

Xaqiiqooyinka Kooban ee ku saabsan Cagaarshoowga B

Wax kasta ood u baahan tahay inaad ku ogaato 2 daqiiqo ama kayar gudahood!

Waa maxay Cagaarshoowga B?

Cagaarshoowga B waa caabuqa ugu xun ee ku dhaca beerka caalamka oo dhan. Waxaa keena fayraska cagaarshoowga B (HBV), kaasoo ku dhaca unugyada beerka kadibna keena cudurka cirrhosis (nabar), fashilka beerka, ama kansarka beerka.

Inta badan dadka caafimaadka qaba ee uu caabuqu ku dhaco ayagoo dad waawayn ah ayay awoodaan inay la dagaalaan caabuqa ayna ka sifeeyaan dhiigooda. Arintaan ayaa qaadan karta ilaa 6 bilood, wayna faafin karaan caabuqa inta lagu jiro waqtigaan. Nasiib daro, ilmaha yaryar iyo saqiirada ayaa khatarta ugu wayn ugu jira inay qaadaan caabuqa muddada dheer (intay nool yihiin oo dhan) haddii ay qaadaan HBV.

Ku dhawaad 5-10% dadka waawayn, 30-50% carruurta, iyo 90% ilmaha dhashay ayaan awoodin in jirkoodu la dagaalamo fayraska waxayna qaadi doonaan caabuq dabo dheeraada. Dadka caabuqu ku dabo dheeraado ayaa fayraska qaadsiin kara dadka kale (xataa haddii aysan lahayn wax astaamo ah) waxayna khatar dheeraad ah ugu jiraan inay qaadaan cudurka beerka ama kansarka beerka muddo kadib intay nool yihiin.

Warka wanaagsan ayaa ah in cagaarshoowga B looga hortagi karo talaal badqab iyo waxtar leh. Waxaa sidoo kale jira daawooyin wax ku ool ah oo la siiyo dadka qaba cagaarshoowga B ee dabo dheeraaday.

Tirada dadka Qaba Cagaarshoowga B

Aduunka oo dhan:

- 1.5 milyan ayaa qaadi doona caabuqa
- 296 milyan oo qof ayaa qaba caabuqa dabo dheeraaday ee Cagaarshoowga B aduunka oo dhan
- 820,000 oo qof ayaa dhinta sanad kasta - 1 qof ayaa dhinta 30 kii sikin ba - una dhinta dhibaatooyinka cudurka Cagaarshoowga B sida kansarka beerka

Gudaha Maraykanka:

- Ugu yaraan 20,000 oo qof oo cusub ayuu ku dhacayaa
- Ku dhawaad 2.4 milyan oo Ameerikaan ah ayaa qaba nooca dabo dheeraada ee Cagaarshoowga B
- Kumanaan Ameerikaan ah ayaa u dhinta Cagaarshoowga B iyo dhibaatooyinka ka dhasha, sida kansarka beerka

Ma laga Hortagi karaa Cagaarshoowga B?

HAA! Wax ka waydii dhakhtarkaaga talaalka badqabka iyo waxtarka leh ee Cagaarshoowga B kana difaac naftaada iyo ehelkaaga intaad nooshihiin. Centers for Disease Control and Prevention (CDC, Xarunta Xakamaynta Cudurka) ayaa ku talinaysa in dhammaan ilmaha dhashay, carruurta, dadka waawayn ee da'da 59 jirka ah, iyo dadka waawayn ee jira 60 sano iyo ka wayn kuwaasoo khatar wayn ugu jira caabuqa ay qaataan talaalka Cagaarshoowga B. Banaanka Maraykanka, World Health Organization (Ururka Caalamiga ah ee Caafimaadka) ayaa ku talinaaya in dhammaan saqiirada, carruurta, kurayda jira illaa da'da 18 sano, iyo dadka waawayn ee khatarta ugu jira caabuqa ay qaataan talaalka. Xasuusnoow, inay keliya u baahan tahay qaadashada dhawr cirbadood si aad u hesho difaac intaad nooshahay oo dhan!

Sidee ayuu ku faafaa Cagaarshoowga B?

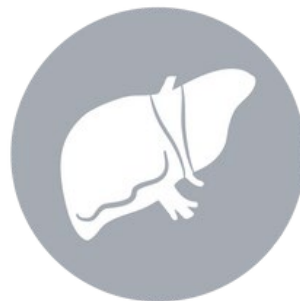
Cagaarshoowga B ayaa ku faafa dhiiga iyo dheecaannada jirka ee caabuqa sida. Arintaan ayaa ku imaan karta in dhiiga labada qof istaabtaan, galmo aan difaac la xiran sameeyaan, adeegsiga daroogada sharci darada ah, iyo in haweeney caabuqa qabta ay ku rido ilmaheeda intay uurka leedahay ama markuu ilmuhu dhasho.

Cagaarshoowga B wuxuu ku faafaa:

- In toos loo taabto dhiiga
- galmo aan difaac lahayn lala sameeyo qofka caabuqa sida
- Cirbadaha wasaqda ah iyo cirbadaha aan la sifayn (adeegsiga faleenbaha daawada ee IV, taatuuga/ cirbadaha jirka lagu duro)
- In guri lagula noolaado qof qaba caabuqa
- hooyada caabuqa qabta oo ku rida ilmaha uurka ku jira intay uurka leedahay ama markuu ilmuhu dhasho
- Wadaagista sakiimaha, cadayga, cidiye jarta, dhaga-dhagaha, ama jijimaha jirka oo lala wadaago qofka cudurka qaba
- Qaniinyada uu ku qaniino qof caabuqa qaba
- Agabka aan la sifayn ee loo adeegsado dhakhtarada ilkaha ee geeska wadada, dhakhaatiirta, ama meelaha timaha laga jarto

Cagaarshoowga B kuma faafo:

- Shuminta daanka ama bishimaha
- Qufaca ama hindhisada
- Istaabashada caadiga ah sida xabad isa saarka, gacmo isqabsiga ama gacan isku salaamida
- Cunista cunto uu diyaarshay ama cunto la cunista qofka caabuqa qaba



Yaa Khatarta Ugu Wayn ugu jira Cagaarshoowga B

- Carruurta ay dhaleen hooyooyinka qaba cabauqa HBV
- Dadka la nool qof qaba caabuqa dabo dheeraaday
- Carruurta la korsado ee ka yimaada wadan HBV ku badan yahay
- Dadka sameeya galmo bilaa difaac ah ama u galmooda wax ka badan hal qof 6 bilood gudahood
- Dadka laga helay cudurada galmada la isku qaadsiiyo (STD)
- Raga galmada la sameeya ragga kale
- Shaqsiyaadka wadaaga cirbadaha iyo saliiingeyaasha
- Dhakhaatiirta iyo shaqaalaha gurmada degdega ah
- Dadka maraaya sifaynta kalyaha
- Shaqsiyaadka ku nool ama ka shaqeeya goob xarun ah, sida xabsiga ama guriga koox

Ilaha Dheeraad ah ee Cagaarshoowga B (ku baxa Af-Ingiriis)

- Hepatitis B Foundation: <http://www.hepb.org>
- CDC Division of Viral Hepatitis (Waaxda Cagaarshoowga Faafa): <https://www.cdc.gov/hepatitis/>
- World Health Organization: <http://www.who.int/mediacentre/factsheets/fs204/en/>
- Immunization Action Coalition: <http://www.immunize.org>

Hepatitis B Foundation waa urur qaran oo khayri ah una taagan helitaanka daawo iyo kor u qaadista tayada nolasha dadka qaba caabuqa Cagaarshoowga B.