Osteoarthritis

ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ

ܐܗܐ ܦܪܣܬܐ ܦܬܚܬܐ ܡܠܐ ܟܡܝܬܐ ܩܐ ܐܢܝ ܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ، ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ. ܦܪܣܬܐ ܝܗܘܒܐ ܡܠܐ ܡܘܕܥܢܘܬܐ ܥܠܬܢܝܬܐ ܠܡܘܕܘܥܐ، ܕܦܪܡܫܝܬܘܢ، ܠܗ ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ ܘܕܐܝܬ ܡܕܒܪܢܘܬܗ، ܠܗ. ܐܢܐ ܦܪܣܬܐ ܐܦ ܡܕܒܪܢܘܬܐ، ܡܠܐ ܕܐܝܬ ܠܡܫܟܚܝܬ ܡܘܕܥܢܘܬܐ ܙܘܕܐܬܐ ܘܡܠܟܐ (ܢܝܣܘܬ).

ܡܘܕܝ ܝܠܗ ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ؟

ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ (Osteoarthritis (OA)) ܚܕ ܡܪܥܐ ܝܠܗ ܕܝܐ ܩܝܢܐ ܠܟܠܝܗ ܓܪ̈ܡܐ، ܝܣܒ̈ܬܐ ܓܪ̈ܡܐ ܘܫܘܫܘܬܐ ܘܠܟܪ̈ܐ ܘܟܝܘܠܢܝܬܐ. ܐܦܝ، ܕܪ̈ܫܐ ܟܪ̈ܗܐ ܦܬܚܐ ܝܠܗ ܡܟܘܡܪܐ ܐܝܟ ܡܪܥܐ ܕ 'ܒܠܝܐ ܘܦܪ̈ܬܐ' ('wear and tear')، ܦܬܚܬܐ ܡܠܐ ܣܒܝܪܬܐ ܗܕܝܐ ܕܡܪܥܐ ܕ OA ܝܠܗ ܦܠܚܬܐ ܕܐܝܬܝ ܚܕ ܓܪ̈ܡܐ ܦܠܚܐ ܝܠܗ ܡܬܢܝܚ ܠܡܕܘܝܐ ܟܝܠܗ ܒܟܝܠܗ.

ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ ܩܝܢܐ ܕܫܝܕܐ:

- ܡܘܠܗܒܐ ܕܘܡܘܕܐ ܕܓܫܬܐ ܠܢܝܕܘ̈ܬܐ ܕܓܪ̈ܡܢܝܐ
- ܣܘܘܪ̈ܕܐ ܠܢܗܣܘܬܐ ܕܓܪ̈ܡܢܝܐ – ܐܢܐ ܝܠܗ ܗܟܝܒܬܐ ܬܚܕܝܬܐ ܕܐܝܬ ܟܠ ܥܕܪ̈ܘܢܐ ܕܝܐ ܕܦܪ̈ܩܘܡܝܢ، ܕܝܐ ܟܡܚ ܕܓܪ̈ܡܢܝܐ ܟܡܘܕܐ ܒܗܫܘܬܐ
- ܡܘܡܘܕܐ ܓܪ̈ܡܝܐ ܕܝܐ ܩܡܚ ܠܢܝܕܘ̈ܬܐ ܕܡܕܪܐ ܕܓܪ̈ܡܢܝܐ
- ܣܕܝܬܐ ܕܠܒ̈ܐ (ܦܫܩܬܐ ܝܡܝܐ ܕܝܐ ܫܡܚܝܠܗ ܓܪ̈ܡܢܘܬܢ، ܒܢܘܦܘ) ܘܢܗܕܐ (ܚܒܠܐ ܕܝܐ ܡܕܒܪܢܝܬܗܘܢ، ܟܝܘܠܢܝܬܐ ܒܦܪ̈ܩܐ).

ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ ܩܝܢܐ ܕܩܝܢܐ ܠܐܢܝܢ ܓܪ̈ܡܢܐ ܕܗܘܝܐ، ܐܝܬܐ ܕܝܐ ܩܝܢܐ ܒܘܟ ܙܘܕܐ ܠܗ ܓܪ̈ܡܝܐ، ܒܟܚܝܐ، ܓܪ̈ܡܢܝܐ ܕܓܒܠܐ ܕܐܝܬܐ ܘܡܟܠܐ ܠܘܓܕܬܐ ܕܐܝܠܐ.

ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ ܩܝܢܐ ܕܩܝܢܐ ܒܟܠ ܟܘܡܪܐ ܕܗܘܝܐ، ܐܝܬܐ ܒܘܟ ܦܬܚܬܐ ܝܠܗ ܠܗ ܐܢܫ̈ܐ ܕܐܝܬܐ ܒܟܘܡܪܐ ܕܝܠܝܠ ܡܢ 40 ܫܢ̈ܐ ܒ ܠܗ ܐܢܝ ܕܡܘܟܝܠܐ ܡܢܐ ܣܘܘܪ̈ܕܐ ܠܗ ܓܪ̈ܡܢܝܗܘܢ.

ܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ ܘܦܪ̈ܩܐ (osteoarthritis) ܦܪܝܫܐ ܝܠܗ ܡܢ ܡܪܥܐ ܕܕܒܩܬܐ (ܕܩܝܩܬܐ، ܢܩܘܒܬܐ) ܕܓܪ̈ܡܐ (osteoporosis). ܡܪܥܐ ܕܕܒܩܬܐ ܕܓܪ̈ܡܐ ܚܕ ܡܪܥܐ ܝܠܗ ܐܡܟܐ ܕܓܪ̈ܡܐ ܕܝܐ ܗܘܝ ܦܣܝܪ̈ܐ ܘܡܬܦܪ̈ܬܟܝܐ ܘܕܝܐ ܡܟܝܕ ܕܐܢܝ ܬܡܚܠ ܟܘܡ ܒܗܫܘܬܐ.

ܡܘܕܝ ܡܢܐ ܟܒܝܬܢ̈ܐ؟

ܟܒܝܬܢ̈ܐ ܕܡܪܥܐ ܕ OA ܦܪܝܫܐ ܡܢܐ ܡܢ ܦܪܨܘܦܐ ܠܦܪܨܘܦܐ. ܟܒܝܬܢܘܬܗ، ܝܕ ܗܘܝ ܗܠܝܐ ܒܟܠ ܐܢܝ ܓܪ̈ܡܢܝܐ ܡܕܠܢܢܐ ܡܢܐ.

ܡܪܥܐ ܕ OA ܝܐ ܐܗܐ ܟܫܠܝܬ، ܟܝܡܗܫܐ ܕܢܕܫܝܐ ܒ ܗܘܠ ܕܡܫܚܢܐ ܟܝܡܗܫܐ ܕܝܘܡܐ. ܐܢܝ ܟܒܝܬܢ̈ܐ ܟܘܡ ܡܕܝܟܝܬܐ ܡܢܐ ܕܠܒ̈ܐ (ܢܝܠܝܘ) ܘܡܝܟܘܬܐ ܕܓܪ̈ܡܢܝܐ. ܒܟܘܪܢܐ، ܐܝܬܐ ܕܓܪ̈ܡܢܐ ܟܡܕܒܝܚ ܕܝܐ ܗܘܝ ܟܘܡ ܝܕܥܐ ܟܝܡܗܫܐ ܕܫܕܐ ܟܕܘܕܘܬܐ، ܐܝܬܐ ܩܝܢܐ ܕܗܘܝ ܟܘܡ ܡܩܘܡܢܝܐ ܟܫܕܬܐ. ܐܝܬܐ ܟܒܝܬܢ̈ܐ ܒܠܟܐ ܕܟܕܝܒ ܩܐܕ ܒܟܠ ܟܕܘܕܘܬܘܢ، ܟܢܕܝܐ ܢܘܦܝܐ، ܐܝܟ ܐܘܠܐ ܟܐܡܟܠܐ، ܐܫܟܠܬܐ ܟܦܠܓܝܐ ܘܦܬܫܐ ܦܠܩܐ. ܟܒܝܬܢ̈ܐ ܐܝܕܝܐ ܒܠܟܐ ܕܫܒܚܒ ܦܟܠܐ ܕܦܘܡܘܡܬܐ، ܕܓܪ̈ܡܢܐ ܡܣܝܢܝܐ ܘܦܠܓܬܐ ܕܡܠܘܦܘܬܐ ܠܗ ܚܕ ܓܪ̈ܡܢܐ.

ܡܘܕܝ ܡܠܝܗ ܗܘ ܝܡܟܢ ܕܝܐ ܡܫܟܚܐ ܝܠܗ ܐܗܐ ܡܪܥܐ؟

ܟܘܝܢܐ ܡܫܘܝܐ ܡܠܝܗ ܕܐܬܐ ܐܝܬ ܟܘܡ ܕܪ̈ܐ ܡܬܗܘܢܘܬܐ ܕܫܕܟܫܐ ܡܝܟܢܝܐ ܒܠܟܐ ܕܡܟܕܝܠܗ ܡܪܥܐ ܕ OA ܠܗ ܚܕܟܫܐ ܓܪ̈ܡܢܝܐ ܦܪ̈ܩܝܐ، ܐܝܟ:

