



Bayani magani



Lahanin Magungunan

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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:

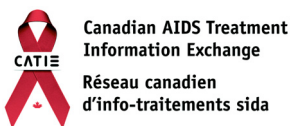
A wasu mutane, kitse kan taru a wasu gabobin jikinsu har su karu da girma.

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 wayannan gabobin jiki:

- Fuska
- Hannu
- Kafa



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

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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?



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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 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 diyar 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.

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