

TAXADAR AHAADA DHAMMAAN HOOYOYINKA NAASKA NUUJIYA

KA HORTAGA CUDURKA LAFAHA KU DHACA (GEDEF) EE CARUURTINA.

Waa Maxay Gedef?

Waa cudur lafaha daciif ka dhiga oo sababa hoos u dhac caddada fitamin D-ga ee jirka dhexdiisa. Gobalkan Waqooyi-galbeed, gedfuhu waa caadi maxaa yeelay iftiinka qoraxda oo aad ugu yar cunuga maqaarkiisa ama haragiisa.

Qofkee ayey qatar u tahay?

Dhammaan caruurta kuwa naaska nuuga oo keliya 6 bilood ama ka badan, dhammaan caruurta naaska nuugta oo midebkooda madow yahay, caruurta dhiciska ah iyo dhallaanka naaska laga joojiyay oo cuna qudradda.

Waa Maxay calaamooyinka gedfaha?

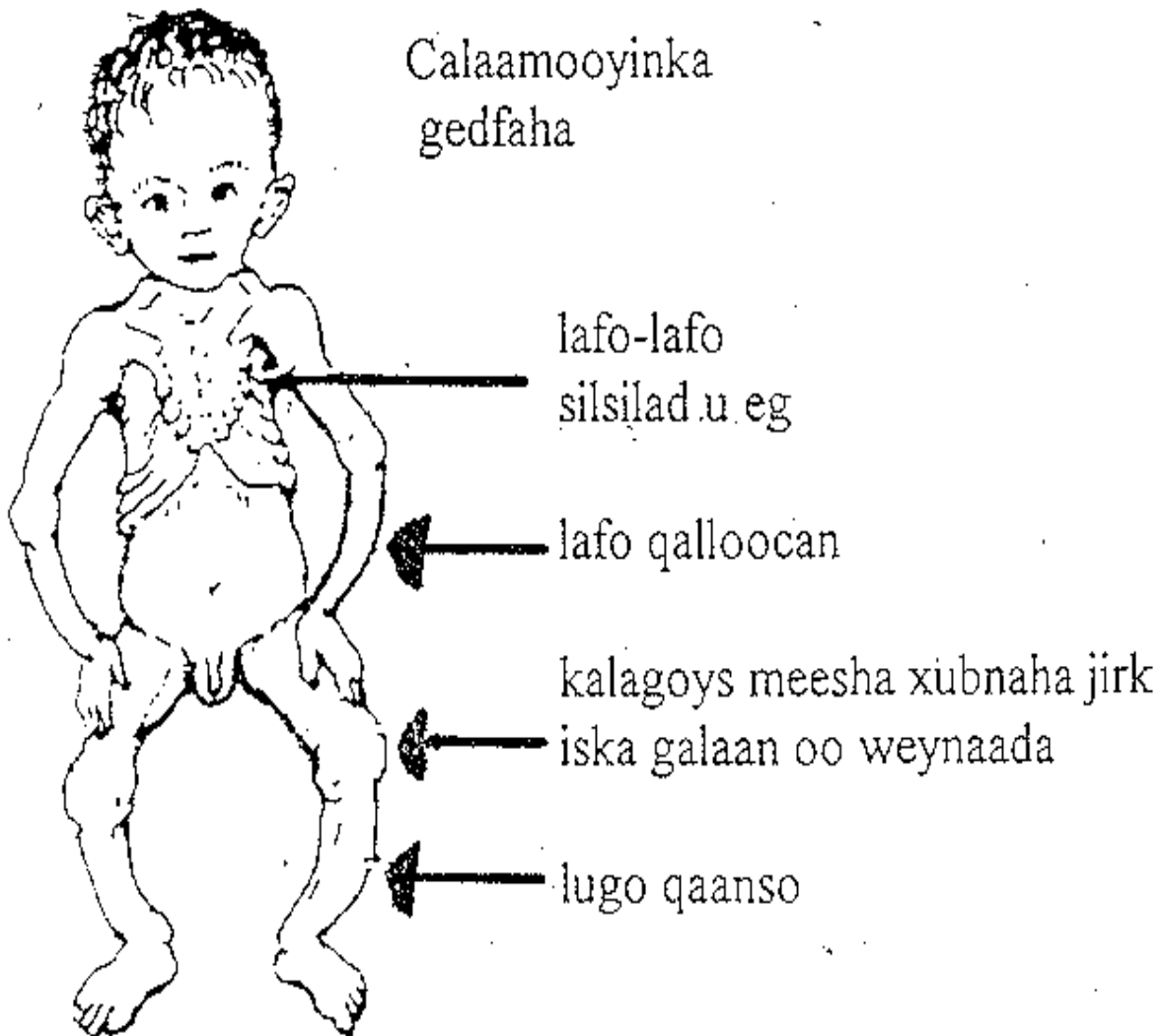
Tabar daro
Aan-awoodin istaag ama socod
Koritaanka oo hooseeya
qalal
xanaaq fudud.

Sideebaa adiga ugu hortagi kartaa gedfaha cunugaada?

Iyadoo ay xadidan thay iftiinka qoraxda degaanka Waqooyi-galbeed, fitamiin D waa in la siiyaa hal jeer maalintii inta adiga ku nooshahay qayb ka mid ah Waqooyi-galbeed dalka Mareekanka.

Sideebaad Ku heli fitamin D?

Fitamin D waxaa laga heli karaa dukaamada warqad dhaqtar la'aan. Waxay ku timaada iyadoo lagu soo dhex diyaariyay fitamino kale (fitamin A iyo C) oo lagu magacaabo Tri-Vi-Sol. Haddii aad haysatid tigidka caafimaadka (medical coupon) weydii dhaqtarkaaga ama xafiiska WIC iney u qoraan fitamin D qoraal sidaan oo kale ah "Caafimaad dharteed waa muhiim gaar ahaan dhallaanka naaska nuuga si looga hortago cudurka lafaha ku dhaca ee gedfaha.



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