ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ

ASSYRIAN

ܦܬܓܡܐ ܕܦܪܨܘܦܐ ܕܒܪܝܬܐ

Ankylosing Spondylitis

ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ

ܒܝܬ ܦܬܓܡܐ ܩܒܝܠܐ ܡܠܐ ܚܝܒܐ ܕܝܠܝ ܐܬܝܐ ܒܢܝܐ ܕܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕܒܪܝܬܐ. ܦܬܓܡܐ ܝܬܝܪܐ ܡܠܐ ܦܪܨܘܦܐ ܕܟܪܘܢܝܐ ܠܦܘܡܕܐ، ܕܟܕܡܝܐ ܕܟܠܠܐ ܕܩܪܒܐ، ܠܚܠܝܐ ܥܡܕܐ ܩܝܒܐ، ܕܟܟܒܝܐ، ܕܟ ܡܕܟܡܐܝܐ، ܡܠܐ ܒܡܟܡܐ ܦܪܨܘܦܐ ܕܟܪܘܢܝܐ ܐܘܕܝܬܐ ܕܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ (ܒܝܒܐܣ**).

ܡܢܘܢ ܡܕܝ ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕܒܪܝܬܐ؟

ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕܒܪܝܬܐ (Ankylosing spondylitis(AS)) ܗܘ ܐܢܟܠܘܣ ܡܕܝ ܕܚܒܪ ܐܘܕܐ ܕܝ ܥܝܢ ܠܝܝܠܐ ܕܒܪܝܬܐ. ܣܦܘܢܕܝܠܝܛܝܣ، ܡܕܝܬܐ ܡܕܒܥܘܬܐ (ܐܣܬܘܢܐ ܕܟܕܘܢ) ܕܝ ܫܡܠܐܝܐ ܐܡܠܘܬܐ ܕܝ ܐܢܟܠܘܣ ܕܝ ܚܕܝܕ ܕܝܬܐ (ܦܝܠܘ) ܡܦܪܨܘܦܐ. ܣܦܘܢܕܝܠܝܛܝܣ ܕܝܟ ܠܐܕܐ ܕܪܘܕܐ ܡܕܡܢܐ ܐܣܟܡܐ ܕܐܢܟܠܘܣ ܘܡܕܐ ܕܝ ܩܪܒ ܡܢܬܐܒܐ ܡܠܐܝܐ ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕ AS. ܒܝܢ ܣܦܘܢܕܝܠܝܛܝܣ ܝܬܐ ܡܕܝ ܕܝܠܝ ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕܝܠܝ ܡܫܝܚܐ، ܕܟܕܡܝܐ ܕܝ ܐܢܟܠܘܣ ܕܝ ܩܪܒ ܡܢܬܐܒܐ ܡܠܐܝܐ ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕ AS. ܐܦ ܣܦܘܢܕܝܠܝܛܝܣ ܕ AS ܐܦ ܩܪܒ ܡܠܐܝܐ، ܕܟܕܡܝܐ ܕ AS ܐܝ ܕܝ ܐܢܟܠܘܣ ܝܬܐ ܡܕܝ ܕܝܠܝ ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕ AS. ܒܝܢ ܣܦܘܢܕܝܠܝܛܝܣ ܕ AS ܕܝ ܐܢܟܠܘܣ ܝܬܐ ܡܕܝ ܕܝܠܝ ܐܢܟܠܘܣܝܢܓ ܣܦܘܢܕܝܠܝܛܝܣ ܕ AS. ܐܦ ܣܦܘܢܕܝܠܝܛܝܣ

- ܢܘܩܦܐ ܩܠܝܬܐܝܬܐ ܕܙܘܓܐܝܬܐ ܚܬܝܬܐ (ܐܝܟ ܙܘܓܐܝܬܐ ܕܢܘܕܝܢ ܕܡܚܝܐ ܒܝ ܢܘܩܦܐ ܩܠܝܬܐܝܬܐ ܟܕ ܡܚܝܐ) ܚܬܝܬܐ ܠܒܡܒܡܐ ܒܝܠܝܬܐ ܕܫܝܢ ܕܙܡܢ ܕܙܡܢܐ ܕܚܒܝܬܐ ܡܕܩܡܝܬܐ ܙܡܢ ܕܡܬ ܥܩܒ

- ܙܕܘܥܐ، ܐܝܟ:

- ܙܕܘܥܐ ܒܥܝܠܝܬܐ ܕܝܢܬܐ (ܒܥܝܫܝܬܐ ܕܝܢܬܐ، ܐܝܟ ܩܙܗܒܝܬܐܠ)
- ܙܕܘܥܐ ܡܙܠܡܬܝܬܐ ܕܚܠܫܬܐ ܕܡܟܒܢܐ ܡܢ ܒܝ ܗܒܙܡܕ (NSAIDs)
- ܙܕܘܥܐ ܒ ܣܩܝܬܐ ܕܚܙܗܒܚܗܝܙܡܕ
- ܙܕܘܥܐ ܡܒܣܝܩܝܬܐ ܕܒܥܐܝܐ ܡܙܠܡܬܝܬܐ ܕܚܠܫܬܐ ܕܝܢܬܐ (DMARDs)
- ܙܕܘܥܐ ܬܡܠܘܝܬܐ ܕ DMARDs.

