



# Bayani magani



Fuskantar Shan Magungunan Kanjamau

## Fuskantar Shan Magungunan Kanjamau

Shan magungunan kanjamau ba game da sha kawai ba. Ta shafi har da canja rayuwa don inganta lafiya da hana kamu da ciwo.

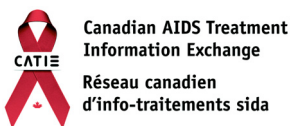
### Akwai manyan hanyoyi uku lura da ciwon kanjamau

1. Kula da kanjamau cutar da ke jiki
2. Kara Ingancin jiki da garkuwar jiki
3. Hana cututuka da cututuka da suka shafi kanjamau.

#### 1. Kula da kwayoyin cutar da ke jiki:

Wannan ya shafi shan magungunan da zasu rage bazuwar kwayoyin (ana kiransu Anti retroviral). Inda kwayoyin suka ragu kuma Tcells suka karu, haka lafiyar jiki zata karu. Fara saukan niyar shan magunguna kanjamau bbbab mataki ne. magungunan na da taimako amma suna kunma iya samun lahani da na iya rashin more rayuwa karma wani sa'a ta kawo hatsari. Dole ka shirya kafin ka fara shan magungunan domin dole a sha su bisa kaida domin suyi aiki. Wannan na iya zamana mutun ya canza yanayin harkokin sa na yau da kulun.

Muhinin anu ne mutun ya nemi kwareren likita mai yawan sani game da kanjamau mai kuma tausaya wa halinda kake ciki don taimako wajen fara shan magungunan kanjamau.



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

[www.catie.ca](http://www.catie.ca)



[www.apaa.ca](http://www.apaa.ca)

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

## **Fuskantar Shan Magungunan Kanjamau**

Akan shawarci mutun ya sha magungunan kanjamau inda:

- ☉ T-Cell naka (Aunin yawan garkuwar jiki) bai kai 350 ba.
- ☉ Vira Load naka (yawan kwayoyin kanjamau a jini) ya yaza 55,000.
- ☉ Ka taba samun alamar cutar kanjamau.
- ☉ Yardadiyar hanyar kula da ciwon kanjamau daga rasa daban daban.

### **2. Kara ingancin jiki da garkuwar jiki:**

Wannan ya kumshi hanyoyi masu yawa na inganta jiki da shan magunguna masu yawa don kara garkuwar jiki.

#### **Wasu mahinman hanyoyi sun kumshi:**

- ☉ Samun shawarwari harda ta hanyar adini don kayatar da damuwa.
- ☉ Cin abinci mai kyau
- ☉ Isashen hutu
- ☉ Isashen motsa jiki
- ☉ Shan magungunan vitamin da ya kamata a samu daga abinci don kara inganci jiki.
- ☉ Shan magungunan harda na gargajiya da zasu karfafa garkuwar jiki.
- ☉ Shan magungunan da zasu taimaka.

### **3. Hana cututuka da cututuka da suka shafi kanjamau:**

Wannan ya hada da gwajin jiki kowace lokaci don sanin ko akwai wani ciwo a jiki, yin alura da shan magungunan riga kafi don hana kamuwa da ciwo kuma shan magungunan da zasu shiga jiki sanadiyar kanjamau.



## **Fuskantar Shan Magungunan Kanjamau**

### **Gwaje gwajen da akan umunci masu kanjamau suyi in hada da:**

- ☉ Gwajin jini tsakanin kowace wata 2 zuwa 6 (dangane da yadda lafiyar jiki take) don samin yanayin garkuwar jiki (T-cell count), samin yanayin kwayoyin cutar da ke jiki (Viral Load), cikakiyar gwajin jini da wasu gabobin cikin jiki (kamar su koda da hanta).
- ☉ Gwajin jini domin sanin ko an kamu da wasu cutuka da masu kanjamau kan kamu da su-kamar Hipatitis (B da C) CMV, toxoplasmosis da syphilis.
- ☉ Gwajin don neman cututukan da ke kamuwa ta wurin jimai (STDs).
- ☉ Daukan hoto kirji asibiti da gwajin cutar fuka kowace shekara.
- ☉ Gwajin ruwar gabar mace kowace shekara.

### **Riga Kafin da akan umurci masu kanjamau su rika yi sune:**

- ☉ Riga kafin ciwon pneumonia (kowace wata biyar)
- ☉ Riga kafin mura (sau daya a shekara lokacin hunturu)
- ☉ Riga kafin Hepatitis B (in baka taba kamuwa da cutar ba)
- ☉ Riga kafin diptheria, tetanus da ciwon shan'ina (kowace shekara 10).

