

What Does My Blood Test Mean?

Patient Education Information from Harborview Medical Center/Univ of Washington
January 2005

English

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<p>What does my blood test mean?</p> <p>There are many different types of blood tests. The following are a few common tests that your doctor may ask for, and an estimate of the amount of blood drawn for each test.</p>	<p>Waa maxay macnaha baaritaanka dhiigeeyga?</p> <p>Waxaa jira noocya kala duwam ee baaritaanada dhiiga. Kuwa soo socda waa baaritaano caadi ah taasoo takhtarkaaga weydiisan karo, iyo qiyaasta caddadda dhiiga la qaado baaritaan walba.</p>
<p>Glucose: This is the main source of energy for all living organisms. A glucose level greater than 120 in a person, who has fasted (hasn't eaten anything) for 12 hours, may suggest a diabetic tendency. This is a very useful test that can predict diabetes years before a person may develop the actual disease. Amount of blood drawn = 4 milliliters (less than 1 teaspoon).</p>	<p>Sokorta (Macaanka): Tan waa meesha ugu muhiimsan oo ay ka timaado quwadda noolaha oo dhan. Sokorta heerka ka sareeya 120 ee qofka, kaasoo soomanaa (waxna cunin) 12 saacadood, waxaa loo soo jeedin karaa oo ay u jaleecdaa sokorow. Tan waa baaritaan aad wax-tar u leh taasoo saadaalin karta sokorowga sannado ka hor qofka inuu isku beddeli karo cudurka dhabta ah. Caddadda dhiiga la qaado = 4 miliiliiter (in ka yar 1 macalgadda-shaaha).</p>
<p>Sodium: Sodium plays an important role in salt and water balance in your body. A low level of sodium in the blood can be caused by too much water intake, heart failure, or kidney failure. Amount of blood drawn = 4 milliliters (less than 1 teaspoon).</p>	<p>Sodium: Soodiyam wuxuu kaalin weyn ka ciyaaraa cusbada iyo dheelitirka biyaha jirkaada. heerka soodiyamka dhiiga ku jira oo hooseeya wuxuu keeni kara biyo cabitaan aad u badan, wadnaha oo shaqadiisa gaba, ama kelida oo shaqadeeda gabta. Caddadda dhiiga la qaado = 4 miliiliiter (in ka yar 1 macalgadda-shaaha).</p>
<p>Creatinine: Creatinine is a product in the blood that occurs from protein breaking down. The level of creatinine in the body is an indicator of the body's muscle mass. Low levels may be due to low protein intake, liver disease, kidney damage or pregnancy. Elevated levels are generally due to kidney damage and need to be monitored carefully. Amount of blood drawn = 4 milliliters (less than 1 teaspoon).</p>	<p>Creatinine: Kariyaatiniin waa sheey dhiiga ku jira kaas wuxuu ka dhacaa oo ka yimaadaa burburitaan cuntada nacfiga leh. Heerka kariyaatiniin ee jirka ku jira waa tilmaamaha muruqyada buuxa ee jirka. Heerarka hoose wuxuu sababi karaa qaadashada nacfiga oo hooseeya, cudurka beerka, kelida oo dhaawac gaaro ama uurka. Heerarka sare inta badan wuxuu sababaa kelida oo dhaawac gaaro iyo inay u baahato in si taxadar ah loola socdo. Caddadda dhiiga la qaado = 4 miliiliiter (in ka yar 1 macalgadda-shaaha).</p>
<p>Iron: iron is important for red blood cell production in the body. The body needs iron to make hemoglobin. Hemoglobin helps transfer oxygen from the lungs to your muscles and tissues. If the body does not have enough iron, all the cells in the body do not function well. If you have low iron, you may need a Ferritin test, especially if you are female and are still menstruating. Amount of blood drawn = 4 milliliters (less than 1 teaspoon).</p>	<p>Bir (Iron): Birta waxay muhiim u tahay wax soo saarka unugyada dhiiga gaduudan ee jirka. Jirka wuxuu u baahan yahay bir si uu u sameeyo unugyada dhiiga gaduudan. Unugyada dhiiga gaduudan waxay caawiyaan inay oksijiin ka soo qaadaan sambabada una gudbiyaan muruqyada iyo jirka. Haddii jirka uusan helin bir ku filan, unugyada jirka oo dhan si fiican uma shaqeeyaan. Haddii ay birta kugu yar tahay, waxaad u baahan kartaa baaritaanka birta, gaar ahaan haddii aad tahay dhedig welina caadada kaa timaado. Caddadda dhiiga la qaado = 4 miliiliiter (in ka yar 1 macalgadda-shaaha).</p>

