

1. Run ama Been: Macmiilka xuquuqdiisa sharciga ah waa muhiim maxaa yeelay waxay ilaaliyaan xoriyadda iyo sharafta macmiilka.

<https://vimeo.com/163696186>

(A) Run

(B) Been

2. Run ama Been: Marka macmiil jaha wareersan lala hadlaayo waxa muhiim ah in xanaaneeyahu si degan ula hadlo:

(A) Run

(B) Been

3. Run ama Been: Shaqada Runda ah ee jidhka waxa ku mid ah in jilibaha la laabo.



(A) Run

(B) Been

4. Run ama Been: Haddii uu macmiilku sameynaayo hawl loo dhiibey xanaaneeyaha, waa inuu xanaaneeyahu u soo sheegaa taas maareeyaha.

(A) Run

(B) Been

5. Run ama Been: Marka macmiilku inta badan uu soo galo qolalka dadka kale iyadoon lagu casuumin oo uuna diido in uu ka baxo waa inuu xanaaneeyahu isku dayo inuu ogaado sababta keentay diidmada.

(A) Run

(B) Been

6. Run ama Been: Dhibaatooyinka xidhiidhka, ay adagtey in go'aan la gaadho, iyo/ama isbadelka habka hurdada waxa ay tusaysaa calaamado, walbahaarka.

(A) Run

(B) Been

7. Run ama Been: Macmiil ay dhibaato ka haysato bararka (dysphagia) wuxuu khatar ugu jiraa inay biyo ka galaan sanbabada.

(A) Run

(B) Been

8. Run ama Been: Xanaaneeyuhu waa in uu Runhoos u maRuno tuunbada kateetarka iyadoo laga soo wado dhinaca ay jirka kaga jirto. marka la daryeelaayo kateetarka.

(A) Run

(B) Been

9. Run ama Been: Xanaaneeyahu waxa uu markasta u sheegi karaa macluumaadka gaarka ee macmiilka qoyska macmiilka oo dhan.

(A) Run

(B) Been

10. . Run ama Been: Si looga hortago dildilaac jmaqaarkaka marka lagu fadhiyo kursiga curyaanka, macmiilku waa inuu dhinaca u badalaa ugu yaraan hal mar labadii saacadooda.

(A) Run

(B) Been