FOLK
TAND
VÅRDEN
SKÅNE

Daryeelka ilkaha ee dadweynaha ee Skåne

Af-Soomaali

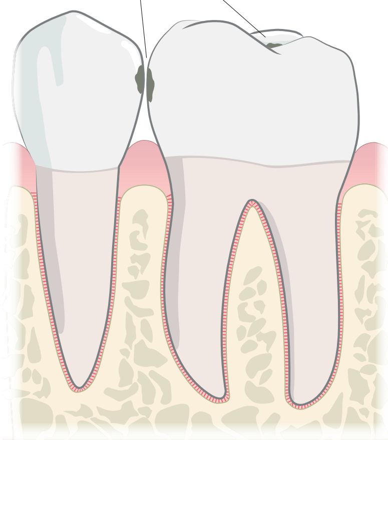
Talo ku saabsan ilkaha

Daryeelka ilkaha ee dadweynaha Iswiidhan

Iswiidhan caruurta u dhaxaysa 0 ilaa 23 sano waxay helaan daryeel ilko oo bilaa kharash ah. Dadka waaweyn waa inay bixiyaan daryeelkooda ilkaha oo ku salaysan qiime go'an oo gaar ah. Macluumaadka ku saabsan dhakhtarka ilkaha iyo dhakhtarka qaabilsan nadaafada ilkaha iyo halka aad la xiriirayso haddii xanuun ku hayo waxad ka helaysaa boggayaga internetka.

Iliga oo qudhma

Dalool gudaha ilkaha ah, **iliga oo qudhma**, waxa sababa baakteeriyada iyo sonkorta. Afka mar kasta waxa ku jira bakteeriya. Waxay si fudud ugu dhegaan ilkaha. Lakab baakteeriya oo noocan ah oo ku yaala korka ilig waxa lagu magacaabaa dahaadh. Mar kasta oo baakteeriyadu la fal-gasho sonkor waxa samaysma aashito taas oo kimikoo ahaan u cunta ilkaha. Ilkaha haddii ay si aad ah u dhibaatayso aashito waxa iman kara dalool.



Sonkortu waxay ku jirtaa cuntada aynu cuno badankeeda, cuntada caadiga ah iyo ugu badnaan cabitaanada macaan, keega iyo nac-naca. Sidaas darteed waxa muhiim ah inaan aad wax loo cunin, ugu badnaan shan mar maalinti, iyo in la cadayo ilkaha subixi iyo habeenkiba.

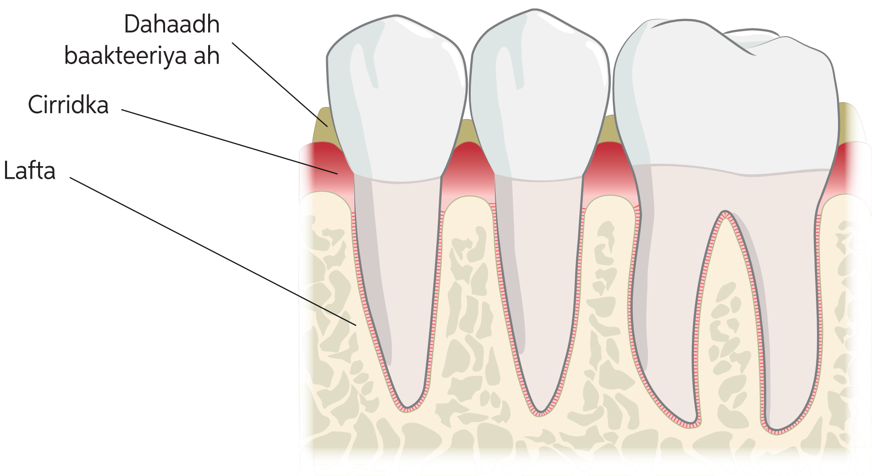
Haddii aad cabto sharaab soodhe leh ama cunto keegaga iyo nac-naca markaasi taasi samee xiliga cuntada. Cab biyo marka aad haraado xilliyada cuntada dhexdooda. Haddiiba aad jeclaato waxyaabo macaan dooro xanjada bilaa sonkorta ah ama kiniinka oo kale ah. Tani raad ma ku yeelato ilkaha.

Foloraydh

Foloraydh waa maado ilkaha ka dhigta kuwa adag. Tani waxay yaraysaa khatarta iliga oo qudhma. Sidaas darteed isticmaal mar kastaba kareemka ilkaha ee foloraydhta. Foloraydhtu waxa kale oo loo isticmaali karaa qaab kale, sida dhakhtarka ilkaha ama dhakhtarka qaabilsan nadaafada ilkaha ay ku taliyaan.

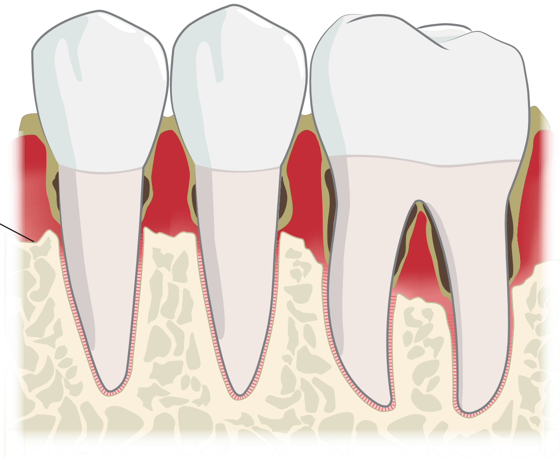
Ilkaha oo daata

Baakteeriyadu ayaa sabab u ah xitaa **xanuun ilkaha daadiya**, tani oo caadi u ah dadka waaweyn. Ilkaha oo daata ma la dareemo laakiin calaamad digniin waxa ah in dhiig yimaado marka ilkaha la cadayanayo. Meesha cirridku kaga dheganyahay iliga ayaa caadi ahaan qofku ku leeyahay waxa lagu magacaabo jeeb cirridka ah. Baakteeriyadani halkan ayay hoos ugu korodhaa oo markaasi qofku cadayasho ma iskaga baa'biin karo. Cirridka ayaa markaasi noqdo mid guduud ah, bararshan oo si fudud u dhiiga.



Baakteeriyada ku taala jeebka cirridka muddo wakhti ah ka dib waxay isu baddashaa wasakh ilkaha dhex gasha. Si tartiib ah ayaa lafta hareeraha iliga ay u xumaataa oo iligu u soo dhici karaa. Dhakhtarka ilkaha ama dhakhtarka nadaafada ilkaha ayaa baa'biin kara wasakhda ilkaha dhex gasha si loo hakiyo ama loo joojiyo xanuun ilkaha daadiya.

Dhaawaca lafta



Si looga hortago ilig qudhma iyo xanuun ilkaha daadiya waxa fiican in la raaco talooyinka soo socda:

- **Si fiican ilkaha ugu cadayo kareemka ilkaha ee foloraydhta subixi iyo habeenkiiba.**
- **Marar badan wax ha cunin. U oggolow ilkaha inay nastaan inta u dhaxaysa xiliyada cuntada.**
- **Si joogto ah u booqo daryeelka ilkaha ee dadweynaha.**

REGION SKÅNE

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