

Maxaan kaga taxadari karaa cagahayga?



Biyo diiran ku dhaq cagahaaga maalin walba. Iska hubi biyuhu inaanay aad u kululayn adiga oo ku tijaabinaya suxulkaaga. Cabaar cagaha biyaha haku hay. Si fiican u qalaji cagaha, gaar ahaan faraha dhexdooda.

Maalin walba ka fiiri cagahaaga wax go'niin, jeexdin, xoqnaan, nabaro, iwm. Fiirinta cagahaaga maalin walba aad bay muhiim u tahay hadii xididadaadu waxyeelo qabaan ama socodka dhiigaagu liito. Hadii aadan foorarsan karin ama intaad cagta kor u soo qaado fiirin karin, muraayad isticmaal. Hadii aadan si fiican wax u arki karin, qof kale ha kuu fiiriyo. Hadii uu jirkaagu qalalan yahay, kareem iska mari cagaha markaad dhaqdo oo aad qalajiso ka dib. Kareemka ha marin faraha lugaha dhexdooda. Si tartiib ah u xoq adigoo isticmaalaya (emery board ama pumice stone) oo ah alwaaxa ama dhagaxa loogu talagalay qolfaha ama waxyaabaha kasoo baxa cagta (corns). Samee arinkan markaad qubeysato kadib.

Iska jar cidiyaha cagaha asbuuciiba mar ama hadba sidaad ugu baahan tahay. Jar cidiyaha markaad dhaqdo intay jilicsan yihiin. Ujar cidiyaha qaabka

farahaagu yihiin aadna ha u gaabin. Dhinacyadana kaga xoq alwaaxa lagu xoqo. Hadii aadan sida loogu tala galay oo fudud u jari kari waydo qof cawimaad waydiiso ama aad dhakhtar ku takhasusay cagaha (podiatrist).



Mar walba xiro kabo si ay kaaga difaacaan dhaawac kaa gaara cagaha. Mar walba xiro iskaalsho si aad isaga ilaaliso inay cagaha biyo kaa galaan. Ha xiran iskaalsooyin kugu dhagan. Xiro kabo si fiican kuu le'g. kabaha gado maalintu markay dhamaanayso oo cagahaagu waynaadaan. Kabaha cusub maalintii 1 ilaa 2 saac gasho usbuuca ama labada usbuuc ee u horeysa. Inta aadan kabaha gashan buuxi dhexdooda oo iska hubi dhinacyada inay ku jiraan wax ku go'yn kara oo dhaawacaya cagaha.

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