ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ

ASSYRIAN

ܦܪܣܬܐ ܕܡܘܕܥܢܘܬܐ ܕܝܩܕܢܝܐ

Rheumatoid Arthritis

ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ

ܐܗܐ ܦܪܣܬܐ ܦܫܝܛܬܐ ܝܠܗ ܟܡܣܒܪܐ ܩܐ ܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ. ܝܗܒܬܐ ܝܠܗ ܦܪܣܬܐ ܠܡܘܕܥܢܘܬܐ ܓܘܢܝܬܐ ܠܗܘܢܕܘܟ، ܕܩܪܡܝܗܘܢ، ܕܐܝܟ ܟܠܟܐ ܕܡܬܦܝܢܘܢ، ܡܢ ܐܗܐ ܡܪܥܐ ܘܡܘܡܕܝ ܕܪܡܢܬܐ ܕܒܝܬܐ ܝܠܗ ܐܢܝܩܬܐ. ܐܢܐ ܦܪܣܬܐ ܐܦ ܝܗܒܬܐ ܝܠܗ ܠܡܘܕܥܢܘܬܐ ܒܘܕ ܡܘܕܝ ܡܨܝܬܘܢ، ܕܥܒܕܝܬܘܢ، ܠܡܕܒܘܪܐ ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ ܘܠܐܝܟܐ ܐܙܠܝܬܘܢ، ܠܡܛܝܐ ܡܘܕܥܢܘܬܐ ܙܘܕܐ.

ܡܘܕܝ ܝܠܗ ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ؟

ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ (Rheumatoid arthritis (RA)) ܝܠܗ ܚܕ ܡܪܥܐ ܕܐܘܪܟܢܐ ܕܡܫܚܠܦܘܬܐ ܕܓܘ ܡܟܢܐ ܕܐܢܝܐ (ܝܠܗ) ܘܝܘܒܠܐ ܕܝܩܕܢܝܐ. ܡܘܚܬܐ ܒܚܕܬܐ ܕܛܥܢܐ ܕܡܫܚܠܦܘܬܐ ܕܐܝܬ ܠܗ ܦܠܚܘܢ، ܝܠܗ ܠܦܠܚܢܐ ܕܠܡܘܕܐ ܡܪܥܐ ܗܘܕܐ ܕܐܣܗܘܢ، ܕܩܕܝܫܗܘܢ، ܒܣܘܠܩܢܐ. ܒܕܒܪܢܐ ܕܚܕ ܡܪܥܐ ܕܐܘܪܟܢܐ ܕܡܫܚܠܦܘܬܐ، ܐܘܪܟܢܐ ܕܡܫܚܠܦܘܬܐ ܕܝܠܗ ܦܠܚܘܢ، ܓܘ ܓܘܢܐ ܡܚܝܢܐ ܕܠܡܘܕܐ ܘܡܘܬܐ ܕܝܡܫܐ ܕܝܠܗ ܦܠܚܘܢ، ܕܣܘܠܩܢܐ ܝܠܗ. ܒܕܒܪܢܐ ܕܡܪܥܐ ܕ RA، ܛܥܢܐ ܕܡܫܚܠܦܘܬܐ ܓܘ ܩܝܡܐ ܠܝܩܕܢܐ ܕܝܩܕܢܝܐ ܘܓܘ ܡܟܢܐ ܕܦܘܠܘܒ̈ܐ ܘܣܘܘܕܐ ܕܝܩܕܢܝܐ. ܡܪܥܐ ܕ RA ܒܚܕܪܝܗ ܓܘ ܚܘܕܐ ܠܝܩܕܢܝܐ ܒܘܕ ܘܚܠܦܐ، ܐܝܟ ܝܩܕܢܝܐ ܕܝܠܗ ܐܚܪܢܐ ܘܐܢܫܐ. ܐܝܬܐ ܐܦ ܝܩܕܢܝܐ ܒܘܕ ܠܗܘܕܐ، ܐܝܟ ܥܠܡܐ ܘܝܩܕܢܐ ܩܝܢܐ ܕܩܕܝܫ ܡܣܘܘܕܐ.

