



# Lafiya mata



## Doannan Keijauwa ana samunshi afaransanci

### Wanyane irin alamu ke damun Mata Masu Kanjamau?

Mata masu cutar kanjamau na oya samun alamu daidai da na maza. Bugu da kari, akwai wasu alamu da ake samu ga mata kawai. Suna iya hadawa da ciwon ala'ada, ciwon gabar mace da kuma cututukan da suka damuroci wujae mahaifa.

Mata na iya samun matsaloli daga shan magungunan kanjamau fiye da maza. Suna kuma samun wasu matsaloli sa'anda suke da juna biyu ko kuma suna jego.

### Matsaloli Lokacin Al'ada

- ☉ Mata masu kanjamau na iya ganin ijanayin al'adansu ya canza. Ba zai ciygaba yadda ya saba ba, ba zai zuba da yawa ba ko kuma yayi yawan zuba. Al'adan na kuma iya tsayawa gaba daya.
- ☉ Wasu alamu da kan zo wa mata kafin al'ada na iya karuwa sosai.

Wayannan alamu na iya shafe wannan cutar kanjamau ko kuma haka kawai. Yahayin a;ada na iya canzawa sandiyar wasu abubuwa kamar, yawan damuwa, raguwar nauyin jiki, yawan amfani da wasu maguguna, juna biyu, rashin lafiya da kuma amfani da wasu magunguna da na iya damun al'ada. Idan kina samun wasu cikin matsalolin nan, ki nemi shawaeear likita ko kuma likitan mata.



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**

### Cututukan da Kan Shafi Gabar Mace

Gauraya magugunan kanjamau yadda ya kamata na taimako wayin rage yaduwa cutar kanjamau a jikin mutum. Yana kuma kara garkuwar jiki ya hana kamuwa da wasu cututuka. Yana rage kamuwa da cututuka da alamu game da karyamau har da matsalolin al'adar mace da cututukar da kan shafi gabar mace.

Mata kan faskacin matsalolin da akan fuskanta wajen shan magugunan kanjamau fiye da maza saboda haka yanayin shan magugunansu kan banbanta. Wasu mata masu shan magugunan jikinsu ya canza kamar-karuwar girman mamansu da karuwar kugu. Bugu da kari wasu magugunan kanjamau na hana magugunan hana haifuwa aiki. Ya kamata maze ta nemi shawarar likita haifuwa shan magugunan kanjamau harda magugunan hana haifuwa da magugunan gargajiya.

### Mata Masu Juna Biyu

Kamuwa da ciwon kanjamau ba zai hana haifuwa ba. Bai zama cewa dan da aka haifa dole ne ya kamu da kanjamu ba. Akwai magugunan ana iya sa'anda na da juna biyu da kuma lokacin da tana nakuda wayanda zasu rage hatsarin baiwa dan da aka haifa ciwon kanjamu. Mace ta yi kokarin neman shawarar likita ko mai jinya game da damuwanta.

Mace na ya bai wa goyanta cutar kanjamu sa'anda dan na shan mam. Sobada haka bai dace ba mace mai cutar..



---

### 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 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.

