

## Torombositobiiniya (Thrombocytopenia): Marka balaytlityadaadu (platelets) hooseeyaan

Balaytlityadu waa unugyo dhiig oo gargaar ka geysta xinjirowga dhiigga. Torombositobiiniya caadi ahaan waa xaalad aan joogto ahayn oo uu keeno daweynta kiimoteraabiga (chemotherapy), iyo/ama daweynta kaaha/shucaaca adeegsata (radiation). Tirada balaytlityadaadu waxay gaadhi doonaan heerkoodu ugu hooseeya qiyaastii 7 ilaa 14 maalmood ka dib daweynta kiimoteraabiga. Marka tirada balaytlityadaadu ka hoos marto heerar la yaqaano, waxa aad halis u tahay dhiig-bax iyo burbur maqaarka ah.

### Isla markiiba wac dhakhtarkaaga haddii aad isku aragtid:

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|--|---|
| ✓ Madax-xanuun   | ✓ Kaadi cas   |
| ✓ Aragga oo isku darsamay  | ✓ Saxaro madow ama dhiig leh                                |
| ✓ Wareer   | ✓ Burbur cusub  |
| ✓ Dhiig-bax cusub ama dhiig-bax<br>aan joogsanaynin oo ah afka,<br>sanka, hoosta haweenka,<br>malawadka, ama ibta kaadidu ka soo baxdo | ✓ Baro yaryar oo cas oo ku yaala<br>maqaarkaaga (petechiae) |

**Sida loo joojiyo san-goror** ama dhiig sanka ah: Xeji sanqaroorka sanka ugu yaraan 10 daqiiqadood. Waxa kale oo la isticmaali karaa bac baraf ku jiro. Tag qolka Gargaarka Degdegga.

**Sida loo joojiyo dhiig-bax:** Saar maro nadiif ah meesha kuna cadaadi ugu yaraan 10 daqiiqadood. Wali dhiig ma kaa socdaa? Tag qolka Gargaarka Degdegga.

### Waxyaabaha la sameeyo

- Isticmaal kaliya makiinada ama gadh-xiire koronto ku shaqeyya.
- Gasho kabo adag ama kabaha guriga dhexdiisa lagu joogo marka aad sariirta ka soo degtid.
- Daryeel naxariis leh sii inta u dhexeysa lugaha dhexdooda haddii aad haween tahay adiga oo isticmaalaya qubeyska ama maydhashada sitis (sitz bath) ama buufin, taabasho tartiib ah ku qalaji.
- Maqaarka ka ilaali qorraxda.
- Cab cabitaano badan.
- Isla ilaali caloosha oo adkaata.
- Galmada u isticmaal labeen biyaha ku milmaysa. Waa in galmada la iska dhaafo haddii balaytlityadu aad u yar yihiin.
- Si tartiib ah sanka u biifi ama iskaga siimi.
- Isticmaal gacmo-gashi marka aad beddelaysid xafaayad (diaper), guriga nadiifinaysid, beerta ka shaqeynaysid.
- Isticmaal gacmo-gashiga tinaarka (oven) ee culus marka aad wax karinaysid.
- Isticmaal kaliya Tylenol, haddii loo baahdo.

- U sheeg DHAMAAN dhakhaatiirtaada in tirada balaytlityadaadu yar tahay.

### Waxyaabaha la iska ilaaliyo:

- Ciyaaraha is-taabashada leh.
- Is-jarid ama wax aad isku dhufatid.
- Malawadka oo lagu tuujiyo dawo ama dheecaan, dawo malawadka la galiyo ama subooso, iyo kulka.
- Shaqo ilkaha laga qabto aam qalitaan doorasho leh.
- Aalkolo ama khamri.
- Dhar kugu dhagan.
- Biyo hoosta dumarka lagu tuujiyo iyo suufka hoosta haweenka la galiyo (tampons) (isticmaal qoyaan-celiyaha caadada) (napkins).
- Asbiriin ama dawada lidka-bararka ee aan ahayn istariyoodh (non-steroidal anti-inflammatory), sida Motrin, Advil, Aleve, Indocin, ama Naprosyn.
- Cidiyahaaga gacmaha ama cagaha oo shaqo laga qabto.