WAI SHI KE NAN, BABU NA YI IDAN KA KAMU DA CUTAR ZUCIYA TA RHEUMATIC HEART DISEASE (RHD)?

- Aa, akwai abin yi, musamman Idan ka nemi taimakon likitoci da wur wuri.
- Amma Idan ka bari ya kasance da latti, zai iya kaiwa ga mutuwa ko kuma yi aikin tiyata mai tsada.

YADDA NA RAYU DAGA RHD

Nice mai suna, Ruth Solomon. Na yi rayuwa da 'yan'uwa na hudu a karkashin iyayen mu, a kauyen Tusung, gundumar Fan ta Jihar Plato. Na tuna lokuta da dama da na sami ciwon makogoro mai zafi tun Ina shekara 8 da haihuwa. Mahaifiyata takan bani manja hade da gishiri don rage zafi da nake fuskanta, bayan na fara kurkura ruwan gishiri. Tana kuma dafa ganye mai tsami domin in sha. Na fara samun kumburi a mahadin gabobi na tun Ina mai shekara 11 da haihuwa. Na rika samun kumburin daga gaba zuwa gaba. Daga bisani na fara kumbura gaba daya, wanda ya hadassa samun mawuyacin lumfashi wanda ya hana ni zuwa makaranta.

Ruth kafin aikin tiyata

Ruth tana farfadowa daga aikin tiyata na zuciya

Watani da dama daga bisani, aka kwantar da ni a asibitin koyarwa ta Jami'ar Jos JUTH, a Inda aka tarar Ina da ciwon zuciya mai tsanani. An kuma bayyana wa iyaye na game da irin wannan cutar ta zuciya mai suna; rheumatic heart disease.(RHD). Kuma ana bukatar a yi min aikin tiyata a zuciyar; wanda ba'a yin sa a kasar nan.
Iyaye na matalauta ne, noma Kawai suke yi, ba su da kudin cigaba da jinyar, sai suka karaya, suka kuma fidda rai.

Da taimakon kungiyar Heart Aid Trust, na sami damar zuwa kasar waje, Inda aka yi min aikin tiyata na zuciya, lokacin ina mai shekara 12 da haihuwa. Yau ni daliba ce a aji na daya a Jami'ar Jos. Ina samun lafiyar jiki na, ko da yake Ina shan magani koyaushe, Ina kuma zuwa asibiti akai-akai.
Idan da iyaye na sun fahinci cewa, ciwon makogoro mai zafi Zai haifar da ciwon zuciya mai tsanani Wato rheumatic heart disease, sun kuma Kai ni asibiti da wuri? Da za a iya magance matsalar tun farko.

Idan 'yarka ko Danka na fama da ciwon makogoro mai Zafi, da kumburin gabobi da jiki baki daya, sai ka kai shi ko ka Kai ta asibiti da gaggawa.

Ruth a tsakanin iyalinta bayan tiyata na zuciya

Ruth a matsayin dalibar jamia

For More Information

Contact:
KICK RHEUMATIC HEART DISEASE OUT OF PLATEAU STATE PROJECT
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No 2 Joseph Gomwalk Road,
Beside NUJ Press Centre,
Jos, Plateau State, Nigeria.
Tel: 08130028450/08051654357
Email: heartaidtrust@gmail.com

CIWON MAKOGORO
Zai iya kawo Lahani mai Tsanani wa Zuciya!!!

Wanke hannu akai -akai
Samun iska isasshe.
Yawan cinkoso
Shan Magani babu izinin likita
Kiyaye tsabtar jiki.
Goge makogoro
Yanke belu -belu (Uvula)
Nemi likita da gaggawa
CIWON MAKOGORO
Zai iya kawo
Lahani mai Tsanani wa
Zuciya!!!
KICK OUT Rheumatic Heart Disease
RHD Action
United to End Rheumatic Heart Disease
heartaid
Nigerian Cardiac Society
For More Information
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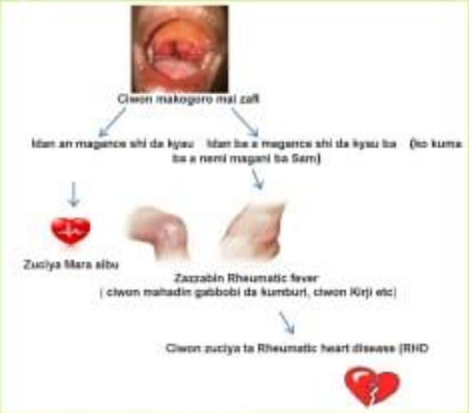
TA YAYA
CIWON MAKOGORO ZAI JANYO CIWON ZUCIYA?

Ana samun ciwon makogoro ta hanyar kwayar cuta Wato germ, Wanda ke hadasa jikin mutum ya yaki Kansa, Wanda daga bisani ke haddasa zazabin nan mai tsanani wato rheumatic fever. Idan ba a magance shi ba, zai 'bata ya Kuma yi lahani na din-din-din a zuciya, Wanda ake Kira Rheumatic heart disease (RHD).



MENENE CIWON MAKOGORO???

Ciwon makogoro, zafi ne ake samu a makogoro lokacin hadiya. Ana yawan samu sa tsakanin yara, ana kuma iya kamuwa da shi, musamman inda akwai cinkoso, rashin isasshen iska, da rashin tsabta.

MENENE RHEUMATIC HEART DISEASE?

Rheumatic heart disease (RHD) cuta ce ta zuciya wanda ke yawan shafan yara da Kananan matasa masu tasowa. Ta dalilin rashin magance ciwon makogoro ko rashin magance shi da kyau.

MENENE ALAMOMIN ZAZZABIN RHEUMATIC FEVER DA CUTAR ZUCIYA TA RHEUMATIC HEART DISEASE?

Alamomin zazzabin rheumatic fever da rheumatic heart disease sun hada da; zafin jiki, zafi da kumburin gabbobi, zafin kirji, wahalar numfashi, tari, kumburin jiki da mutuwar jiki
umatic heart disease zata iya haifar

MENENE WANNAN CUTAR ZUCIYA TA RHEUMATIC HEART DISEASE ZATA IYA HAIFARWA?

- Yawan ziyartan asibiti.
- Yawan kwanciya a asibiti na tsawon lokaci.
- Rashin zuwa makaranta da rashin kokari a makaranta.
- Barin makaranta a hanya.
- Rashin girma.
- Samun jinkiri a balaga.
- Rashin iya walwala a sake.
- Bukatar samun tiyata ta zuciya mai tsada.
- Cutar da tunani ke haifarwa.
- Mutuwar wani bangaren jiki.(stroke)
- Bukatar shan magani har na tsawon rayuwanka.
- Bugun zuciya.
- Mutuwa.

YADDA ZAKA KARE KAMUWA DA CIWON MAKOGORO, ZAZZABIN RHEUMATIC FEVER, DA CUTAR ZUCIYA TA RHEUMATIC HEART DISEASE.

Yawan cinkoso ✗		Wanke hannu akai -akai ✓	
Shan Magani babu izinin likita ✗		Samun iska isasshe. ✓	
Goge makogoro ✗		Kiyaye tsabtar jiki. ✓	
Yanke belu -belu (Uvula) ✗		Nemi likita da gaggawa ✓	