

HALKA MACLUUMAADKA AY KA HELLI KARAAN QOYSASKU

Daryeelka afka Mouthcare

Daryeelida ilkaha iyo afka inta ay socoto chemotherapy-gu ama dhuux ku abuurista (bone marrow transplant).

Qodobada ugu waaweyn

Ilmahaagu waa inuu arkaa ilka-yaqaan:

- isbitaalka isla marka ay bilaabaan daaweyntooda
- saddex ilaa lix bilood oo kasta inta lagu jiro daaweynta kansarka.

Xafidaada ilmahaaga ilkahiisa iyo afka waxay:

- hoos u dhigi kartaa dhiigbaxa ay sababto daaweynta kansarku
- hoos u dhigida in infakshan yimaado
- hoos u dhigida khatarta dhibaataada mustaqbilka ee afka iyo ilkaha sida godadka dhiigbaxa.

Carruurta qaadanaaya daaweynta kansarka badankood, daryeelka wanaagsan ee afka wuxuu u baahan yahay in laba jeer la buraasho ilkaha maalintii iyada oo la isticmaalayo buraash jilicsan iyo daawada ilkaha. Haddii ilmahaagu leeyahay af xanuun, la hadal kooxdaada daaweynta kansarka.

**Haddii ilmahaagu qabo af xanuun,
la hadal kooxda kansarka.**

Maxaa afku u xanuunaa?

Chemotherapy-ga iyo radiation-ka waxaa loo isticmaalaa inay burburiyaan unugyada kansarka sidaas darteed ma qaybsami karaan mana kori karaan. Nasiib daro, chemotherapy-ga iyo radiation-ku ma kala garan karaan faraqa u dhexeeya unugyada caafimaadka qaba iyo kuwa jiran. Sidaas darteed, unugyada caafimaadka qaba ee jirka ayaa dhaawacma. Taas waxay keentaa af-xanuun.

Why is mouthcare important?

Xafidida ilmahaaga ilkahiisa iyo afkiisu waxay:

- hoos u dhigtaa xanuunka iyo dhiigbaxa uu keenay habka daawaynta kansarku
- ka hortagga infakshanka
- hoos u dhigida khatarta mustaqbilka afka iyo ilkaha sida godadka iyo dhiigbaxa ciridka.



Australian & New Zealand
Childrens Haematology/Oncology Group

Mashruucani waa Deeqda Da'daalka Cancer
Australia oo Caawimaya Dadka qaba Kansarka,
waxaana kharajkiisa bixisay Xukuumada Australia



Australian Government
Cancer Australia

Eegista dhakhtarka ilkaha

Marka ugu horreeya oo ilmahaaga la ogaado wuxuu qabo waxaa arki doona dhakhtarka ilkaha isbitaalka ka dib markay arkaan daaweyntooda. Dhakhtarka ilkuhu wuxuu:

- eegi doona haddii u jiro wax infakshan ah ama ay dhici karto wax meel uun ka imanaya oo infakshan ah
- yaraynta ama saarida wixii cunto ah ama huuro qabsatay ilkaha. Tusaale ahaan, haddii ilmahaaga ay ku xiran tahay bir ama aallada kale, ilka yaqaanku waxaa laga yaabaa inuu ku taliyo in laga saaro.
- wuxuu ku tusayaa sida adiga iyo ilmahaagu si hagaagsan aad u buraashi kartaan ilmaha ilkahiisa
- soo jeedinta noocyada daawada ilkaha ay tahay in ilmahaagu isticmaalo
- wuxuu ku siinayaa buraash jilicsan oo ah midka saxda ah wuxuuna kuu sheegayaa haddii ay tahay in ilmahaagu isticmaalo faloos

- ka hadal waxyaallaha la cunayo ama aan la cunayn, si uu kaaga caawimo xafidida ilmahaaga afkiisa iyo ilkahiisa
- wuxuu kuu sheegayaa sida looga fogaado infakshanka iyo sida looga dhigo mid qoyan oo aan wax dhibsan
- wadajir ahaan, adiga iyo ilka-yaqaanka ayaa abuuraya qorshe kaas oo si fiican wax uga qabanaya baahida ilmahaaga
- waxaa fiican, ilmahaagu waa in uu arkaa ilka-yaqaanka saddexdii ilaa lixdii biloodba inta lagu jiro mudada ka daaweynta kansarka. Kani wuxuu noqon karaa ilka yaqaan ama dhakhtarkaaga ilmaha ee joogtada ah.

Kooxdaadu waxay kaa caawin doontaa inaad go'aan ka gaarto goobta ugu fiican ee daryeel joogta ah laga hellayo. Haddii ilmahaagu arko dhakhtarka ilmaha ee bulshada, xaqiiji inaad u sheegto in uu qaato daawada kansarka.

