

HIV/AIDS - Daweynta

Dawooyinka IYO Habka Caafimaadka Nolosha

Dhamaan waan ogsoon nahay in habka caafimaadka nolosha tahay muhiim. Dadka qaba HIV/AIDS, aad iyo **aad** ayay muhiim ugu tahay. HIV waxay noqon *kartaa* cudur la maamuli karo, laakin in HIV lagula noolaado nolol dheer oo caafimaad qabta macnaheeda waa in la sameeyo doorashooyin caafimaad qaba maalin kasta. Haddii aad dawooyinkaada HIV u qaadatid sida loogu talo galay, si joogto ah u booqatid bixiyahaada xanaanada caafimaadka, aadna xanaanaysid jirkaada, waxaad siistemkaada ka badbaadin kartaa dhaawaca HIV.



Dawooyinka iyo Daweynta

Daweynta ugu muhimsan ee HIV/AIDS waa daawo lagu magacaabo *antiretroviral therapy (ART)*. Waxaa jira dhowr dawooyinka ART ee ka shaqeeya sida firuska looga joojiyo in uu ku *tarmo* jirkaada. Qaar ka mid ah dawooyinka ART waxaa lagu magacaabaa *NRTI* iyo loo yaqaan "*protease inhibitors*". Haddii dawooyinka shaqeyaan, qiyaasta HIV ee ku jirta jirkaada ayaa hoos u dhacda, waxaana caafimaad ku sugnaada siistemkaada difaaca.



Caafimaadka Nolosha

Macnaha daweynta HIV/AIDS waa ka badan tahay qaadashada kaniiniga maalin kasta. Inkastoo dawooyinka yahiin waajib si loo daweyyo HIV, waa hal qeyb oo keliya oo ka tirsan ku noolaashada nolol caafimaad qabta. Raashin wanaagsan, jimicsiga maalin kasta, nasasho badan, iyo in la tago dhamaan ballamadaada caafimaadka waxay dhamaan qeyb ka yahiin nolosha caafimaadka qabta.



In la sameeyo dhamaan waxyaabaha waxay kaalmo ka geystaa horumarinta siistemkaada difaaca, waxayna ka hortagtaa cudurada kale, sida cudurada wadnaha, sokorta, ama dhiig karka.

Hubso in aad jawaab u heshid su'aalaha aad ka qabtid HIV/AIDS. Waaxdaada xanaanada caafimaadka dadweynaha iyo bixiyahaada xanaanada caafimaadka ayaa ku siin kara kaalmo.



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