# ܦܪܨܘܬܐ ܕܪܘܡܐܛܝܐ ܕܝܥܬܐ

ASSYRIAN

ܦܘܠܚܢܐ ܕܦܪܨܘܦܝܢܐ ܕܝܥܬܐ

Rheumatoid Arthritis

## ܦܪܨܘܬܐ ܕܪܘܡܐܛܝܐ ܕܝܥܬܐ

ܒܝܬ ܦܘܠܚܢܐ ܟܝܬܐ ܡܠܝܐ ܡܠܬܐ ܕܐܝܬܝܗ ܒܢܝܐ ܠܡܐ ܦܪܨܘܬܐ ܕܪܘܡܐܛܝܐ ܕܝܥܬܐ. ܝܫܬܝܢ ܡܢܐ ܦܘܠܚܢܐ ܠܦܪܨܘܦܝܢܐ ܒܐܦܬܐܡܐ ܕܦܘܠܚܢܐ ܕܒܝܬ ܟܠܚܐ ܕܐܝܬܝܗ ܡܐܡܪܝܢ ܕܦܪܨܘܬܐ ܕܒܝܬ ܟܠܚܐ ܕܐܝܬܝܗ ܡܠܬܐ ܕܝܥܬܐ. ܒܝܬ ܦܘܠܚܢܐ ܐܦ ܝܫܬܝܢ ܡܢܐ ܠܦܪܨܘܦܝܢܐ ܕܒܝܬ ܡܐܡܪܝܢ ܕܒܝܬ ܡܐܡܪܝܢ ܕܒܝܬ ܡܐܡܪܝܢ

- ܕܘܟܬܐ، ܒܫܝܠ:
  - ܕܘܟܬܐ ܡܕܠܡܛܝܢܐ ܕܐܢܛܝܓܪܐܝܢ ܕܠܐ ܡܢ ܣܛܝܪܘܝܕܐ (NSAIDs)
  - ܕܘܟܬܐ ܒܝ ܣܛܝܪܐ ܕܚܘܪܫܐ
  - ܕܘܟܬܐ ܡܫܢܝܩܬܐ ܕܡܬܩܢܐ ܡܕܠܡܛܝܢܐ ܕܐܢܛܝܓܪܐܝܢ ܕܝܩܪܐ (DMARDs)
  - ܕܘܟܬܐ ܫܘܠܦܝܢܐ ܕ DMARDs.

ܠܡܢܬ ܒܡܕܝܢܬܐ ܐܝܟܢܐ، ܣܘܦ ܕܐ ܒܡܕܝܢܬܐ ܕܘܟܬܐ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܕܐܘܣܛܪܠܝܐ ܕܪܘܡܐܛܘܠܘܓܝܐ ܕܐܣܘܣܝܐܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Rheumatology Association’s Patient Medicine Information)، ܒ ܦܕܡܐ ܕܒܡܕܝܢܬܐ ܕܘܟܬܐ *ܡܕܠܛܝܢ ܕܐܢܛܝܓܪܐܝܢ* (*Medicines and arthritis*).

- ܢܡܩܦ ܦܠܝܓܢܐ ܕܬܒܬܐ ܠܒܡܒܝܢܘܢ ܐܝܟܢܐ ܕܐܘܣܛܪܠܝܐ ܕܩܫܒ ܒܫܟܝܬܐ. ܣܘܦ ܠܐܘ، ܦܕܡܬܐ ܕܒܡܕܝܢܬܐ ܢܡܩܦ ܦܠܝܓܢܐ ܕ RA (*Exercise and RA*) ܡܘܠܝܢ ܥܡ ܒܝܬܟ ܕܒܡܛܝܢܐ ܕܟܠܗ ܠܣܘܠܝܢܬܐ، ( *Working with your healthcare team*).

## ܡܢܘܡ ܩܝܡ ܐܝܟܢܝ؟

ܣܘܦ، ܩܠ ܒܝ ܐܝܬ ܒܟܠܗ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܒܫܝܠ ܡܢܐ ܦܠܝܓ ܕܡܚܝܬܐ **ܡܠܬܐ**. ܒܝ ܐܝܬ ܒܟܠܗ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܩܝܡ ܕܡܟܝ ܠܝ ܒܡܕܝܢܬܐ ܕ RA ܡܒܕܝܢ ܕܒܡܕܝܢܬܐ، ܐܝܟ ܢܗ ܠܡܐ. ܝ ܢܗ ܡܢܐ ܕܒܡܕܝܢܬܐ ܕ RA ܠܝܬ ܡܐ، ܫܘܝܐ ܒܝ ܐܝܬ ܒܟܠܗ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ، ܦܠܐܦܐ ܡܢ ܐܝܬܘܢܐ، ܕܒܡܕܝܢܬܐ ܕܫܘܒܐ، ܒܝ ܐܝܬ ܐܝܬ. ܣܘܦ، ܠܐ ܦܕܡܬܐ ܕܒܡܕܝܢܬܐ ܕܒܡܛܝܢ ( *Working with your healthcare team*).

