

Zatui Lauhuai – Zatuikhauh tawh Medicine Safety – Chemotherapy (Zomi)

Chemo zatui pen pumpi sung ah cancer te a khanloh na ding suksiat na ding a kizang ahi hi. Ahih hang tua in pumpi thagui te leh guhtui tawm, sam le gilpi sukha hi. Tua in zatui bawldan buaihuai sak.

Chemo zatui bang ci piak ding

- Chemo pen nam tampi tawh ki pia thei hi. Bangteng kihel:
 - **Kampan:** Zatui, Zaha, A tuidawn
 - **Thagui:** Thagui le Sisan luan na mun ah
 - **Satak:** Satak sungah
 - **Vunnuai (SQ):** Vun nuai ah saneel te tung
 - **Sunglam (IT):** Guhtui sungah
- Chemo zatui le zatding zah ding pen nau pang ee san na, gikna, a kumle a sisan theh na le a pumpi sungah kilamzia tawh kisai hi.
- Chemo zatang na neek a kipan ni ciapteha ki sam hi.
- Na siavuan te zatui ong pia te zatui zuak te in na neek zah ding ong hilh ding hi.
- Ong hilh dan in ne in. Siavuan te sawl loh pi zatui neek hal kei in.
- Zatui neek ding na mang ngilh leh a kikteah a zahnih a neek kik kul lo hi. Siavuan te' kiang maw Zatui zuakte kiang na neek dan ding dong in.

Zatui neek na hang a piangthei te

Mikhat le khat a thuakna kibang lo hi. Hih zatui zatna hang a tun maw, a sawtlo in maw, hunkhatciang kinungthuak thei hi. Zatui zatna hang in pumpi tung ah a huaisia a om aa leh zatui khel a hih kei leh ziaikai ding hi.

- Sampulh – Chemo zatui hang hi a damdam in po kik hi.
- Awk luaksuak – Luaksuak kam na zatui te pen Chemo zatui piak ma, piak lai tak leh a zat khitteh kipia hi.
- Sisan tawm – Sisan tawm aa leh sidup, si suak, natna kilawh a hih kei leh gimki sa thei hi. Zatui a neek hunsung sisan tha teh kul den ding hi.
- Pumpi sia or na gtn Kal, tuap – Zatui a kibawl lital tuate zong etcik kul hi.
- Sisan tawm laitak natna ngah nang zong baihi.

Zatui tuamtuum hang a piangte

- Zatui dang tawh chemo na neek khotpeh lauhuai thei hi. Atawntun in Siavuante, ong huh sia, siamahte tungah zatui thak khatpeuh na zatma dong masa hamtang in.
- Thaza, Sa nam pan a kingah tha omna, singgui tui le tha om thei mahle zatui tha beisak hi. Siavuante, Cidamna lam ong hilh theite le Zatui zuakte dong masa hamtang in.

Siavuan te bang hun a ho ding

Siavuante ahkl Cidamna vaisai te tungtah hih a thak ahkl a suksia hite a om le hopah in:

- | | |
|--------------------------------------|---|
| • Ann ne theilo, tuidawn theilo | • Omdan kikhel ahkl lunghimawh huai |
| • Zuntawm | • Maikhing, khut te khete zawm |
| • Zunpai tawm | • Lungsim maanlo, muhna kilaih, ahih kei le gimbaih |
| • Sungnim, luaksuak | • Gilna ahkl kawngna |
| • Cisa, khuasik, ahkl pumsa | • Khena, Pumpi hik le Tangtheilo |
| • Lutang nakpi a nasa zeel | • Kam ahkl gawl na |
| • Khaguhna sa | • Taw golhna |
| • Nak haksa | • Natna mun, silua ahkl sitawm natna |
| • Deih bang ki hih thei lo nat na te | • Sungpai a hih kei leh sungkhak |

Dotnop na neih leh Siavuante, cinate huh na pia mi te, zatui ong pia sia te kiang ah dong in.