ܡܘܕܝ ܝܠܢܐ ܢܝܫܢ̈ܐ؟

ܢܝܫܢ̈ܐ ܕܡܪܥܐ ܕ RA ܦܪܝܫܐ ܝܠܢܐ ܡܢ ܦܪܨܘܦܐ ܠܦܪܨܘܦܐ. ܐܝܟ ܢܝܫܢ̈ܐ ܒܘܕ ܡܕܒܪܝܢܐ ܐܝܬܐ ܝܠܢܐ:

- ܟܐܒܐ ܓܘ ܝܩܕܢܐ، ܘܡܘܕܐ، ܘܩܫܝܘܬܐ ܕܐܢܬܐ ܩܕܡ ܕܩܝܡܬ ܒܨܦܪܐ
- ܡܪܘܬܐ ܓܘ ܝܩܕܢܝܐ، ܦܪܝܫܐܝܬ ܒܨܦܪܐ
- ܕܡܟܝܬܐ (ܗܘܕ ܐܝܟ ܝܩܕܢܝܐ ܒܓܘܪܡܘܗܝ ܓܘ ܝܕܝܐ ܕܦܠܚܕܐ ܡܕܒܪܝܢܐ ܝܠܢܐ).

ܡܘܕܝ ܝܠܗ ܗܘ ܥܠܬܐ ܕܗܘܐ ܡܪܥܐ ܗܢܐ؟

ܠܐ ܝܠܗ ܝܕܥܬܐ ܡܢܝܚܬܐ ܡܘܕܝ ܓܘ ܡܪܥܐ ܩܐ ܡܪܥܐ ܕ RA. ܐܗܐ ܡܪܥܐ ܒܘܕ ܦܪܝܫܐ ܝܠܗ ܓܘ ܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ ܘ/ܝܢ ܐܝܬ ܠܗ ܚܕܐ ܡܫܚܠܦܘܬܐ ܕܐܗܐ ܡܪܥܐ ܓܘ ܓܢܣܘܗܝ.

ܕܐܟܝ ܓܘ ܩܝܡܐ ܡܨܘܝܢܐ ܐܗܐ ܡܪܥܐ؟

ܐܣܝܘܬܐ، ܒܕ ܡܚܙܝ ܝܠܗ ܡܪܥܐ ܕ RA ܡܢ ܢܝܫܢ̈ܐ ܕܐܝܬ ܠܟܘܢ، ܘܡܢ ܒܨܝܪܬܐ ܕܦܠܚܢܘܬܐ، ܘܒܨܝܪܬܐ ܦܪܝܫܐ. ܐܝܟ ܒܨܝܪܬܐ ܩܕܡ ܕܫܘܒ:

- ܒܨܝܪܬܐ ܕܕܡܐ ܠܡܚܙܝܐ ܝܩܕܢܝܐ
- ܒܨܝܪܬܐ ܕܕܡܐ ܠܡܚܙܝܐ ܠܡܘܢܐ ܡܕܠܡܢܝܐ (ܦܪܘܛܐܝܢ̈ܐ ܡܫܘܕܝܐ ܒܕ ܛܥܢܐ ܕܡܫܚܠܦܘܬܐ ܕܦܠܚܐ). ܒܨܝܪܬܐ ܕܕܡܐ ܠܡܚܙܝܐ ܠܡܘܢܐ ܦܦܛܝܐ ܠܡܦܬܝܐ ܕܠܡܘܕܐ ܣܘܕܪܢܝܐ (anti CCP) ܘܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ ܩܝܢܐ ܕܡܘܝܕ ܒܡܚܙܝܢܬܐ ܕܡܪܥܐ ܕ RA، ܐܦܢ، ܕܦܠܚܐ ܕܒܨܝܪܬܐ ܠܡܚܙܝܘܗܝ ܐܝܬ ܠܡܘܢܐ ܡܕܠܡܢܝܐ ܓܘ ܚܠܝܗܝ ܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ، ܡܪܥܐ ܕ RA ܠܐ ܒܕ ܗܘܝܐ ܡܫܘܕܥܐ. ܚܙܝ، ܓܘ ܦܪܣܬܐ ܕܡܘܕܥܢܘܬܐ ܒܨܝܪܬܐ ܕܕܡܐ ܩܐ ܡܪܥܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ (*Blood tests for arthritis*).
- ܒܨܠܡܐ ܕܝܘܪܐ ܕܦܠܚܕܐ ܒܐܘܪܚܐ x-rays ܠܝܗܘܢܐ ܠܐ، ܝܩܕܢܝܐ ܦܪܝܫܐ ܡܢܐ ܡܣܘܘܕܐ ܒܡܪܥܐ. ܟܝܘܕܐ ܡܫܘܠܩܐ ܓܘ ܩܕܡ ܫܢܝܐ ܒܐܘܪܚܐ ܕ x-rays ܒܡܚܙܝܢܬܐ ܒܪܝܫܝܬܐ ܕܡܪܥܐ RA.

