

Finan Acne (Somali)

Finanka, oo sidoo kale la yiraahdo xits, waa cilad caadi ah, oo badanaa qabsata maqaarka. Dadka qaarkood ayaa leh finan ka badan dadka kale. Finanka ayaa kasoo bixi kara wajiga, qoorta, garbaha, dhabarka, ama xabadka. Caadiyan way bogsoodaan wayna kaa bi'i karaan kadib sanadahaaga kuraynimada.

Waxyaabaha Keena

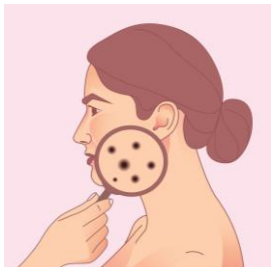
Finanka ayaa imaan kara marka duleellada yaryar ee maqaarka ku yaala (duleellada) ay awdmaan. Awdanka waxaa sababi kara:

- Heerrarka hoormoonka jirkaaga oo isbadella, sida in hoormoonadu bataan inta lagu jiro qaangaarnimada.
- Jeermisyada (bakteeriyada), unugyada maqaarka ee dhintay, ama saliida ka timaada calaacalahaaga, timaha, ama maqaarka oo galaaya duleelada.
- Meek abka iyo agabka maqaarka qaarkood.

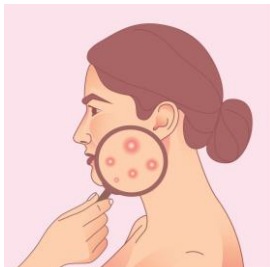
Sida Finanku ku Samaysmaan

- **Tallaabada 1 aad:** Duleel kasta ayaa leh timo yaryar oo ku dhagan xididada saliida (sebaceous). Qanjiradaas ayaa sameeya saliid la yiraahdo sebum. Saliida badan ee sebum ayaa awdi karta duleellada. Tan ayaa dhici karta marka jirku sameeyo hoormoono badan inta lagu jiro qaangaarnimada.

- **Tallaabada 2 aad:** Duleellada awdmay ayaa noqonaaya nabaro madoow (Sawirka 1) haddii duleelku furmo ama finan cad yeesha (Sawirka 2) haddii duleelku xirmo.
- **Tallaabada 3 aad:** Bakteeriyada ayaa ku uruuri karta duleelka awdmay. Tan ayaa sababaysa hulaq, barar, iyo finan, iyo nabaro malax ka buuxdo (fi malaxeed) (Sawirka 3). Marka tani ka dhacdo hoosta maqaarka, kadibna buurka finka ayaa samaysma.



Sawirka 1 Finanka madoow



Sawirka 2 Finanka cad



Sawirka 3 Finan malax leh

Daaweynta

Finanku waxay leeyihiin daawooyin badan. Dhakhtarkaaga ama bixiyaha daryeelka caafimaadka ayaa ku talin kara:

- Saabuunta jilicsan, sida Dove[®], Cetaphil[®], ama Eucerin[®]. Wajigaaga dhac 2 jeer maalin kasta.
- Waji dhaqa lagu qoro ama uusan Dhakhtarku Qorin (OTC) oo lagu daray benzoyl peroxide ama aasidka salicylic.
 - Kuwaan ayaa xanuujin kara maqaarka oo sababi kara qalayl iyo gaduudasho.
 - Benzoyl peroxide ayaa midabka ka dhaqi karta oo halayn karta dharkaaga, shukumaanada, iyo go'yaasha. Adeegso shukumaano iyo go'yaan cadad marka aad adegsanayso maadooyinka ay ku jirto.
- Boomaatada dhakhtarku qoro, kareenka, ama jeelka. Kuwaan ayaa badanaa ka kooban retinoids ama anti-biyootigyo.
 - Kahor inta aadan adeegsan kuwaan, dhaq, biyo raaci, oo ku qalaji wajigaaga si tartiib ah shukumaan nadiif ah.
 - Saar cad yar oo kamid ah daawada wajigaaga oo dhan, maaha keliya meesha aad ku aragto finanka. Ka fogee indhahaaga iyo geesaha afkaaga. Si tartiib ah u marmari. Ha iska dhaqin.
 - Qaar kamid ah kaniiniyadaan ayaa si wanaagsan u shaqeeya inta lagu jiro maalinta. Qaar kamid ah ayaa si fiican u shaqeeya habaynkii. Dhakhtarkaaga ama bixiyaha daryeelka caafimaadka ayaa kuu sheegi doona marka ay ugu haboon tahay inaad marsato.