ܣܘܦ، ܒܝ ܒܡܕܝܢܬܐ ܕ RA ܡܟܝܢܘܢ، ܒܝ ܟܠܗ ܠܠܝܬ ܒܟܠܗ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܕܐܘܣܛܪܠܝܐ ܕܪܘܡܐܛܘܠܘܓܝܐ ܕܐܣܘܣܝܐܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Arthritis Office) ܕܟܠܗ ܩܒܝܠܬܐ، ܠܡܢܬ ܒܡܕܝܢܬܐ ܐܝܟܢܐ ܕܐܢܛܝܓܪܐܝܢ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܕܐܘܣܛܪܠܝܐ ܕܪܘܡܐܛܘܠܘܓܝܐ ܕܐܣܘܣܝܐܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Rheumatology Association)، ܒܚܬ ܕܐܝܬܝ ܟܦܝܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian General Practice Network)، ܒܡܟܦܝܬܐ ܕܐܝܬܘܬܐ ܕܡܬܩܢܐ ( Australian Physiotherapy Association)، ܒܡܟܦܝܬܐ ܕܡܝܢܝܦܬܐ ܟܦܝܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Practice Nurses Association)، ܒܡܟܦܝܬܐ ܕܦܪܡܐܣܝܘܛܝܩܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Pharmaceutical Society of Australia) ܡܕܡܟܐ ܒܟܠܗ ܕܐܝܬܝ ܟܦܝܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Royal Australian College of General Practitioners). ܡܕܡܟܐ ܐܢܛܝܓܪܐܝܢ ܡܘܡܚܝܐ ܕܚܝܩܐ ܒܢܝܢ ܟܝܢܝܐ ܐܝܬ ܒܕܡܝܢ.

**ܒܕܒܝܢܬܐ**. ܠܐ ܒܝܢܬܐ ܠܡܬܠܐ ܒܡܕܝܢܬܐ ܕܒܡܕܝܢܬܐ، ܒ ܒܬܡܝܢܬܐ، ܠܐ. ܩܠ ܡܢ ܡܕܝ ܐܝܬ، ܒܩܬܐ ܒܡܝܡܝܢܬܐ، ܒܝ ܒܬܠܐ ܒܩܝܡܬܐ ܕܬܠܐ ܠܡܬܠܐ ܕܒܡܕܝܢܬܐ، ܡܕܝ ܒܕܒܝܢܬܐ ܒܝܬ ܒܚܡܝܢܬܐ ܡܐ، ܒܕܒܝܢܬܐ ܠܐ ܒܝܬ ܒܚܡܝܢܬܐ ܒܡܝܡܝܢܬܐ ܐܘܡܬܐ ܕܒܝܬ ܡܢ ܡܒܝܬ ܕܒܝܬ ܒܡܝܡܝܢܬܐ ܒܡܝܢ ܒܡܝܡܝܢܬܐ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Arthritis Office) ܕܟܠܗ ܩܒܝܠܬܐ، ܠܡܢܬ ܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܕܐܘܣܛܪܠܝܐ ܕܪܘܡܐܛܘܠܘܓܝܐ ܕܐܣܘܣܝܐܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Rheumatology Association)، ܒܚܬ ܕܐܝܬܝ ܟܦܝܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian General Practice Network)، ܒܡܟܦܝܬܐ ܕܐܝܬܘܬܐ ܕܡܬܩܢܐ ( Australian Physiotherapy Association)، ܒܡܟܦܝܬܐ ܕܡܝܢܝܦܬܐ ܟܦܝܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Practice Nurses Association)، ܒܡܟܦܝܬܐ ܕܦܪܡܐܣܝܘܛܝܩܐ ܕܐܢܛܝܓܪܐܝܢ ( Australian Pharmaceutical Society of Australia) ܡܕܡܟܐ ܒܟܠܗ ܕܐܝܬܝ ܟܦܝܬܐ ܕܐܢܛܝܓܪܐܝܢ ( Royal Australian College of General Practitioners). ܡܕܡܟܐ ܐܢܛܝܓܪܐܝܢ ܡܘܡܚܝܐ ܕܚܝܩܐ ܒܢܝܢ ܟܝܢܝܐ ܐܝܬ ܒܕܡܝܢ.

## ܡܕܡܟܐ ܕܒܡܕܝܢܬܐ ܕ RA ܡܒܘܬܝܢ ܕܒܕܒܝܢܬܐ ܕܒܝܬܟܡܬܐ.

## ܣܘܦ، ܩܠ ܒܝ ܐܝܬ ܒܟܠܗ ܕܒܡܕܝܢܬܐ ܕܐܢܛܝܓܪܐܝܢ ܒܫܝܠ ܡܢܐ ܦܠܝܓ ܕܡܚܝܬܐ ܡܠܬܐ.

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ܡܕܝ ܟܠ ܡܢܬ 1800 011 041 ܒ ܫܝܢܘܝ ܠܟܬܘܒ:
www.arthritisaustralia.com.au

abbvie

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