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Cudurka Psoriasisartritt

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Af-soomaali

Psoriasisartritt (PsA) waa cudur ka mid ah noocyada roomatiisamka oo la bilaabma cudurka maqaarka ee psoriasis. PsA waa cudur dabadheer, oo xanuun iyo dhawaac ku keena laalaabatooyinka, seedaha iyo xidhmooyinka seedaha.

Ku saabsan psoriasisartritt

Sawiro: iStock

Psoriasisartritt (PsA) waa cudur ka mid ah noocyada roomatiisamka oo caabuq ku keena laalaabatooyinka, seedaha iyo xidhmooyinka seedaha iyo laf dhabarta. Cudurku wuxuu keeni karaa caabuq aan isku u imananyn, laakiin ku dhaca i laa-laabatootinka yaryar iyo kuwa waaweyn oo jirka meelo badan oo ka mid ah ku dhaca, waxaana lagu gartaa barar, xanuun iyo meeshaas isticmaalkeeda iyo dhaqdhaqaajinteeduba yaraato. Dadka badankooda cudurka maqaarka ee psoriasis ayaa ku soo hor mara inta aan dhibaatooyinka laalaabatooyinku ku iman, laakiin dadka qaar ayaa dhibaatooyinka laalaabatooyinku ku soo hor maraan.

KHATARNIMADA CUDURKU way ku kala duwan tahay qof ilaa qof. Dadka qaar cudurku kuma darna, xanuun khafiif ahna laalaabatooyinka way ka dareemayaan halka dadka qaar cudurka psoriasisartritt uu aad ugu daran yahay oo listicmaalka aalaabatooyinkooda burburinaayo oo duminaayo.

CUDURKA WAXA XAQIIJINAAYA dhakhtarka roomatiisanka.Ma jiro mana jiro tijaabo gaar ah oo cudurka lagu xaqiijiyaa. Cudurka waxa la xaqiijinayaa iyada oo calaamadaha kaa muuqda lagu saleynaayo iyo iyada oo xaalado kale meesha laga saaraayo. Marka laga yimaado shaybaadhka caafimaad baaritaanku waxa kale oo u uka koobnaan doonaa baaritaanka raajada, dhiiga iyo haddii loo baahdo dheecaan laga qaadayo laalaabatooyinka. Haddii cudurka psoriasisartritt kugu dhaco dhiiga laga heli maayo maadada reumatoid faktorer (diifaca jirka nooc ka mid ah), maadaama kuwan laga helo revmatoid artritt. Laakiin heerka SR- iyo CRP- waxa ay gaadhi karaan meel sare (2).

Sabab

Sababta uu psoriasisartritt u yimaado lama garanaayo, laakiin waxa la isku waafaqsanyahay in ay ka qeybqaataan sababo la xiriira diifaaca jirka, hiddaha iyo bii´ada qofku dhex deggan yahay. Psoriasisartritt waxa badanaa lala eegaa cudurka maqaarka ee psoriasis. Labada cudurba ilaa xad hidde ahaan way ku iman karaa, had iyo jeerna waa la arkaa dadka isku qoys ah oo isku xaalad ah.

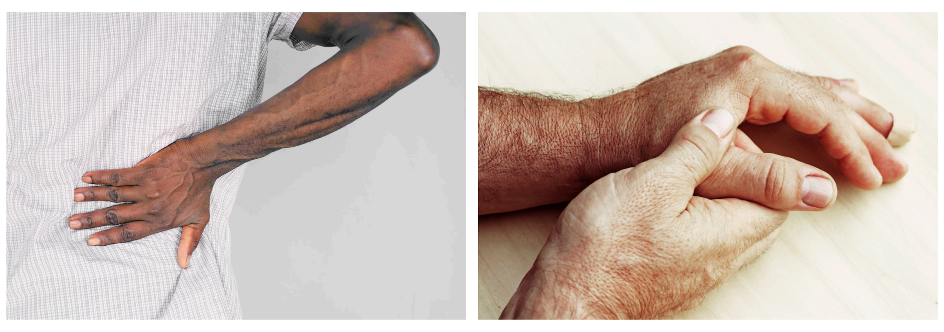
Cudurka iyo xadidda goobta u uku dhacay

Cudurka Psoriasisartrittka xubnihii xubnaha uu ku dhaco waxa laga dareemayaa damaq, barar iyo adeyg. Calaamadahani waxay daran yihiin subaxa hore iyo qofku marka uu nasto, waxaanay yaradaan marka qofku dhaqdhaqaaq sameeyo. Calaamadahani way kala duwanaan karaan, waxaanay ku xiran yihiin heerka cudurku maraayo iyo laalaabatada cudurku ku dhacay.

