠጡ ከሆነ እና ትምባሆ የሚያጤሱ ከሆነም ምን ያህል እንደሚጠጡ እና እንደሚያጨሱ ማወቅ ያስፈልጋችኋል።</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take—including any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>

Text is from 'Safe, Smart and Healthy: Keys to Success in Your New Home' created by the Ohio Department of Job and Family Services - Refugee Services Section. This handout has been funded in whole or in part with Federal funds from the National Library of Medicine, National Institutes of Health, Department of Health and Human Services, under Blanket Purchase Agreement No. HHSN27620140002B.