ܓܘ ܗܘܕܐ ܒܝܫܐ، ܘܕܟܐ ܟܕܝܐ ܓܘ ܬܘܠܐ ܝܕܥܬܐ، ܠܡܚܙܝܘܗܝ ܡܪܥܐ ܕ RA، ܩܕܡ ܢܝܫܢ̈ܐ ܩܝܢܐ ܕܗܘܝ ܕܡܟܝܬܐ ܠܦܝܫܐ ܐܝܕܢܝܐ ܕܦܘܠܘܒ̈ܐ ܕܝܩܕܢܝܐ. ܠܐ، ܐܣܝܘܬܐ، ܒܡܘܠܐ ܡܠܝܗ ܝܘܡ ܕܐܣܗܘܢ، ܐܝܬ ܠܟܘܢ، ܡܪܥܐ ܕ RA، ܒܡܚܙܝܢܐ ܐܢܝܩܬܐ ܡܠܝܗ ܕܩܕܝܫܗܘܢ، ܡܘܦܝܠܐ ܠܝܗܘܢܐ ܚܕ ܐܗܢܐ ܕܒܟܬܢܐ ܒܡܪܥܐ ܕܝܩܕܢܝܐ.

ܡܘܕܝ ܝܘܡ ܒܝܘܡ ܝܠܒ؟

ܠܐ، ܡܪܥܐ ܦܪܝܫܝܗ ܡܫܘܚܠܦܐ ܒܕܒܪܝܗ ܘܡܪܥܢܐ ܡܘܝܕܝܗ ܕܪܡܢܬܐ ܗܕܝܐ، ܗܘܡܐ ܙܘܕܐ ܕܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ، ܡܪܥܐ ܕ RA ܩܕܡ ܕܫܢܝ ܫܢܝܐ ܒܡܫܚܠܦܐ ܘܟܠܒܘܕܐ. ܐܝܬܐ ܕܗܘܝܐ ܕܡܪܥܐ ܕ RA ܓܘ ܗܘܕܐ ܦܪܝܫܐ ܘܗܘܡܐ ܠܝܗ ܥܕܡܐ ܐܢܝܩܬܐ ܕܒܠܒܠܝܬܐ ܡܢܝܚ ܝܣܒܪܐ ܡܢܐ. ܕܟܐ ܐܢܫ̈ܐ ܕܐܝܬ ܠܗܘܢ، ܡܪܥܐ ܕ RA ܓܘ ܡܢܗܝ 'ܠܒܝܬܐ'، ܡܚܝܐ ܐܝܬܐ ܕܝܩܕܢܝܐ ܓܘ ܗܘܕ ܒܘܕ ܡܒܠܗܘܬܐ ܘܓܠܒܝܐ. ܐܗܐ ܡܨܘܝ ܓܘ ܝܘܡ ܕܟܠܐ ܚܕ ܩܕܡ ܡܕܒܪܢܐ. ܡܢ ܒܬܪ 'ܠܒܝܬܐ' ܓܘ ܐܝܟ ܒܚܕܪܝܗ ܚܕܝܐ ܚܕ ܗܘܠ ܕܡܫܚܠܦܐ ܝܩܕܢܐ ܐܢܝܩܬܐ ܕܦܘܠܘܒ̈ܐ ܟܝܘܕܐ ܡܠܝܗ. ܡܪܥܐ ܕ RA ܩܝܢܐ ܕܡܕܒܪܐ ܣܘܘܕܐ ܐܡܝܢܐ ܕܝܩܕܢܝܐ ܘܚܫܚܘܬܐ، ܦܪܝܫܐܝܬ ܒܡܘܡܫܐ ܕܡܫܒܚܐ ܝܩܕܢܐ ܡܕܡܝܐ ܕܡܪܥܐ. ܚܕܪܐ ܡܣܝܡܢܐ ܝܠܗ ܕܦܪܝܫܐ ܡܠܝܗ ܡܘܣܝܐ ܕܡܫܚܠܦܐ ܒܕܒܪܝܬܐ ܘܪܡܢܬܐ ܓܘ ܡܫܢܝܪܝܗ ܐܗܐ ܦܝܫܐ ܕܣܘܘܕܐ ܕܝܩܕܢܝܐ.