- **ܓܪ̈ܡܢܐ:** ܡܘܡܕܐ ܘܘܪ̈ܢܐ ܕܦܠܓܕܐ، ܓܪ̈ܡܐ ܡܕܘܪ̈ܝܬܐ ܟܕܟܕܐ ܟܘܠܠܝܐ ܕܝܣܒ̈ܬܐ ܡܢܐ ܟܕܡܬܐ، ܟܕܝܬܐ ܘܫܘܦܐ
- **ܝܟܚܐ:** ܡܘܡܕܐ ܘܘܪ̈ܢܐ ܕܦܠܓܕܐ، ܝܟܐ ܡܕܘܪ̈ܝܬܐ ܟܕܟܕܐ، ܟܘܠܠܝܐ ܕܝܣܒ̈ܬܐ ܡܢܐ ܡܕܡܝܬܐ ܕܠܟܝܐ ܚܡܘܕܐ (ܝܣܒ̈ܬܐ ܐܟܕܘܬܐ)، ܡܪܥܐ ܕ OA ܐܝܬ ܗܘܝܐ ܠܗ ܡܟܠܒܬܐ ܕܒܗܘܬܐ
- **ܐܒܕ̈ܢܐ:** ܡܪܥܐ ܕ OA ܐܝܬ ܗܘܝܐ ܠܗ ܡܟܠܒܬܐ ܕܒܗܘܬܐ، ܡܦܠܣܬܐ ܦܢܬܝܬܐ ܒ ܐܒܕ̈ܢܐ ܡܕܘܪ̈ܝܐ ܟܕܟܕܐ، ܡܘܡܕܐ ܘܘܪ̈ܢܐ ܕܦܠܓܕܐ.

ܕܐܝܬ ܝܐ ܩܝܢ ܡܟܘܝܢܐ ܐܗܐ ܡܪܥܐ؟

ܐܣܘܬܐ، ܝܕ ܡܟܝܢ ܠܗ OA ܡܢ ܟܒܝܬܢ̈ܐ ܕܐܝܬ ܠܟܘܢ، ܘܡܢ ܒܣܝܣܬܐ ܕܦܠܓܕܘܬܐ.. ܣܕܐ ܝܘܕܬܐ ܕܦܠܓܕܐ ܟܡܟܠܬܐ ܟܠܘܕܫܐ x-ray ܒܠܟܐ ܕܡܫܘܢܐ ܠܗܘܢ، ܡܟܢܚܬܐ ܡܘܣܟܠܩܐ ܕܗܘܝܐ ܡܢܐ ܠܗ ܝܟܠܐ ܕܓܪ̈ܡܢܝܗܘܢ.. ܐܝܬܐ ܝܘܕ̈ܢܬܐ ܕ x-ray ܠܐ ܡܫܘܚ ܟܕܡܐ ܝܕ ܢܠܘܝܗܘܢ.. ܣܕܐ ܝܘܕܬܐ ܕ x-ray ܕܡܫܘܝܐ ܡܠܐ ܣܘܘܪ̈ܕܐ ܠܗ ܓܪ̈ܡܢܝܐ ܠܐ ܡܠܝܗ ܡܟܢܬܐ ܕܐܣܗܘܢ، ܝܕ ܗܘܝܠܗܘܢ، ܕܪ̈ܐ ܓܠܒܐ ܒ ܡܠܟܐ. ܡܢ ܗܘ ܠܝܟܐ ܐܣܝܪ̈ܐ، ܒܠܟܐ ܕܓܪ̈ܡܢܘܬܗܘܢ، ܕܪ̈ܐ ܓܠܒ̈ܐ ܡܢܐ ܐܦܝ، ܕܝܘܕܬܐ ܕ x-ray ܡܫܘܝܐ ܡܠܐ ܕܟܠܝܒ ܡܫܒܚ ܝܩܢܒ ܡܠܝܗ. ܢܫܝܢܬܐ ܕܝܕܥܐ ܐܣܝܒ ܩܘܡܕܐ ܡܢܐ ܠܡܫܘܝܐ ܕܐܝܬ ܠܟܘܢ، ܦܝܫܐ ܐܣܝܪ̈ܐ ܕܡܪܥܐ ܕܡܘܠܗܒܐ ܕܓܪ̈ܡܢܝܐ.

