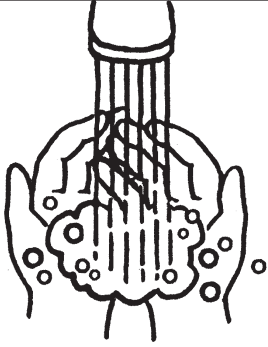


# Gacmo Dhaqidda



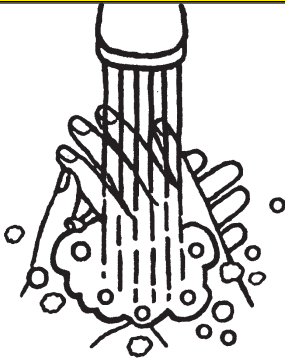
1. Qoy gacmaha.



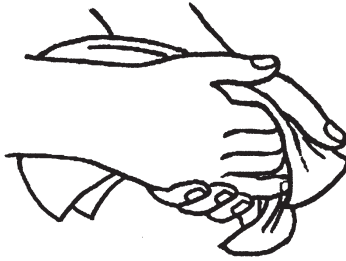
2. Saabuun mari.



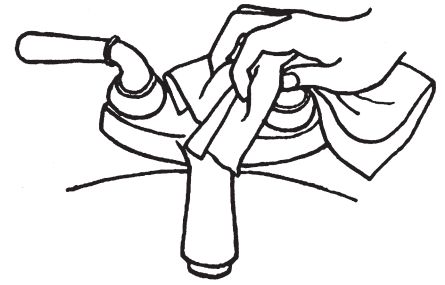
3. Saabuunta ku dhaq gacmaha muddo 15 ilbiriqsi. Dhaq faraha dhexdooda, gacmaha gadaashooda, faraha hortooda, cijiyaha hoostooda.



4. Si fiican ugu dhaq biyo socda.



5. Gacmaha si fiican ugu qallaji xaashida shukumaanka ah ama hawo kulul.



6. Furka biyaha ku xir xaashida shukumaanka ah, haddii la helayo.

## Jooji Faafidda Jeermiska

### Marwalba Gacmahaaga Nadiifi

#### Kaddib marka aad:

- Hindhisto, qufacdo ama aad sanko diifsato
- Suuliga isticmaashid ama aad xafaayadda carruurta ka beddeshid
- Marka aad qashinka taabatid

#### Ka hor iyo Kaddib marka aad:

- Diyaarinaysid ama cuntada cunaysid
- Marka aad taabatid nabar dillaacsan ama afkiisu furan yahay

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## **Jooji Faafidda Jeermiska: Marwalba Gacmahaaga Nadiifi.**

### **Waa maxay sababta ay muhiim u tahay in ay gacmahaaga nadiif ahaadaan?**

Gacmaha waxaa ay qaadaan islamarkaana faafiyaan jeermiska. Taabashada indhahaaga, sankaa ama afkaaga adiga oo aan marka hore gacmahaaga nadiifin waxaa uu jeermiska gelin karaa jidhkaaga. Sidoo kale jeermiska waxaa laga qaadi karaa haddii uu qof ku hindhiso ama qufaco gacmahooda kaddibna taabto qof kale ama shey sida albaabka, gacmo qabsiga tareenka ama taleefanka. Qofka jeermiskan ku qaada gacmahooda waxaa laga yaabaa in ay xanuunsadaan haddii aysan gacmaha iska dhaqin inta aysan ku taaban indhahooda, sankooda ama afkooda.

### **Goorma ayeey tahay in aan gacmahayga ku dhaqo saabuun iyo biyo?**

Kaddib marka aad:

- Hindhiso, qufacdo ama aad sankaa diifsato
- Suuliga isticmaashid
- Marka aad qashinka taabatid
- Marka aad xafaayadda carruurta beddeshid
- Marka aad cuntada ceyriin taabatid

Ka hor iyo Kaddib marka aad:

- Diyaarinaysid ama cuntada cunaysid
- Marka aad taabatid nabar dillaacsan ama afkiisu furan yahay
- Taabatid indhaha, sankaa ama afka

Markasta waxaad dhaqdaa gacmahaaga haddii ay leeyihiin wasakh muuqata.

### **Waa maxay sida ugu fiican ee aad gacmahaaga ugu dhaqi kartid saabuun iyo biyo?**

Biyo ku qoy gacmahaaga kaddibna saabuun mari.

Si aad ah gacmaha isugu dhaq muddo 15 ilbiriqsi ah.

Rug gacmaha dhammaantooda, oo ay ku jiraan gacmaha gadaashooda, faraha dhexdooda iyo cijiyaha hoostooda.

Si fiican u biyaha ugu dhaq kaddibna shukumaan ku qalaji gacmaha (musqulaha dadweynaha waxaad ku isticmaashaa shukumaanada marka kaliya la isticmaalo) ama qalajiyaha hawada leh.

Waxaad isticmaashaa shukumaan si aad furka biyaha u xirtid, haddii loo baahdo.

### **Goorma ayaan isticmaali karaa gacmo nadiifiyaha halkii aan ka isticmaali lahaa saabuunta iyo biyaha?**

Gacmo nadiifiyaha ayaa aad waxtar u leh marka saabuunta iyo biyaha aan la heli karin. Haddii gacmahaagu aysan lahayn wasakh muuqata, gacmo nadiifiyaha aalkolka leh (ugu yaraan 60%), jeelka ama dhaqmada ayaa yareeya jeermiska. Haddii gacmuhu ay si muuqda wasakh u yihiin, waxaad ku dhaqdaa saabuun iyo biyo. Dadka cuntadad diyaariya waa in ay gacmahooda dhaqaan iyagoo isticmaalaya saabuun iyo biyo intii ay isticmaali lahaayeen gacmo nadiifiyaha.

### **Sidee ayaan u isticmaalaa gacmo nadiifiyaha?**

Waxaad xulataa gacmo nadiifiyaha leh aalkolka 60%. In yar mari kaddibna gacmaha isku rug, adigoo gaarsiinaya gacmo nadiifiyaha gacmaha oo ay ku jiraan faraha hortooda iyo cijiyaha hoostooda. Gacmaha isku rug illaa ay ka qalalaan.

### **Gacmo nadiifiyaha miyaa carruurta loo marin karaa?**

Haa. Carruurta yar waa in lala joogaa si loo hubiyo in si habboon loo isticmaalo gacmo nadiifiyaha.

Gacmo nadiifiyaha waa in laga fogeeyaa meel ay gaari karaan carruurta yar si looga hortago isticmaal aan laga warqabin.

**Miyeey tahay in aan istimcaalo looshanka/kareemka marka aan gacmaha nadiifiyo?**

Haa. Maqaarka qalala waa shey caadi ah marka joogto gacmaha loo dhaqo, qaasatan xilliga qaboobaha. Maqaarka qalalan waa uu dillaaci karaa, kaasoo dhalin kara in uu jeermiska ka galo jidhka meelaha furan. Si looga hortago maqaarka qalala, waxaad isticmaali kartaa saabuun ama gacmo nadiifiyaha aalkolka leh oo uu looshan ku jiro ama waxaad isticmaashaa looshan (kan biyaha leh ayaa ugu fiican) kaddib marka aad gacmaha nadiifisid.

**Xaggee baan ka heli karaa macluumaad dheeraad ah?**

Waxaad ka wacdaa Toronto Health Connection (Xiriirka Caafimaadka Toronto): 416-338-7600, TTY: 416-392-0658, ama waxaad booqataa bogga-yaga ee internetka [www.toronto.ca/health](http://www.toronto.ca/health).

Janaayo 2007