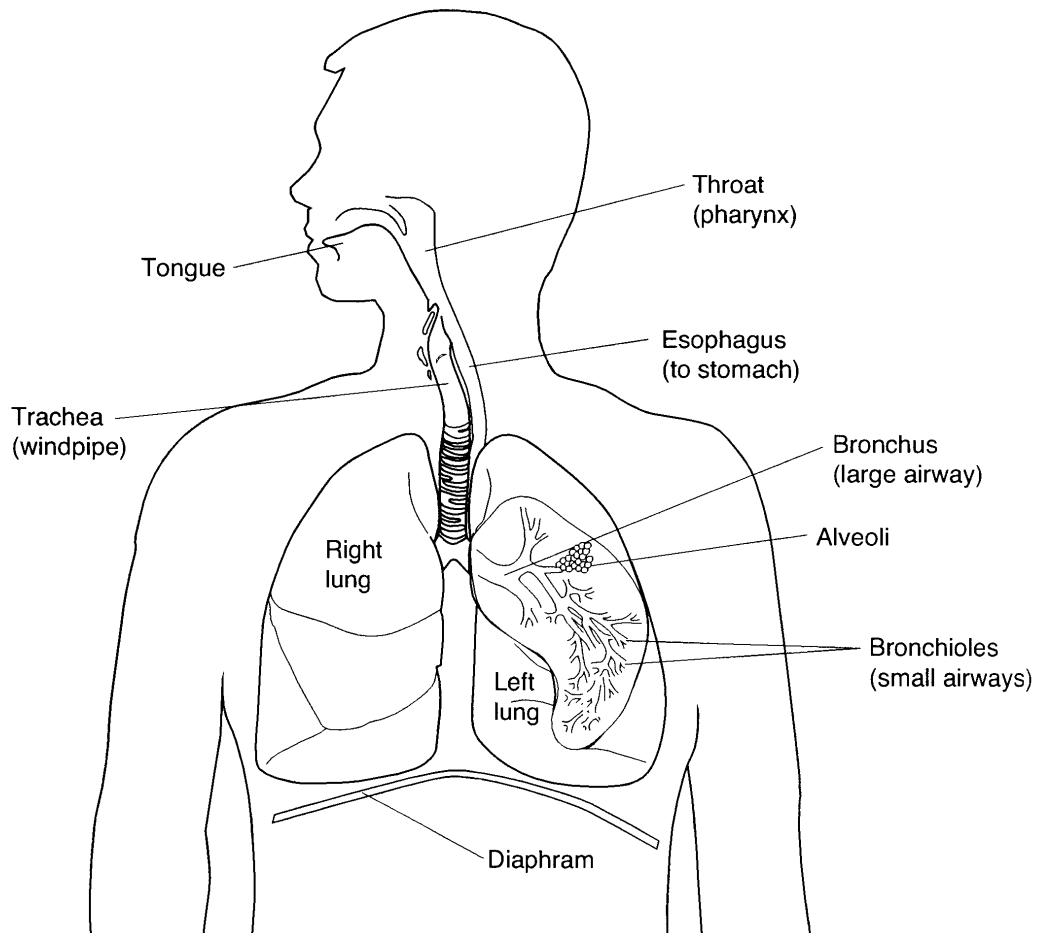


# Bronchitis

Bronchitis is swelling of the lining of the airways called bronchioles in the lungs. The swelling causes more mucus than normal to be made. This can block the airflow through the lungs and may damage the lungs.