ܐܝܬ ܟܡܐ ܚܕ ܗܘܡܫܡܫܐ (ܪܡܢܬܐ) ܩܐ ܡܪܥܐ ܕ RA ؟

ܗܘܠ ܗܕܝܐ ܠܝܬ ܚܕ ܗܘܡܫܡܫܐ ܩܐ ܡܪܥܐ ܕ RA. ܐܝܬܐ ܪܡܢܬܐ ܡܘܬܒܝܬܐ ܡܠܝܗ ܒܚܕ ܪܕܝܐ ܠܘܒܕܐ ܒܡܫܚܠܦܐ ܕ 20 ܫܢܝܐ ܚܒܪܐ. ܗܕܝܐ ܐܝܬ ܪܡܢܬܐ ܚܕܬܐ ܕܟܠܐ ܗܝܕܝܐ ܡܢܐ ܩܐ ܐܢܫ̈ܐ ܕܡܪܥܐܝܗܘܢ ܕ RA ܒܚܕ ܡܫܡܠܝܐ ܒܒܪܝܬܐ ܡܠܝܗ. ܐܝܬܐ ܗܘܝܬܘܢ، ܘܝܒܪܐ ܡܢ ܡܗܝܢܐ ܒ ܪܡܢܬܐ ܕܝܠܒܒܐ ܡܢܐ ܝܪܟܐ ܕܐܢܝ ܩܕܡ ܕܡܫܡܠܝܗ ܡܪܥܐ ܕ RA.

ܡܘܕܝ ܪܡܢܬܐ ܐܝܬ ܩܐ ܡܪܥܐ ܕ RA؟

ܐܣܝܘܬܐ، ܕܒܟܬܢܐ ܒܡܪܥܐ ܕܝܩܕܢܝܐ ܓܘ ܦܝܠ ܟܠܐ ܪܡܢܬܘܢ، ܕܟܣܡܐ ܠܐ ܢܝܫܢܘܢ، ܘܡܪܘܬܐ ܕܡܪܥܘܢ.. ܟܡܐ ܐܝܬ ܚܕܐ ܐܘܪܚܐ ܕܡܢܝܚܬܐ ܒܚܘܕܪܝܗ ܒܘܕ ܐܝܟ ܪܡܢܬܐ ܒܘܕ ܓܘ ܟܣܡܐ ܩܠܘܢ.. ܐܣܝܘܬܐ، ܟܠܟܐ ܕܝܠܕ ܠܗܘܢ، ܚܕ ܡܢܝܢܐ ܪܡܢܬܐ ܦܪܝܫܐ ܗܘܠ ܕܡܫܒܚܠܗ ܗܝ ܪܡܢܬܐ ܕܒܘܕ ܚܒܝܫܬܐ ܡܠܝܗ ܩܠܘܢ، ܘܐܢܐ ܟܠܟܐ ܕܫܒܩܐ:

Arthritis AUSTRALIA

- ܕܪ̈ܡܢܐ، ܐܝܟ:
  - ܕܪ̈ܡܢܐ ܡܕܥܟ̈ܢܐ ܕܟܘܠܗ̈ܒܐ ܕܗܦܝܡܐ ܝܢܐ ܡܢ ܣܛܝܪܘܝܕ (NSAIDs)
  - ܕܪ̈ܡܢܐ ܕ ܣܓ̈ܝܐܐ ܕܟܘܪܬܝܟܘܣܛܝܪܘܝܕ
  - ܕܪ̈ܡܢܐ ܡܫܚܠܦ̈ܢܐ ܕܡܪ̈ܥܐ ܘܡܕܥܟ̈ܢܐ ܕܟܘܠܗ̈ܒܐ ܕܥܪ̈ܩܝܬܐ (DMARDs)
  - ܕܪ̈ܡܢܐ ܒܝܘܠܘܓ̈ܝܐ ܕ DMARDs.

ܠܝܕ̈ܥܬܐ ܡܘܕܥܢܘܬܐ ܘܙܕܩܬܐ، ܚܙܝ، ܠܗ ܡܘܕܥܢܘܬܐ ܕܕܪ̈ܡܢܐ ܕܡܪ̈ܥܢܐ ܕܚܘܬܦܘܬܐ ܐܘܣܬܪܠܝܬܐ ܕܐܣܘܬ ܡܪܥܐ ܕܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ (Australian Rheumatology Association's Patient Medicine Information)، ܒ ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܕܪ̈ܡܢܐ ܘܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ (*Medicines and arthritis*).

- ܬܘܪܓܡܐ ܦܝܙܝܩ̈ܝܐ ܒܙܒܢܐ ܠܚܡܘܡܝܘܬܐ ܥܪ̈ܩܝܬܐ ܕܗܘܝ ܐܬܥܒܕܐ ܘܕܟܝܘܬܢܐ ܕܦܚܪ ܚܝ̈ܠܢܐ. ܚܙܝ، ܠܗܘ، ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܬܘܪܓܡܐ ܦܝܙܝܩܝܐ ܘ *RA* (*Exercise and RA*) ܘܦܠܚܐ ܥܡ ܓܘܪ̈ܐ ܡܗܝܡܢ̈ܐ ܕܓܒܐ ܠܚܘܠܡܢܘܬܘܟ݂ (*Working with your healthcare team*).

ܡܘܕܝ ܩܐܡܝ ܕܥܒܕܝ؟

ܚܘܝ، ܩܐ ܥܡ ܐܣܝܐ ܕܒܝܬܝܐ ܒܡܪܥܐ ܕܥܪ̈ܩܝܬܐ ܐܝܟ ܒܩܕܡ ܓܠܝܐ ܕܡܬܬܩܝܢܬܐ ܡܢܗ. ܥܡ ܐܣܝܐ ܕܒܝܬܝܐ ܒܡܪܥܐ ܕܥܪ̈ܩܝܬܐ ܩܝܡܐ ܕܡܟܝܪ ܠܗ ܡܪܥܐ ܕ RA ܘܡܕܪܝܘ ܕܡܚܠܒܬܗ، ܕܪܡܢܬܐ ܗܕܝܟܐ. ܐ، ܐܝܟ ܠܘܟ݂ܘܢ، ܡܪܥܐ ܕ RA ܘܠܐ ܡܗܘ، ܒܝܘܡ ܥܡ ܐܣܝܐ ܕܒܝܬܝܐ ܒܡܪܥܐ ܕܥܪ̈ܩܝܬܐ، ܠܝܠܘܦ ܡܢ ܐܣܝܘܬܐ، ܕܡܦܩܝܢ ܠܘܟ݂ܘܢ، ܕܚܘܝܬܗ، ܥܡ ܩܕܡ ܐܣܝܐ. ܚܙܝ، ܠܗ ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܦܠܚܐ ܥܡ ܓܘܪ̈ܐ ܡܗܝܡܢ̈ܐ ܕܓܒܐ ܠܚܘܠܡܢܘܬܘܟ݂ (*Working with your healthcare team*).