ܡܘܕܝ ܝܕ ܡܘܡ ܝܠܒ؟

ܩܐܕ ܕܡܪܥܐ ܕ OA ܒܟܠ ܟܕܘܕܘܬܘܢ، ܟܢܕܝܐ ܘܡܟܠ ܐܘܕܫܐ ܕܫܘܬܘܢ، ܗܠܢܐ ܡܠܝܗ ܒܟܠ ܐܢܝ ܓܪ̈ܡܢܝܐ ܡܕܟܢܐ ܡܢܐ. ܐܝܬܐ ܦܠܚܬܐ ܗܟܝܪܐ ܥܠ ܫܘܦܐ ܘܘܪܐ ܕܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ، ܡܪܥܐ ܕ OA ܡܫܦܩܢܐ ܡܠܝܗ. ܥܠ ܕܪ̈ܐ ܐܢܫ̈ܐ، ܡܪܥܐ ܕ OA ܝܕ ܗܘܝܐ ܡܟܝܒܐ ܘܠܐ ܝܕ ܡܟܕܐ ܡܠܟܐ ܠܘܓܕܐ. ܡܪܥܐ ܕ OA ܠܗ ܝܟܐ ܘܟܘܪܕܐ ܩܝܢܐ ܕܫܕܟܫܐ ܠܟܝܐ ܡܟܕܐ ܒܦܠܘܬܐ ܡܟܝܬܐ ܘܦܠܟܐ ܕܝܕܥܘܬܐ ܗܘܝܐ ܐܢܝܫܬܐ ܠܢܣܠܘܦܝܗܝ ܓܪ̈ܡܢܝܐ. ܝܕܥܘܬܐ ܕܓܪ̈ܡܢܝܐ ܟܢܕܝܐ ܝܐ ܗܘܝܐ ܐܢܝܫܬܐ ܐܣܝܒ ܐܝܬ ܕܦܪ̈ܩܘܡܢܝܐ ܠܐ ܝܦܘܫܝܐ، ܐܝܟ ܡܟܝܕܬܐ ܕܡܘܡܕܐ ܕܦܠܓܕܐ ܘܡܘܦܩܐ ܦܠܓܕܢܐ ܘܕܩܡܝܐ، ܠܐ ܡܢܐ ܗܘܝܐ ܡܟܗܢܝܐ ܟܡܕܒܪܢܬܐ ܕܟܒܝܬܢ̈ܐ ܕܡܪܥܐ.

ܐܝܬ ܬܩܢܐ ܚܕ ܗܘܡܫܩܐ (ܕܪܡܢܐ) ܥܠ ܡܪܥܐ ܕ OA؟

ܗܠ ܗܕܝܐ ܠܝܬ ܚܕ ܗܘܡܫܩܐ ܥܠ ܡܪܥܐ ܕ OA. ܒܪ ܐܝܬ ܕܪ̈ܡܢܐ ܕܩܝܢ ܕܡܕܒܪܢܝܬܘܢ، ܟܒܝܬܢ̈ܐ، ܐܝܬܐ ܗܘܝܬܘܢ، ܘܗܝܕܐ ܡܢ ܡܟܠܐ ܒ ܕܪ̈ܡܢܐ ܕܝܟܒܕܐ ܡܢܐ ܝܕܥܐ ܕܐܢܝ ܩܝܢ ܕܫܡܚܝܠܗ ܡܪܥܐ ܕ OA

ܡܘܕܝ ܐܝܬ ܟܒܝܬܢ̈ܐ؟

ܡܪܥܐ ܕ OA ܦܬܚܬܐ، ܕܝܕܥܐ ܠܡܐ ܢܗܐ ܠܒ ܒ ܡܘܣܟܠܐ ܕܝܘܡܬܐ ܘܕܐܝܬ ܠܗ ܐܢܝ ܦܪܨܘܦܐ ܕܝܕܥܝܗܘܢ.

ܡܲܦܝܲܕ ܕܲܪ̈ܡܵܢܹܐ ܐܝܼܬ ܩܵܐ ܡܲܪܥܵܐ ܕ OA؟

ܕܲܪ̈ܡܵܢܹܐ ܩܵܐ ܡܲܪܥܵܐ ܕ OA ܦܵܐܝܼܕܹܐ ܝܢܵܐ ܘܗܲܠܝܼܡܹܐ ܝܢܵܐ ܟܠ ܐ̱ܢܵܫ ܝܲܟ̈ܝܼܢܹܐ ܡܫܲܚܠܦܵܢܹܐ ܝܢܵܐ ܘܲܐܟ݂ܠ ܥܲܡܘܿܩܘܼܬܵܐ ܕܡܲܪܥܵܘܟ݂ܘܿܢ. ܗܵܕܵܐ ܟܐܝܼܬ ܚܕܵܐ ܐܘܼܪܚܵܐ ܕܡܲܢܟܬܵܐ ܒܲܕܩܵܐܝܼܬ ܒܵܗܘܿܕ ܐ̱ܢܵܫ ܕܲܪܡܵܢܬܵܐ ܒܵܗܘܿܕ ܝܵܕ ܠܣܘܼܩܵܐ ܩܵܐܠܘܿܟ݂ܘܿܢ. ܟܠ ܚܕܵܐ ܕܲܪܡܵܢܬܵܐ ܐܝܼܬܠܵܗ̇ ܡܘܼܗܕ̈ܝܵܢܹܐ ܘܡܲܦܩܵܢܘܼܬ݂ܵܐ ܕܲܟܝܵܢܵܗ̇. ܒܠܚܵܕ ܕܐܵܗܵܘܿܢ ܩܵܝܡ ܕܝܵܕܥܠܘܿܟ݂ܘܿܢ ܚܕ ܡܵܢܝܵܢܵܐ ܕܕܲܪ̈ܡܵܢܹܐ ܦܵܐܝܼܕܹܐ ܡܢ ܩܵܕܸܡ ܕܡܲܫܟ݂ܚܝܼܬܘܿܢ ܗܝ ܕܲܪܡܵܢܬܵܐ ܕܒܵܗܘܿܕ ܠܣܘܼܩܵܐ ܠܵܐ ܩܵܐܠܘܿܟ݂ܘܿܢ.

