Ankylosing Spondylitis

ܡܲܪܥܵܐ ܕܩܲܫܝܘܼܬܵܐ ܕܓܲܪ̈ܡܹܐ ܕܚܘܼܠܝܵܬܵܐ ܕܚܨܵܐ

ܐܵܗܵܐ ܦܘܼܪܣܵܐ ܦܬܝܼܚܵܐ ܗ݇ܘܵܐ ܟܬܝܼܒ݂ܬܵܐ ܩܵܐ ܐܵܢܝܼ ܐ̱ܢܵܫܹ̈ܐ ܕܐܝܼܬ ܠܗܘܿܢ ܡܲܪܥܵܐ ܕܩܲܫܝܘܼܬܵܐ ܕܓܲܪ̈ܡܹܐ ܕܚܘܼܠܝܵܬܵܐ ܕܚܨܵܐ. ܦܘܼܪܣܵܐ ܝܵܗܒ݂ܵܐ ܗܵܠܵܐ ܡܘܼܕܥܵܢܘܼܬܵܐ ܓܘܼܢܵܝܬܵܐ ܠܗܘܼܢܵܘܟ݂ ܕܦܲܪܫܝܼܬܘܿܢ، ܕܐܲܝܟܵܢ ܦܵܠܚܵܐ ܕܦܵܫܛܝܼܬܘܿܢ، ܠܗܘܿܢܵܐ ܘܡܘܼܕܝܼ ܦܵܫܛܝܼܬܘܿܢ ܕܥܵܒ݂ܕܝܼܬܘܿܢ، ܩܵܐ ܡܲܕܒܪܵܢܘܼܬܵܐ ܕܡܲܪܥܵܐ. ܐܵܦ ܡܫܘܕܥܝܼܬܘܿܢ، ܗܵܠܵܐ ܐܲܝܟܵܐ ܡܫܟܚܝܼܬܘܿܢ، ܡܘܼܕܥܵܢܘܼܬܵܐ ܙܵܘܕܵܢܵܝܬܵܐ ܘܡܸܠܟܵܐ (ܬܲܢܒܝܼܗܵܐ).

ܡܘܼܕܝܼ ܝܼܠܹܗ ܡܲܪܥܵܐ ܕܩܲܫܝܘܼܬܵܐ ܕܓܲܪ̈ܡܹܐ ܕܚܘܼܠܝܵܬܵܐ ܕܚܨܵܐ؟

ܡܲܪܥܵܐ ܕܩܲܫܝܘܼܬܵܐ ܕܓܲܪ̈ܡܹܐ ܕܚܘܼܠܝܵܬܵܐ ܕܚܨܵܐ (Ankylosing spondylitis(AS) ܚܲܕ ܡܲܪܥܵܐ ܝܼܠܹܗ ܕܟܘܼܡ ܙܵܘܕܵܐ ܓܵܘ ܩܵܛܹܐ ܠܚܘܼܠܝܵܬܵܐ ܕܚܨܵܐ. ܓܲܪ̈ܡܹܐ ܕܡܲܪܟ݂ܵܐ، ܘܕܚܨܵܐ ܘܕܦܲܪ̈ܕܩܹܐ (ܦܘܼܩܵܐ ܓܠܝܼܠܵܐ ܕܦܲܪ̈ܕܩܹܐ) ܓܵܘ ܦܘܼܠܚܵܢܘܼܗ، ܟܘܼܠܗܘܿܢ ܕܓܵܘ ܦܲܟ݂ܵܐ ܓܵܠܒܵܐ (ܓܒܝܼܠܹܗ) ܘܦܲܩܚܘܼܬܵܐ. ܓܲܪ̈ܡܹܐ ܕܓܝܼܠ ܓܪܵܫܵܐ ܕܟܘܼܪܟܵܐ ܘܕܡܲܟ݂ܵܢܵܐ ܚܲܫܠܵܬܵܐ ܕܦܲܓ݂ܪܵܐ ܘܟܲܦܵܐ ܓܵܘ ܩܵܛܹܐ ܟܲܡܵܪܝܼܗ ܟܘܼܠܗܘܢܵܐ ܕܡܲܪܥܵܐ ܕ AS. ܐܝܼܬ ܓܲܪ̈ܡܹܐ ܓܵܘ ܐ̱ܚܹܪ̈ܵܢܹܐ ܓܲܪ̈ܡܹܐ ܕܓܲܝܓܠܬܵܐ ܕܚܨܵܘܟ݂ܘܿܢ، ܟܦܘܼܩܵܐ ܓܠܝܼܠܵܐ ܕܦܲܪ̈ܕܩܘܿܟ݂ܘܿܢ. ܐܵܦ ܓܲܪ̈ܡܹܐ ܐ̱ܚܹܪ̈ܵܢܹܐ، ܐܲܝܟ ܓܲܠ̈ܓܲܠܹܐ ܘܣܘܼܦܵܢܹ̈ܐ، ܩܵܛܝܼܢܵܐ ܕܟܲܦܹ̈ܐ ܟܘܼܢܵܝܵܐ. ܡܲܪܥܵܐ ܕ AS ܐܵܦ ܩܵܛܝܼܢܵܐ ܕܩܵܛܹܐ ܠܦܘܼܩܵܐ ܐ̱ܚܹܪ̈ܵܢܹܐ ܕܦܲܓ݂ܪܵܐ ܐܲܝܟ ܥܲܝܢܹ̈ܐ، ܘܡܲܥܝܵܢܹ̈ܐ، ܘܡܲܫܟ݂ܵܢܹ̈ܐ. ܢܝܼܫܵܢܹ̈ܐ ܕܡܲܪܥܵܐ ܕ AS ܓܘ ܥܵܕܵܐ ܟܡܲܫܪܹܐ ܕܐܵܬܹܐ ܒܥܘܼܡܪܵܐ ܕ 15 ܘ 45 ܫܢܹ̈ܐ.