Naupaai; Nau Nawipia

- Chemo zatna hang in mi te ee nau ngah thei na ding haksa thei. Nang ong en siavuan te in cinuam na ding hih theih ding te ong hilh ding uh hi.

- Chemo zatui neek laitak nau neih ding ki lawm lo hi. Siavuan, cina te huh na pia mite tung naukhak zia ding dong in.
- Chemo zatui naupai laitak neleng lauhuai sak thei hi. Cina te naupaai a a ki upmawh le Chemo zatui neek ma leh adang zatui na nek te siavuan te gen in.
- Chemo pen nawizu ah zong lut thei hi. Cina te in nawi a piak zia siavuante, cina te huh na pia mite tawh kikap huai masa hi.
- Naupaai ta ding a Chemo pen lauh huai thei hi. Na naupng's siavuante le cina te huh na pia mite tungah nau na paai le genpah in.

Kidal ding

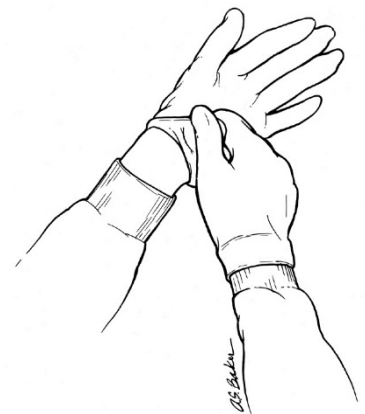
- Na naupang in natna kidalna zatuite (chickenpox, measles, polio zatui min) Chemo a zat khit kumkhat zawhteh zat huai pan hi. Khuahun zui a piang natna kidal na kisun thei hi.
- Siavuante, cina te huh na pia mite kiang ah nau pang ha tawh kisai na sep ma kisit in. Naupang ee ha siavuan te tung Chemo zatui na neeklam gensak in.
- Chemo pen i vun sung, i tuap sung lut thei. Kam a piakding Chemo zatui, zatui sutding inn ah a om ciang, hih a nuai a thute na zuihdng thupi mahmah hi.
- Chemo zatui penI ci I sa sung ah neek khit nai 48 sung bang om hi. Naupang in ekbuk a zatciang tawdap laih ciang le naupaeng luak ciang, khutthuam te pai pah in. Na manteh khutsil in.

Chemo zatui te inn ah lim tak aa kep theih na ding

Chemo dang zatui te penmihing a ding a lauhuai man in limtak in kep kul hi. Siavuante'n natna kemte zong a puampi tung ah cile sa kikhelna piang zo ci hi. Chemo ngah ng a cilpan, tuizatna pan, a huhi leh a vui te, l cina mi luakpan, cil pan, ekpan ong piangthei hi. Hih kikhel na kipeh thei.

A zatui themkhat bek zong lauhuai hi ahih hang tua te kikep kidal ding thupi hi. Lauhuai na pan kikep siam nang hih thute zui in:

- Hih vante in limtak a na kikep ng a na kisam kha ding hi:
 - Khatvei zat khutthuam (Liim 1) – Na kiim a om Nationwide Naupang Zato, vanpiakna sai te ah kingah hi
 - A kipaipah ding puansilh – Chemo tui na lawnkhak zenzen le kisam
 - Inn a zat sappaing, khutsilna nam – khat peuh peuh kizang thei
 - A kizang kik kik thei kinul na – Zatui buak khak om aa leh
 - Niinbung a sah – zatsa te kikoih na ding

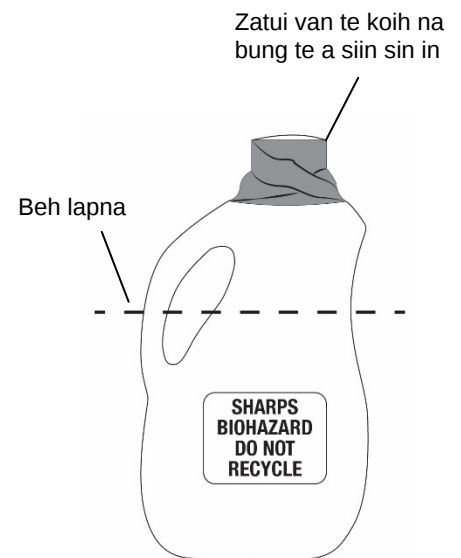


Liim 1 Khutthuam paihna ah koih ding.

