FACTSHEET

Afeef: Warqadan xaqiiqada waxaa loogu talagalay oo kaliya waxbarasho ahaan. Iyadoo da'daal kasta la sameeyey si loo hubiyo turjumaada Ingiriisku inay tahay sax, turjumaada luuqadu aad bay shaqo adag u tahay sidaa daraadeed khaladaadka waxaa laga yaabaa in laga helo turjumaadaha gaar ahaaneed. Fadlan la tasho dakhtarkaaga ama aqoon yahanka kale ee caafimaadka si uu u hubiyo macluumaadkani inuu sax u yaay ilamahaaga.

Cagaarshowga ilmaha yare ee dhashay

Jaundice in newborn babies

Cagaarshowgu waa midabka jaalaha noqoshada maqaarka iyo caddaanka indhaha. Cagaarshowga la arkayaa wuxuu dhacaa ugu dhowaan kala badh dhammaan ilmaha yar ee caadiga ku dhashay. Badanaa ma keento dhibaatooyin guud ahaana way baa'badaa toddobaadka koowaad ee dhalmada ka dib. Haddii cagaarshowgu soo muuqdo 24 saac ee dhalashada gudahooda, ama uu weli jiro 2 toddobaad ka dib, la xiriir dhakhtarkaaga ama isbitaalka xaafada.

Maxaa keena midabka jaalaha ah?

What causes the yellow colour?

Jirka badi'aadamka, dhiig cusub ayaa had iyo jeer la sameeyaa dhiiga gabowbeyna waa la baabiiyaa. Mid ka mid ah walxaha la baabiiyey ee unugyada dhiiga cas waxaa loogu yeeraa bilirubin. Bilirubin caadi ahaan wuxuu aadaa beerka si loo farsameeyo (oo la yiraahdo conjugation) ka dibna jirka wuu ka baxaa isagoo raacaya saxarada. Maalmaha ugu horeeya ee yar dhalmada ka dib ilmahaagaa beerkiisu uma shaqeynayo si u wanaagsan sidii ka dib u shaqeyn doono, saa daraadeed waxaa dhici karta inay jirto inay ku dhismeyso bilirubin dhiiga dhexdiisa. Kani wuxuu sababaa midab jaalla ah ee maqaarka iyo indhaha oo cadaada.

Cagaarshowgu ma waxyeelo ma leeyahay?

Is jaundice harmful?

Ilmaha yare ee dhashay badidooda, cagaarshowgu wax ma yeello. Heerar aad u sareeya oo bilirubin aan la farsameyn (unconjugated) oo dhiiga ku jira waxay keeni kartaa dhibaatada maqalka iyo waxyeelada maskaxda. Isbitaalka gudihiisa, xannaanada layaa la sameeyaa si loo hubiyo in heerka bilirubin inuusan aad kor ugu kicin. Daaweynta ugu caamsan ee xaaladaan waxay ku lug leedahay in ilmaha lagu hayo nal khaas ah hoostii (oo loogu yeero sawir ku daaweyn).

Cagaarshow dheeraada waxaa sidoo kale laga yaabaa inay tahay **cudurka beerka**. Taasi waa sababta ay muhiimka u tahay inaad la xiriirto dhakhtarkaaga xaafada haddii cagaarshowga wakhtigiisa la dheereeyey (oo uu qaadanayo wax ka dheer 2 toddobaad). Mid ka mid calaamadaha cudurka beerka wuxuu noqonayaa in ilmahaaga saxaradiisu ay noqoto **mid cawdhay** meeshii uu ka noqon lahaa jaale buuxa, cagaar ama midabka baroonka. Baaritaan dhiig oo lagu jeegareynayo heerarka bilirubin **(LABADA wadarood iyo jajabka la xigaadiyey)** waa sida ugu wanaagsan haddii dhibta beerku ay jirto.

Cagaarshowga cududrka beerka awgiis wuxuu u baahan yahay in markiiba la baadho si loo bilaabo daaweynta saxda ah.

Ilmaheebaa aad ugu badan eg inay qaadayaan cagaarshoow?

Which babies are more likely to have jaundice?

Ilmaha ay aadka ugu egtahay inay qaadaan cagaarshowga waxaa ka mid ah:

- Ilmaha dhicisnimada ku dhasha
- Ilmaha qaba infekshinka, sida infekshinka kaadi mareenka
- Rhesus ama Rh-ka ilmaha. Unugyada dhiiga ee ilmaha leh nooc ka duwan oo dhiiga hooyadood waxaa laga yaabaa in si degdeg ah loo baabiiyo, oo natiijadiisu noqoneyso cagaarshow.

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Ilmaha **naaska la nuujiyey** waxaa sidoo kale laga yaabaa inay yeeshaan cagaarshow wakhtigiisu ka dheer yahay ilaa yo 4 toddobaad ama ka badan, sababo aan si dhammeystiran loo fahmin. Si kastaba ha ahaatee tani waa "wiisateynta ka saarida" waana in aan si otumaatig ah loo aqbalin in caanaha naasku ay yihiin sababta keentay cagaarshowga dheeraaday ee ilmaha.

