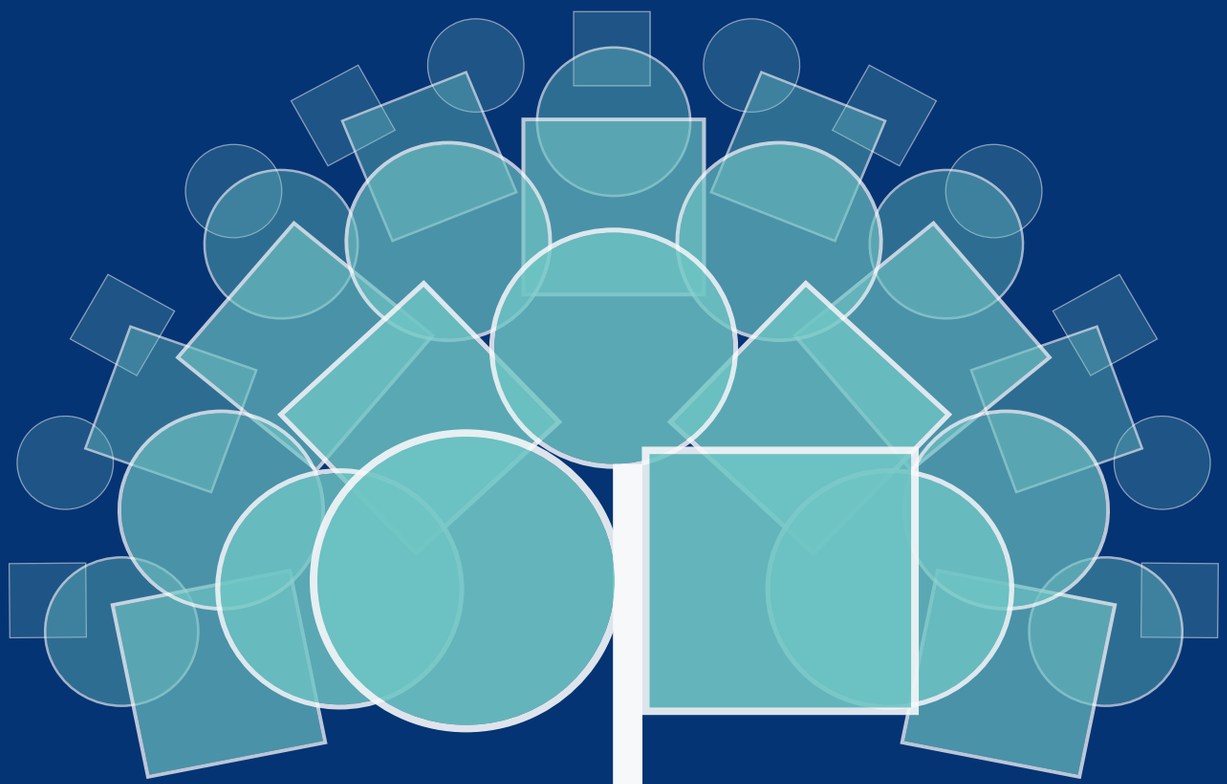

Families SHARE

Sharing Health Assessment and Risk Evaluation

National Human Genome Research Institute
National Institutes of Health, Bethesda, Maryland

suka dauki nauyin wallafa wannan kasidar

Jere jeren abubuwan dake cikin kasidar nan

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	Yiwuwar Kamuwa da Ciwon dajin hanji da dubura Takardun bayanai akan hujjoji da na aikata misali	Shafi 6-7
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Sharing Health Assessment and Risk Evaluation

Menene SHARE na iyalai?

Families (Iyalai) SHARE (Tattaunawa da shawarwari akan binciken lafiya da hadarin cututtuka da ake iya gadonsu daga dangi) suna taimakawa iyalai su fahimci yadda tarihin lafiyar dangin suke shafar yuwuwar kamuwarsu da cututtuka. Cibiyar Nazarin Halittar Ɗan Adam wadda take a Cibiyoyin Kiwon Lafiya na Kasar Amurka ne ke mara wa wannan tsarin amfani da wannan kasidar. Tarihin lafiyar dangin ku yana taka rawa a yiwuwarku na kamuwa da cututtuka daban-daban. A cikin wannan kasida, za mu mai da hankali akan cututtuka guda biyar: ciwon daji na hanji-da-dubura, ciwon Dajin nono, ciwon Dajin Mafitsarar namiji, ciwon suga Nau'i na 2, da cututtukan zuciya.