ܡܘܼܕܝܼ ܐܸܢܵܐ ܢܝܼܫܵܢܹ̈ܐ؟

ܢܝܼܫܵܢܹ̈ܐ ܕ AS ܦܪܝܼܫܹܐ ܐܸܢܵܐ ܡܢ ܦܲܪܨܘܿܦܵܐ ܠܦܲܪܨܘܿܦܵܐ. ܐܲܝܟ ܢܝܼܫܵܢܹ̈ܐ ܟܘܼܡ ܡܲܫܟܚܝܼܢܹܐ ܐܝܼܢܵܐ ܐܸܢܵܐ:

- ܟܹܐܒ݂ܵܐ ܘܩܲܫܝܘܼܬܵܐ ܒܚܨܵܐ، ܓܲܢܒܹ̈ܐ ܝܢ ܩܕܵܠܵܐ
- ܢܝܼܫܵܢܹ̈ܐ ܟܘܼܡ ܓܵܘ ܩܘܼܝܵܡܵܐ ܡܢ ܫܢܸܬܵܐ ܡܲܢܝܼܚܘܼܬܵܐ (ܩܵܐ ܕܘܼܡܝܵܐ ܒܲܨܦܪܵܐ ܘܢܘܼܗܪܵܐ) ܘܓܵܘ ܡܲܬܝܼܚܘܼܬܵܐ ܒܥܒ݂ܵܕܵܐ ܕܡܘܼܪܵܢܵܐ ܦܲܓ݂ܪܵܢܵܝܵܐ
- ܟܹܐܒ݂ܵܐ ܒܝܲܬܵܐ (ܓܵܘ ܐܲܢܕܵܢܵܐ، ܟܲܪ̈ܟܹܐ ܒܲܥܩܸܒ݂ܹ̈ܐ) ܘܣܘܼܦܵܢܹ̈ܐ (ܓܵܘ ܐܲܢܕܵܢܵܐ، ܓܲܪ̈ܡܹܐ ܕܲܥܩܸܒ݂ܹ̈ܐ)، ܕܡܲܡܛܹܐ ܓܵܘ ܦܸܨܹ̈ܐ ܕܥܲܝܢܹ̈ܐ ܐܲܝܟ ܟܹܐܒ݂ܵܐ ܓܵܘ ܠܲܚܡܵܐ ܕܲܟܝܼܢܵܐ، ܩܵܐ ܚܲܕܟ݂ܵܐ ܕܲܟܵܪܹ̈ܐ ܕܒܸܫܹ̈ܐ ܒܚܸܘܲܪ ܐܝܼܡܵܢ.

