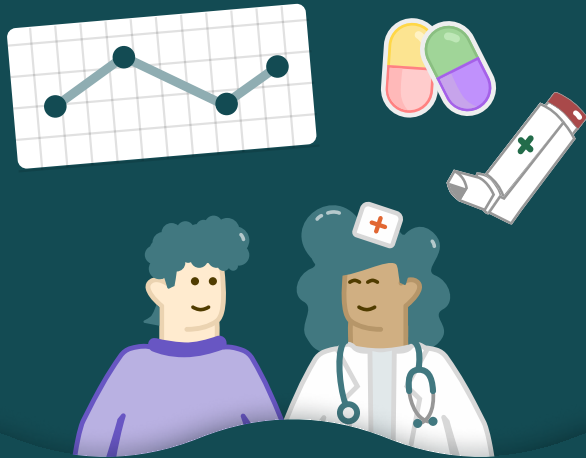


Taageerada gaarista go'aanka
wanaagsan ee loogu talagalay
adiga iyo bixiyahaaga



Ilaali sanbabkaaga, waxa aanu
beereynaa geedo!



In si fudud loo ogaado marka la
gaadho wakhtigii lala xidhiidhi
lahaa xaruntaada caafimaadka



Go'aamada daaweyntu waxay
ku salaysan yihiin astaamaha
maalintii, kaliya kuma salaysna
shaybaarada caafimaadka



Ka hel dhibco marka aad
shaybaarada ku samaysan
ablikeeshinka



Marka aad hesho dhibco
wanaagsan, waxa aad ka
heleysaa geed ablikeeshinka



Waxa aanu beernaa geed
caadi ah!

Si fudud ugu neefso AsthmaTuner



Qorshe daawayn oo cad ayaa
markasta laga heleyaa
ablikeeshinka

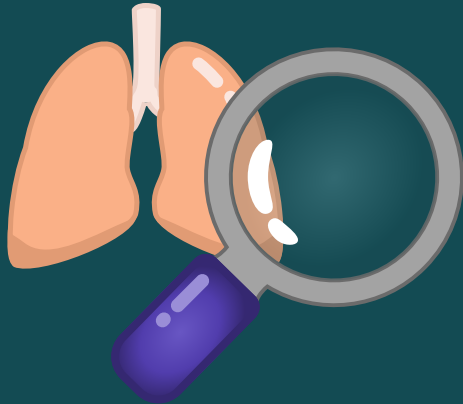


Eeg sida nolashaada ay tahay
maalintii, kaliya ha eegin sida
caafimaadkaagu yahay



Xogta shaybaarka waxaa si
toos ah loola wadaagaa
xaruntaada caafimaadka

Ka gudub qolka sugitaanka! Gurigaaga ku baadh shaqada sanbabkaaga!



Ablikeeshinka & saacada shaqada sanbabka ee casriga ah



Xaruntaada caafimaadku waxay u dirtaa qorshaha daawaynta ablikeeshinka

Controlled Asthma:

Morning: X puffs
Evening: X puffs



Partially Controlled Asthma

Morning: X puffs
Evening: X puffs



Uncontrolled Asthma

Morning: X puffs
Evening: X puffs



- ✓ Iska ilaali oolka
- ✓ Si wanaagsan ula soco waxtarka dawadaada
- ✓ Oggow waxyaabaha kugu kiciya xiiqda

- ✓ Waxay u saxsan tahay sida saacada xarunta caafimaadka oo kale
- ✓ Dhammaan shaybaarka waxaa si toos ah loola wadaagaa bixiyahaaga
- ✓ Ablikeeshinku waxa uu kuugu sheegayaa wax aad samaynayso muuqaalka fudud ee soo socda

- ✓ Waxaad ogaadaa xadiga saxda ah ee daawada ee lagu taliyay taas oo ku salaysan xaalada xiiqda ee wakhtigan
- ✓ Iska ilaali daawada aadka u badan ama aadka u yar