Ta yaya zaku fara amfani da kasidar SHARE?

Mun ƙirƙiro muku yadda ake tattara Tarihin Kiwon Lafiya na Iyali acikin wannan kasidar. Wannan kasidar aikinta na nuna muku yadda ake karanta bishiyar (silar iyali) da kuma amfanin ta agareku da iyalinku wajen gano yadda cututtuka da ake gadonsu daga dangi ke iya shafarku. Wannan Littaffin na da bangarori uku:

Kashi na 1 (daya)

Misalin Bishiyar Tarihin Kiwon Lafiya na Iyali

Ku yi amfani da wannan misali domin sanin bishiyar Tarihin Kiwon Lafiya a iyali da dangi.

Kashi na 2 (biyu)

Tarihin Kiwon Lafiyar Iyalanku

Duba Tarihin Kiwon Lafiyar Iyalanku. Ku sabunta bayanan da suka canza ko kuma ku ƙara wani sabon bayani inda bukatan yin haka.

Kashi na 3 (uku)

Shafi kan bayanin hatsarin kamuwa da cuta sai kuma shawarwari

Ku nazarci tambayoyin nan don gano hatsarin yiwuwar kamuwa da kowace irin cuta.
Ku nemi sanin dabarun kauce wa haɗarin kamuwa da matakan kare iyalanku.

To daga nan, ina za ku dosa?

Wannan littafin dan tsokaci ne. Ga wasu muhimman matakai na gaba:

- Faɗawa likitanku wannan bayanin
- Faɗawa danginku wannan bayanin. Kara sabon bayanin salsalar tarihin lafiyar iyali a bishiyar (silar iyali).
- Shiga shafin yanar gizon genome.gov/FamiliesSHARE don samun takarddun da za su taimaka muku wajen sanin ciwon da iyali ke bisa hadarin kamuwa da su.

Kuna da wasu cututtuka a cikin danginku waɗanda basa cikin wannan kundin?

Babban likitan tiyata na Amurka yana da kayan aikin a yanargizo maisuna Taswirar Lafiyar Iyalaina, wanda zai taimaka muku bin diddigin tarihin lafiyar danginku dalla-dalla. Domin samun Karin bayani ku ziyarci phgkb.cdc.gov/FHH/html/index.html.

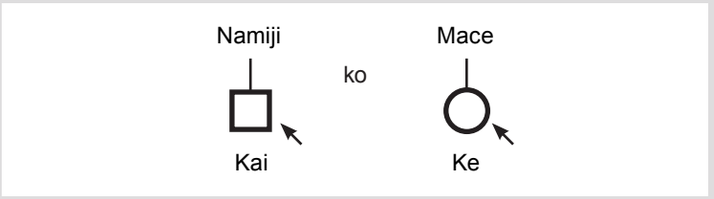
Yadda ake Karanta Bishiyar Tarihin Kiwon Lafiyar Iyali

Bishiyar tarihin lafiyar iyali yana ba da bayani game da kai da dangin ka na jini wadanda ke tsaranka da kuma wadanda suka girme ka.*

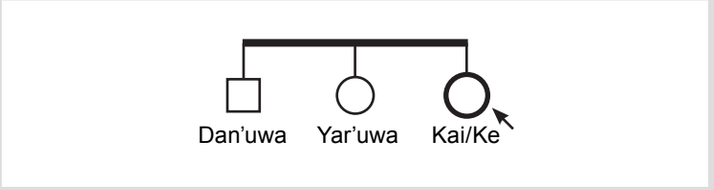
Da zaran anyi aiki da bayanan da kuka bamu, Bishiyar Tarihin Kiwon Lafiyar Iyali zai nuna mutanen da ke cikin dangin ku waɗanda suka kamu da ciwon dajin hanji-da-dubura, ko Dajin nono, ko Dajin Mafitsarar namiji, ko ciwon sukari, ko kuma cututtukan zuciya. Don kiyaye sirrinku, ba ma fadin cikakken sunayenku ko na danginku, sai dai sunan yanka kawai. Ku bi umarnin da ke ƙasa don hakan zai taimaka muku gane taswirar da kuma sanin me kowace alama take nufi.