ܡܘܼܕܝܼ ܝܼܠܹܗ ܗܘ ܦܠܚܵܐ ܕܓܵܘ ܡܲܚܵܐ ܠܹܗ ܐܵܗܵܐ ܡܲܪܥܵܐ؟

ܠܹܐ ܗܵܠܵܐ ܦܬܝܼܚܬܵܐ ܡܫܘܼܚܠܲܦܬܵܐ ܡܘܼܕܝܼ ܓܵܘ ܡܲܚܵܐ ܩܵܐ AS. ܟܠ ܡܲܦܪܸܫ ܦܪܝܼܫܵܐ ܐ̱ܚܹܪ̈ܵܢܵܝܵܐ ܕܟܹܐܒ݂ܵܐ ܕܚܨܵܐ، ܡܲܪܥܵܐ ܕ AS ܠܹܐ ܝܼܠܹܗ ܦܬܝܼܚܵܐ ܡܘܼܩܕܡܵܐ ܒܡܘܼܫܬܵܠܵܐ، ܒ ܒܲܪ̈ܢܵܫܘܼܬܵܐ ܒ ܒܵܪ̈ܢܵܝܹܐ ܐ̱ܚܹܪ̈ܵܢܵܝܹܐ. ܟܘܼܡ ܡܣܲܡܝܵܢܘܼܬܵܐ ܗܵܠܵܐ ܕܓܵܘ ܠܵܐ ܓܹܐܢܵܐ، ܡܲܪܥܵܐ ܕ AS ܝ ܐܝܼܬ ܚܲܕ ܡܫܚܠܦܵܢܘܼܬܵܐ ܕܓܵܘ ܡܲܪܥܵܐ ܟܲܡ ܒܝܼܡܵܐ ܘܓܹܐܢܹ̈ܐ. ܐܸܡܵܐ ܐܝܼܬ ܚܲܕ ܓܹܢܵܐ ܕܦܬܝܼܚܬܵܐ ܗܵܠܵܐ ܡܫܝܼܚܵܐ -HLA B27 ܕܐܝܼܬ ܟܠܗ ܝܵܘܪܵܐ ܚܲܡ AS. ܒܲܪ̈ܢܵܫܘܼܬܵܐ ܓܵܘ ܡܲܢܝܵܢ ܕܡܘܼܪܵܢܵܐ ܠ 9 ܡܢ 10 ܐ̱ܢܵܫܹ̈ܐ ܕܐܝܼܬ ܠܗܘܿܢ، ܡܲܪܥܵܐ ܕ AS ܐܝܼܬ ܠܗܘܿܢ، ܐܸܢܵܐ ܓܹܢܵܐ. ܐܝܼܬܵܐ، ܓܹܢܵܐ ܕ HLA-B27 ܓܵܘ ܗܵܘ ܟܲܡܵܢܵܐ ܟܠܗ 8 ܝܲܡܘܼܬܵܐ ܕܓܸܒ݂ܵܐ، ܓܲܒܵܐ ܐ̱ܢܵܫܹ̈ܐ ܕܟܡܘܼܠܚܵܢܵܐ ܐܸܢܵܐ ܘܕܠܹܐ ܠܗܘܿܢ، ܡܲܪܥܵܐ ܕ AS. ܟܐܝܼܬ ܓܹܢܹ̈ܐ ܐ̱ܚܹܪ̈ܵܢܹ̈ܐ، ܐܵܦ ܓܲܪܡܲܫ ܓܹܢܹ̈ܐ ܚܲܕܬܹ̈ܐ (IL23R ܘ ARTS1) ܦܬܝܼܚܹܐ ܐܸܢܵܐ ܡܚܲܒܝܼܫܹܐ ܕܐܝܼܬ ܠܗܘܿܢ، ܝܲܡܘܼܬܵܐ ܚܲܡ ܡܲܪܥܵܐ ܕܩܲܫܝܘܼܬܵܐ ܕܓܲܪ̈ܡܹܐ ܕܚܘܼܠܝܵܬܵܐ ܕܚܨܵܐ.

ܐܲܝܟܵܢ ܓܵܘ ܦܵܝܫ ܡܲܟܫܵܕܵܐ ܐܵܗܵܐ ܡܲܪܥܵܐ؟

ܒܡܘܼܬܵܒܵܐ ܒܓܵܢܵܐ ܕܡܲܪܥܵܐ ܕ AS، ܕܚܲܪ̈ܫܹܐ ܕܐܝܼܬ ܓܵܘ ܫܲܢܬܵܐ ܕܐܝܼܬ ܠܗ ܠܗܘܿܢ، ܝܵܘܪܵܐ ܕܫܵܒܹܐ ܠܲܡܕܲܝܪܵܐ ܒܥܵܒ݂ܵܕ ܡܪ̈ܘܝܼܬܵܐ. ܐܝܼܬܵܐ ܐܲܢܒܵܝܵܬܵܐ ܗܵܠܵܐ ܡܲܪܥܵܐ ܕ AS ܦܵܝܫ ܡܲܟܫܵܕܹ̈ܐ ܡܲܢܝܼܬܵܐ ܐܝܼܬ ܚܲܕܟ݂ܵܐ ܡܲܥܠܲܝܵܢܵܐ ܡܢ ܩܲܕܡܵܝܵܐ. ܐܝܼܢܵܐ، ܚܲܪ̈ܫܵܐ ܓܵܘ ܥܕܵܢܵܐ ܕܲܟܝܼܢܵܐ ܕܲܡ ܡܲܪܥܵܐ ܕܥܵܘܕܹܐ ܡܫܲܟܠܵܢܘܼܬܵܐ ܕܦܲܓ݂ܪܵܐ، ܚܲܫܠܵܬܵܐ ܕܝܲܡܘܼܬܵܐ ܕܩܲܫܝܘܼܬܵܐ ܕܦܲܓ݂ܪܵܐ، ܐܲܝܟ ܟܹܐܒ݂ܵܐ ܕܚܨܵܐ ܘܩܲܫܝܘܼܬܵܐ. ܐܸܢܵܐ، ܓܲܪ̈ܡܹܐ ܕ x-rays ܕܓܲܝܓܠܬܵܐ ܕܚܨܘܼܟ݂ܘܿܢ، ܐܝܼܬܵܐ ܐܝܼܢܵܐ ܒܲܪ̈ܢܵܫܘܼܬܵܐ ܦܘܼܢܵܝܵܐ ܕܗܵܘ ܩܵܛܹܐ ܠܡܲܪܥܵܐ ܕܓܲܪ̈ܡܹܐ. ܝ، ܐܸܢܵܐ ܒܲܪܢܵܫܵܐ ܕܝܼܠܹܗ ܓܵܘ ܦܲܪܨܘܿܦܵܐ، ܐܝܼܬ ܠܗܘܿܢ، ܡܲܪܥܵܐ ܕ AS، ܒܦܲܠܚܵܐ ܐܸܢܵܐ ܐܵܢܝܼ ܦܘܼܢܵܝܹ̈ܐ ܡܟܲܠܹܐ ܦܵܬܵܬܵܐ ܕܦܲܓ݂ܪܵܐ، ܡܲܦܝܼܣܵܐ ܠܲܣܹܐܣܵܐ ܚܲܕ ܐܸܢܵܐ ܕܒܲܠܹܐ ܕܡܲܪܥܵܐ ܕܓܲܪ̈ܡܹܐ.

