



Bayani magani



Gauraya shan magungunan kanjamau

Gauraya shan magungunan kanjamau

Me ake nufi da gauraya shan magunguna?

Wannan shine a hada magunguna daban daban har iri uku ko hudu domin rage bazuwar kwayoyin kanjamau da kuma kara garkuwar jiki.

Wayanne aiki ne magungunan nan ke yi?

- Wa mutane dayawa magungunan nan na aiki da yawa.
- Hana yaduwar kwayoyin kanjamau ko kuma rage yaduwar su. Rage kwayoyin kanjamau a jiki.
- Bai wa jiki daman inganta kanta bayan karya gwiwan da kanjamau yayi mat.
- Kara garkuwar jiki da kuma hana kamuwa da wasu cututuka.

Yadda za'a san magunguna na aiki

Wayanda suka dauki matakin shan magungunan nan zasu lura da canja-cnaja a jikin su ko kuma karuwar hingancin jiki. Dole ne su rika neman shawarwarin likita ko nas su kuma su:

- Duba jikinsu don neman wani alamar ciwo
- Duba jikinsu don gwaji, a tabatar ko magungunan na aiki



Canadian AIDS Treatment
Information Exchange
Réseau canadien
d'info-traitements sida

www.catie.ca



www.apaa.ca

A yi Shawara na musamman jiyya ta asibiti tare da sanin kwararre likita mai dimbin sanin dangin ciwace ciwace kwayoyin kanjamau da jiyar su

Gauraya shan magungunan kanjamau

Ire-iren gwajin jinin da likita zai yi

Akwai gwajin jini iri biyu da likita zai yi domin gane halin da ake ciki ga yaduwar kwayoyin kanjamau. Akan yi gwajin duk lokaci daya.

Gwaji daya zai nuna tawan kwai da aka fi sani da CD4 ko T4 (suna kwain jinin mutum da ke kara mashi garkuwar jiki don ya iya yake kowane irin cutar da ke so ta shige shi). Indan mutum na da kwain jini wato CD4 ko T4 masu yawa, ba zai rika kamuwa da ciwo kawane lokaci ba.

Wata gwaji kuwa shine na gwada yawan kwayoyin kanjamau da ke jikin mutum

- In magnin na aiki, za a ga kwayoyin kanjamau sun ragu a jikinsa. Yana iya daukan watani kafin hakan ya faru.
- In aka cigaba, za'a lura cewa gwajin ba zata ga kwayoyin kanjamau a mutum ba. Wannan bai zama cewa ya warki ba. Ya dai nuna cewa maganin tayi aiki kwarai kuma kwayoyin basu yaduwa.
- Wanda ya cigaba da shan magain kuma kwayoyin kanjamau da ke jikinsa basa yaduwa zai lura cawa ingancin jikinsa na karuwa.

Akwai ire-iren magungunan hana yaduwar kwayoyin kanjamau har uku wayanda in aka hada sai a ce gauraya ta cika. Likita yafi gane irin maganin da zai yiwa mutum aiki. Ba kowane mai kwayoyin cutar kanjamau ko cutar kanta zai iya amfani da magani iri guda ba. Saboda haka ka ce zaka yi amfani da maganin da wani ke amfani da.

Tanbayoyin da ake samu game da gauraya magunguna.

Tambaya: In har maganin ya fara aiki kuma na ji sauki, ina iya dakatar da shan su?

Amshi: In mai kwayoyin cutar kanjamau ya tsai da shan magungunan kwaoyin zasu fara yaduwa kuma. A tuna cewa magungunan ba kasha kwayoyin suke yi ba, suna hana yaduwar ne kawai.



Gauraya shan magungunan kanjamau

Tambaya: In mutum bai ji sauki ba, yana iya dakatar da shan magungunan?

Amshi: Duk kowane irin magani (harda na kanjamau) na iya kawo wa mutum wata matsala daban har ya ga yanayin lafiyar jikinsa ya sake. In haka ya faru kuwa sai mutum ya lura da yadda maganin ke masa da yawan laokaci da hakan ke faruwa domin ya furta wa likita ko nas. Ana iya samun hanyoyin saukaka wa mutum.

Wannan daya ne kawai daga cikin shawarwari da ake bai wa masu kanjamau. Indan kana da tambaya ko shawara game da cutar kanjamau ka tuntubi likita ko nas ko kuma CATIE 1.800.263.1638.

Labari mai muhimmanci:

Masu yada labarai ta jiyar cuta mai karya garkuwar jiki a kasar Canada da suna CATIE tare da wata kungiya ta Afirka wato APAA, masu aiki akan wanan cuta suna da nufi mai kyau ta wurin hanyar yada labarai zuwa ga masu zama da cuta kwayoyin kanjamo ko cuta mai karya garkuwar jiki, da musamman masu hanyar kula da kansu tare da taimakon ma' aikatan kungiyar da ke jiyar masu wanan cuta.

Labarai da a ka samu ta wurin CATIE ko APAA ba kamar shawaran likita ba ne. CATIE/APAA basu bada goyon baya na musamman jiyar amma masu amfani da mu su yi kokari ta wurin samu shawara da ga wurare masu yawa. Muna kuma karfafa wa masu amfani da mu, su nemi shawara da ga kwararre likita kafin su dauki wani shawara ko amfani da kowane magani.

Ba mu da tabbacin cewa labarai da ga wurin CATIE ko APAA daidai ne. Harka ce mai hadari idan aka dogara da labarai da ga wurin CATIE ko APAA kawai. Ba za a rike daya a cikin CATIE ko APAA ko ma' aikatan su, shugabannin ko daraktoci, masu taimakon su da laifin diyya akan amfani da labarai da suka yada.

Ra ayin da suke a cikin labarai wanda CATIE ko APAA ta buga na wanda suka wallafa ne, kuma ba ra ayin ko manufa minista mai kula da lafiyan Canada ba ne. Wannan website ya kunshi hadi na waddansu websites. APAA ba ta sarrafa websites da ta hadi ba, APAA ba ta dauki nauyi kayan cikin kowane website da ta hadi tare da website da ta kuma kunshi kowane hadi, ko karuwar da aka yi wa waddanan hadi ta websites. Websites da suka hadi da namu ba su nan a farasanci ko turanci. APAA ta yi tanadi na wannan hadi ta websites domin sauki, ama kunshi ta kowane hadi bai nuna a fakaice APAA ta goyi bayan wannan hadi ta websites ko suna tare da afaretan wadannan websites ba.

Ba mu da tabbacin cewa labarai da ga websites da suka hadi da wannan daidai ne. Kuma harka ce mai hadari idan aka dogara da labarai da ga nan, a kuma dauki nauyin kallo da yarda da bayani ta farabati da sharrada ta amfani a websites da suka hadi da wannan. Idan za a yi kowane bayani ko bincike akan batun websites da suka hadi da wannan, sai a tuntubi afaretan su

Copyright: This Fact Sheet is made available through a collaboration between Africans in Partnership Against AIDS (APAA), Asian Community AIDS Services (ACAS) and the Canadian AIDS Treatment Information Exchange (CATIE). Original content developed by ACAS, 2001. Translation by APAA, 2006.

Funding has been provided by the Public Health Agency of Canada. Supported by an unrestricted educational grant from GlaxoSmithKline in partnership with Shire Biochem.