Ilmaha qaba cudurka beerka. Ilmahaan waxaa laga yaabaa inay heerarka hore u muuqdaan kuwo wanaagsan. Aad ayey muhiim u tahay in la eego midabka saxarada ilmaha. Haddii uu yahay mid cawdhay, ilmaha waa in lagu sameeyo baaritaan dhiig si loo jeegareeyo haddii heerka la sameeyey ee bilirubin (conjugated). Haddii tan kor loo qaado, ilmuhu wuxuu u baahan yahay in loo sii gudbiyo dakhtar takhasusle ah oo loogu yeero dhakhtarka carruurta gastroenterologist –aha sida ugu dhakhsaha badan ee suurtagalka. Mid ka mid ah cudurada beerka ee ugu caamsan ee sababa cagaarshowga ilmaha waa xaalada loogu yeero **Biliary Atresia**.

Cabirida ilaa inta cagaarshow ee ilmuhu qabo
Measuring how much jaundice the baby has

Baaritaanka dhiiga wuxuu jeegareeyaa heerka bilirubin. Isbitaalada qaarkood sidoo kale waxay isticmaalaan qalab la gelinayo maqaarka ilmahaaga sidii baaritaan lagu iskiriingareynayo si uu ugana caawiyo in la go'aamiyo baaritaanka dhiiga ee loo baahan yahay.

Baaritaanka dhiiga waxaa loogu baahan tahay inuu go'aamiyo haddii cagaarshowgu uu yahay cudurka beerka dartii. Tani waxay u baahan tahay cabiraada baaritaanada shaqada beerka, oo ay weheliso labadaba **wadarta** iyo **isugeynta** jajabka bilirubin.

Ogow: Shaybaaro fara badan ayaa cabira wadarta bilirubin uun ilaa jajabka laysu geeyey uu khaas ahaan dhakhtarku soo codsado.

Shaqaalaha isbitaalka wuxuu sameyn doonaa baaritaan dhiig haddii:

- Ay jiraan qodobada khatarta leh ee jira sida dhicisnimada
- Cagaarshwoga wuxuu jiraa maalinta ugu horeysa ee nolosha
- Cagaarshowgu waa balaaran ayahay
- Cagaarshowga soo noqnoqda wixii ka danbeeya da'da laba toddobaad ah.

Daaweynta
Treatment

Cagaarshowga fudud toddobaadka ugu horeeya uma baahna wax daawo ah dareere mooyee. Dareere wanaagsan oo la qaataa waa u muhiim carruurta dhalatay, maadaama cagaarshowgu badanaa lagu buunbuuniyo biyo la'aan fudud.

Cagaarshowga dhexdhexaadka waxaa lagu daaweeyaa iyadoo ilmaha oo qaawan la hoos dhigayo (iyadoo maaskaraato ilaalineysa indha dushooda laga saarayo) nal cad am anal midabka buluuga ah leh. Tan waxaa loogu yeeraa **sawirku daaweyn** waxaana loo siin karaa siyaalo badan oo kala duwan. Sawir ku daaweynata nalka ayaa jebiya bilirubin maqaarka oo ka dhiga inuu cagaarshowgu baxo. Nal ku daaweyntaan waxaa laga yaabaa inay sababto in lmahaagu uu yeesho saxaro furfuran. Tan waxaa loola macaamilaa in la kordhiyo dareeraha uu qaadanayo ilmahaago. **Laguma talinayo** qorax u dhigid toos ah oo aan la kormeereynin, maadaama ay waxyeelo badan keeni karto oo qorax ku gubasho ah.

Cagaarshowga daran ilmahaagu waxaa laga yaabaa inuu u baahdo in dhiig khaas ah lagu shubo oo lagu bedelayo dhiiga ilmahaaga (bedelayo) dhiig cusub si loo maydho bilirubin ta nidaamkaaga.

Haddii ay jirto caddeyn ah cudurka beerka (saxaro, kaadi madow, isugeynta kor u qaadan ee bilirubin, baaritaana shaqada beerka ee aan caadiga ahayn) ka dib in si dhakhsa ah loogu gudbiyo dhakhtarka carruurta ee Gastroentreologist ayaa loo baahan yahay.

Miyuu leeyahay cagaarshowgu dhibaatooyin wakhti dheer qaata?
Are there any long-term problems from jaundice?

Badanaa ma jiraan wax dhibaatooyin wakhti dheer qaata ka dib cagaarshowga ilmaha. Ilmaha qabay cagaarshow heerkiisu aadka u sareeyo waa in maqalkooda la jeegareeyo wakhtiyo joogta ah. Tan waxaa si wanaagsan loogala hadlaa dhakhtarka ama kalkaalisada carruurnimada hore. Waxyeelada maskaxda heerka aadka u sareeya ee cagaarshowga awgii hadda aad buu dhib u yahay sababtoo ah heerarka si taxadar leh ayaa loola socdaa inta lagu jiro maalmaha ugu horeeya ee nolosha isbitaalka ama guriga oo leh barnaamijka soo bixitaanka hore.

Xasuuso:

- Haddii cagaarshowgu uu siihayo 2 toddobaad ka dib, la xiriir dakhtarkaaga ama isbitaalka xaafadaada.
- Inkastoo caanaha naaska ay yihiin waxa caamka ah ee keena cagaarshowga, dakhtarkaaga ama isbitaalka waa inay xasuustaan inay tixgeliyaan waxyaalo kale oo keena sida cudurka beerka.
- Jiritaanka saxarada midabka duwan iyo kaadida mugdiga ah waxay tilmaami karaan cudurka beerka. Xaaladaan waa muhiim inaad sameyso baaritaan dhiig oo lagu jeegareynayo dhammaan iyo heerarka jajaban ee bilirubin ka, iyo baaritanada shaqada beerka.

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