

ድህነት ብልጽግና ጥረት-ምን መፍትሕ ምረባላችሁም አብ ሓድሽ ገዛችሁም

ክንክን ጥረትን/ መድሕን ጥረት - 7

Safe, Smart and Healthy – Keys to Success in Your New Home

Medical Care and Health Insurance - 7

TIGRINYA

<p>ቆልዑትኩም ምናልባት ናብ ብቆልዑት ዝሰልጠነ ሓኪም ምላእኽ ዚከኣል እዩ። ሓኪም ቆልዑት ማለት ብዛዕባ ቆልዑት ምሕካም ጥራይ ዚሰልጠነ ማለት እዩ። እምበኣር ደቅኻ ኣብ እተወሰነ ጊዜ ናብ ሓኪምም ምኻዶም ኣዚዩ ኣድላዩ እዩ፣ በዚ ከኣ ጥዑያትን ሓያላትን ኮይኖም ይግብዩ።</p>	<p>Your children may be <i>referred</i> to a pediatrician by another doctor. Pediatricians are doctors who specialize in treating children.</p> <p>It is important that your children see their pediatrician on a regular basis, so that they grow up healthy and strong.</p>
<p>ንፈለማ ጊዜ ናብ ሓኪም ቆልዑት ክትወስዶም ከሎኻ፣ ኩሉ ሕክምናዊ ሰነዳት ቆልዑት ምውሳድ ኣይትረስዕ።</p>	<p>Remember to bring all of your child's medical records to the first visit with the pediatrician.</p>
<p>ኣቶ ባ ብዛዕባ ምቁጽጻር ቅርጥማት ወትሩ ናብ ሓኪም ይመላለስ እዩ። እንተድኣ ሕዳር ሕማም ኩነታት ኮይኑ ናብ ሓኪም ክትልኣኽ (ክትሰጋገር) ዚከኣል እዩ። ሕዳር ኩነታት ወይ ኩሮኔክ ሕማማት ንውሕ ዝበለ ጊዜ ዚወስዱ እዮም፣ ከም ጸቕጢ ደም፣ ሽኮርያ፣ ቅርጥማት መሊጋግቦ ኣካላት ዚኣመሰሉ ሕማማት ከኣ በዚ የጠቓልሉ። ብሓኪም ከኣ ብተኸታታሊ ምምርማር የድልዩ። እንተድኣ ሕዳር ሕማም ኣሎኻ፣ ብተኸታታሊ ናብ ሓኪምካ ክትከይድ ኣዚዩ ኣድላዩ እዩ። በዚ ከኣ ከመይ ትኸይድ ከም ዘሎኻ ክምርምሩኻ ይከኣል።</p>	<p>Mr. Ba sees a doctor regularly to control his arthritis. You may be referred to a doctor if you have <i>chronic</i> conditions. Chronic conditions last for a longer time, and include diseases such as high blood pressure, diabetes and arthritis. They need to be checked by a doctor on a regular basis.</p> <p>If you have a chronic disease it is important to see your doctor regularly, so that they can check and see how you are doing.</p>

<p>ኩሉ እትበልጥን እትሰትዮን እትወስዶ መድሃኒትን ኣባኻ ጽልዋ ኣለዎ። እንታይ ከም እትበልፅን ከም እትሰትን ዝኾነ መድሃኒት እትወስዶ ቫይታሚን፣ ካብ ሱር ተኽልታት ከም ባህላዊ መድሃኒታት ዘጠቓለሉ እዮም። ከምኡውን ኣልኮላዊ መስተ ከም እትሰቲ ሽጋራን ካልኣት ናይ ትንባኽ ተትክኽን፣ ከምኡውን ብዘሒ ተትክኽ ክፈልጡ ይደልዩ እዮም።</p>	<p>What you eat and drink and what medicines you take all have an effect on you. Be sure to tell your doctor about what you eat and drink and any medicines you take— <i>including</i> any vitamins, herbal supplements and home remedies. They also need to know if you drink alcohol or smoke tobacco, and how much.</p>
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