- Damaq, barar iyo adeyg ku yimaada mid ama laalaabatooyin badan
- Kulaylka oo laalaabatooyinka ku bata
- Faraha gacmaha iyo lugaha oo barara oo sida pølseha u eekaada.
- Cadaadis damaqeed, kaar iyo laalaabatada, murqaha iyo xirmooyinka seedaha oo barara.
- Qofka uu si guud u daala(fatigue)
- Dhaqdhaqaaqa oo koobma

PsA waxay ku iman kartaa dhamaan laalaabatooyinka ay seedaha iyo laalaabatooyinka adag ee ku xiran yihiin laafta. Halkan ka akhri taxqiiqa(manifestasjonen).

Xanuunka iyo dhaawaca ay sababtay Psoriasisartritt waxa uu saameyn ku yeelan karaa xubno iyo unugyo kale. Dadka qaba psoriasisartritt sida awgeed waxa ay dareemi karaan caafimaad darooyin kale, oo ay ka mid tahay waxa loo yaqaano komorbiditet. Tani waxa ay khuseysaa gaar ahaan qofku marka heerka cudurka psoriasisartritt uu gaaro meel khatar ah oo tusaale ahaan noqon kara cudurada wadnaha iyo xididada, dhibaato ku dhacda dheefshiidka, walaac, murugo, cudurka macaanka, cudurka Chrohns sykdom (mindhicirka oo infekshan ku dhaco) iyo cudurka Ulcerøs kolitt (malawadka oo infekshan ku dhaco)



***Sawir**: Dhabar xanuun- iyo kaarka laalaabatooyin faraha waa u caadi cudurka psoriasisartritt (iStock).*

Immisa qof ayaa qaba cudurka psoriasiartritt?

Dadka waaweyn ee deggan Norway 0,6-0,7 % (1) ayaa la xaqiijiyey in ay qabaan cudurka psoriasisartritt. Qiyaastii in isku mid ah ayaa ragga iyo dumarka kaga dhacaa, da kastana wuu ku dhacaa.

Dadka badankoodu cudurka psoriasis ayaa maqaarka ka hela intaanay calaamadahaa cudurka psoriasisartritt isku arkin. Hase ahaatee marmarka qaar dhibaatada maqaarka iyo laalaabatooyinku isku mar bay qofku bilaabmaan, marmarka qaarna cudurka laalaabatooyinka ee psoriasisartritt ayaa ka hor yimaada intaanu bilaaban cudurka maqaarka ee psoriasis. Waa in fiiro gaar ah loo yeesho in dadka qaba cudurka maqaarka ee psoriasis oo ku dhici karo noocyo kale oo cudurka roomatiisamka ka mid ah, sida cudurka revmatoid artritt iyo cudurka artrose. In qofku uu qabo cudurka maqaarka ee psoriasis macnaheedu ma aha in ay daruuri tahay in kaarka ama calaamadaha kale ee laalaabatooyinku u sabababay cudurka laalaabatooyinka ee psoriasisartritt.

Saadaasha iyo daaweynta

Ma jiro daaweyn lagaga bogsanaayo cudurka laalabatooyinka ee psoriasisartritt, laakiin haddi qofka daaweyn mudan la siiyo waxay ka khafiifin kartaa kaarka laalaabatooyinka iyo xanuunka, isla markaana kor u qaadi kartaa isticmaalka laalaabatooyinka. Hadaf muhiim ah oo daaweynta laga leeyahay waxa weeye in intii surto gal la sii wado kartida shaqo ee qofka iyo kor u heynta tayada nolosha ee qofka.

Daaweyntu waa wadoshaqeyn ka dhexeysa Dhakhtarka gaarka ah, Dhakhtarka maqaarka, Dhakhtarka roomatisamka, iyo badanaa cilaajka jirka(fysioterapeut) iyo cilaajka shaqada(ergoterapeut).