ܡܘܼܕܝܼ ܓܵܘ ܦܵܐܫ ܝܵܘܒ؟

ܝ، ܡܲܪ̈ܥܹܐ ܡܲܟܘܼܠܵܢܵܐ ܝܼܠܹܗ ܕܲܪܡܵܢܘܼܬܵܐ ܗܲܝܡܵܢܵܝܬܵܐ، ܦܘܼܩܵܐ ܙܵܘܕܵܐ ܕܐ̱ܢܵܫܹ̈ܐ ܕܐܝܼܬ ܠܗܘܿܢ، ܡܲܪܥܵܐ ܕ AS ܦܵܝܫ ܕܚܲܝܵܐ ܚܲܝܹ̈ܐ ܒܲܫܠܵܡܵܐ ܘܡܲܟܬܘܼܒܵܐ. ܟܲܡܵܐ ܐ̱ܢܵܫܹ̈ܐ ܓܵܘ ܡܲܢܵܫܵܐ ܓܲܪ̈ܡܹܐ ܐܝܼܬ ܕܢܝܼܫܵܢܹ̈ܐ ܓܵܘ ܗܵܘ ܟܲܡܵܐ ܣܘܼܦܵܢܵܐ ܡܢ ܚܲܕܟ݂ܵܐ (ܐܲܝܟ ܓܵܘ ܦܲܪ̈ܨܘܿܦܹܐ ܕܲܡܚܲܠܦܵܐ ܐܲܝܟ ܚܲܕܟ݂ܵܐ ܠܲܡܲܨܲܦܬܵܐ)، ܘܡܓܲܪܓܢܵܐ ܐܝܼܬ ܢܝܼܫܵܢܹ̈ܐ ܓܵܘ ܗܵܘ ܟܲܡܵܐ ܡܢ ܫܲܢܬܵܐ. ܡܲܪ̈ܥܹܐ ܕܦܲܓ݂ܪܵܐ ܝܼܠܹܗ ܟܲܡ ܡܲܪܥܵܐ ܕܚܨܵܐ ܘܓܵܘ ܩܵܛܹܐ ܓܲܪ̈ܡܹܐ ܘܡܲܪ̈ܥܹܐ ܟܝܼܡܵܢ ܐܲܝܟ ܗܵܘ ܒܲܫܝܼܢܵܐ ܕܓܲܝܓܠܬܵܐ ܕܚܨܵܐ ܕܒܲܫܠܵܡܵܐ ܗܵܘܐ ܚܲܕܟ݂ܵܐ ܕܦܲܠܚܵܐ ܕܥܲܝܢܹ̈ܐ ܓܵܘ ܡܲܪܥܵܐ ܕܚܨܵܐ. ܐܲܝܟ ܟܲܡܵܐ ܚܲܕ ܡܲܪܥܵܐ ܕ AS. ܒܲܪ̈ܢܵܫܘܼܬܵܐ ܕܦܲܠܚܵܐ ܟܠܹܐ ܝܘܿܡܵܐ، ܐܸܢܵܐ ܓܹܐܢܵܐ ܘܡܲܪ̈ܥܹܐ ܦܵܝܫ ܕܡܫܲܠܛܵܐ ܠܗܘܿܢ، ܓܲܪ̈ܡܹܐ ܕܓܲܝܓܠܬܵܐ ܕܚܨܵܐ ܒܲܡܫܲܟܢܵܐ ܘܡܲܠܲܝܵܐ ܓܵܘ ܡܲܫܟܲܠܵܢܘܼܬܵܐ ܟܲܠ ܓܲܝܓܠܬܵܐ ܕܚܨܵܐ ܡܢ ܠܚܘܼܕܵܝܹܐ. ܦܲܠܚܵܐ ܕܲܡܫܲܠܛܵܐ ܕܓܲܝܓܠܬܵܐ ܕܚܨܵܐ ܦܵܝܫ ܕܗܵܘܐ ܕܚܨܵܐ ܓܵܘ ܗܵܘܐ ܚܲܠܦܵܐ ܠܡܲܥܒܲܕܵܐ، ܒ ܡܲܪ̈ܥܹܐ ܓܵܘ ܗܵܘ ܟܲܡܵܐ ܠܹܗ ܚܲܕ ܦܘܼܢܵܝܵܐ ܡܲܫܠܲܡܵܢܘܼܬܵܐ. ܐܸܢܵܐ ܐܲܢܒܵܝܵܬܵܐ ܓܵܘ ܗܵܘ ܗܘܵܐ ܗܵܠܵܐ ܦܬܝܼܚܬܵܐ، ܐܝܼܬܵܐ ܗܲܝܡܵܢܵܐ ܦܵܝܫ ܕܦܲܠܚܵܐ ܡܫܲܟܠܵܢܘܼܬܵܐ ܒܲܡܦܲܠܚܵܢܘܼܬܵܐ ܕܲܪܡܵܢܘܼܬܵܐ ܠܲܡܚܵܝܵܐ ܐܲܝܟ ܒܲܡܵܐ ܓܲܠܝܵܐ ܕܲܡܲܛܦܝܼܵܢܘܼܬܵܐ ܗܵܠܵܐ.