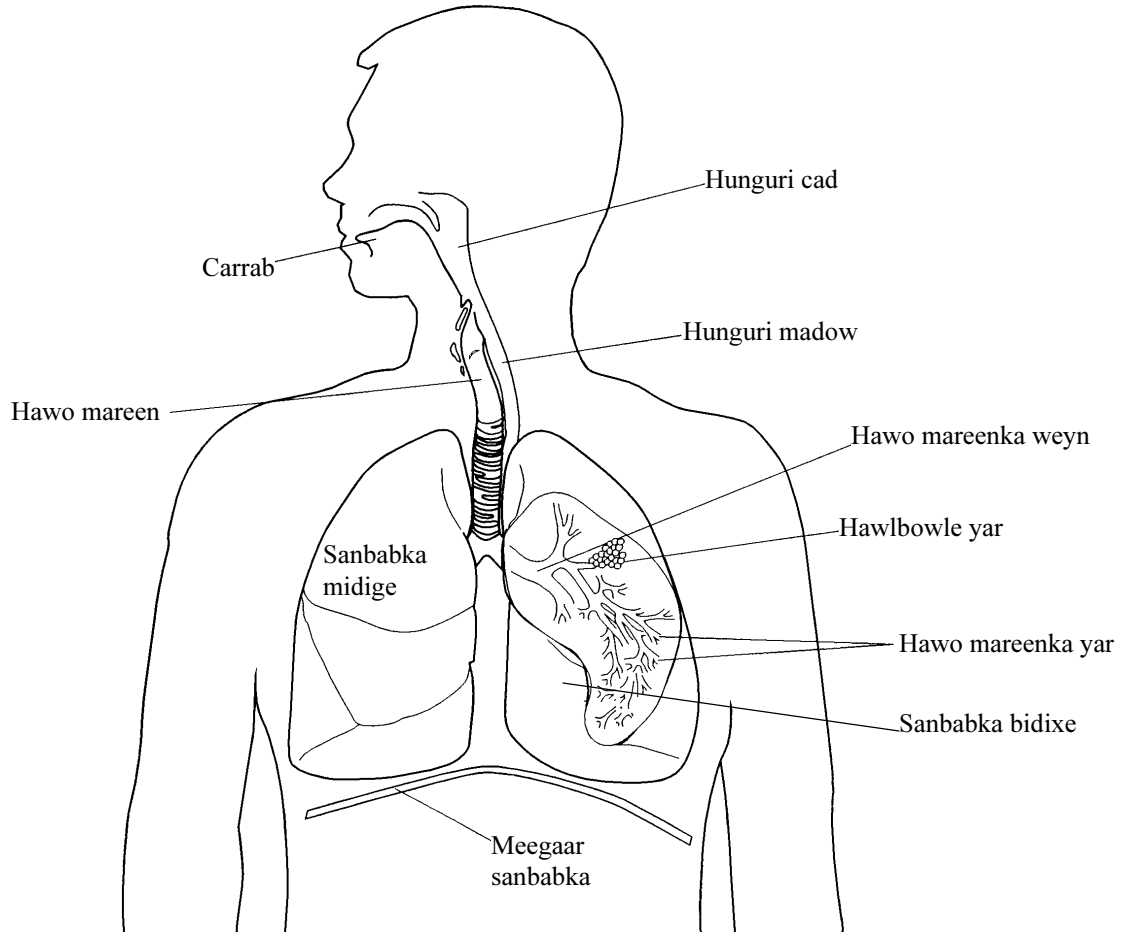


Acute bronchitis lasts 2-4 weeks and can be treated.

Chronic bronchitis is a long-term disease of the lungs. It is one disease in a group of lung diseases called COPD or chronic obstructive pulmonary disease. The damage often gets worse over time and cannot be cured.

# Boronkiito (Wareento)

Boronkiito waa soo bararidda dhinacyada marinnada hawada ee loo yaqaanno *bronchioles* ee ku jira sanbabada. Bararku wuxuu keenaa dheecaan ka badan kan caadiga ah inuu sameysmo. Kaasi wuxuu xannibi karayaa maritaanka hawadu ay mari lahayd sanbabada waxaana laga yaabaa iney waxyeello u geysato sanbabada.



Boronkiito daran waxay ku dhammaataa 2-4 toddobaad waana la daaweyn karaa.

Boronkiitada daran waa cudur waqti dheer ee sanbabada. Waa mid ka mid ah cudurrada koox cudurro sanbabbo ah oo loo yaqaanno COPD ama cudurka sanbabka xanniba ee dara (chronic obstructive pulmonary disease). Waxyeelladu badanaa waxay ka sii dartaa waqti ka dib lamana daaweyn karayo.

Bronchitis. Somali.

## **Signs of Bronchitis**

- A frequent cough
- Feeling tired
- Chest pain with coughing or deep breathing
- Noisy breathing
- Shortness of breath
- Body aches
- Fever or chills
- Sore throat
- Runny or stuffy nose

## **Causes of Bronchitis**

- Bacterial or viral infections
- Smoking
- Air pollution
- Allergy to something in the air such as pollen
- Lung disease such as asthma or emphysema

## **Your Care**

Your care may include medicines and breathing exercises to help you breathe easier. You may need oxygen if you have chronic bronchitis. Your care may also include:

- Avoiding colds and the flu.
- Drinking a lot of liquids to keep mucus thin.
- Using a humidifier or vaporizer.
- Using postural drainage and percussion to loosen mucus from your lungs. You will be taught how to do this.

## **To Breathe Easier**

- Quit smoking. The only way to slow the damage of chronic bronchitis is to quit smoking. It is never too late to quit.
- Do not drink alcohol. It dulls the urge to cough and sneeze to clear your air passages. It also causes your body to lose fluid, making the mucus in your lungs thicker and harder to cough up.

