

Talaalka Pneumococcal (Polysaccharide -oo loogu tala-galay 2 jir iyo wixii ka wayn)

Talaalka ama irbaduhu waxa weeye waxa ugu wanaagsan ee lagaga hor tago cudurada khatarta ah. Gudida dalka ee ka talisa talaalada ayaa si adag ugu talisay in si joogto ah la isu talaalo. Talaalkani wuxuu dadka waaweyn iyo caruurta da'doodu labada sanno ka weyn-tahay ka difaacaa cudurada sida pneumonia ama oof-wareenka. Talaalka noocan ahi (polysaccharide) wuxuu wax u taraa keliya dadka da'doodu ka weyn tahay laba sanno, in la siiyo-na ma'aha caruurta da'doodu ka yartahay laba sanno. Talaal kale oo loogu tala-galay oof wareenka (conjugate) ayaa wax u tara caruurta da'doodu ka yar tahay labada sanno. Warqadani waxa ay ka hadlaysaa oo keliya talaalka (polysaccharide).

Maxaa keena pneumonia-da? Laba nooc ayaa ugu waaweyn pneumonia-da, mid uu keeno virus iyo mid ay keento bacteria. Nooc ka mid ah bacteriada waxa la yidhaahdaa Streptococcus pneumoniae (ama pneumococcus). Bacteria-dani marka ay qabsadaan sambabada, waxay keenaan bacterial pneumonia. Inta badan bacterial pneumonia waxa keena pneumococcus. Waxa kale oo ay bacteriadani hajuuntaa qaybo kale oo ka mid ah jidhka. Waxay hujumi karaan unugyada dhiiga keenina karaan jeermis loo yaqaan bacteriaemia. Waxa kale oo ay keeni kartaa qoor-gooye. Qoor-gooyuhu waxa weeye cudur ku dhaca biyaha iyo maqaarka neerfasyada maskaxda. Pneumonia (oof wareen), bacteriaemia ama qoor-gooyuhu waxay keeni karaan dhimasho, dadka xanuuno khatar ahi hayaan iyo dadka waaweyn. Dadka caafimaadka qaba waxa badiyaa afka iyo qaybta sare ee habdhiska neef-sashada ku dhaca pneumococcal bacteria. Dadka inta badan, bacteria-du ma gaadhsiiso xanuun khatar ah. Haseyeeshee dadka qaba cudurada khatar-ta ah, marka ay bacteriadu gasho sambabada ama dhiiga waxa ay u keentaa cudur. Pneumococcal pneumonia, bacteriaemia iyo meningitis-ku waa khatar. Sidoo kale, bacteriada pneumococcus waxay iska difaacdaa oo aanay ku dhiman antibiotics-ka sida penicillin iyo qaar kaleba.

Muxuu talaalka pneumococcal u yahay muhiim/daruuri?

Talaalka Pneumococcal wuxuu ka hortegi karaa pneumonia (ama oof-wareen) iyo cuduro kale oo ay keenaan 23 nooc oo bacteriada Streptococcus pneumoniae ay keento. Saddex iyo labaatankan nooc waxa weeye waxa ku keena cudurka pneumococcal 9 ka mid ah 10-kii qof ee qaada cudurka. Talaalku wuxuu ku haboon yahay dadka qaba xanuunadan hoos ku qoran, iyo dadka da'doodu tahay 65 sanno iyo kuwa ka weyn. Ilaa siddeed ka mid ah 10-kii qof ee uu ku dhaco cudur kani ayaa ah dadka xanuunadan halista ah qaba. Talaalku boqolkiiba 50 ilaa 80 ayuu ka bad-baadiyaa xanuunka pneumococcal. Siddoo kale haddii uu cudurku ku dhaco qof hore looga talaalay xanuunku wuu u fududaadaa. Talaalkan pneumococcal waxaa Canada laga isticmaalayey ilaa 1983.

Yey tahay in la siiyo talaalkan?

Talaalkan Pneumococcal waa in la siiyo qof walba oo da' diisu tahay ama ka weyn tahay 65 sanno, siddoo kale dadka waa weyn iyo caruurta da'doodu tahay laba sanno iyo kuwa ka weyn ee qaba xanuunadan culus:

- Wadno, kelyo ama sambab xanuun kugu raagay(laga reebo asthma)
- nephrotic syndrome
- Kansarka beerka
- Khamro-cab
- Macaan
- dheecaanka dhabarka oo muusaya (daadanaya)
- Cudurka HIV iyo AIDS
- cudurada kale ee wiiqa awooda jidhku is kaga celiyo cudurada

- Beer-yaro la'aan ama beer-yarada oo aan si fiican u shaqayn
- Cudurka sickle cell (cudur ku dhaca unugyada dhiiga)

Goorma ayey tahay in la isa siiyo talaalka pneumococcal? Xilliga ugu wanaagsan ee talaalkan la qaadan karaa waa marka uu qofku qaado xanuun culus oo jilcinaya qofka ama marka qofku noqdo 65 jir. Sababta oo ah dad badan oo qaata talaalka pneumococcal vaccine ayaa siddoo kale talaal ka qaata lafo-garaaca (influenza vaccine) inta aanu jiilaalku/qaboobuhu soo gelin, waxa fiican in labadaba isku mar la iska talaalo. Xauuso - talaalka pneumococcal badiyaa waxa la qaataa mar qudha noloshaada talaalka influenza-ha ama lafa-garaacana sanad walba. Dad tiro yar ayaa u baahda in mar labaad laga talaalo pneumococcal. Dhakhtarkaaga ayaa og inaad u baahan tahay in mar labaad lagu talaalo.

Dhibaatooyin ma lagala kulmaa? Dadka qaar ayaa dhibaato kala kulma talaalka, haseyeeshee dhibaatooyinkani waa wax yar waxayna jiraan mudo gaaban. Waa wax caadi ah in meesha la iska talaalay ay damqato oo bararto. Mar-marka qaar ayey xumadi timaadaa. Dhibaatooyin kale- sida madax xanuun, xumad badan ama daal way dhici karaan, haseyeeshee aad ayey u yar yihiin. **Waa inaad had iyo goor dhakhtarkaaga ka waraysato dhibaatooyinka iyo faa'iidooyinka talaalkasta**

Yey tahay inaan la siin talaalkan? Dadka la siiyey talaalkani sida caadadu tahay uma baahna in talaalka loogu celiyo. • Haddii aad is leedahay talaalkan hore ayaa lagu siiyey, u sheeg dhakhtarkaaga. • Talaalka polysaccharide pneumococcal looguma talo-gelin caruurta da'doodu ka yar tahay laba sanno. • Ha qaadan talaalka haddii aad xasaasiyad ka qaado qayb ka mid ah talaalkan.

Yaan la xidhiidhaa haddii aan su'aalo ka qabo talaalka ?

La hadal dhakhtarkaaga ama xarunta caafimaad ee kuugu dhow.

Diiwaan gelinta talaalada Kadib marka lagu talaalo, hubi in dhakhtarku "kaadhka jaalaha ah" ku diiwaan geliyo talaalka. Meel adag dhig!