ܡܲܛܦܝܵܢܘܼܬܵܐ ܗܵܠܵܐ ܕܡܲܪܥܵܐ ܕ AS ܦܵܝܫ ܡܲܟܘܼܫܵܐ؟

ܦܲܪ̈ܢܝܼܬ (ܗܘܿܠ ܗܵܕܵܐ) ܠܲܝܬ ܚܲܕ ܗܘܼܡܲܫܵܐ (ܕܲܪܡܵܢܘܼܬܵܐ) ܩܵܐ ܡܲܪܥܵܐ AS. ܐܝܼܬܵܐ ܕܲܪܡܵܢܘܼܬܵܐ ܕ AS ܡܘܼܬܲܝܬܵܐ ܗܵܠܵܐ ܒܚܲܕ ܕܲܪܓܵܐ ܠܡܲܕܒܪܵܐ ܘܗܵܕܵܐ ܐܝܼܬ ܕܲܪ̈ܡܵܢܹܐ ܚܲܕܬܹ̈ܐ ܕܲܪ̈ܟܹܐ ܦܝܼܫܹܐ ܐܸܢܵܐ ܩܵܐ ܡܲܕܒܪܵܢܘܼܬܵܐ ܕܡܲܪܥܵܐ. ܗܵܘܝܼܬܘܿܢ، ܘܗܵܕܵܐ ܡܢ ܡܲܬܝܼܚܵܐ ܒ ܕܲܪ̈ܡܵܢܹܐ ܕܝܘܼܠܦܵܢܵܐ ܐܸܢܵܐ ܝܲܕܥܵܐ ܕܐܲܝܟ ܦܵܝܫ ܕܡܲܫܟܚܝܼܬܘܿܢ ܡܲܪܥܵܐ ܕ AS.

ܡܘܼܕܲܝ ܕܲܪ̈ܡܵܢܹܐ ܐܝܼܬ ܩܵܐ ܡܲܪܥܵܐ ܕ AS؟

ܐܸܢܵܐ ܕܒܲܠܹܐ ܕܡܲܪܥܵܐ ܕܓܲܪ̈ܡܹܐ ܓܵܘ ܦܘܼܠ ܟܠܗ ܕܲܪܡܵܢܘܼܬܵܐ، ܕܟܵܣܵܐ ܚܲܡ ܢܝܼܫܵܢܹ̈ܐ، ܘܩܲܫܝܘܼܬܵܐ ܕܡܲܪ̈ܥܹܐ. ܐܸܡܵܐ ܠܲܝܬ ܚܲܕܵܐ ܙܘܼܪܵܐ ܕܡܲܢܒܲܥܬܵܐ ܒܓܲܒܹܐ ܟܠ ܐܲܝܟ ܕܲܪܡܵܢܘܼܬܵܐ ܟܘܼܡ ܓܵܘ ܟܵܣܵܐ ܦܲܠܚܘܿܢ. ܒܲܡܚܲܝܵܐ ܦܵܝܫ ܕܲܪܡܵܢܘܼܬܵܐ ܐܝܼܬܠܹܗ ܡܫܲܒܹܐ ܘܦܲܓ݂ܪܵܢܘܼܬܵܐ ܕܠܲܝܗ. ܐܸܢܵܐ، ܓܲܪ̈ܡܹܐ ܕܲܓܲܒܹܐ ܠܗܘܿܢ، ܚܲܕ ܡܲܫܟܚܵܢܵܐ ܕܲܪ̈ܡܵܢܹܐ ܦܝܼܫܹܐ ܗܘܿܠ ܕܲܡܫܲܒܚܵܢܵܐ ܗܵܘ ܕܲܪܡܵܢܘܼܬܵܐ ܕܟܘܼܡ ܡܚܲܝܵܢܵܐ ܗܵܠܵܐ ܦܲܠܚܘܿܢ. ܕܲܪܡܵܢܘܼܬܵܐ ܕ AS ܟܡܲܫܪܹܐ ܓܵܘ ܫܲܢܬܵܐ