** Dangi na matakin farko (FDR) su ne iyaye, yan uwa shakikai, da yaya (yara). Dangi na mataki nabiyu (SDR) su ne yan uba, kakanni, inna, kawu, goggo, baffanni, ɗiya mace na ɗan'uwa, ɗa namiji na ɗan'uwa da kuma jikoki.*

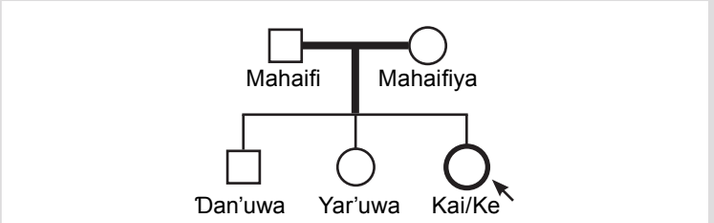
Nemo sunayen ku na yanka (wanda aka wakilta a cikin wannan misalin a matsayin "Ku"). Idan kai namiji ne, za ka zama murabba'i. Idan kin kasance mace, za ki zama da'irar.



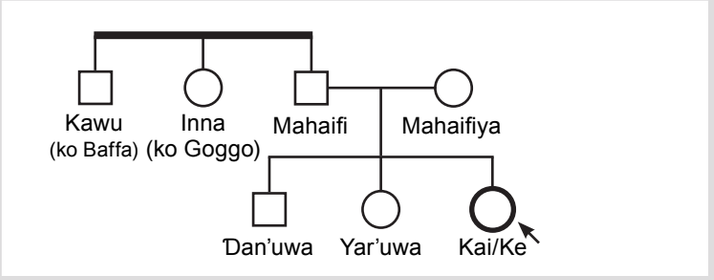
Idan kuna da wasu yan'uwa maza ko mata, za a wakilcesu a matsayin ɗa'ira da murabba'i da aka haɗa muku ta layin kwance sama da alamarku. Sunansu na yanka zai kasance ƙarkashin alamominsu.



Akwai layin da aka ja kai tsaye daga jerin sunayenku ya je ya haɗu da wani layi ɗa suka taru suka samar da sifar T da ke kaiwa ga iyayenku. Sunan su na yanka zai kasance ƙarkashin alamominsu.

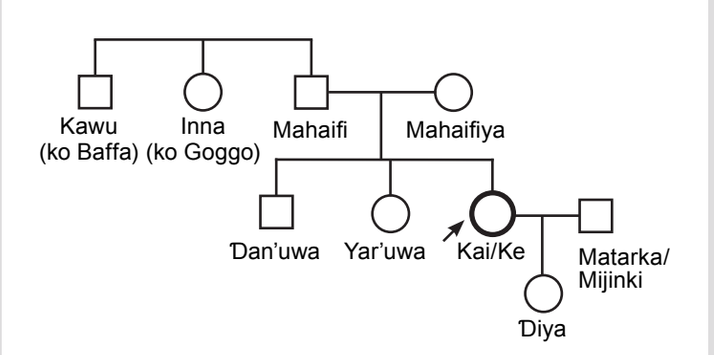


Idan iyayenku suna da yan'uwa maza ko mata, za a haɗasu ta jan layin da ke samansu kamar dai yanda aka yi muku da yan'uwanku.



A ƙarshe, idan kuna da iyali (mata ko miji), zasu kasance haɗe da ku ta hanyar layi kai tsaye tsakanin alamominku. Idan kuna da wasu yara tare da juna, za a haɗasu da ku biyun ta jan layi daga gare ku zuwa ƙasa wurin alamarsu.