ܓܵܘܵܢܵܝܹܐ ܕܲܪܡܵܢܬܵܐ ܒܲܢܸܦܩܵܢܵܐ ܒܝܵܕ ܚܸܡ̈ܠܹܐ:

- ܚܲܕ ܣܘܼܪܵܕܵܐ ܕܡܲܒܝܵܢܬܵܐ ܕܡܘܼܡܵܐ ܕܒܸܪܟܵܐ، ܝܐ ܐ̱ܢܵܫܐ ܕܐܝܼܬܠܘܿܟ݂ܘܿܢ ܡܘܼܡܵܐ ܕܒܸܪܟܵܐ ܘܲܪܝܼܫܵܐ
- ܚܲܕ ܣܘܼܪܵܕܵܐ ܕܢܘܼܦܵܩܵܐ ܒܸܪ̈ܟܵܢܹܐ ܡܩܘܼܪܒܵܠ ܕܵܐܝܼܡ ܥܲܡ ܡܲܪܥܵܘܟ݂ܘܿܢ ܘܡܥܲܠܝܵܢܘܿܟ݂ܘܿܢ
- ܡܲܪܚܲܩܬܵܐ ܕܟܹܐܒܵܐ، ܒܡܲܦܠܲܚܬܵܐ ܕܕܲܪ̈ܡܵܢܹܐ ܐ̱ܝܟ ܡܲܪܚܩܵܢܹܐ ܕܟܹܐܒܵܐ، ܕܲܪ̈ܡܵܢܹܐ ܡܲܪܟܸܢܝܵܢܹܐ ܕܥܘܼܠܵܨܵܐ ܕܗܲܦܟܝܼܢܹܐ ܝܢܵܐ ܡܢ ܣܛܝܼܪܘܿܝܕ (NSAIDs)، ܒܲܡܕܵܝܢ ܡܵܐܟ݂ܠܵܐ ܒܵܗܘܿܕ ܕܵܐܝܼܡ ܠܒܘܼܣܵܡܵܐ ܘܲܠܦܘܼܝܵܐ ܘܪܘܼܒܵܐ ܕܝܵܐ ܐܵܣܝܘܼܬܵܐ ܘܡܲܪܥܵܢܘܼܬܵܐ ܒܵܗܘܿܕ ܟܹܐܒܵܐ
- ܐ̱ܦܵܢܹܐ ܐ̱ܝܟ ܐ̱ܗܘܼܦܵܐ، ܒܲܩܵܦܵܠܹܐ ܘܡܲܟ݂ܢܵܠܹܐ ܕܐܝܼܠܵܗ̇ ܓܵܘܵܠܹܐ
- ܓܲܪܵܘܬܵܐ ܕܡܲܚܠܲܦܬܵܐ (ܒܚܠܵܦܬܵܐ) ܕܝܲܕܝܼܥܬܵܐ، ܝܐ ܐܝܼܢܵܫܘܿܟ݂ܘܿܢ، ܠܵܐ ܝܢܵܐ ܦܝܵܫܵܐ ܡܬܘܼܟܠܵܐ ܒܕܲܪ̈ܡܵܢܹܐ ܐܚܹܪ̈ܢܹܐ. ܝܘܼܬܪܵܢܵܐ ܝܲܕܝܼܥܵܐ (ܓܲܪܵܘܬܵܐ ܕܐܝܼܠܵܗ̇ ܓܘܼܢܵܐ ܕܡܲܕܥܵܐ) ܠܵܐ ܝܠܵܗ̇ ܦܝܵܫܬܵܐ ܡܘܼܚܣܲܢܬܵܐ ܐ̱ܝܟ ܚܕܵܐ ܐܘܼܪܚܵܐ ܕܕܲܪܡܵܢܬܵܐ ܕܟܹܐܒܵܐ ܕܬܘܼܠܵܩܵܐ ܕܝܲܕܝܼܥܵܐ ܘܲܡܚܲܣܢܵܐ ܕܥܘܼܕܪܵܢܵܐ.

