

HAAWOOTIIN HARMA HOSIFTAN HUNDINU QALBEEFFADHA

DAA'IMA KEESSAN KAN HARMA HODHU IRRAA GOLGA-CABSA (RICKETS) DHOGAA (DHORKAA)

Golga-cabsi Mali?

Golga-cabssi dhukuuba lafootan dadhabsisu kan hanqoo vitamina D nafa keessa qabatuun kan ta'u. Mirga gara dhiya keessati, golga-cabsa hanqo'o ifa aduu gogaan daa'imaani gara gudda dhabuu Irraan wan dhufu.

Eenuuf Sodaachisa?

Daa'imaan hunda kan aanani harma callaa (duwa'a) Ji'a 6 ykn caalaa hodhan, daa'iman worra bifaa (ijoollee gurrachaa faa)kan harma hodhaan hundinu, damaan sadheeyi, akasumma damaan harrma Irra gusaani wan horii sa'a hinarganee. (Fkn aanan, foon, kkf kan hin agrgatin).

Malkatoon (Mallatoon) Golga-Cabsa Maal fa'a?

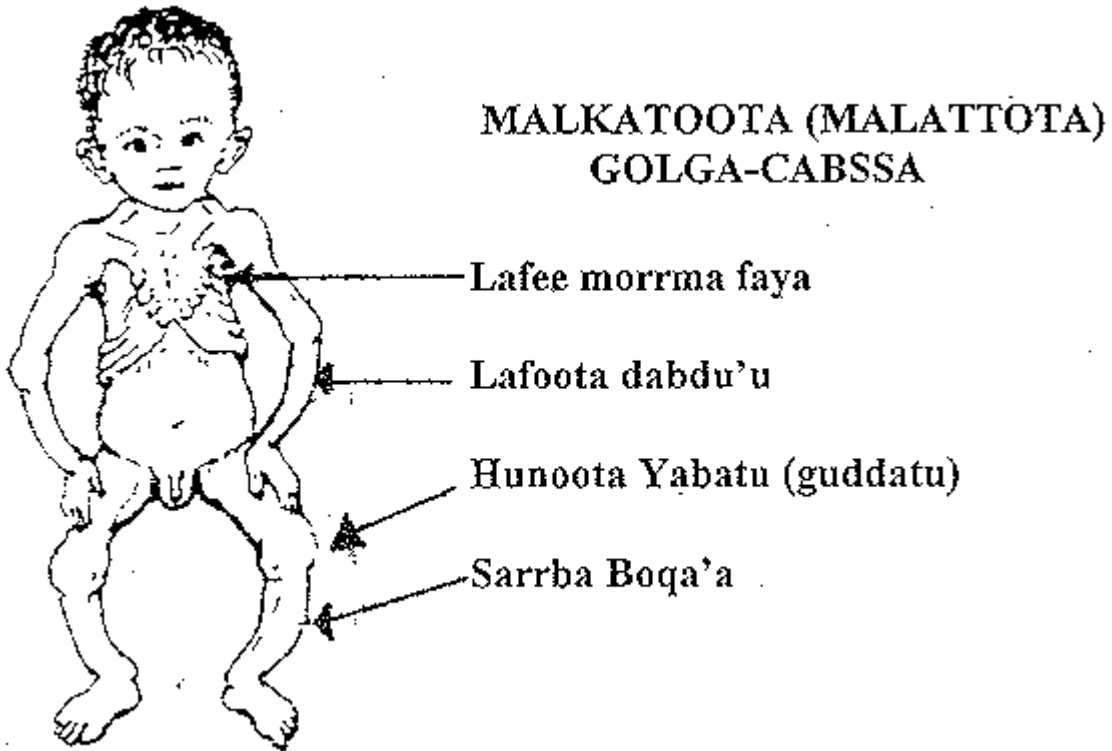
dadhabbi
dhaabachuu yoking deemuu dadhabuu
daa'imni dafee guddachuu dadhabuu
dhukkuba nama kuffisu godhachuu
Bobsa dhabuu

Ataamini dandeetee daimma kee irra golga-cabssan dhogitta (dhorkitta)?

Naannawa Kaaba-dhihaa (NorthWest) kanatti aduun baay'ee hinbahu. Kanaafu hamma Kaab-Dhaha kana (North West) Amerikaa jiraannutti vitamina D guyyaatti si'a tokko kennamuu qaba

Vitamiin Vitamina D Argatta?

Vatamini D dunkaana (store) keessaatti ajaja yala'a malee argama. Vitaminoota biraa woliin (wojin) (Vitamina A-ifi C) Tri-vi-sol jeedhama. Yoo kan medical coupon Fudhattu tahe, yaala kan kee ykn waajira WIC'i akka Vitamina D Siif katabani (barreessaan) gaafadhu. Kunis Vitamin D-yin dawumaati barbaadamaa ta'uu isaa keesaanu daa'imman harma hootu golga-cabsaan irraa dhogguuf (dhorkuufi).



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