<p>Cholesterol: Cholesterols are a group of fats that are vital to the body. High levels, however, indicate a diet that is too high in carbohydrates, particularly sugars. High levels of cholesterol over time can lead to heart disease.</p> <p>Most foods contain carbohydrates (carbohydrates include sugars, fibers, and starches.) Carbohydrates come from a wide variety of foods--including beans, milk, popcorn, bread, potatoes, cookies, spaghetti, and cherry pie--but these foods don't all contain the same type of carbohydrate. Carbohydrates are a necessary part of a healthy diet because they provide the body with the energy it needs for physical activity and to keep organs functioning properly. When there are too many carbohydrates in your body, more energy than you can use from your food, they settle into the body as higher levels of fats.</p> <p>Low levels of cholesterol indicate a low-fat diet, or malabsorption of fat. Amount of blood drawn = 4 milliliters (less than 1 teaspoon).</p>	<p>Baruur (Cholesterol): Baruurta waa koox xeer ah taasoo ku nool jirka. Heerarka sare ee baruurta, si-kastaba, waxaa muujinaaya cuntada oo aad ugu badan kaarbo-haaydareytis, gaar ahaan sokorta. Heerka baruurta oo sareysa muddo badan waxay keeni kartaa cudurka wadnaha.</p> <p>Cunooyinka intooda badan waxay leeyahiin karbo-haydareytis (karbo-haydareytis wuxuu ku jiraa sokorta, bariiska, bataatiga, faaybar oo ah khudaarta iyo miraha diirka leh, buunshada). Karbo-haydareytis wuxuu ka yimaadaa cunta kala duwan-wuxuu ku jiraa digirta, caanaha, daangada, rootiga, buskutka, baastada, doolshada laga sameeyay miraha jeeriga (cherry pie)--laakiin cunooyinkaan mawada laha karbo-haydareytis isku wada mid ah. Karbo-haydareytis waa qayb muhiim ah waana cunto caafimaad leh maxaa yeelay jirka wuxuu siiyaa quwad qofka u baahan yahay firfircooni iyo xubnaha jirka iney si hagaagsan u shaqeeyaan. Marka karbo-haydareytis aad u badan jirkaada leeyahay, quwad badan oo aad isticmaali kartid oo ka heshid cuntadaada, jirka ayay dhex degaan sida heerka xeerta oo sii saa'idda.</p> <p>Heerarka hoose ee baruurta waxaa xaqiijinaaya cuntada oo xeerta ku yar tahay, ama caloosha iyo mindhicirada oo aan caadi u nuugeynin xeerta. Caddadda dhiiga la qaado = 4 miliiliiter (in ka yar 1 macalgadda-shaaha).</p>
<p>HDL/LDL: HDL is a “good” cholesterol that helps to remove excess cholesterol from the body. LDL is a “bad” cholesterol that carries cholesterol to the cell, but leaves behind excess cholesterol on the artery walls and tissues. High LDL and low HDL levels indicate diets high in refined carbohydrates. Amount of blood drawn: 4 milliliters (less than 1 teaspoon).</p>	<p>HDL/LDL: HDL waa “fiican yahay” waa baruurta caawisa inay ka soo saarto jirka baruurta xad-dhaafka ah. LDL waa “xun yahay” waa baruur taasoo qaada baruur una geysa unugyada, laakiin gadaal ku dhaafta baruur xad-dhaaf ah agagaarka halbowlaha iyo jirka. Heerka sare LDL iyo Heerka hoose HDL waxay muujinaayaan cuntada ku badan kaarbo-haaydareytis oo sifaysan. Caddadda dhiiga la qaado = 4 miliiliitar (in ka yar 1 macalgadda-shaaha).</p>
<p>White blood cells (WBC): White blood count measures the total number of white blood cells in a given volume of blood. Because white blood cells kill bacteria, this count is a measure of the body’s response to infection. Amount of blood drawn = 3 milliliters (less than 1 teaspoon)</p>	<p>Unugyada Dhiiga Cad (WBC): Tirada dhiiga cad wuxuu cabiraa isugeynta nambarka ee unugyada dhiiga cad oo loo hibeeyay caddad dhiig ah. Maxaa yeelay unugyada dhiiga cad waxay dilaan bakteeriyada, tiradaan waa qiyaasta jirka sida uu ugu jaab celinaayo cudurka dhaliya jeermiga. Caddada dhiiga la qaado = 3 miliiliitar (in ka yar 1 macalgadda-shaaha).</p>

