

MACLUUMAADKA HEMOGLOBIN AMA DHIIGA CAS

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Mawduuca maanta

- Waa maxay hemoglobini Ama dhiiga cas
- Baaritaanka hemoglobini Ama dhiiga cas
- Sababaha hemoglobiniga ama dhiiga cas hooseeyo ama sareeyo
- Calaamadaha hemoglobiniga ama dhiiga cas hooseeya ama sarreeya
- Daawaynta hemoglobiniga ama dhiiga cas hooseeyo ama sareeyo

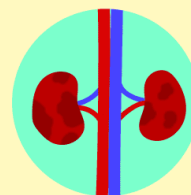
Waa maxay Hemoglobiniga ama dhiiga cas

Hemoglobin waa borotiin ku jira unugyada cas cas oo ka soo qaada ogsijiinta sambabada una gudbisa xubnaha iyo unugyada halkaasna kaarboon laba ogsaydh dib ugu celisa sambabada.

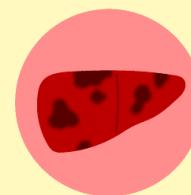
Hemoglobin-ka caadiga ah ee dumarka wuxuu u dhexeeyaa 120 g / L ilaa 160 g / L kan raggana 140 g / L ilaa 180 g / L

Risks of High and Low Hemoglobin Levels

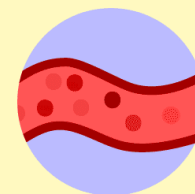
Low hemoglobin levels are associated with:



kidney disease



liver disease



anemia
(of several causes)

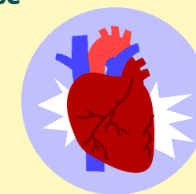
Elevated hemoglobin levels are associated with:



chronic lung disease



dehydration



heart failure

BAARITAANKA HAMOGLOBINIGA AMA DHIIGA CAS (Sabab?)



Si loo hubiyo dhiig-yarida



Si loo hubiyo heerka
hemoglobini kaaga

SABABAHA

HEER AAD U HOOSEEYA

Qaadashada ferada oo yar

Dhiiga Caadada

Dhiig-bax kale

Faytamiin B12 oo yaraada

Daaweynta kiimikalka

Kansarka, gaar ahaan kansarka unugyada dhiigga

HEER AAD U SAREEYO

- Cudurka sambabada ama wadnaha
- Kansarka beerka ama kelyaha
- Sigaarka
- Gaduudtka daba-dheeraada (unugyo dhiig oo aad u badan)
- Ogsajiin la'aan

CALAAMADAHA

Tabar ma jirto

Daal

Maqaarko
dorsama

Madax xanuun

Dawakhaad
ama wareer

Dhibaatooyinka
neefsashada

garaaca
wadnaha oo
degdega ah

Cadaadiska
dhiigga oo
hooseeya

DAAWAYNTA HAMOGLOBIN AMA DHIIGA CAS OO HOOSEEYA (ANEMIYO)

- Cunto feero leh ama kabitaan feero daawo ahaan
- Daawaynta dhiig-baxa gudaha si looga hortago dhiig-bax
- Cun cuntooyinka ay ku jiraan fitamiinka B12
- Dhiig ku shubid waa la samayn karaa





Natural foods to increase hemoglobin

Vitamin C Sources
papaya, oranges, lemon, lime, strawberries, bell peppers, tomatoes and spinach.



Iron Sources
liver, red meat, lentils like soya beans, kidney beans, black eyes peas, spinach, beetroot, almonds, cashew, dates, figs.



Folic Acid Sources
lentils, dried beans, peas, nuts, avocado, broccoli, spinach, okra, asparagus and citrus fruits



Dates
Beetroot



CUNTOYINKA FEERADA

DAAWAYNTA DHIIGA CAS AMA HAMOGLOBINGA SARE

- Jooji sigaarka
- Dhiig ku deeqista ama dhiig u shubida
- Isbeddel ku samee cuntadaada iyo qaab nololeedkaaga
- Ha cunin cunto aad u badan oo feero ah
- Haddii taasi aysan ku caawin, ogow haddii aad leedahay wax xaalado ah oo saameeya dhiiga cas ama hemoglobin kaaga (cudurka sambabada, kansarka, cudurada wadnaha)



LÄHTEET

- <https://www.verywellhealth.com/hemoglobin-level-5211543>
- <https://www.mayoclinic.org/tests-procedures/hemoglobin-test/about/pac-20385075>