Arthritis AUSTRALIA

- ܢܘܼܩܵܫܹܐ ܦܝܼܙܝܼܟܵܝܹܐ ܕܪܘܼܡܵܢܵܝܹܐ ܒܢܝܼܢܵܝܬܵܐ (ܐܝܼܟ ܪܘܼܡܵܢܬܵܐ ܒܡܘܼܪܵܚܵܐ ܕܡܲܝܵܐ ܝܢ ܢܘܼܩܵܫܹܐ ܦܝܼܙܝܼܟܵܝܹܐ ܓܵܘ ܡܲܝܵܐ) ܚܲܫܝܼܚܵܐ ܠܢܲܫܘܼܡܘܼܬܵܐ ܝܝܼܠܬܵܐ ܕܫܢܹ̈ܐ ܕܗܵܘܢܵܐ ܕܟܒܝܼܫܬܵܐ ܘܕܫܘܼܡܵܬܵܐ ܗܵܘܢܵܐ ܚܲܕ ܦܫܝܼܚ
- ܕܲܪ̈ܡܵܢܹܐ، ܐܝܼܟ:

- ܕܲܪ̈ܡܵܢܹܐ ܡܫܲܠܝܵܢܹ̈ܐ ܕܟܹܐܒܵܐ (ܡܢܝܼܚܵܢܹ̈ܐ ܕܟܹܐܒܵܐ، ܐܝܼܟ ܦܵܪܵܣܹܝܬܵܡܘܿܠ)
- ܕܲܪ̈ܡܵܢܹܐ ܡܒܲܛܠܵܢܹ̈ܐ ܕܚܘܼܠܵܕܵܐ ܕܗܲܕܡܵܐ ܗ̄ܝ ܡܢ ܣܛܝܼܪܘܼܝܕ (NSAIDs)
- ܕܲܪ̈ܡܵܢܹܐ ܝܢ ܚܲܒܵܫܹ̈ܐ ܕܟܘܿܪܬܝܼܟܘܿܣܬܹܝܪܘܿܝܕ
- ܕܲܪ̈ܡܵܢܹܐ ܡܫܲܚܠܦܵܢܹ̈ܐ ܕܡܲܪܥܵܐ ܘܡܒܲܛܠܵܢܹ̈ܐ ܕܚܘܼܠܵܕܵܐ ܕܝܼܩܵܢܵܝܹ̈ܐ (DMARDs)
- ܕܲܪ̈ܡܵܢܹܐ ܚܲܝܘܼܬܵܢܵܝܹ̈ܐ ܕ DMARDs.

ܠܡܵܢܵܐ ܡܥܲܠܘܼܡܵܬܵܐ ܙܵܘܕܵܢܵܝܬܵܐ ܒܘܼܕ ܕܲܪ̈ܡܵܢܹܐ، ܚܙܝܼ ܓܵܘ ܡܥܲܠܘܼܡܵܬܵܐ ܕܕܲܪ̈ܡܵܢܹܐ ܕܡܲܪ̈ܥܹܐ ܕܒܹܝܬܵܘܬܵܐ ܙܘܿܥܙܵܥܬܵܐ ܕܐܵܣܘܿܬܵܐ ܡܲܪ̈ܥܹܐ ܕܓܘܼܠܡܹ̈ܐ (Australian Rheumatology Association)، ܝܢ ܦܘܼܪܣܵܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܕܲܪ̈ܡܵܢܹܐ ܘܡܲܪ̈ܥܹܐ ܕܓܘܼܠܡܹ̈ܐ (*Medicines and arthritis*).

ܡܘܼܕܝܼ ܩܵܐܡ ܕܥܵܒܕܹܝܬ؟

ܚܙܝܼ ܩܵܐ ܚܲܕ ܐܵܣܝܵܐ ܕܒܟܝܵܢܵܐ ܕܡܲܪ̈ܥܹܐ ܕܓܘܼܠܡܹ̈ܐ. ܚܲܕ ܐܵܣܝܵܐ ܕܒܟܝܵܢܵܐ ܕܡܲܪ̈ܥܹܐ ܕ AS ܩܵܐܡ ܕܡܲܚܙܹܐ ܠܹܗ ܡܲܪܥܵܐ ܕ AS ܘܡܲܪܟܸܒ ܕܪܘܼܟܵܒܵܐ ܕܪܘܼܡܵܢܬܵܐ ܕܫܝܼܠܵܐ. ܐܸܢ ܐܝܼܬ ܠܵܘܟ ܡܲܪܥܵܐ ܕ AS ܘܠܹܐ ܗܵܘܹܐ ܝܠܹܗ ܚܲܕ ܐܵܣܝܵܐ ܕܒܟܝܵܢܵܐ ܕܡܲܪ̈ܥܹܐ ܕܓܘܼܠܡܹ̈ܐ، ܦܫܘܿܠ ܡܢ ܐܵܣܝܘܼܟܼ ܕܡܲܫܕܲܪ ܠܵܘܟ ܕܚܵܙܹܝܬ ܚܲܕ ܐܵܣܝܵܐ. ܚܙܝܼ ܓܵܘ ܦܘܼܪܣܵܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܦܠܵܚܵܐ ܥܲܡ ܚܘܼܠܵܐ ܡܫܲܡܫܵܢܵܐ ܕܟܠܵܐ ܠܚܘܼܠܡܵܢܘܼܬܘܿܟ، (*Working with your healthcare team*).