ܝܠܘܦܘܢ ܒܘܕ ܡܪܥܐ ܕ RA ܘܡܬܪܠܘܢ ܥܡ ܓܒܐ ܐܚܪ̈ܢܐ ܒܕܘܪܟܐ ܕܪܡܢܘܬܘܟ݂ܘܢ. ܟܠ ܦܡܝܫܝܬܘܢ ܠܒܠܐ ܡܘܕܥܢܘܬܐ ܕܡܕܒܪܬܘܢ، ܒ ܕܥܡܠܝܬܘܢ ܠܗ. ܩܐ ܒܘܕ ܐܢܐ، ܦܫܛܐ ܦܘܡܘܣܝܬܘܢ، ܥܡ ܐܣܝܘܬܘܢ، ܒ ܝܘܡܐ ܡܗܝܡܢܐ ܕܓܒܐ ܠܚܘܠܡܢܘܬܘܟ݂ܘܢ، ܒܘܕ ܕܪܡܢܘܬܢ ܐܝܟ ܕܡܣܝܡܝܬ ܡܘ، ܕܓܪܒܝܬܘܢ ܠܗܘ.ܐܦ ܡܚܘܝܐ ܡܩܡܘܢܝܬܐ ܕܡܘܕܥܢܘܬܐ ܘܙܕܩܬܐ ܦܝܫܐ ܡܢܐ ܗܕܝܟܐ ܒܩܘܡܐ ܕܒܝܠܩܣ. ܒܝܬܐ ܕܒܘܕܥܢܐ ܕܡܕܒܪܢܘܬܐ ܕܓܒ̈ܐ ܒܟܢܫܐ ܒܝܕܗ ܠܦܣܘܩܘܢ، ܕܡܬܡܨܝܢܬܗ، ܡܥܡܕܝܢܢܐ ܩܕܡ ܕܥܘܝܬܗ، ܐܟܦܬܐ ܒܕܘܪܟܐ ܕܡܫܡܫܬܐ ܕܓܒܐ ܢܠܘܟ݂ܘܢ.، ܡܚܝܕܘܢ، ܩܐ ܡܟܬܒܐ ܕܡܪܥܐ ܕܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ (Arthritis Office) ܕܝܠܗ ܦܬܝܚܘܢ، ܠܝܕ̈ܥܬܐ ܡܘܕܥܢܘܬܐ ܒܘܕ ܐܢܐ ܕܘܪ̈ܫܐ.

ܝܠܘܦܘܢ، ܐܘܪ̈ܚܬܐ ܕܩܐ ܡܕܒܪܢܘܬܐ ܕܟܐܒܐ. ܚܙܝ، ܠܗ ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܕܥܒܕ ܠܦܠܚܐ ܥܡ ܟܐܒܐ (*Dealing with pain*).

ܩܒܝܠܘܢ، ܝܕ̈ܥܬܐ ܒܝܬ ܚܘܠܡܢܝܬܐ. ܘܚܡܝܡܘ، ܦܝܙܝܩܝܐ ܥܒܕܝܬܐ، ܘܐܟܠܘܢ، ܡܐܟܘܠܬܐ ܚܘܠܡܢܝܬܐ، ܘܡܬܕܪܘܢ، ܠܗ ܡܬܝܐܬܐ ܘܡܚܝܕܘܢ، ܠܗ ܒܝܡܘܬܐ ܕܝܠܢܐ ܒܙܒܢܐ ܠܦܘܫܐ ܩܐ ܚܘܠܡܢܘܬܘܢ، ܒܟܠܢܐ ܘܡܟܝܠܘܬܐ ܕܒܝܬܘܬܘܢ.، ܚܙܝ، ܠܗܘ، ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܬܘܪܓܡܐ ܦܝܙܝܩܝܐ ܘ *RA* (*Exercise and RA*) ܘܐܟܠܬܐ ܡܐܟܘܠܬܐ ܚܘܠܡܢܝܬܐ (*Healthy eating*).