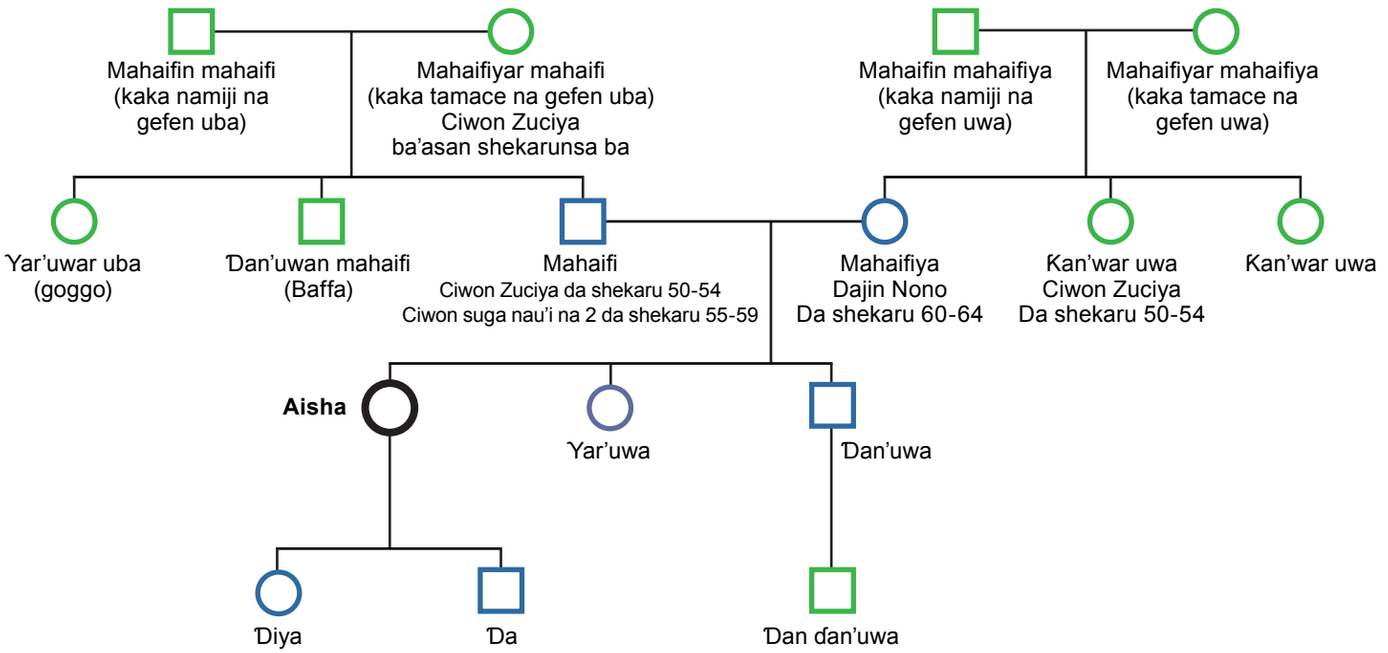
Kuna iya bin wannan tsarin ma wani danginku ta hanyar neman sunan yanka daga nan sai ku dasa! (…..)



Misalin Bishiyar Tarihin Lafiyar Iyali

Bishiyar Tarihin Lafiyar Iyali da ke ƙasa na watace mai suna Aisha da iyalinta (yan' uwanta). Dukkan wannan bayanai na ƙirƙire ne. Ku biyo sawunta domin ganin yadda ta gano hatsarin da take da ita na kamuwa da ciwon zuciya.

- Mutanen da ke launin shuɗi yan'uwan Aisha ne na matakin farko.
- Mutanen da ke kore kuma sunayen dangin Aisha ne na mataki na biyu.



Samun ciwon zuciya da ciwon suga nau'i na 2 a cikin iyalin Aisha manuniya ce kan tana bisa hadarin kamuwa da ciwon zuciya. Bari mu ga yadda za ta yi amfani da Bishiyar Tarihin Lafiyar Iyalinta don gano haɗarin ta.

A cikin dangin Aisha dake matakin farko waɗanda aka lissafa a dama, nawa daga cikinsu aka gano suna da ciwon zuciya ko ciwon suga nau'i na 2?

Mahaifiya
Mahaifi
Ƴar'uwa (Ya ko ƙan'wa)
Kanne ko yayu maza
Ɗiya (ko yaya mata)
Ɗa (ko ƴaƴa maza)

Shigar da jimlar lamban

1 **eh** **a'a**

Shin amsar 1 ce ko fiye? (zagaye eh ko a'a)

A cikin dangin Aisha dake mataki na biyu waɗanda aka lissafa a dama, nawa daga cikinsu aka gano suna da ciwon zuciya Ko ciwon suga nau'i na 2?

