



- qufac iyo hargab
- cune xanuun
- dheefshiid xumo
- shuban ama caloolfadhi
- damqashada iyo xanuunka jirka

Farmashiiste



- xanuun ilig
- bararka afkaaga
- cirridka xanuun leh ama dhiigaya
- dhaawaca gaara afkaaga
- talo ku saabsan nadaafadda afka

Takhtarka ilkaha



- aragga mugdi leh
- cuncunka indhaha; il dhegdheg leh ama cas
- isbeddelka kadiska ah ee aragga

Baaraha indhaha (Muraayadlaha Indhaha daaweeya)



- Si aad talo uga hesho xanuunka muruqyada, kalagoosyada jirka ama dhabarka fadlan booqo: www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints
- Haddii aad gargaar dheeraad ah u baahan tahay waxaad iskaa isku gudbin kartaa ama u tagi kartaa Waaxda Dabiibka dhaqdhaqaaqa jirka Bukaansocodka (Outpatient Physiotherapy Dept.) (Qaangaarka oo keliya). Foomamka iskaa isku gudbinn ayaa diyaar ka ah Takhaatiirta Guud iyo Waaxyaha Dabiibka dhaqdhaqaaqa jirka.

Dabiibaha dhaqdhaqaaqa jirka

111

Marka Takhtarkaaga Guud (GP) iyo farmashiida xaafaddaadu ay xiran yihiin, oo aad xad dhaaf u bugto oo aadan sugi karin in ay furaan, wac lambarka 111.

NHS 24 - 111



La xiriir Xarunta Maamulka Gudbinta Adeegga Lugaha (Podiatry Service Referral Management Centre) ee loogu talagalay DHAMMAAN dhibaatooyinka la daaweeyo ee cagta & kuraankurta adigoo ka wacaya lambarka:

- 0141 347 8909
- 8:00 subaxnimo – 8:00 habeenimo Isniin-Jimce
- 9:00 subaxnimo – 1:00 galabnimo Sabti

(Adeegga Lugaha ee NHS GG&C ma bixiyo Daryeelka Cagta ee Shakhsi ahaaneed)

Caafimaadka lugaha



- sarmooyinka iyo gubashooyinka yar yar
- murgacashooyinka iyo cadaadisyaada
- lafaha jaban iyo dillaacsan ee lagu tuhunsan yahay

Qaybta Dhaawacyada Yar yar (Minor Injuries Unit)



- wadne istaagga ama cudurka faaliga ee lagu tuhunsan yahay
- dhibaatooyinka neefsashada
- dhiigbaxa daran

999 ama A&E (Waaxda Degdegga)



- Wixii khuseeya cudurka kale ee kaa tagi waaya
- La socodka iyo maamulka xaaladaha caafimaadka ee joogtada ah

Xafiiska Takhtarka Guud iyo Takhtarka Guud