

Damuwa lafiya



HIV VIRAL LOAD



Menene “Viral Load”?

- “Viral Load” shine yawan kwayoyin kanjamau wanda gwajin jinin mutun kan nuna. Ainihin gaske ba yawan kwayoyin kawai gwaji kan nuna ba amma yaduwan kwain kwayoyin.
- Hidan gwaji ta nuna Kanada kanjamau ya nuna kenan kana da kwayoyin HIV a jinin ka.
- Hidan kwayoyin basu yi yawa ba a jinin ka, kana iya jin garau. In kuwa sun yi yawa, ba zaka ji lafiyan jiki ba.

Yaya Ne Gwajin Kwayoyin HIV Takan Kasance?

- Gwajin kwayoyin HIV (Viral Load) takan nuna yawan kwayoyin da ke cikin kowace C.C (karamin sashe) na inni.
- Gwajin zai nuna yawan kwayoyin daga 50 zuwa 500,000 cikin kowace karamin sashe (C.C.) na inni. Hidan yawan kwayoyin bata kai 50 ba gwajin zai nuna cewa babu gaba daya.
- In gwajin ta nuna cewa babu, bai zamana cewa babu gaba daya ba sai dai don bai kai hamsin bane saboda haka kada ka zaci ka warke.
- Ko da gwajin ta nuna O (sifiri), bai zama ka wanke ba. Domin akwai wasu kwayoyin cikin wasu gabobin jikinka da ba inni ba.



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 kanjamo da jiyar su

HIV Viral Load

Me Zan Yi Domin Rage Kwayoyin HIV (Viral Load) A Cikin Na?

- Magungunan kanjamau na hana ayukan HIV a jiki ta haka kuma su rage yawan kwayoyin.
- Hidan kwayoyin kanjamau a jikin ka sun gaza 50,000, ka nemi shawarar likita don fara shan magunguna.

Me Gwajin yawan kwayoyin kanjamau zai gaya mini ga lafiya na?

- Gwajin zai nuna yada yaduwar kwayoyin ke kasancewa a jikin ka. Hidan kwayoyin sun yi yewa, haka bazuwar zai dade karuwa.
- Hidan kana shan magungunan kuma suna ma ciki, ya kamata yawan kwayoyin (Viral Load) su ragu. Sobada haka yawan kwayoyin HIV na iya nuna maka ko magungunan na aiki. Hidan kana shan wasu magungunan da tsawon lokaci amma har wa yau ana iya ganin kwayoyin wajin gwaji, ka tuntubi likita don gwada amfani da wasu magunguna kuma.

Menene Bankanci Tsakanin T4 (CD4) Da “Viral Load”?

- T4 da “Viral Load” duk gwaje ne da ke bada sanadiyar lafiyar jiki da ganin yadda kwayoyin suka shafi jiki. Amma suna nuna ababe daban daban.
- T4 (CD4) takan nuna lafiyar jiki da yanayin garkuwar jiki. Yana nuna irin batanci da kanjamau ta yi wa garkuwar jiki. Tana kuma nuna maka irin hadarin da ke gabanka wajen kanuwa da wasu cututuka.
- “Viral Load” kuwa tana nuna karfin da kwayoyin ke da su a jikin ka. Tana kuma nuna yanayin yaduwar kwayoyin. Tana kuma iya nuna ko magunguna na aiki a jikin ka.



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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

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