## **Calaamadaha Boronkiitada**

- Qufaq is-daba-joog ah
- Daal dareemid
- Feedho xanuun leh qufac ama neefsasho qoto dheer
- Neefsasho dhawaq leh
- Neefsashada oo kugu gaabata
- Jidh xanuun
- Qandho ama qar-qaryo
- Cune xanuun
- San biyo ka dareerayaan ama cabbursan

## **Sababaha keena Boronkiitada**

- Dhaawac bakteeriyo ama fayras
- Sigaar cabid
- Hawo wasaqowda
- Xajiin wax hawada ku jira laga qaado sida faxalka
- Cudur sanbab sida asmada ama neefta ama sababada oo dhaawacma

## **Daryeelkaaga**

Daryeelkaaga waxaa ku jiri kara daawooyin iyo jimicsiyo neefsasho si lagaaga caawiyo in aad si fudud u neefsato. Waxaa laga yaabaa in aad u baahato ogsijiin haddii aad qabto boronkiito daran. Daryeelkaaga waxaa sidoo kale laga yaabaa iney ku jirto:

- Ka fogaanshada hergebka iyo ifilada.
- Cabidda cabitaanno fara badan si xabka loo khafiifiyo.
- Icticmaalidda huur bixiye ama uumi bixiye.
- Icticmaalidda biyo saare qaabka jidhka iyo feedho riixe si loo dabciyo xabka sanbabadaada ka imaanaya. Waa lagu bari doonaa sida taas loo sameeyo.

## **Si aad si Fudud ugu Neefsato**

- Jooji sigaar cabidda. Habka keliya ee hoos loogu dhigi karo waxyeellada boronkiitada daran waa in la joojiyo sigaar cabidda. Marna lagama daaho in la joojiyo.
- Ha cabbin aalkolo. Waxay uga sii dartaa baahida loo qabo in qufaca iyo hindhisadu ay banneeyaan marinnada hawada. Waxay sidoo kale keentaa in jidhkaagu lumiyo dheecaanno, iyadoo xabka sanbabkaaga ku jira ka yeeleysaa mid dhumuc weyn ayna adag tahay in la soo qufaco oo la tufo.

Bronchitis. Somali.

- Avoid things that irritate your lungs such as air pollution, dusts and gases.
- Sleep with your upper body raised. Use foam wedges or raise the head of your bed.

Call your doctor **right away** if you:

- Have chills or a fever over 101 degrees F or 38 degrees C
- Need to use your inhalers or breathing treatments more often
- Have more mucus, the color changes, or it becomes too hard to cough up
- Have a new or worsening gray or blue tint of your nails or the skin of your fingers or mouth
- Have trouble talking or doing your normal activities
- Have to use more pillows when sleeping or start having to sleep in a chair to breathe at night

Call 911 **right away** if you:

- Cannot get your breath
- Become confused, dizzy or feel faint
- Have new chest pain or tightness

**Talk to your doctor or nurse if you have any questions or concerns.**

- Ka fogaanshada waxyaabaha lura sanbabada sida wasaqowga hawada, habaaska iyo gaasaska.
- U seexo iyadoo jidhkaaga qaybta kore ay kor u qaadan tahay. Isticmaal barshin ama madaxa sariirtaada kor u qaad.

**Isla markiiba** wac takhtarkaaga haddii:

- Ay qar-qaryo ama qandho ka sarreysa 101 darajood oo F ah ama 38 darajood oo C ah ay ku qabato
- Aad u baahato in aad in badan isticmaasho daawada neefta la isaga buufiyo ama daaweynta neefsashada
- Aad leedahay xab badan, midabku isbeddelo, ama ay aad u adkaato in uu qufac kaaga soo fuqo
- Aad isku aragto midab danbas ama buluug ah oo cusub ama ka sii daraya ee ciddiyahaaga ama maqaarka farahaaga ama afka
- Ay dhibaato kaa qabsato hadlidda ama qabsashada hawlahaaga caadiga ah
- Ay tahay in aad isticmaasho barkimo badan markaad hurdeyso ama aad billaabayso in aad ku seexato kursi si aad u neefsato habeenkii

Wac 911 **isla markiiba** haddii:

- Aadan neeftaada heli karin
- Aad noqoto mid jahawareersan, naanaabto ama aad dareento miyir beelid
- Aad feedho xanuun ama feedho giigsan qabtid

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaacyo ah qabtid.**

Bronchitis. Somali.

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