ܡܠܘܿܦ ܒܘܼܕ ܡܲܪܥܵܐ ܕ AS ܘܫܲܩܠܘܼܢ ܚܲܕ ܦܵܪܵܐ ܥܒܘܿܕܵܐ ܒܪܘܼܟܵܒܵܐ ܕܪܘܼܡܵܢܬܘܿܟ. ܟܠ ܝܵܕܥܝܼܬ ܠܟܠܵܐ ܡܥܲܠܘܼܡܵܬܵܐ ܕܩܵܪܝܼܬ ܝܢ ܕܫܵܡܥܝܼܬ ܓܵܘ. ܩܵܐ ܒܘܼܕ ܐܵܗܵܐ، ܝܵܕܥܵܐ ܝܵܕܥܝܼܬ ܥܲܡ ܐܵܣܝܘܼܟ ܝܢ

ܡܠܘܿܦ ܒܘܼܕ ܡܲܪܥܵܐ ܕ AS ܘܫܲܩܠܘܼܢ ܒܪܘܼܟܵܒܵܐ ܕܪܘܼܡܵܢܬܵܐ ܕܐܝܼܬ ܠܵܘܟ. ܚܙܝܼ ܩܵܐ ܚܲܕ ܐܵܣܝܵܐ ܕܒܟܝܵܢܵܐ ܕܡܲܪ̈ܥܹܐ ܕܓܘܼܠܡܹ̈ܐ ܐܝܼܟ ܒܥܲܓܠ ܕܡܲܨܝܼ ܕܡܲܨܝܵܢܘܼܬܵܐ ܠܹܗ.

ܚܘܼܠܵܐ ܡܫܲܡܫܵܢܵܐ ܕܟܠܵܐ ܠܚܘܼܠܡܵܢܘܼܬܘܿܟ، ܒܘܼܕ ܕܲܪ̈ܡܵܢܹܐ ܐܝܼܢܵܐ ܕܦܫܝܼܡܵܢܹ̈ܐ ܠܗܘܿܢ، ܕܫܲܩܠܝܼܬܘܿܢ ܠܗܘܿܢ. ܐܵܦ ܡܥܵܘܢܵܐ ܡܢܵܚܬܵܝܹ̈ܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܙܵܘܕܵܢܵܝܵܬܵܐ ܦܝܼܫܵܐ ܡܢܵܐ ܗܵܕܝܵܐ ܒܡܵܘܥܲܕ ܕܒܲܝܬܘܼܬܵܐ. ܒܢܵܬܵܐ ܕܒܘܼܪܵܟܵܐ ܕܡܲܪ̈ܵܚܵܬܵܐ ܕܥܲܠܬܵܐ ܒܥܲܠܬܵܐ ܠܫܘܼܘܕܵܥܵܐ، ܕܡܲܫܘܼܕܥܝܼܬܘܿܢ، ܡܢܝܼܕܘܿܪܹܐ ܕܒܵܘܬܵܐ، ܡܲܢܝܵܢܵܐ ܒܪܘܼܚܵܐ ܕܡܫܲܡܫܵܢܹ̈ܐ ܕܟܠܵܐ ܢܵܫܘܿܟ. ܡܲܣܝܼܪܘܼ ܩܵܐ ܡܲܟܬܲܒܬܵܐ ܕܡܲܪ̈ܥܹܐ ܕܓܘܼܠܡܹ̈ܐ ܕܒܲܝܬܵܢܵܝܹ̈ܐ (Arthritis Office) ܕܓܵܘ ܦܠܲܚܬܘܿܟ، ܠܡܵܢܵܐ ܡܥܲܠܘܼܡܵܬܵܐ ܒܘܼܕ ܐܵܢܵܐ ܕܡܘܼܪ̈ܕܹܐ.

ܡܠܘܿܦ ܠܘܼܩܵܫܵܐ ܕܩܵܐ ܡܲܕܒܪܵܢܘܼܬܵܐ ܕܟܹܐܒܵܐ. ܚܙܝܼ ܓܵܘ ܦܘܼܪܣܵܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܕܐܵܙܹܠ ܠܦܠܵܚܵܐ ܥܲܡ ܟܹܐܒܵܐ (*Dealing with pain*).

ܩܵܥܒܹܕܝܼ ܝܲܡܝܼܢܵܐ ܚܲܝܹ̈ܐ ܚܘܼܠܡܵܢܵܝܹ̈ܐ. ܐܲܟܼܠܘܿܢ ܡܲܟܘܼܠܬܵܐ ܚܘܼܠܡܵܢܵܝܬܵܐ، ܘܡܲܥܒܪܘܼܢ، ܟܠ ܡܢܵܝܵܢܬܵܐ ܘܡܲܟܵܝܪܘܼܢ، ܟܠ ܚܲܝܡܘܼܬܵܐ ܕܝܠܵܐ ܚܲܫܝܼܚܵܐ ܠܢܘܼܛܵܪܵܐ ܩܵܐ ܚܘܼܠܡܵܢܘܼܬܘܿܟ، ܚܲܠܵܝܢܵܐ ܘܫܲܟܼܝܵܬܵܐ ܕܚܝܼܘܿܬܘܿܟ. ܚܙܝܼ ܓܵܘ ܦܘܼܪܣܵܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܐܲܟܼܠܵܐ ܡܲܟܘܼܠܬܵܐ ܚܘܼܠܡܵܢܵܝܬܵܐ (*Healthy eating*).

