

Qalabka Qorshaynta Bookhashada Dhakhtarka

Buuxi qaybta kore ee foomkan kahor inta aadan dhakhtarka u tagin

Maxay tahay sababta aad dhakhtarka u timid maanta?

Ma qabtaa wax su'aalo ah oo daawadaada ku saabsan?

Maxaad kaloo jeclaan lahayd in aad dhakhtarkaaga kala hadasho maanta?

Weydii dhakhtarkaaga in uu buuxiyo qaybta hoose ee foomkaan inta aad ballantaada ku gudo jirto

Taariikhda: _____ Dhererka: _____ Miisaanka: _____ Isbarbardhigga
dhererka iyo
miisaanka (Body Mass Index BMI): _____ Cadaadiska
Dhiigga: _____

Waa maxay tallaabooyinka la iga rabo in aan raaco si aan caafimaadkayga sare ugu qaado?

Maxay kaloo tahay inaan sameeyo si aan caafimaadkayga kor ugu qaado?

Ballan qabso:

- Eegista Sannadlaha ah ee Badqabka Caafimaad
- Eegista Badqabka Indhaha
- Baaritaanka ilkaha
- Raajada naasaha
- Baaritaanka mindhicirada (Colonoscopy)
- Tallaalka
- Kuwo kale: _____

Iska shaybaadh

- Cabbitaanka khamriga
- Badqabka maskaxda
- Kolesteroolka
- Cudurka sonkorowga
- Caabuqa galmada la iskugu gudbiyo
- Kuwo kale: _____

Isbaddalka hab nololeedka:

- Samee jimicsi dheeri ah Cun cunto caafimaad leh Jooji cabbista sigaarka Kuwo kale: _____

Majiraa qof waxyeello kuu gaysanayaa? Haa Maya Haa Maya
Ma jiraa qof wax kaa xadaya? Haa Maya Haa Maya
Miyaa aad ku qanacsan tahay shaqaalahaaga kaalmada ku siiya? Haa Maya
Ma u baahannahay in aan dib u eegis ku samayno wixii aan kasoo hadalnay? Haa Maya



University Center for Excellence in Developmental Disabilities