

Side sokorowgu u waxyeelayn karaa cagahayga?



Sokorta oo dhiigaaga ku badan waxay sababi kartaa laba dhibaato oo cagahaaga wax yeelayn kara.

1. Xidid dhaawacmay. Waa dhibaato xidid lugahaaga ama cagahaaga ku jira oo dhaawac qaba. Xididkan dhaawacmay dartii waxaa laga yaabaa inayan cagahaagu xanuunka dareemin, kulaylka ama qabowgaba. Nabar ama cagta oo dhawac ahi aad bay u sii xumaan kartaa sababtoo ah ma ogid dhaawaca. Dareenkan kugu yar waxaa sababay xididka dhaawacmay, waxaa kaloo lagu magacaabaa diabetic neuropathy (ne-ROP-uh-thee). Waxay sababi kartaa dhaawac sii weynaada ama infekshin.

2. Socodka dhiiga oo yar. Dhibka labaad ee uu keeno marka lugaha iyo cagaha uu dhexmareyn dhiig ku flan. Socodka dhiiga oo liita wuxuu keenaa in nabarada iyo dhaawacyado hadiiba aysan biskoon. Dhibkaan waxaa lagu magacaabaa peripheral (puh-RIF-uh-rul) vascular disease. Marka sonkorowga la qabo Sigaarka la cabo aad ayuu socodka dhiiga u dhibaateeyaa. Labadan dhibaato haday isku darsamaan cagaha ayey dhib u keeni karaan.

Tusaale ahaan hadaad gashatid kabo aan ku le'ekeyn oo ay ku gooyaan xanuunka ma dareemeysid sababtoo ah xididada ayaan dareenka gudbineynin. Kadib, meeshey kabtu kaa goysey ayaa infekshin ku dhacayaa. Hadii dhiigaada sonkortu ku badantahay, sonkortaas ayaa waxay qudbinaysaa jeermiska. Jeermiskii ayaa sii badanaya infekshinkiina wuu sii badanayaa. Socodka dhiiga lugaha iyo cagaha oo aan fiicneyn wuxuu daahinayaa waqtigii ay ku buskoon lahayd. Mararka qaarkood infekshinka aad u xumi iskiis uma biskoonayo.



Infekshinku wuxuu keeni karaa cudurka gangrene (GANGgreen) (jirka qayb ka mida oo dhimata). Hadii uu qofku qabo gangrene, jirka ku wareegsan meesha jiran ayaa dhimanaysa. Meesha jiran iyo inta u dhow way madoobaanayaan wayna urayaan. Si uusan u faafin cudurka gangrene, dhakhtarku wuxuu qofka ka goyn karaa xubin jirka ka mida sida far, cagta ama lugta. Goynta qayb ka mida jirka waxaa lagu magacaabaa amputation (amp-yoo-TAY-shun).

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