Nationwide Children's
When your child needs a hospital, everything matters.

Helping Hand™ Health Education for Patients and Families

Hypothyroidismka lagu dhasho
Congenital Hypothyroidism (Somali)

Hypothyroidism macnaheedu waa jirku ma samaynayo hoormoon tayroodh ku filan koritaanka caadiga ah, horumarinta lafaha, iyo inuu xakameeyo sida jirku u isticmaalo tamarta si uu u shaqeeyo (dheefshiidka). Marka dheefshiid hoos u dhaco, hawlo badan oo jirka ah ayaa hoos u dhacaya.

Dhallaanka cusub waxaa laga baaraa hypothyroidism dhalashada. Hypothyroidism-ka lagu dhasho waa marka ilmuhu dhasho iyada oo aan lahayn hoormoon ku filan. Daaweynta tayroodhka heerarka hoose waa in la bilaabo toddobaadyada ugu horreeya ee nolosha si looga hortago waxyeellada joogtada ah ee maskaxda iyo dhibaatooyinka waxbarashada.

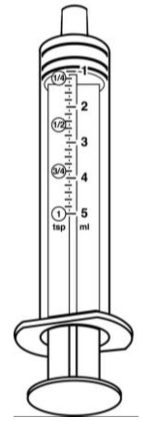
Calaamadaha iyo Astaamaha

Inta badan dhallaanka ma laha calaamadaha heerarka tayroodh hooseeya marka ay dhashaan. Calaamadaha laga yaabo inay soo baxaan isla markiiba dhalashada ka dib waa:

- Midabka jaalaha ah (cagaarshow) maqaarka ama indhaha
- Muruqyada dabacsan ama jirka ayaa u muuqda mid heetinaya
- Buro ama barar ku wareegsan badhanka caloosha (hernia)
- Dhibaatooyinka quudinta
- Dibbirro
- Carrabka oo weynaada

Daawaynta

Daaweynta hypothyroidism waa mid fudud, badbaado leh, oo waxtar leh. Waxaad siin doontaa ilmahaaga kaniini maalin kasta si ay u bedesho hoormoonka tayroodh ee maqan. Daawada waxaa loo yaqaan levothyroxine (Synthroid®).



Sawirka 1 Saliingaha cirbad la'aanta ah ee daawada

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Sii socda…

Maadaama dhallaanku aanay liqi karin kiniinka, waxaad u baahan doontaa:

1. Inaad burburiso kiniiniga.
2. Inaad ku qasto 0.2 mL oo biyo nadiif ah, caano dadeed, ama caano gasaceesan.
3. Inaad kusiiso dhallaankaaga saliingo cirbad la'aanta ah ama qaaddo (Sawirka 1). Dhakhtarka ilmahaaga ama bixiyaha xanaanada caafimaadka ayaa kuu sheegi doona midka aad isticmaalayso.

Ha ku ridin daawada dhalada (masaasadda) ilmahaaga. Haddii aysan dhameyn dhalada (masaasadda), ma heli doonaan daawo ku filan.

Lasocoshada

Ilmahaagu wuxuu arki doonaa dhakhtarkooda ama bixiyaha xanaanada caafimaadka 2 ilaa 3 biloodba mar. Dhiigooda waxaa la baari doonaa booqasho kasta si loo hubiyo inay helayaan qiyaasta saxda ah ee daawada. Waxay u baahan kartaa in marar badan la baaro. Waxay u badan tahay in ilmahaagu u baahan doono daawada tayroodhka iyo baaritaano dhiig oo joogto ah inta noloshooda ka hadhay.