Qodoba muhiima

Sida lagu daryello ilmahaaga afkiisa iyo ilkahiisa

- 1 Ilmahaagu waa inuu, adiga oo caawimaya, buraashaa ilkahiisa iyo carabka subaxii iyo inta aanu seexan.
- 2 Isticmaal caddayayn yar adiga oo cadayga ugu buraashaya si wareejin ah si aad u nadiifiso ilkaha, laakiin isku day, inaad ka fogaato xoog u nadiifin maadaama laga yaabo inay ciridka dhiig ka keento. Marka ilkaha la daweyyo, ilka-yaqaanka ayaa kuu sheegi doona haddii ay tahay in la bedelo sida ilmuhu u buraasho ilkaha.
- 3 Soo tuf, ha ku LUQLUQAN.
- 4 Waxaa fiican, inaad sugto ilaa 30 daqiiqo ka hor inta aadan wax cunin ama cabin ka dib markaad ilkaha buraashato.
- 5 Tuur ilmahaaga buraashkiisa saddexdii biloodba hal mar soona gado mid cusub.
- 6 Buraashku hawadu ha qalajiso.
- 7 Waa in la isticmaala daawada leh awooda fiican. Haddii ilmahaagu aanu jeclayn dhadhanka, Colgate™ Spiderman ama Macleans™ Big Teeth waxaa jira noocyo kale oo awood fiican leh kuwaas oo ay ku jiraan kuwa leh dhadhanka nacinaca oo laga yaabo inay carruurta jeclaato.
- 8 Haddii ilmahaaga ilkahoodu aanay xumaan (dhakhtarka ilkaha ayaa kuu sheegi doona haddii ilkuhu xun yihiin), buraash ilkaha adoo isticmaalaya midka dadka waaweyn oo ay ku jirto fluoride (maaha daawada buraashida ee carruurta yaryar).
- 9 Haddii ilmahaaga ilkihiisu xun yihiin (weydii qofka ilka-yaqaanka ah), buraash adiga oo isticmaalaya daawooyinka uu ku taliyey ilka-yaqaanku.

Haddii ilmahaaga ciridkiisu dhiigayo ama ilmahaaga afkiisu xanuunayo

- Fadlan la xiriir kooxda daaweynaysa ilmahaaga sida ugu dhaqsaha badan.
- Haddii ilmahaaga ciridkiisu dhiigayo markay buraashaan ilkahooda, ama haddii afkoodu aad u xanuunayo si loo buraasho, waa in ilmahaagu isticmaalaa foam sponge ama buraash aad iyo aad u jilicsan si loogu nadiifiyo afka iyo carabka. Weydii kalkaalisada caafimaadka wixii arrintaan ku saabsan.
- Buraashyada aadka u jilicsan oo loogu talagalay qaliinka waxaa badanaa laga gadan karaa qaybta ilkaha.
- Marka ilmahaaga afkiisu aanu dhiigin ama aanu xanuun dambe lahayn way cadayan karaan waana isticmaali karaan faloos caadi ah.

Ilmahaagu waxaa laga yaabaa inuu aad khatar ugu jiro dhibaataada daryeelka ilkaha iyo afka haddii ay jiraan:

- febrile neutropenia
- mucositis
- Wuxuu leeyahay BMT (loo sii diyaariyey maanta +100)
- Ilkaha oo xumaada.

Hadday sidaas tahay, cadday ilkaha, ciridka iyo carabka adigoo isticmaalaya buraash jilicsan saddex jeer maalintii adiga oo adeegsanaya daawooyinka dhakhtarka ilmahaagu ku taliyey.



Xumbada isbunjiga ee ilkaha iyo buraash jilicsan oo ilkood

Macluumaad intaas ka badan

Macluumaadka waalidka, Qaybta ilkaha, The Royal Children's Hospital

www.rch.org.au/dentistry/information_for_parents/

Buugga Macluumaadka: Nolosha ka helista, aragtida 3aad

www.pics.org.au/Assets/446/1/TheInfoBookFORWEB.pdf

Better Health Channel (Xukuumada Fiktooriya)

Daryeelka Ilkaha Ilmaha

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/ct_teeth?open&cat=Teeth_-_Dental_care_for_children

Daryeelka ilkaha – ka hortegida ilmaha ilmaha yari xumaado

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Dental_care_preventing_infant_tooth_decay?open

Cadayga ilkaha – ku bilaw yaraanta

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Toothbrushing_start_it_young?open

Macluumaadkaan waxaa laga soo qaatay laguna soo saaray ogolaanshaha Qoraalka daryeelka-afka ee Royal Childrens Hospital.