

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Daryeelka Caafimaadka / Caymiska Caafimaadka - 7**

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

SOMALI

<p>Waxa kale oo ay Marwo Li inanteeda u geysaa dhakhtar u gaar ah oo la yidhaahdo dhakhtarka caruurta. Dhakhaatiirta caruurta waa dhakhaatiir ku takhasusay daweynta carruurta.</p> <p>Waxa muhiim ah in carruurta si joogto ah u arkaan dhakhtarka caruurta, si ay u koraan iyaga oo leh caafimaad iyo xoog.</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>Dhakhtar kale ayaa carruurtaada u <i>gudbin</i> kara dhakhtarka carruurta. Xusuuso inaad soo qaadid dhamaan diwaanada ama waraaqaha caafimaadka ee ilmahaaga wakhtiga booqashada ugu horeysa ee lala yeelanayo dhakhtarka caruurta.</p>	<p>Remember to bring all of your child’s medical records to the first visit with the pediatrician.</p>
<p>Mudane Ba waxa uu si joogto ah u arkaa dhakhtar si loo xakameeyo ama loo yareeyo xanuunkiisa lafaha (arthritis). Waxa laga yaabaa in lagu gudbiyo dhakhtar haddii aad qabtid xaalad <i>soo-jireen</i> ah ama mudo dheer soo jiray. Xaaladaha <i>soo-jireenka</i> ahi waxa kuwo jira mudo dheer, waxana ka mid ah dhiig-karka, sonkorta ama macaanka iyo lafo-xanuunka. Waxa loo baahan yahay in dhakhtarku uu si joogto ah ula socdo.</p> <p>Haddii aad qabtid cudur <i>soo-jireen</i> ah, waxa muhiim ah inaad si joogto ah u aragtid dhakhtarkaaga, si ay kuu fiiriyaan oo u arkaan sida ay xaaladdaadu tahay.</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>Waxa aad cuntid ama cabtid iyo dawooyinka aad qaadatid dhamaantood way ku saameyn karaan.</p>	<p>What you eat and drink and what medicines you take all have an effect on you.</p>

U hubso inaad dhakhtarkaaga u sheegtid waxa aad cuntid ama cabtid iyo wixii dawooyin aad qaadatid—oo ay ku jiraan wixii ah fitamiino, dawooyin ka sameysan dhirta iyo dawo-guri ama dawo dhaqameed. Waxa kale oo ay u baahan yihiin inay ogaadaan haddii aad cabtid khamri ama sigaar, iyo qadarka aad ka cabtid.

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.