

ISBEDDELADA KU DHACA JIRKAAGA INTA AAD UURKA LEEDAHAY

Isbeddelada badankood ee aad ka dareento jirkaaga waxaa ugu wacan hormoonnada uurka.

Uurka maalmaha hore, waxaad la kulmi kartaa qaar (ama dhammaantood, ama midkoodna) astaamaha soo socda:

- dhabar xanuun / mandhicir xanuun - ku taageer dhabarkaaga adoo aan isqalloocin, jilbaha isku qabo markaad gaariga ka soo degayso, dhinac isu rog si aad sariirta uga kacdo, weydiiso inaad aragto dhakhtarka jimicsiga jirka.
- walac [lallabbo ama matag ma aha oo kaliya subaxdii] - cun oo soo dhaweyso cuntooyinka fudud markaad soo toosto, ama markaad dareento inay calooshaadu madhan tahay, ucuun cunnooyin yar si joogto ah
- Calool fadhisa - qeyb haka noqdaan furuut iyo khudradda faybar ka leh oo cab biyo kugu filan maalintii oo dhan
- damaca cunnooyinka iyo diidmada - si fiican ula soco kuwan, haddii 'caafimaadka eysan u wanaagsaneyn' isku day inaad cunin wax badan oo iyaga ka mid ah, iska ilaali kuwa aan caafimaadkaaga u fiicnayn
- laab jeex iyo xauunka caloosha markaad wax laqeyso - iska ilaali cunnooyinka aadka u basbaaska badan ama dufanka badan, u cun cunnooyin yar yar si joogto ah halkii aad ka cuni lahayd cuntooyin badan, barkimaha badso markaad jiifaneyso intaad dhabarka u jiifan lahayd.
- dareenka kaadi ku qabaneysa marar badan
- kor u kaca iyo hoos u dhaca shucuurta
- isbeddelada maqaarka
- baabasiir
- dheecaanka siilka
- lugo xanuun
- lugaha aan xasillooneyn
- xididdada dhiigga
- barar [anqawiyada, cagaha iyo gacmaha] - umulisadaada u sheeg haddii aad ka walaacsan tahay barar
- wareer ama miyir beelid - u sheeg umulisadaada haddii aad sidoo kale leedahay barar iyo madax xanuun
- daal, ama tabar la'aan - isku day inaad nasato markaad daal dareemeyso
- dhibaatooyinka sanko, ama neefta oo ku qabata
- naaso jilicsan ama xanuun ah

Calaamadahaani waa wax badanaa la arko oo caadi ah. Kala hadal umulisadaada wixii talo ah ee ku saabsan gargaarka haddii calaamadahaagu ku dhibayaan oo aad dhibsaneyso.

CHANGES IN YOUR BODY DURING PREGNANCY

Most changes in pregnancy are due to the hormonal changes of pregnancy.

In early pregnancy, you may experience some (or all, or none) of the following symptoms:

- backache/ ligament pain
- morning sickness [nausea or vomiting not just happen in the morning]
- constipation
- food cravings and aversions
- heartburn and indigestion
- a need to urinate more often
- emotional ups and downs
- skin changes
- haemorrhoids
- vaginal thrush
- leg cramps
- restless legs
- varicose veins
- swelling [ankles, feet and hands]
- dizziness or fainting
- fatigue, or lack of energy
- nasal problems, or shortness of breath
- tender breasts or discomfort

Talk to your midwife if your symptoms are bothering you and you cannot find some relief.



DISCLAIMER

This information is not intended to be medical advice, it is a guide only. Please ask your midwife or doctor for information and advice directly related to your care and your baby's care.