- Khatvei zat Zatuikai le Kam a tulh na te
- Phim, phim muk koihna – Chemo zatuisutna phim leh IV na sut aa leh ki sam hi
- Na khutsil in **ma le khit** hih zatui khauh lauhuai te na tawikhit.
- A kipai pah ding khuttuam pen hih zatui na lawnsim zang in.
- Na zat zatui sikkeu pen thawlsung a zatui lak khatna a zang ding.
- Khuttuamna, na silhpuan leh hai, zatui piakna sikkeu, thawl te niinbungpi ah pai in. A niinbung koihna ah tua niin te limtak hen in la koih in. Naupang te le ganhing te khoih khakloh na mun ah koih in.
- Naupaai, Naunei ding te in Chemo khoih kha lo ding. Nang bek a kem ding om na aa leh cina khoi dan ding Siavuante, zatui zuakte le cidana vaisaite gen in.

Phim le Phim muk te inn ah Kepdan –

- A kizangsa phim te.bawlkik lo, kawisak, sutan kei in.
- Phim dawnzum lakhia kei in.
- Phimle Phimmuk te gam lapi ah amuanhuai na ah pai in. Zato ah ki zang vankoih na te na neih kei aa leh, hih dang van koih na te zang in:
 - A kibawl a **gik-asahl saphuk**. Puan sawp na sapping bung te, sapping tui bung te zang in (Liim 2).
 - A siin tawh a khakna mun ah khak kik in. Zatuiphim te a siin pan dawt van sak kei in.
 - A keh le tukik thei le kia kiklo.
- Na koih na bung pen a dim niinbung laizang lian ah koih in. Ohio state ah pongman niinbung te ah niin paihphal uh hi. A kizang kik ding niinbung tung ah koih kei in.
- Na siavuante, cina te huh na pia mite kiang ah phimte, azum om na te bang sung ah kem ding cih a kiciantak in dong in.



Liim 2 saphuk sawpna thawl le behlapna.

lauhuai zatui kepna

- Siavuan siamahte, cidamna vaipuak neitem vankep dan ding limtak ong hilh ding hi. Bungtung ah kisuang hilhna te limtak in sim in.
- Naupangte le ganhing te nai ah koih kha kei in.
- Khauh alauhuai zatui adang zatui tetawh koih khawm lo ding.

- Zatui te a vot ah koih ding a ki sap aa leh nek theih te tawh koih khawm lo ding. A vot koihna bungtuam, vankoihna a tuam zangin.
- A lauhuai zatui te ah atuam om, bung om sung ah koih in. Zatuidawng tawh bawmsung khatah koih khawm ken.

Lam etloh a a piang zatui buakhia

- Hih Chemo zatang khat peuhpeuh:
 1. Paih pah ding puanle khuttuam nih tungah koih in.
 2. Phimte khatvei bek kizang Khutnuul tawh zutsiang in.
 3. Tua kiim le paam thumvei ta inn hah na tawh hahsiang in. Leilak ah zatui bangmah a kiatloh na ding.
 4. Niin te, Puante, Khuttuamte, hen sitset in la paai in. Naupang te ganhing te lawng khak theihloh na niin bungsung ah paai in.
- Alauhuai Chemo zatui in I vun nawnkaisak thei hi. Chemo zatui na vungtung a tuk leh, a tukna mun tuile savon tawh sawpkeu in. Ni 7 sung in savun te sang, thak aa leh Siavuate, cina mite huh na pia mi te sam in.
- Mitsungn ah.zatui a tuk le tuitawh minutes 15 sung sawp in la siavuate' kiang gen pah in.