Xaaladahiisa hore iyo markuu khafiifka yahay cudurka laalaabatooyinka ee psoriasisartritt waxa lagu daaweeyaa daawada kortison iyo daawooyinka kale ee difaaca jidhka gaabiya. Kortison waxa la siin karaa iyada oo kiniin ah ama iyada oo irbad murqaha ama laalaabatooyinka lagu mudaayo. Marka cudurku hererka khatarta maraayo waxa la isticmaalaa daaweyn cudurka hakinaysa in uu kordho oo loo soo gaabiyo DMARD, dawooyinkana waxa ka mid ah Methotrexate iyo daawoyin noole sida bakteeriya, fayras iwm.

FIRFIRCOONI la sameeyo door muhiim ah ayey ka qaadan kartaa xadidida caalamadaha. Haddii la sameeyo firfircooni ku filan waxa ay ka qeyb qaadan kartaa in dhaqdhaqaaqa fiican la joogteeyo, la yareeyo bararka, la dareemona in kaarku yaraado. Khatar uma aha in aad laalaabatooyinka tabobar gelisid ama aad culays ku qaadid. Hadaadse xanuun dareentid, taasi waxa ay marka digniin u noqon kartaa in aad tartiibsatid.

DAAWEYNTA CIMILADA waxa ay wax fiican ka tari kartaa marka qofku qabo PsA. Caruurta, dhalinyarada ama dadka waaweyn ee qaba cudurka laalaabatooyinka ee psoriasisartritt waxa ay dalban karaan nidaamka dawliga ah ee daaweynta safarka ee waddanka dibbediisa.Halkan jka sii akhri. Halkan ka sii akhri.

La noolaansha psoriasisartritt

Cudurka psoriasisartritt waxa uu sababi karaa dhibaato lixaad leh oo keenaysa hoos u dhac ku yimaada ka shaqeysiinta jirka iyo tayada nolosha. Saameynta PsA ee la xiriirta nolosha jirkaaga waxay la mid tahay ta uu keenso cudurka revmatoid artritt (RA).

Lakiin taageerada/caawimada uu helaayo qofka qaba cudurka PsA in door ah bay ka yartahay cidda qabta cudurka RA.

KARTIDA SHAQADA IYO HAQABTIRKEEDA Dadka qaba cudurka laalaabatooyinka ee psoriasisartritt si fiican ayey u shaqeyn karaan markay shaqada joogaan haddi xaaladaha loo haqabtiro. Haqab tirku waa mas´uuliyad saaran Loo shaqeeyaha, isaga oo markaa la kaashanaaya cilaajka shaqada(ergoterapeut), ayaa goobtaada shaqo loo waafajinayaa sida ugu haboon shaqada aad qaban kartid.

Halkan ka sii akhri xuquuqdaada hadaad xanuun daba dheer qabtid.

NIDAAMYADA DHEEFTA. Haddii aad qabtid cudur dabo dheeraanayaa badanaa qofku waxa uu xaq u leeyahay nidaamyo dhaqaale iyo nidaamyo laga taageeraayo baahiyo kale. Waxa ka mid ah in ay bilaa lacag tahay cilaajka jirka(fysioterapeut) lagu soo jimicsado, cusbitalo badanina waxay leeyihiin xarumo barasho iyo tabobar(LMS). La xiriir xafiiskagaa NAV ee aad istcimaashid si aad xog dheerad ah arrintan uga heshid.

Waxa kale oo aad la soo hadli kartaa FFO telefoonkooda xuquuqda, telefoonlambar +47 23 90 51 55 haddii aad haysid su´aalo ku saabsan xuquuqdaada markad aad qabtid xanuun dabodheer.

Psoriasis- og eksemforbundet
Postboks 6547 Etterstad, 0606 Oslo
Besøksadresse: Borgenveien 66, 0373 OSLO

Vi har telefontid alle hverdager kl. 09 -15
Telefon: 23 37 62 40
E-post: post@pefnorge.no

Psoriasis- og eksemforbundet ung er en interesseorganisasjon for barn og unge med psoriasis, atopisk eksem, andre hudsykdommer og psoriasisartritt.