<p>Hemoglobin: Hemoglobin transport oxygen and carbon in the blood. Low hemoglobin levels indicate the presence of anemia or poor diet and nutrition. Amount of blood drawn = 3 milliliters (less than 1 teaspoon)</p>	<p>Hemoglobin (Unugyada Dhiiga Gaduudan): Unugyada dhiiga gaduudan waxay qaadaan oksijiinka iyo kaarboonka dhiiga ku jira. Heerka hoose ee unugyada dhiiga gaduudan waxaa xaqiijinaaya joogitaanka aniimiya ama cuntada iyo nafaqada oo liidato. Caddadda dhiiga la qaado = 3 miliiliiter (in ka yar 1 macalgadda-shaaha).</p>
<p>Lipid Profile: A group of tests that are often ordered together to determine risk of coronary heart disease. They usually measure triglycerides, cholesterols and glucose. Triglycerides are the principal form of fats, circulating in your blood stream. Most of your body fat comes in this form. Triglycerides are derived from two sources: 1) from the foods you eat, mainly sugar, animal products and saturated fats and, 2) from the liver itself. Cholesterols are also fats, mostly produced by your liver and from foods eaten. Glucose (sugar) levels in your blood are also usually measured in a Lipid Profile.</p> <p>Your doctor will tell you if you should not eat or drink before your blood test.</p>	<p>Taariikh Nolaleedka Baruurta: waa koox baaritaano ah kuwaasoo inta badan si wada jir ah loo dalbo si go'aan looga gaaro khatarta cudurka halbowlayaasha wadnaha. sida caadiga ah waxay qiyaasaan dufanta, baruurta iyo sokorta. Dufanta waa aasaaska sameynta xeerta, oo ku wareega dur-durka dhiigaada. badanaa xeerta jirkaada waxay ku timaadaa qaab-kaan. Dufanta waxay u dhanbalantaa laba meelood: 1) cunooyinka aad cuntid, ugu badnaan sokorta, cuntada xoolaha ka timaada iyo xeerta oo buux-dhaafta iyo, 2) waxay ka timaada beerka naftiisa. Baruurta xataa waa xeer, badanaa waxaa dhaliya beerkaada iyo waxay ka timaadaa cuntada aad cuntid. Heerarka sokorta ee dhiigaada ku jirta sida caadiga ah xataa waxaa lagu qiyaasaa Taariikh Nololeedka Baruurta.</p> <p>Takhtarkaada ayaa kuu sheegi doona haddii cunto aadan soo cunaynin iyo cabitaan ka hor baaritaanka dhiigaada.</p>