

# Ma kugu dhacay cudurka caloosha oo aad u socota (bowel syndrome (IBS)?



**Sanad kasta, 10-15% dadka ku nool Mareykanka ee waaweyn ayaa isku arka caloosha oo aad u socota, ama IBS. Haddii aad isku aragto calaamadaha soo socda, waxa laga yaabaa inuu kugu dhacay IBS:**

- Xanuun soo noqnoqda oo caloosha kaa qabta (qeybta hoose ee caloosha)
- Inta jeer ee aad saxarooto oo soo kordha taaso noqon karta shuban, caloosha oo adkaata, ama labadaba
- Yalaalugo (lalabo) ama matag

Dhakhaatiirtu ma garanayaan sabaha keena IBS laakiin way ogaan karaan haddii uu kugu dhacay IBS ama dhibaatooyin kale jiraan. Waxay ku siin karaan daaweynta ugu wanaagsan si aad u bogsato.

**Waxaa jira habab daaweyn ah oo kala duwan. Halkan waxaan idinkugu soo gudbineynaa dhawr waxyaabood oo dhakhaatiirtu idinkula talinayaan daaweynta IBS:**

- Wax ka bedel cuntada aad cunto
- In aad qaadato bakteeriyada u wanagsan caloosha (probiotics) ama daawooyinka kale
- In aad hesho dariiqo aad ku yareyso walwalka, sida in aad jirka ka jimicsato ama aad la xiriirto qof ku takhasusay la talinta

Haddii aad ka shakisan tahay inuu kugu dhacay IBS, la xiriir dhakhtarkaaga oo maanta balan ka qabso!

**Ma dooneysaa gaadiid aad ku tagto balanta dhakhtarka? Wac (866) 907-1493.**



**Ma dooneysaa in aad dhakhtar hesho? Soo booqo [molinaproviderdirectory.com/wi](https://www.molinaproviderdirectory.com/wi) ama naga soo wac (888) 999-2404 (TTY: 711), Isniinta - Jimcaha, 8 aroornimo – 5 galabnimo.**

# Cuntada u wanaagsan IBS

Mid ka mid ah hababka aad ku yareyn karto calaamadaha IBS waa adiga oo cuna cunto caafimaadka u wanaagsan oo ku badan tahay waxyaabaha caloosha jilciya kuna yar tahay waxyaabaha loo yaqaan gluten. Waxa kale oo aad yareyn kartaa cuntada dufanka ama saliidda ku badan tahay. Sidoo kale waa in aad cabtaa biyo fara badan. Marka aad dooraneyso cunto cusub, waa in aad maanka ku heysaa xasaasiyadda laga qaado cuntada iyo arrimaha la xiriira.

## Halkan waxaa ku xusan dhawr tusaale ee cuntada u wanaagsan IBS:

- Hilibka jirka ah, sida kan digaaga ama digaaga turkiga
- Ukunta
- Kaluunka duxda leh, sida salmo ama kaluunka cad
- Qudaar biyo lagu kariyey oo aan burcad iyo waxyaabaha cuntada carfiya aan lagu darin
- Caleenta cagaaran sida miraha cagaaran
- Fawaakihada ay sokortu ku yar tahay, sida beeriga iyo batiikha
- Miraha qalalan iyo kuwa saliidda leh oo aan cusbno iyo sokor lagu darin
- Miraha sida gabaldayadaha ama boroowga
- Cuntada lagu daray waxyaabaha kordhiya bakteeriyada wanaagsan, sida garoorka ama ciirta (sauerkraut).
- Maraq lafo lagu sameeyey



## Xigasho:

<https://www.niddk.nih.gov/health-information/digestive-diseases/irritable-bowel-syndrome>

<https://gi.org/topics/irritable-bowel-syndrome/>

<https://www.verywellhealth.com/the-ten-best-foods-for-ibs-1945014#:~:text=You%20can%20ease%20your%20IBS,flora%20in%20you%20have%20IBS.>