

GAADHISTA STERIOD-KA EE MAQAARKA –KHAFIIFINTA ALAABTA



Cilmi baaris ayaa laga helay maaddooyin waxyeello leh oo ku jira alaabada iftiiminta maqaarka, oo ay ku jiraan steroids. Steroid-yada waa sun iyo waxyeelo, gaar ahaan marka la isticmaalo waqti dheer. Alaabooyinka qaarkood waxaa ku jira steroids 1,000 jeer ka sarreeya inta lagu taliyey.



Steroid-yada iyo kiimikooyinka kale ee ku jira alaabta iftiiminta maqaarka waxay dhaawici karaan caafimaadkaaga. Alaabta khafiifinta maqaarka waxaa isticmaala dumarka iyo ragga.

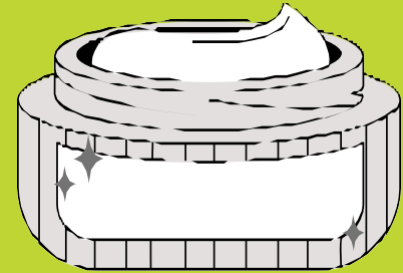
STERIODS AYAA QATAR KU AH CAAFIMAADKAAGA OO KU XIRAN:

- ✓ Inta jeer ee alaabta la marsado
- ✓ Ilaa intee aad codsanayso alaabta
- ✓ Halka aad ka dalbato alaabta
- ✓ Istimmaal xilliga uurka iyo/ama naaska nuujinta

MAQAARKA QAAE-
ALAABTA
IFTIIMINTA KA MID
AH HEERAR SARE EE
STERIODS OO
CAAFIMADKAAGA
QATAR U LEH.

STERIODS WAXYEELLEYN KARA CAAFIMAADKAAGA:

- > Waxay sababi kartaa dhaawaca maqaarka: finan, maqaarka oo khafiifa, finan, nabar xanuun & caabuq maqaarka ah
- > Waxay noqon kartaa mid la qabatimo
- > Waxay keeni kartaa dhiig-karka
- > Waxay keeni kartaa sonkorta dhiiga oo kor u kacda
- > Waxay hoos u dhigi kartaa wax soo saarka steroid ee dabiiciga ah ee jirka



WAXA LA SAMEEYO?

- Haddii aad isticmaasho alaabooyinka ay ku jiraan steroids, la tasho dhakhtarkaaga
- Akhri calaamadaha alaabta maqaarka iftiimiya. Ha isticmaalin alaabta ay ku jiraan corticosteroids, gaar ahaan clobetasol
- Isku duub quruxdaada oo iska ilaali soo-gaadhista kiimikaad ee alaabta maqaarka iftiimisa



Calaamadaha walxaha maqaarka fududeeya oo badan ayaan ku taxnayn dhammaan maaddooyinka ku jira alaabta. Ka fogow dhammaan waxyaabaha maqaarka iftiimiya

Ha ku tuurin alaabta maqaarka iftiimisa qashinka. U gee meel qashinka khatarta ah. caawimo, nala soo xidhiidh halka

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