ܡܲܟܬܒܵܐ ܕ Arthritis Office ܕܐܝܼܠܵܗ̇ ܩܪܝܼܒܵܐ ܠܘܼܟ݂ܘܿܢ ܐܝܼܬܠܹܗ ܦܪ̈ܵܣܵܢܹܐ ܕܡܘܼܕܥܵܢܘܼܬ݂ܵܐ ܒܵܗܘܿܕ ܬܲܚܦܘܼܪܬܵܐ ܦܝܼܙܝܼܩܵܝܬܵܐ، ܐܵܟ݂ܠܵܐ ܕܡܲܣܲܒܪܵܢܘܼܬܵܐ ܚܘܼܠܡܵܢܵܝܬܵܐ، ܕܲܪ̈ܡܵܢܹܐ ܘܓܲܪܵܘܬܵܐ.

ܡܲܦܝܲܕ ܩܵܝܡ ܕܥܵܒܕܝܼܬܘܿܢ؟

ܣܘܦ ܠܵܗ ܐܵܗܘܼܬܘܿܢ ܠܐ̱ܣܝܵܐ ܕܲܪܡܵܢܬܵܐ ܘܡܲܠܟ݂ܵܐ. ܐܵܗܘܼܬܘܿܢ ܝܕ ܦܣܵܪܬܘܿܢ ܠܐ̱ܣܝܵܐ ܕܲܪܡܵܢܬܵܐ ܠܣܘܼܩܵܐ ܩܵܐ ܡܲܪܚܲܩܬܵܐ ܕܒܢܸܦܩܵܢܘܼܬܵܘܟ݂ܘܿܢ. ܣܘܦ ܠܘܿ ܦܪܵܣܵܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܦܠܵܚܵܐ ܥܲܡ ܚܘܼܒܵܠܵܐ ܡܫܲܡܫܵܢܹܐ ܕܒܲܠܵܐ ܠܣܘܼܠܡܵܢܘܼܬܘܿܟ݂ܘܿܢ (*Working with your healthcare team*).

ܡܲܠܦܘܿܢ ܒܵܗܘܿܕ OA ܘܡܲܕܪܵܠܘܿܢ ܚܲܕ ܦܪܲܢܵܐ ܬܲܚܦܘܼܪܬܵܐ ܒܲܪܘܼܚܵܐ ܕܕܲܪ̈ܡܵܢܬܵܘܟ݂ܘܿܢ. ܠܵܐ ܦܣܵܩܝܼܬܘܿܢ ܠܚܲܫܵܐ ܡܘܼܕܥܵܢܘܼܬ݂ܵܐ ܕܩܵܪܝܼܬܘܿܢ ܝܐ ܕܡܲܫܲܡܥܝܼܬܘܿܢ ܠܗ. ܩܵܐ ܒܵܗܘܿܕ ܐ̱ܕܵܐ، ܦܲܫܛܵܐ ܦܘܼܫܵܡܥܝܼܬܘܿܢ ܥܲܡ ܐܵܗܘܼܬܘܿܢ ܝܐ ܚܘܼܒܵܠܵܐ ܡܫܲܡܫܵܢܹܐ ܕܒܲܠܵܐ ܠܣܘܼܠܡܵܢܘܼܬܘܿܟ݂ܘܿܢ ܒܵܗܘܿܕ ܕܲܪ̈ܡܵܢܹܐ ܐ̱ܚܹܪ̈ܢܹܐ

ܦܲܫܛܹܐ ܡܸܢܝܵܢܵܐ ܕܡܵܪ̈ܬܹܐ. ܫܲܪܝܼܬܘܿܢ ܒܟܸܪܒܵܐ ܕܗܵܠܝܵܐ ܘܲܡܚܵܐ. ܡܲܟܬܒܵܐ ܕ Arthritis Office ܕܐܝܼܠܵܗ̇ ܩܪܝܼܒܵܐ ܠܘܼܟ݂ܘܿܢ، ܝܵܗܒܵܐ ܡܘܼܕܥܵܢܘܼܬ݂ܵܐ ܒܵܗܘܿܕ ܦܪ̈ܵܣܵܢܹܐ ܡܫܲܡܫܵܢܹܐ ܐ̱ܚܹܪ̈ܢܹܐ

ܡܲܠܦܘܿܢ ܒܵܗܘܿܕ ܕܝܵܢܵܐ ܘܕܟ݂ܝܼܪܘܼܬܵܐ ܩܵܐ ܟܐܹܒܵܐ. ܣܘܦ ܠܘܿ ܦܪܵܣܵܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܕܵܐܝܼܡ ܠܦܲܠܵܫܵܐ ܥܲܡ ܟܐܹܒܵܐ (*Dealing with pain*).

