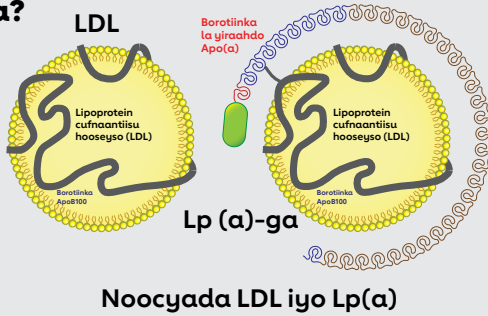




# Dufanka dhiigga(a)

## Waa maxay Lp(a)-ga?

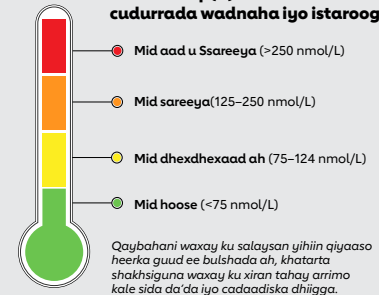
- Dufanka dhiigga(a), ama Lp(a), waa walax dhiigga ku jirta oo qaadda kolestaroolka. Heerkaaga badankiisu waa la iska dhaxlaa.
- Heerarka sare ee Lp(a) waxay saameeyaan qiyaastii 1 ka mid ah 5 qof adduunka oo dhan
- Lp(a) wuxuu la mid yahay dufanka dhiigga cufnaantiisu yar tahay (LDL), oo badanaa loo yaqaan kolestaroolka "xun" laakiin wuxuu leeyahay borotiin dheeraad ah oo la yiraahdo apo(a). Borotiinkan dheeraadka ah ayaa ka dhigaya Lp(a) inuu LDL ka badan u keeno dufan ku urura halbowlayaasha, taas oo yareyn karta socodka dhiigga. Marka heerka Lp(a) uu sarreeyo, uruurkan iyo yaraanta socodka dhiigga waxay kordhin karaan khatarta wadne-xanuunka, istarogga, cudurrada halbowlayaasha ee gacmaha iyo lugaha, iyo cidhiidhiga marinka halbowlaha weyn.



## Waa maxay sababta aan u ogaanayo heerka Lp(a)-gayga?

- Haddii heerka Lp(a) uu yahay 125 nmol/L (50 mg/dL) ama ka sarreeyo, khatarta cudurrada wadnaha iyo istarogga way kordhi kartaa; haddii heerkaagu yahay 250 nmol/L (100 mg/dL) ama ka sarreeyo, khatartaadu laba jibbaar ayay noqon kartaa.

### Heerarka Lp(a) ee khatarta cudurrada wadnaha iyo istarogga



Dadka badankoodu ma yeeshaan calaamado.

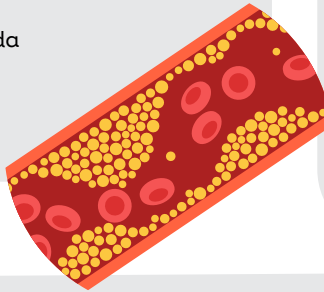
Baaritaan dhiig oo fudud ayaa muujin kara heerkaaga Lp(a). Tilmaamo cusub ayaa ku talinaya in qof kasta oo qaangaar ah la baaro ugu yaraan hal mar inta uu nool yahay. Baaritaanku waxaa laga yabaa inuu si gaar ah muhiim u yahay haddii aad leedahay:

- Taariikh qoys ama shakhsiyeed oo cudurka wadnaha hore u bilowda (taasoo macnaheedu yahay in ragga uu ku dhaco iyagoo ka yar 55 sano, dumarkana iyagoo ka yar 65 sano).
- Taariikh qoys oo la og yahay oo Lp(a) sare leh
- In lagaa helo cudurka Familial Hypercholesterolemia (FH) - oo ah xaalad la iska dhaxlo oo qofku ku dhalan karo isagoo leh heerar aad u sarreeya oo LDL ah

## Ma jiraan waxyaabo kale oo halis ii keeni kara heer sare oo Lp(a) ah?

- Heerarka Lp(a) badanaa waa kuwo sareeya marka ay timaado dadka ka soo jeeda Afrika iyo bulshooyinka Koonfurta Aasiya.
- Heerarku sidoo kale way kordhi karaan inta lagu jiro marxalado nololeed gaar ah sida uurka iyo joogsiga tooska ah ee caadada.
- Xaalado sida cudurrada kelyaha, cudurrada beerka, iyo dhibaatooyinka qanjirka thyroid-ka ayaa kordhin kara heerarka Lp(a).

Haddii heerka Lp(a) uu sarreeyo, in la sameeyo **baaritaanka xubnaha qoyska** (mareegta ku qoran luuqada Af-Ingiriisiga) ayaa lagu talinayaa. Tani waxay ka dhigan tahay in la baaro qaraabada kuu dhow, sida waalidka, walaalaha, iyo carruurta, si loo ogaado haddii ay jiraan kuwo kale oo khatar ugu jira.



## Maxaan samayn karaa haddii aan leeyahay Lp(a) sareeya?

Inkasta oo isbeddellada qaab-nololeedku aysan hoos u dhigin heerarka Lp(a), waxaad hoos u dhigi kartaa khatarta guud ee cudurrada wadnaha iyo istarogga adigoo:



Maareynaya arrimaha kale ee khatarta ah sida kolestaroolka, cadaadiska dhiigga, iyo sonkorowga



Cunaya cunto u wanaagsan caafimaadka wadnaha



Samaynaya jimicsi jireed oo joogto ah



U ilaalinaya miisaanka jidhka si caafimaad leh



Ka fogaanaya isticmaalka tubaakada



Helaya 7-9 saacadood oo hurdo nasasho leh maalin kasta

**Ogaanshaha heerkaaga Lp(a) wuxuu kaa caawinayaa adiga iyo xirfadlahaaga daryeelka caafimaadka inaad fahamtaan khatartaada oo aad qaaddaan tallaabooyin lagu ilaalinayo wadnahaaga.**

Wax badan ka baro barta [heart.org/lpa](http://heart.org/lpa) (mareegta ku qoran luuqada Af-Ingiriisiga)