ܩܵܥܒܹܕܝܼ ܥܒܵܕܘܼܬܵܐ. ܐܝܼܬܵܝܘܼܬܵܐ ܡܵܐܝܵܐ ܕܒܡܲܫܟܼܚܝܼܬܘܿܢ، ܓܵܘ ܐܵܗܵܐ ܫܲܩܠܝܼܬܘܿܢ ܘܥܒܵܕܘܼܬܵܐ ܪܵܙܘܼܢܵܝܬܵܐ ܩܵܐ ܚܲܝܹ̈ܐ ܕܚܘܼܠܡܵܢܘܼܬܵܐ ܦܝܼܙܝܼܟܵܝܬܵܐ ܘܫܲܟܼܝܵܬܵܐ ܕܒܝܼܫܹ̈ܐ. ܚܙܝܼ ܓܵܘ ܦܘܼܪܣܵܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܥܒܵܕܘܼܬܵܐ ܚܘܼܠܡܵܢܵܝܬܵܐ (*Physical activity*) ܝܢ ܡܠܘܿܦܘܼܢ ܡܲܠܟܵܐ ܡܢ ܐܵܣܝܘܿܟ، ܕܡܫܲܡܫܵܢܵܐ ܒܢܝܼܢܵܝܬܵܐ.

ܡܲܦܵܩܘܼ ܒܕܲܪ̈ܓܹܐ ܕܚܲܝܘܿܬܘܿܟ، ܘܡܠܘܿܦܘܼܢ ܗܵܘܢܵܐ. ܟܲܕ ܝܵܕܥܝܼܬ ܠܹܗ ܚܲܕ ܪ̈ܲܡܙܹܐ ܩܵܐ ܡܲܪܥܵܐ ܕ AS ܘܡܲܪܥܵܐ ܩܵܐܡ ܕܥܵܒܹܕ ܩܵܕܲܪ ܥܲܠ ܥܒܵܕܹ̈ܐ ܡܫܲܩܠܵܐ ܕܫܝܼܢܘܿܬܘܿܢ، ܒܢܝܼܢܵܝܬܵܐ ܡܵܐܝܵܐ ܕܐܵܬܝܵܐ، ܒܪܘܼܚܵܐ ܕܫܝܼܢܵܐ ܘܦܲܪܘܿܩܘܼܬܵܐ ܥܲܡ ܡܲܝܬܝܵܐ ܠܵܐ ܒܡܲܟܬܵܐ ܪ̈ܵܒܵܐ. ܝܵܕܥܘܼܢ، ܒܢܵܝܵܐ ܒܒܘܼܕ ܐܵܢܵܐ ܕܥܠܵܠܬܵܐ ܘܡܲܠܟܵܐ ܘܝܵܕܥܵܐ ܐܸܢ، ܐܲܝܟ ܡܵܐ ܕܒܲܟܕܲܪܵܢܵܐ ܩܵܕܲܪ ܥܲܠ ܫܝܼܢܘܿܬܘܿܢ، ܢܘܼܩܵܫܹ̈ܐ. ܚܙܝܼ ܓܵܘ ܦܘܼܪܣܵܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܡܲܪܥܵܐ ܕܓܘܼܠܡܹ̈ܐ ܕܒܲܝܬܵܢܵܝܹ̈ܐ ܘܪ̈ܲܓܫܹܐ (*Arthritis and emotions*).

ܡܲܣܝܼܪܘܼ ܩܵܐ ܡܲܟܬܲܒܬܵܐ ܕܡܲܪܥܵܐ ܕܓܘܼܠܡܹ̈ܐ ܕܒܲܝܬܵܢܵܝܹ̈ܐ (Arthritis Office) ܕܓܵܘ ܦܠܲܚܬܘܿܟ، ܠܡܵܢܵܐ ܡܥܲܠܘܼܡܵܬܵܐ ܙܵܘܕܵܢܵܝܵܬܵܐ ܒܘܼܕ ܦܘܼܪ̈ܣܹܐ ܕܡܥܲܠܘܼܡܵܬܵܐ ܒܘܼܕ ܡܲܪܥܵܐ ܕܓܘܼܠܡܹ̈ܐ ܕܒܲܝܬܵܢܵܝܹ̈ܐ.

ܠܡܲܬܵܢܵܐ ܠܡܲܟܬܲܒܬܵܐ ܕ Arthritis ܕܓܵܘ ܦܠܲܚܬܘܿܟ:
ܡܚܘܿܢ ܥܲܠ ܡܵܢܝܵܢܵܐ 041 011 1800 ܝܢ ܡܲܣܝܼܪܘܼܢ ܠܚܘܼܠܵܬܵܐ:
www.arthritisaustralia.com.au

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