ܩܲܡܝܼܬܘܿܢ ܬܲܚܦܘܼܪܵܐ. ܢܘܼܦܵܩܵܐ ܦܝܼܙܝܼܩܵܝܵܐ ܩܲܒܝܵܐ ܡܲܠܝܵܐ ܚܲܝܠܵܢܵܝܬ ܡܘܼܚܣܵܢܵܐ ܩܵܐ ܐ̱ܢܵܫܹܐ ܕܐܝܼܬܠܵܗܘܿܢ ܡܲܪܥܵܐ ܕ OA. ܢܘܼܦܵܩܵܐ ܦܝܼܙܝܼܩܵܝܵܐ ܝܵܐ ܚܵܫܸܚ ܠܵܗܘܿܢ ܝܲܕܝܼܥܘܼܬܵܐ ܘܡܲܟܣܘܼܦܘܼܠܘܼܬܵܐ ܕܓܵܘܹܐ ܒܚܘܼܠܡܵܢܵܐ ܘܡܲܦܲܠܓܲܬܵܐ ܘܓܵܐ ܡܲܥܒܸܕ ܠܵܗܘܿܢ ܡܲܪܵܐ ܐ̱ܝܢܵܢܵܐ ܕܚܘܼܠܡܵܢܵܐ. ܒܠܲܚܕ ܕܓܲܘܢܵܐ ܡܲܡܬܘܿܢܹܐ ܠܲܚܫܵܢܵܐ ܩܵܐ ܚܲܕ ܐ̱ܗܘܼܦܵܐ ܕܲܪ̈ܡܵܢܹܐ ܒܲܢܹܐܪܵܬܵܐ ܒ ܩܵܐ ܚܲܕ ܐ̱ܗܘܼܦܵܐ ܕܢܘܼܦܵܩܵܐ ܦܝܼܙܝܼܩܵܝܵܐ (exercise physiologist) ܠܐ̱ܣܝܵܐ ܡܲܠܟ݂ܵܐ. ܣܘܦ ܠܵܗܘܿܢ ܦܪ̈ܵܣܵܢܹܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܬܲܚܦܘܼܪܬܵܐ ܦܝܼܙܝܼܩܵܝܬܵܐ (*Physical activity*) ܘܦܠܵܚܵܐ ܥܲܡ ܚܘܼܒܵܠܵܐ ܡܫܲܡܫܵܢܹܐ ܕܒܲܠܵܐ ܠܣܘܼܠܡܵܢܘܼܬܘܿܟ݂ܘܿܢ (*Working with your healthcare team*).

ܐܵܟ݂ܠܝܼܬܘܿܢ ܡܲܣܲܒܪܵܢܘܼܬܵܐ ܚܘܼܠܡܵܢܵܝܬܵܐ. ܠܲܝܬ ܚܲܕ ܛܘܼܟܵܣܵܐ ܕܡܲܣܲܒܪܵܢܘܼܬܵܐ ܕܝܵܕ ܓܵܗܡܠܹܗ ܡܲܪܥܵܐ ܕ OA، ܐܝܼܢܵܐ ܚܲܕ ܛܘܼܟܵܣܵܐ ܕܡܲܣܲܒܪܵܢܘܼܬܵܐ ܕܝܵܕ ܚܵܫܸܚ ܠܵܗ̇ ܡܘܼܡܵܐ ܕܒܸܪܟܵܐ ܒܚܲܕ ܓܲܪܓܵܐ ܕܓܲܪ̈ܣܹܐ ܡܵܬܡܲܚܠܵܢܵܐ ܡܲܠܝܵܐ ܩܲܒܝܵܐ ܡܲܠܝܵܐ ܡܘܼܚܣܵܢܵܐ. ܣܘܦ ܠܘܿ ܦܪܵܣܵܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܐܵܟ݂ܠܵܐ ܡܲܣܲܒܪܵܢܘܼܬܵܐ ܚܘܼܠܡܵܢܵܝܬܵܐ (*Healthy eating*).

ܫܲܚܠܦܝܼܬܘܿܢ ܚܲܝܵܐ ܗܲܡܢܵܝܵܐ. ܡܲܠܦܘܿܢ ܒܵܗܘܿܕ ܐ̱ܦܵܢܹܐ ܕܝܵܐ ܬܲܚܦܘܼܪܬܵܘܟ݂ܘܿܢ، ܒܘܼܬܪܵܬܘܿܟ݂ܘܿܢ، ܢܘܼܦܵܩܵܐ ܕܩܵܘܹܐ ܒܵܗܘܿܕ ܦܵܐܹܫ ܘܕܵܐܝܼܡ ܡܲܠܝܡܝܼܬܘܿܢ، ܠܵܐ ܡܲܢܚܸܫܬܵܐ ܥܲܡ ܬܲܚܦܘܼܪܬܵܐ. ܣܘܦ ܠܘܿ ܦܪܵܣܵܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܝܘܼܚܵܢܵܐ ܘܡܲܪܥܵܐ ܕܥܘܼܠܵܨܵܐ ܕܝܲܕܝܼܥܵܐ (*Fatigue and arthritis*).