### **Magungunan da an umurci asha don hana kamuwa da cututukan da kan shige jiki sanadiyar kanjamau sune:**

- ☉ Indan T-cell (wato garkuwar jiki) bai kai 200 ba, ka yi nazarin shan magungunan hana P.C.P. (pneumocystis carinii pneumonia) wato irin pneumonia da masu kanjamau kan kamu da shi. Magunugunan da akan sha game da wannan sun kumshi: Septra (TMP/SMX), Dapsone (avlosulfon), mepron (atovaquone) ko kuma pentamodine da akan shaka.
- ☉ Indan T-cell (garkuwar jiki) bata kai 100 ba, ka yi nazarin shan MAC (Mybacterium Avium Complex) magungunan da akan sha don wannan sun kumshi: Zithromox (Azithromycin), Biaxin (Clarithromycin) da Mycobutin (Rifabutin).



## **Fuskantar Shan Magungunan Kanjamau**

- ☉ Bugu da kari inda ka saba kamuwa da cutar herpes ko yisti likita zai shawarce ka ga irin magungunan da zaka rika shan don hana kamuwa da su.

Ka tabatar likitanka na sane da duk magungunan da kake sha (ko wanda aka Umurta ko wanda ka ke so ka sha kanka) har da na gargajiya domin likitan yar san kome da ke aukuwa game da kiwon lafiyarka ya kuma iya baka Shawarwari.

### **Lahanin Magungunan:**

Magungunana da akan gauraya don kanjamau wasu lokuta sukan kawo lahani ga jiki. Mutane daban daban sukan fuskanci lahani daban daban. Bayanan da ke biye cikin wannan rubutu zai taimaka wajen shirya kai don kada a firgita sa'anda aka fuskanci lahanin nan.

Yanayin jikinka na iya canzawa in ka fara gauraya magungunan canze canze da jiki kan fuskanta, bashi da wani matsala. Amma in kamarin jikinka ya canza har ya kawo ma wani damuwa to ka tuntubi likita ko mai jinyarka.

### **Ga abinda kan faru:**

### **A wasu mutane, kitse kan taru a wasu gabobin jikinsu har su karu da girma. Kitse kan karu a wayannan gabobin jiki:**

- ☉ Tumbi
- ☉ Mama
- ☉ Bayan Kafada

Wasu gabobin jiki na iya raguwa da kitse har su rame. Kitsse kan kare a wayanan gabobin jiki:

- Fuska
- Hannu
- Kafa



## Fuskantar Shan Magungunan Kanjamau

### Wasu lahani da kan iya faruwa:

Ba kowa zai fuskanci lahani iri guda ba, wasu sukan samu kadan ne kawai ko ma ba sa fuskanci komai ba. Wasu lokatai mutane kan iza hankalinsu kan lahanin magungunan har ya zamana su dade karuwa.

### Wasu lahanin da zaka fuskanta sun hada da:

- Ciwon kai
- Jin amai
- Zawo
- Bushewar baki

Rika lura da irin wadannan lahani har a rubuta su na iya taimakon likita ya san ko akwai wani matsala da lafiyarka. Ka dauki abinda ka rubuta sa'anda zaka ziyarci likitanka wannan zai taimake shi ya san hanyar da zai shawarce ka ka fuskance su. Wasu lahani kan daina aukuwa bayan dan lokaci. A tuna cewa wasu lahani alama ce cewa magani na yake cutar.

Indan lahanin shan magungunan kanjamau ya tsananta da tsawon lokaci, ya wajaba ka ziyarci likita ba da sai ka jira lokacin da ya baka ba.

### Tambayoyin da akan yi game da gauraya magunguna kanjamau.

**Tambaya:** Ina iya shan giya sa'anda nake shan magani?

**Amsa:** Giya na canza yanayin aiki magani a jiki. Yawan giya na dade rage karfin magani.

**Tambaya:** Ina iya cigaba da shan magani bayan na saba da shan giya?

**Amsa:** I, amma maganin ba zai yi aiki yadda ya kamata ba. Ya kamata a daidaita maganin da ke jiki kowani lokaci.

**Tambaya:** Me zai faru na yi amai sa'anda na sha magani?



## Fuskantar Shan Magungunan Kanjamau

**Amsa:** Indan kayi amai kafin awa guda bayan ka sha magani, lalle maganin bai riga ya shiga jiki ba saboda haka a kara shan wani. Indan awa guda ya wuce kafin kayi amai, kada ka sha wani.

---

### Labari mai muhimmanci:

Masu yada labarai ta jyyar 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 jyya 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 jyya 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 APPA 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.