ܝܠܘܦܘܢ، ܒܘܕ ܕܐܟܝ ܠܝܬܝܪܘܬ ܚܝܠܢܘܬܘܢ، ܘܠܡܬܕܒܪܢܐ ܒܝܫܢܐ. ܚܙܝ، ܠܗ ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܒܝܫܢܐ ܘܡܪܥܐ ܕܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ (*Fatigue and arthritis*).

ܡܘܕܝܡܘܢ، ܒܪ̈ܓܫܢܘܬܘܢ، ܘܡܬܠܠܘܢ، ܗܢܕܝܐ. ܒܕ ܩܐܬܝܐ (ܩܐ ܩܕܡܐ) ܠܒܗ ܥܡ ܪ̈ܓܫܢܐ ܩܐ ܡܪܥܐ ܕ RA ܘܡܪܥܐ ܩܝܡܐ ܕܡܟܝܪ ܟܠܐ ܒܟܠ ܙܒܢܐ ܦܘܫܩܐ ܕܚܝܘܬܘܢ،، ܒܢܝܢܬܐ ܡܢܗ ܕܪ̈ܓܫܢܘܬܗ، ܒܘܕܘܟܬܐ ܘܩܡܝܪܐ ܘܦܟܝܗܐ ܘܡܕܘܟܐ ܒܬܘܪ̈ܐ ܒܥܕܢܐ. ܩܘܝܬܗ، ܒܝܕܥܬܐ ܒܘܕ ܐܢܐ ܪ̈ܓܫܢܐ ܘܡܬܠܠܒܬܗ، ܦܢܝܬܐ ܝ، ܐܚܕ ܒܕܘܝܐ ܡܢܐ ܠܡܟܒܒܐ ܟܠܐ ܒܟܠ ܚܝܘܬܘܢ، ܬܘܩܝܬ. ܚܙܝ، ܠܗ ܦܪܫܬܐ ܕܡܘܕܥܢܘܬܐ ܡܪܥܐ ܕܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ ܘܪ̈ܓܫܐ (*Arthritis and emotions*).

ܡܚܝܕܘܢ، ܩܐ ܡܟܬܒܐ ܕܡܪܥܐ ܕܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ (Arthritis Office) ܕܝܠܗ ܦܬܝܚܘܢ، ܠܝܕ̈ܥܬܐ ܡܘܕܥܢܘܬܐ ܘܙܕܩܬܐ ܒܘܕ ܦܪ̈ܫܝܬܐ ܕܡܘܕܥܢܘܬܐ ܒܘܕ ܡܪܥܐ ܕܟܘܠܗܒܐ ܕܥܪ̈ܩܝܬܐ.

ܝܠܘܦܘܢ، ܒܘܕ ܡܪܥܐ ܕ RA ܘܠܘܬ̈ܝܐ ܕܕܪܡܢܬܐ ܕܐܝܬܠܘܟ݂ܘܢ.، ܚܘܝ، ܩܐ ܥܡ ܐܣܝܐ ܕܒܝܬܝܐ ܒܡܪܥܐ ܕܥܪ̈ܩܝܬܐ ܐܝܟ ܒܩܕܡ ܓܠܝܐ ܕܡܬܬܩܝܢܬܐ ܡܢܗ.

ܠܝܕ̈ܥܬܐ ܠܡܟܬܒܐ ܕ Arthritis ܕܝܠܗ ܦܬܝܚܘܢ:،
ܡܚܘ، ܥܠ ܡܢܝܢܐ 1800 011 041 ܒ ܡܚܝܕܘܢ، ܠܐܬܪܐ:
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