ܡܲܦܪܸܣܘܿܢ ܒܪܸܓ݂ܫܵܢܵܘܟ݂ܘܿܢ ܘܡܲܠܦܘܿܢ ܗܵܢܲܕܬܵܐ. ܓܵܕ ܦܸܠܵܛܠܵܗ ܩܵܐ ܦܲܕܢܵܐ ܠܲܝܬ ܚܲܕ ܕܲܪ̈ܡܵܢܹܐ ܩܵܐ ܡܲܪܥܵܐ ܕ OA، ܚܲܢܝܵܢܘܼܬܵܐ ܠܵܐ ܕܪܸܓ݂ܫܵܢܵܘܟ݂ܘܿܢ ܒܘܼܪܟܵܬܵܐ ܘܗܲܡܢܵܐ ܘܦܲܟܚܘܼܬܵܐ ܘܚܲܪܒܵܢܹܐ ܟܹܐܒܵܐ ܒܚܲܪܒܵܐ. ܦܪܸܫܬܘܿܢ ܒܲܝܵܕܥܵܢܹܐ ܒܵܗܘܿܕ ܐ̱ܦܵܢܹܐ ܕܪܸܓ݂ܫܵܢܹܐ ܘܡܲܠܦܝܼܬܘܿܢ ܦܲܪܣܵܐ ܝܐ ܐ̱ܝܟ ܓܵܪܵܘܬܵܐ ܡܲܠܝܵܐ ܒܲܚܲܒܪܵܐ ܟܲܪܵܐ ܥܲܡ ܚܲܫܘܿܟ݂ܘܿܢ ܐ̱ܢܫܹܐ. ܣܘܦ ܠܘܿ ܦܪܵܣܵܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܡܲܪܥܵܐ ܕܥܘܼܠܵܨܵܐ ܕܝܲܕܝܼܥܵܐ ܘܪܸܓ݂ܫܵܢܹܐ (*Arthritis and emotions*).

ܦܣܘܿܪܘܿܢ ܩܵܐ ܡܲܟܬܒܵܐ ܕܡܲܪܥܵܐ ܕܥܘܼܠܵܨܵܐ ܕܝܲܕܝܼܥܵܐ (Arthritis Office) ܕܐܝܼܠܵܗ̇ ܩܪܝܼܒܵܐ ܠܘܼܟ݂ܘܿܢ، ܠܣܘܼܩܵܐ ܡܘܼܕܥܵܢܘܼܬܵܐ ܘܲܪܒܵܬܵܐ ܒܵܗܘܿܕ ܦܪ̈ܵܣܵܢܹܐ ܕܡܘܼܕܥܵܢܘܼܬܵܐ ܒܵܗܘܿܕ ܡܲܪܥܵܐ ܕܥܘܼܠܵܨܵܐ ܕܝܲܕܝܼܥܵܐ.

ܡܲܠܦܘܿܢ ܒܵܗܘܿܕ ܡܲܪܥܵܐ ܕ OA ܘܦܘܼܬܵܚܹܐ ܕܐܝܼܬܠܘܿܟ݂ܘܿܢ ܩܵܐ ܕܲܪܡܵܢܬܵܐ. ܗܵܕܵܐ ܐܝܼܬ ܕܵܪ̈ܐ ܡܵܢܕܝܵܢܹܐ ܕܩܵܝܡܝܼܬܘܿܢ ܕܥܵܒܕܝܼܬܘܿܢ ܠܗܘܿܢ ܠܚܲܝܵܐ ܚܲܝܵܐ ܦܲܫܝܼܛܵܐ ܥܲܡ ܡܲܪܥܵܐ ܕ OA.

ܠܲܡܛܵܝܵܐ ܠܡܲܟܬܒܵܐ ܕ Arthritis ܕܐܝܼܠܵܗ̇ ܩܪܝܼܒܵܐ ܠܘܼܟ݂ܘܿܢ:
ܡܲܚܘܿܢ ܥܲܠ ܡܸܢܝܵܢܵܐ 1800 011 041 ܝܐ ܦܣܘܿܪܘܿܢ ܠܪܘܼܟܵܐ:
www.arthritisaustralia.com.au

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