

Ku-deeqaha Caanaha la Kariyay ee Loogu Talagalay Canugaaga Dhaktarka ku Jira Pasteurized Donor Milk for Your Hospitalized Baby (Somali)

Marka ilmahaagu cabayo caano ka badan inta aad samaynayso, deeq bixiyayaasha caanaha bini'aadamka ee la diiriye ayaa lagu dari karaa waana mid badbaado u leh dhallaanka u qalma. Caanaha aadanaha ee lagu-deeqo waxay ka yimaadaan waalidiin caafimaad qabta oo nuujinaya. Caanahan way fududahay in la cabo waxaana ku jira waxyaabo badan oo kordhiya hormoonada koritaanka, enzymes, iyo walxaha nidaamka difaaca jidhka ee laga helo caanaha waalidka.

Faa'idooyinka

Dhalaanka dhiciska ah ama cisbitaalka la dhigay ee lagu quudiyo caanaha bini'aadamka:

- Waxay si dhakhso ah ula qabsan kara quudinta.
- Waxay leeyihiin khatar yar oo ah necrotizing enterocolitis (NEC), oo ah caabuuq ku dhaca xiidmaha oo khatar ah.
- Waxay leedahay infeekshan yar.

Halisaha

Cudurrada qaar ka mida, sida HIV, cagaarshaw B iyo C, human T-lymphotropic virus (HTLV), iyo cudurada kale, ayaa laga yaabaa in caanaha lagu deeqay ay faafiyaan. Caanaha ku-deeqaha ayaa laga baadhay cuduradan, laakiin baadhitaanku ma noqon karo mid 100% mido-dhal ah. Khatarta inay tani dhacdo ayaa yar.

Baadhitaanka Ku-deeqaha Caanaha Bini'aadamka

Ka hor inta aanay bixin caanahooda, waalidiinta ku-deeqaya caanahoodu waxay maraan nidaam baadhitaan oo aad u adag si hubaal looga dhigo in caanahoodu yihiin kuwo u leh badbaado dhamaan dhalaanka. Ku-deeqaha caanaha lacag laguma siiyo bixinta caanaha.

Ku-deequhu waa inuu:

- Waa inuu bixiyaa taariikhdiisa caafimaadka oo afka ah.
- Waa inuu qoraa taariikh qoraaleed caafimaad oo dhamaystiran iyo hab nololeedkiisa.
- Waa in aanu cabin sigaar ama cabin aalkoolo.
- Kaliya qaado daawooyinka ay soo ogolaadeen Ururka Kaydka Caanaha Bini'aadamka ee Waqooyiga Ameerika (HMBANA).
- Waa inuu haystaa foomka bixinta macluumaadka caafimaadka oo ka socota dhakhtarka canugooda iyo bixiyaha daryeelka-caafimaadka si ay awood ugu yeeshaan inay ku deeqaan caanahooda.
- Waa in laga baadho HIV, cagaarshaw B iyo C, iyo human T-lymphotropic virus (HTLV).

Nidaamka Karinta Caanaha

Caanaha lagu-deeqaa waxay maraan nidaamka kululaynta ama diirinta caahaha si looga dilo bakteeriyada iyo fayraska. Tan ayaa loo yaqaan pasteurization.

Nidaamka karinta caanaha waxaa ku jira:

- Diirinta caanaha bini'aadamka si looga dilo bakteeriyada iyo fayrasyada sababi kara cudurka.
- Isku darka caanaha si wadajir ah ee dhawr waalidiin ah oo kala duwan si looga dhigo hal meel.
- Tijaabada caanaha si hubaal looga dhigo in la dilay dhamaan jeermisyada. Inkastoo qaybo ka mida caanaha la burburiyo inta lagu guda jiro kululaynta ama diirinta, waxay wali leedahay waxtar badan oo ah caanaha bini'aadamka.

Noqo ku deeqe

Waalidiinta leh caanaha dheeraadka ah waxaa laga yaabaa inay rabaan inay ku deeqaan si ay u caawiyaan carruurta kale ee jirran iyo kuwa jilicsan. Haddii aad leedahay caano dheeraad ah oo aad rabto inaad noqoto deeq bixiye, la xiriir OhioHealth Mothers' Milk Bank:

Imelka: milkbank@ohiohealth.com

Telefoonka: (614) 566-0630

websaydhka: <https://www.ohiohealth.com/services/womens-health/ohiohealth-mothers-milk-bank>