

Maxay tahay in aad ka ogaato Qaadashada daawada qaaxada ama tiibishada



Qaadashada daawada lagu dilo jeermiska TB-da (cudurka qaaxada) waa ay dawayn kartaa cudurka qaaxada

Jeermisyada TB-da waa ay adag yihiin. Waxaad u baahantahay in aad dawada qaadato bilooyin badan si aad u habsato in jeermisyada TB-da oo dhan ay dhinteen. Dawo (kanini) qaadashada, raac hagidda daryeelah caafimaadka. Xusuuso in aad kaniiniyaashaada qaadatid. Shaqaalaha caafimaadka ayaa kaala hadli doona Dawaynta sida tooska ah [Directly Observed Therapy (DOT)]. DOT waa marka aad kaniiniga qaaxada qaadato ayada oo uu shaqaalaha caafimaadka kula joogo. DOT waxaa la samayn karaa waqti walba, waxaana lagu sameyn karaa meelkasta oo kula haboon. DOT waxay kuu sahleysaa qaadashada daawada (kaniiniga) qaaxada.

Ha u joojin qaadashada kaniinigaaga si dhoqsa ah.

Inkastoo laga yaabo in aad dareento caafimaad isbuucyo gudahooda, qaaxada weysoo laaban kartaa. Markalena waad u gudbin kartaa qaaxada dadka kale.

Xasuusnow qodobada soo socda marka aad qaadaneyso kaniinigaaga qaaxada.

U sheeg daryeelaha caafimaadkaaga hadii aad qaadanaysid daawooyin kale. Waxaa kamid ah daawo, fatimiino iyo daawo Soomaali oo aad gadato warqada dhaqtarka la'aanteed. Iska ilaali cabidda qamriga marka aad qaadanaysid dawada qaaxada ama tiibishada. U sheeg daryeelaha caafimaadkaaga haddii aad uurleedahay, naas nuujinaysid ama aad qaadato kaniiniga dhalmo celinta. U sheeg shaqaalaha daryeelka caafimaadkaada, haddii aad qabto caafimaad darro kale oo aan la xiriirin qaaxada ama tiibishada.

Daawooyinka caadiga ah ee TB-da waa:

- Isoniazid (INH)
- Rifampin (RIF)
- Pyrazinamide (PZA)
- Ethambutol (ETH)

Inta badan dawooyinka TB-da khatar ma aha. Dad aad u yar ayay u gaysataa waxyeello. Waa inaad wacdaa ama aad isla markiiba aragtaa shaqaalaha daryeelka caafimaadka, haddii aad qabto mid ka mid ah dhibaatooyink hoos ku xusan.

- Cuntadoo kaa xiranto
- Matag
- Calool xanuun
- Lalabbo
- Wareer
- Dhiig bax sahlan
- Indhaha ama maqaarka oo jaalle ku noqda
- Faraha, gacmaha iyo lugaha oo ku jiriiricooda
- Agagaarka afka oo ku jiriiricooda ama kabuubyoodo
- Aragaada oo badelma ama uu humaag galo
- Xubnaha oo ku xanuuna
- Qandho muddo ka badan 3 maalmood
- Maqaarka oo nabaro yar yar kasoo baxaan
- Si sahlan oo aad u dhaawacanto

Haddii aad qaadanayso daawada Rifampin, waa in aad ogaataa in:

- Kaadidaada, canduufaa, ama illintaadu ay noqon karaan sida midabka oranjada.
- Muraayadahaaga indhaha (ookiyaalahaaga) ee jirilcsan waa ay wasaqoobi karaan. Taasina **si aad u dhaqso badan!** ayay ku dhici kartaa Marka ha xiran muraayadaha indhaha ee jilicsan markaad qaadanayso daawada rifampin.
- Laga yaabe in dareenka maqaarka jirkaagu uu aad ugu nuglaado qoraxda. Ka dabool jirkaada qoraxda ama isticmaal careemada qoraxda laga marsado. Qaar ka mid ah dawooyinka dhalmada celiyaa ayaan **si wanaagsan u shaqayn** marka aad qaadanaysid rifampin. Dumarku waa in ay isticmaalaan dhalmo celin kale sida bambiirada (salbatiibo/koondom) inta ay qaadanaayaan rifampin.

Sideen ku bartaa in ka badan?

Waxa aad weydiisa dhakhtarkaaga ama kal-kaaliye. Weeydii takhtarkaaga ama kaaliyaha. Waxa aad wacda waaxda caafimaadka xaafadaada ama waaxda caafimaadka gobolka.

Qaaxada ka ilaali naftaada, qoyskaada iyo saaxibadaa. Dhamyso daawada TBd-a!

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