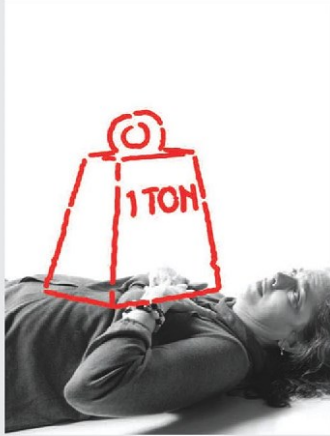


TANI WAA SIDA AY WADNA XANUUNKA U DAREEMAAN HAWEENKU



XABBAD XANUUN,
KADEEDNAAN, CULAYS AMA
CADAADIS, SIDII INUU KU
SAARAN YAHAY CULAYS WEYN



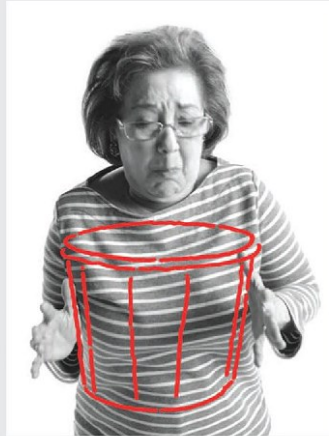
XANUUN AAN CAADI AHAYN OO
XAGGA KORE EE KORKA, AMA
KADEEDNAAN HAL AMA
LABADA GACMOOD,
DHABARKA, GARBAHA,
QOORTA, DAANKA AMA QEYBTA
KORE EE CALOOSHA



DHIDID FARA BADAN OO KAA
YIMAADDA



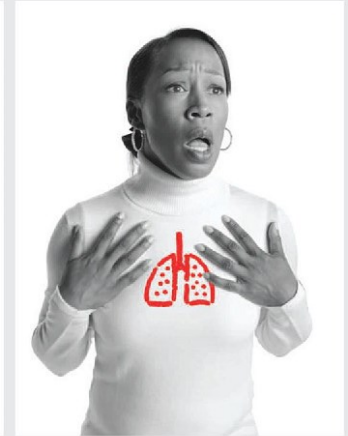
MADAX WAREER FUDUD
AMA WAREER DEGDEG AH



LABOLABO



DAAL AAN CAADI AHAYN



NEEFTA OO KU DHIBTA

THE
Hope
HEART INSTITUTE

Haddii aad dareento mid ka mid ah calaamadahaan, ha u sameeyn cudur-
daar.

Wac Dhaqtarka. Ha Seegin Dhawaaga ama Shanqarta.

Si aad wax badan uga ogaato, booqo WomensHealth.gov/HeartAttack

Afeef: Xaashidan waxaa ku qoran macluumaad guud oo ku saabsan xaaladaha caafimaadka iyo daaweyn. Macluumaadkan ma aha talloobin oo ma aha in sidaas loo isticmaalo. Ha isugu haleyn macluumaadkan inaad ku bedelato talada caafimaad ee dhaqtarkaaga ama bixiyayaasha kale ee daryeelka caafimaadka. Deyn/kiridhit: <http://www.freenetlaw.com>