

Nuutrobiiniya (Neutropenia): Marka nuutrofilkaagu (neutrophils) aad u hooseeyo

Nuutrofilku waa unugyo dhiig oo cadcad oo la dagaalama bakteeriyada cudurada keena. Nuutrobiiniya waa xaalad aan joogto ahayn oo uu keeno daweynta kiimoteraabiga (chemotherapy) iyo/ama daweynta adeegsata kaaha/shucaaca (radiation). Tirada nuutrofilkaagu waxay gaadhi doontaa heerka ugu hooseeya qiyaastii 7 ilaa 14 maalmood ka dib daweynta kiimoteraabiga ah. Marka tirada nuutrofilkaagu gaadho heer hoose waxa aad halis dheeraad ah u tahay cudurada bakteeriyadu keento.

Isla markiiba soo wac dhakhtarkaaga haddii aad isku aragtid:

- ✓ Qandho ah 100.5 darajo F ama ka sareysa
- ✓ Qadhqadhyo
- ✓ Dhidid
- ✓ Qufac ama neefta oo ku qabata
- ✓ Cune xanuun ama nabaro afka ah
- ✓ Casaan ama baraar maqaarka ah
- ✓ Saxaro biyo-biyo ah ama aad u furfuran
- ✓ Kaadida oo dhib ah – qabashada kaadida oo soo badata ama gubasho
- ✓ Dheecaan ka yimaada hoosta haweenka ama cuncun
- ✓ Calamado u eeg ifilada ama hargab
- ✓ Meel faleebo lagu muday oo xanuun leh (IV, Port site)

<u>Waxyaabaha la sameeyo:</u>	<u>Waxyaabaha la iska ilaaliyo:</u>
Gacmaha oo wax badan la dhaqo: ugu yaraan 10 sekan; ka hor iyo ka dib marka la galo musqusha/suuliga; iyo ka hor cunista cuntada.	Dadka buka ha u dhawaan.
Maydhasho ama qubeys diiran oo maalin kasta ah, maqaarka tartiib taabasho ah u qalaji.	Ka fogow dadka tirada badan ama goobaha dadweynaha.
Isticmaal labeenta maqaarka.	Yaan lagu talaalin iyada oo aan oggalaansho laga haysan dhakhtarkaaga burada ama kaansarta (Oncologist).
Isticmaal kaliya makiinada ama gadh-xiire koronto ku shaqeeya.	Iska ilaali qof kasta oo dhawaan la siiyay talaal nool.
Daryeel fiican afka u yeel, isticmaal burush jilicsan.	Ha u dhawaan saxarada xawayaanka ama meesha bisadu ku saxarooto.
Iska ilaali caloosha oo joogsata.	Ha isticmaalin heerkulbeeg ama termoomitir malawadka la galiyo, dawo dabada la galiyo ama subooso, biyo lagu tuujiyo hoosta haweenka, cusbada lagu qubeysto ama lagu maydho, suufka hoosta haweenka la galiyo (tampons) (isticmaal qoyaan-celiyaha caadada (napkins).
Si fiican u nadiifi aagga dabadda ka dib saxarada. Waa in dumarku inta u dhexeysa lugaha dhexdooda marka ay masaxayaan ay masaxaadda ka bilaabaan xagga hore oo u sii wadaan xagga dambe.	Yaan ilkahaaga shaqo laga qaban iyada oo oggalaansho laga haysan dhakhtarkaaga burada ama kaansarta (Oncologist).
Galmada u isticmaal labeen biyaha ku	

<p>milmaysa. Nadaafad fiican yeelo ka dib galmada. Waa in galmada la iska dhaafo haddii nuutrobiiniya darani ku hayso.</p> <p>Isticmaal gacmo-gashi: Marka aad beddelaysid xafaayad (diaper), guriga nadiifinaysid, beerta ka shaqeynaysid.</p> <p>Maqaarka ka ilaali qorraxda.</p> <p>U sheeg DHAMAAN dhakhaatiirtaada in tirada unugyadaaadi cadcadi yar tahay.</p>	<p>Ha cunin kaluun aan la karin ama hilib aan si wacan loo karin, isla markaana wax ha ka cunin baararka saladhka/ansalaatada.</p> <p>Ha isticmaalin saxan qubeys ama madhasho adiga oo fadhiya ama ha isticmaalin jakuusi (jacuzzi).</p> <p>Yaan cidiyahaaga gacmaha ama cagaha shaqo laga qaban.</p>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Waxa la naqtiimay 2004, Life With Cancer®