



Health Center



Dar Al-Hijrah Health Screening Center

Dar Al-Hijrah operates a free health screening service where people can check their blood pressure, diabetes, and child and teen check ups in partnership with the Minnesota Department of Health.

Hypertension (blood pressure) is pressure exerted by the blood against the wall of the arteries, which could lead into cardiovascular disease. Diabetes means the body does not produce or use properly insulin, which results too much sugar in your blood and urine.

Both of these diseases are major chronic diseases in the United States and else where in the world. Therefore Masjid Dar Al-Hijrah manages a free health screening center to help ease the symptoms and educate community members about these diseases. The nurses in the center will check your blood pressure and diabetes frequently and will give you the needed advice.

Study shows that almost 18.2 million Americans have diabetes, 5.2 million of these do not even know if they have or not. Thus to make sure you are not one of them, we encourage you to come to the center and have your blood and diabetes checked.

Daar Al-Hijrah waxaa kale oo ay bulshada kacaawisaa khidmooyinka xarun caafimaad oo bilaash ah, halkaas oo dadku iska baari karaan dhiig-karka, sokorowga, iyo waliba baaritaanka guud ee caruurta iyo dhalinyarada, oy is ka kaashadaan Wazaarada Caafimaadka ee Gobolka Minnesota.

Dhiigkarku waa cadaadis culays ah oo saaran xididada dhiiga qaada; dhiiga wadnah ka soo baxa ayaa katanbadanhaya awoodooda, taas oo keeni karta cudurada wadna ah ku dhaca. Sokorowgu waa jirka oon soo saaraynin ama sifiican u isticmaalaynin kimikada la yiraahdow insalinka(insulin), taas oo keenta in sonkortu ku badato dhiigaaga iyo kaadidaada.

Labadan cudurba waa laba cudur oo halis ah dadbadana u dhintaan sababtood meela badan oo Aduunka kamid ah oo Maraykankuna ku jiro. Sidaas daraadeed Masaajidka Daar Al-Hijrah wuxuu kuu hayaa xurun caafimaad oo bilaash ah oo kuu sahlaysa barashada iyo baaritaanka cuduradan. Kalkaaliyaal ayaa si jooqta ah kaaga baaraya sokorowga iyo dhiikarka labadaba kadibna ku siinaya talada aad u baahantahay.

Baritaan lasameeyay ayaa sheegaya in 18.2 milyan oo Maraykan in ay qabaan cudurka sokorta; 5.2 milyan ka mid ahna ma'oga in ay qabaan iyo in kale. Marka xarunta imow si aad u ogaato caafimaadkaaga sokorowga iyo dhiikarka meeshu maryo.

Free Health Screening / Baaritaan Caafimaad oo Bilaash ah

Location: 630 Cedar Ave. South Minneapolis, MN 55454-community room

Date: Sunday September 17, 2006

Time: 10:00am -12:00am

Goob: 630 Cedar Ave. South Minneapolis, MN 55454-community room

Taariikh: Axad September 17, 2006

Wakhti: 10:00am -12:00am