ܠܡܢܬ ܒܡܕܝܢܬܐ ܐܘܕܝܢܐ ܕܘܕ ܙܕܘܥܐ، ܣܘܡ ܕܐ ܒܡܕܝܢܬܐ ܙܕܘܥܐ ܕܒܥܬܐ ܕܒܡܩܡܐ ܢܗܗܕܙܝܢܐ ܕܙܗܒܗ ܒܕܢܐ ܕܚܠܫܬܐ ܕܝܢܬܐ (Australian Rheumatology Association)، ܒ ܙܕܢܐ ܕܒܡܕܝܢܬܐ ܙܕܘܥܐ *ܡܚܠܫܬܐ ܕܝܢܬܐ* (*Medicines and arthritis*).

ܡܢܘܒ ܩܝܡ ܕܝܢܬܐ؟

ܣܘܡ ܩܠ ܒܝ ܐܗܢ ܕܝܢܬܐ ܚܕܢܐ ܕܝܢܬܐ. ܒܝ ܐܗܢ ܕܝܢܬܐ ܚܕܢܐ ܕ AS ܩܝܡ ܕܡܟܝ ܠܝ ܒܢܢܐ ܕ AS ܡܒܢܝ ܕܒܥܝܠܝܬܐ ܙܕܒܢܐ ܗܢܝܐ. ܒ ܢܝܗ ܟܡܢܐ ܒܢܢܐ ܕ AS ܡܠܝ ܡܢ ܣܘܡ ܣܝܝܣ ܒܝ ܐܗܢ ܕܝܢܬܐ ܚܕܢܐ ܕܝܢܬܐ، ܒܠܟܢܐ ܒ ܢܝ ܐܗܢ. ܣܘܡ ܕܐ ܒܡܕܝܢܬܐ ܕܒܡܕܝܢܬܐ ܟܠܬܐ ܒܝ ܝܬܟ ܡܥܒܕܬ ܙܕܟ ܠܣܡܠܬܐܢܐ (*Working with your healthcare team*).

ܡܢܘܒ ܕܘܕ ܒܢܢܐ ܕ AS ܡܒܝܢܘ ܒܝ ܒܟܐ ܟܢܐܬ ܚܕܝܟ ܕܙܘܓܐܝܬܐ. ܟܕ ܒܝܢܒܐ ܠܚܕܐ ܒܡܕܝܢܬܐ ܙܢܒܐ ܒ ܕܥܡܒܐ ܕܐ. ܩܠ ܕܘܕ ܐܗܢ، ܒܬܬܐ ܒܝܡܒܐ ܒܝܠ ܐܗܢ ܕܝܢܬܐ.

ܡܢܘܒ ܕܘܕ ܒܢܢܐ ܕ AS ܡܒܝܢܬܐ ܕܙܘܓܐܝܬܐ ܕܝܢܬܐ ܕܝܢܬܐ. ܣܘܡ ܩܠ ܒܝ ܐܗܢ ܕܝܢܬܐ ܚܕܢܐ ܕܝܢܬܐ ܐܝܟ ܩܝܡ ܕܡܟܝ ܠܝ ܒܢܢܐ ܕ AS ܡܒܢܝ ܕܒܥܝܠܝܬܐ ܙܕܒܢܐ ܗܢܝܐ. ܒ ܢܝܗ ܟܡܢܐ ܒܢܢܐ ܕ AS ܡܠܝ ܡܢ ܣܘܡ ܣܝܝܣ ܒܝ ܐܗܢ ܕܝܢܬܐ ܚܕܢܐ ܕܝܢܬܐ، ܒܠܟܢܐ ܒ ܢܝ ܐܗܢ. ܣܘܡ ܕܐ ܒܡܕܝܢܬܐ ܕܒܡܕܝܢܬܐ ܟܠܬܐ ܒܝ ܝܬܟ ܡܥܒܕܬ ܙܕܟ ܠܣܡܠܬܐܢܐ (*Working with your healthcare team*).

ܡܢܘܒ ܕܘܕ ܒܢܢܐ ܕ AS ܡܒܝܢܘ ܒܝ ܒܟܐ ܟܢܐܬ ܚܕܝܟ ܕܙܘܓܐܝܬܐ. ܟܕ ܒܝܢܒܐ ܠܚܕܐ ܒܡܕܝܢܬܐ ܙܢܒܐ ܒ ܕܥܡܒܐ ܕܐ. ܩܠ ܕܘܕ ܐܗܢ، ܒܬܬܐ ܒܝܡܒܐ ܒܝܠ ܐܗܢ ܕܝܢܬܐ.

ܡܢܘܒ ܕܘܕ ܒܢܢܐ ܕ AS ܡܒܝܢܬܐ ܕܙܘܓܐܝܬܐ ܕܝܢܬܐ ܕܝܢܬܐ ܕܝܢܬܐ ܐܝܟ ܩܝܡ ܕܡܟܝ ܠܝ ܒܢܢܐ ܕ AS ܡܒܢܝ ܕܒܥܝܠܝܬܐ ܙܕܒܢܐ ܗܢܝܐ. ܒ ܢܝܗ ܟܡܢܐ ܒܢܢܐ ܕ AS ܡܠܝ ܡܢ ܣܘܡ ܣܝܝܣ ܒܝ ܐܗܢ ܕܝܢܬܐ ܚܕܢܐ ܕܝܢܬܐ، ܒܠܟܢܐ ܒ ܢܝ ܐܗܢ. ܣܘܡ ܕܐ ܒܡܕܝܢܬܐ ܕܒܡܕܝܢܬܐ ܟܠܬܐ ܒܝ ܝܬܟ ܡܥܒܕܬ ܙܕܟ ܠܣܡܠܬܐܢܐ (*Working with your healthcare team*).

ܒܟܐ ܒܥܝܢ ܒܥܝܢ ܕܝܢ