- U sheeg dhakhtarkaaga ama bixiyahaaga daryeelka haddii aad dhibaato ku qabto qalaylka daran, murmuraxa, ama cuncunka maqaarka. Waxaa laga yaabaa:
 - In uu kaa codsado in adeegsato daawada labadii maalmoodba mar badelkii aad adeegsan lahayn maalin kasta.
 - Inuu kugula taliyo OTC, kareen aan lahayn saliid oo aan xiri doonin duleellada oo aad dulsaarayso maaarkaaga.
- Kaniiniyada finanka ee dhakhtarku qoro, sida:
 - Anti-biyootiga afka laga qaato – Xakamaynta hoormoonka dhalmada
 - Kaniiniyada biyaha (diuretics), sida spironolactone
 - Isotretinoin: Dhakhtarkaaga ama bixiyaha daryeelka caafimaadka ayaa kula socon doona si dhow. Ha qaadan daawada haddii aad uur leedahay, qorsheynayso in aad uur yeelato, ama naas nuujinayso.

Daryeelka Guud

- **Marna ha tuujin ama soo bixin finanka**, cididayn maqaarkaagaa, ama aad ha u xoqin. Kuaan ayaa uga sii daraaya finanka oo sababaaya nabaro.
- Iska ilaali maadooyinka saliida leh, sida jeelka batroolka, subaga cocoa, saliida ilmaha, ama kareenka ilmaha, oo aad mariso meelaha aad finanka ku leedahay.
- Ka fogee timahaaga wajigaaga iyo dhafoorkaaga. Ka ilaali mousse, jeelka, ama buufinta timaha aaga wajigaaga.
- Ha adeegsan xoqid adag, suuf wax murxinaaya, ama aalkolo.
- Qaar kamid meek abka, kareennada qoraxda, iyo kareennada ayaa awdi kara duleellada. Adeegso alaabaha aan saliida lahayn, ee biyaha ku saleysan oo aan awdi doonin duleellada. Kuwaan waxaa la yiraahdaa maadooyinka aan ahayn comedogenic.
- U dhaq wajigaaga **si tartiib ah** ugu badnaan 2 ilaa 3 jeer maalintii.
- Cun cunto caafimaad leh adoo cunaaya khudaar iyo miro cusub oo aad u badan. Finanka ayaa kasii dari kara haddii cuntadaada ay ku badan yihiin:
 - Cuntooyinka ay ka buuxaan sonkorta: soodhada, nacraca, macmacaanka.
 - Kaarboohaydareedyada la warshadeeyay (carbs): roodhiga cad, bariiska cad, doolshaha.
 - Dheefta xoolaha: jalaatada, caanaha, jiiska.

- Iskuday in aad lahaato dareen fiican. Maqaarkaaga ayaa kasii dari kara dhawrka asbuuc ee ugu horeeya daawaynta. Waxay qaadan kartaa 2 ilaa 3 bilood oo daawayn ah kahor inta aadan arkin natiijooyin.
- Ilaali balamaha dabagalka ah ee kaala dhexeeya dhakhtarkaaga ama bixiyaha daryeelka caafimaadka. Tan ayaa ka caawisa in uu arko haddii finankaagu ay kasoo raynayaan. Haddii asan ka soo raynayn, waxay badeeli karaan daawayntaada.

Goorta Ay Tahay in La Waco Dhakhtarka

Wac dhakhtarkaaga ama daryeel bixiyahaaga caafimaadka haddii:

- Finankaagu aysan kasoo raysan 3 bilood oo daawayn ah kadib.
- Aad leedahay ciladaha kal dhashay daawada lagu qoray:

— Lallabbo	— Matag	— Saxaro biyo ah (shuban)
— Calool xanuun	— Madax xanuun	— Xasaasiyad ka dhan ah qoraxda