



## Xanuunka Laabta ee Sabab aan Caddayn (Chest Pain of Unclear Etiology)

### Xanuunka Laabta ee Sabab aan Caddayn

1. Waxa lagugu arkay xanuun laabta ah. Sababta xanuunka wali lama ogaan.
2. Dhakhtarkaagu wuxuu wax ka bartay taariikhdaada caafimaad, ku baadhay, hubiyeyna wixii tijaabooyin la sameeyey. Wali, ma cadda waxaad la xanuusanayso. Dhakhtarku wuxuu u malaynayaa inuu jiro kaliya fursad aad u yar in xanuunkaaga ay keentay xaalad khatar ahi. Marka dambe, dhakhtarkaaga koowaad ayaa samayn kara tijaabooyin dheeraad ah ama ku hubin kara markale.
3. Marmarka qaar laab xanuunka waxa sababa xaalad khatar ah, sida wadne xanuun, dhaawac oortaha ah, xinjir dhiig oo sambabka gashay, ama sambab isku dumay. Waxay u dhaw dahay in xanuunkaaga aanay sababin xaalad khatar ahi haddii: Xanuunka laabtaadu uu jiro kaliya dhawr ilbidhiqsi markiiba; aanu naqasku kugu dhaganayn, yalaalugoonayso (xanuun ka jira calooshaada), dhididsan tahay, wareersan tahay; xanuunkaagu kasii daro marka aad dib eego ama foororsato.
4. Laab xanuunku waa khatar. Waxa AAD U MUHIIM AH inaad la socodsiiso khakhtarkaaga joogtada ah oo aad ka raadiso daryeel caafimaad halkan isla markaasba ama Waaxda Gurmada ugu dhaw haddii astaamahaagu kasii daraan ama isbeddelaan.
5. WAA INAAD UGU RAADISAA DARYEELKA CAAFIMAAD ILMAHAAGA SI DHAKHSO AH, HA NOQOTO HALKAN AMA WAAXDA GURMADKA EE UGU DHAW, HADDII WAX KAMID AH WAXA SOO SOCDAA DHACO:
  - \* Xanuunkaagu ayaa kasii daray.
  - \* Xanuunkaaga ayaa kaa dhigay in naqasku kugu dhago, yalaalugooto, ama dhididdo.

### Chest Pain of Unclear Etiology

1. You have been seen for chest pain. The cause of your pain is not yet known.
2. Your doctor has learned about your medical history, examined you, and checked any tests that were done. Still, it is unclear why you are having pain. The doctor thinks there is only a very small chance that your pain is caused by a life-threatening condition. Later, your primary care doctor might do more tests or check you again.
3. Sometimes chest pain is caused by a dangerous condition, like a heart attack, aorta injury, blood clot in the lung, or collapsed lung. It is unlikely that your pain is caused by a life-threatening condition if: Your chest pain lasts only a few seconds at a time; you are not short of breath, nauseated (sick to your stomach), sweaty, or lightheaded; your pain gets worse when you twist or bend; your pain improves with exercise or hard work.
4. Chest pain is serious. It is VERY IMPORTANT that you follow up with your regular doctor and seek medical attention immediately here or at the nearest Emergency Department if your symptoms become worse or they change.
5. YOU SHOULD SEEK MEDICAL ATTENTION IMMEDIATELY, EITHER HERE OR AT THE NEAREST EMERGENCY DEPARTMENT, IF ANY OF THE FOLLOWING OCCURS:
  - \* Your pain gets worse.
  - \* Your pain makes you short of breath, nauseated, or sweaty.



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**Bukaan-socod / Patient:** Kelly Smith  
**Lam. Koontada / Account #:** 123456789  
**Taariikhda Maanta / Today's Date:** 7/9/2014

- \* Xanuunkaagu ayaa kasii daraya marka aad lugayso, dabaq sare korto, ama is-caabido.
- \* Waxaad dareentaa daciif, wareer, ama miyir-beel.
- \* Waxa ku dhaawacaya neefsigu.
- \* Lugahaagu waa bararsan yihiin.
- \* Astaamahaagu waa kasii darayaan ama waxaad leedahay astaamo iyo tabashooyin cusub.
- \* Your pain gets worse when you walk, go up stairs, or exert yourself.
- \* You feel weak, lightheaded, or faint.
- \* It hurts to breathe.
- \* Your leg swells.
- \* Your symptoms get worse or you have new symptoms or concerns.