Ƴar'uwa da kuka hada Mahaifi ko Mahaifiya
Ɗan'uwa da kuka hada Mahaifi ko Mahaifiya
Kaka ko kakanni maza
Kaka ko kakanni mata
Inna (ko Goggo)
Kawu (ko Baffa)
Ɗan ɗan'uwa
Ɗiyar ɗan'uwa

Shigar da jimlar lamban

2 **eh** **a'a**

Shin amsar 2 ce ko fiye? (zagaye eh ko a'a)

Tunda dai aƙalla ɗaya daga cikin tambayoyin nan amsar ta itace eh, to Aisha nacikin haɗarin kamuwa da ciwon zuciya.

Bishiyar Tarihin Lafiyar Iyalinku

A wannan ɓangaren, za ku yi amfani da Bishiyar Tarihin Lafiyar Iyalinku don ƙarin samun masaniya game da haɗarin da ke fuskantarku da iyalinku nakamuwa da cuta.

Ku fara da karanta Bishiyar Tarihin Lafiyar Iyalinku

- Nemo Bishiyar Tarihin Lafiyar Iyalinku a cikin wannan kunshi.
- Nemo alamar da ke da sunanka na yanka a ƙarƙashinsa.
- Yi amfani da umarnin da ke shafi na 2 don karanta Bishiyar Tarihin Lafiyar Iyalinku.

Sabunta Bishiyar Tarihin Lafiyar Iyalinku

Ku ƙara ko ku canza bayanan tarihin lafiyar iyali, daidai yadda ake buƙata.

Ku sami masaniya game da hadarin kamuwa da cuta

Ku yi amfani da Bishiyar Tarihin Lafiyar Iyalinku a Sashe na 3 don cike takardun ayyukan haɗari na ciwon dajin hanji-da-dubura, dajin nono, Dajin Mafitsarar namiji, ciwon suga nau'i na 2, da ciwon zuciya.

Takardun da suke nuna yiwuwar Kamuwa da Ciwo da kuma Shawarwari

Ga abubuwan da za a koya anan gaba:

- Ciwon dajin hanji-da-dubura
- Dajin nono
- Dajin mafitsarar namiji
- Ciwon suga nau’i na 2
- Ciwon zuciya

Kuna iya amfani da Bishiyar Tarihin Lafiyar Iyalinku don amsa tambayoyi kan takarddun ayyukan haɗarin ciwon da aka yi bayani a cikin kunshin (dake tare da littafinnan). Wannan zai taimaka muku wajen sanya idonku acikin hauhawar haɗarin kamuwa da ɗaya daga cikin cututtukan guda biyar da mu kayi bayanninsu a wannan kasidar.

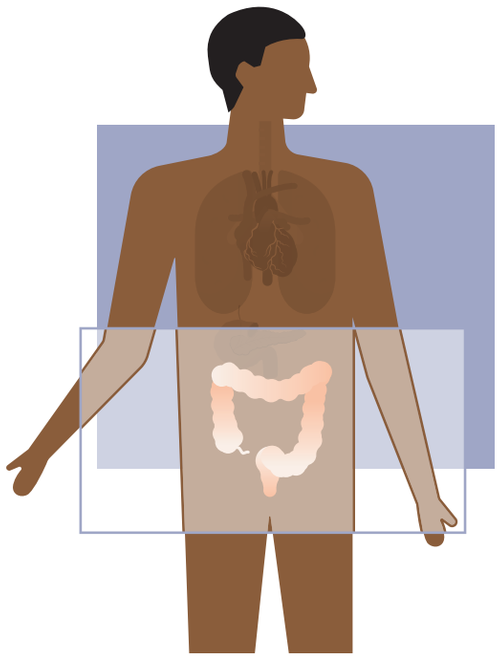
Da zarar kun fahimci irin haɗarin da kuke fuskanta, zaku iya taimakawa sauran iyalanku suma su san girman nasu haɗarin. Nemo takardun aiki na haɗarin ciwo ga iyalinku akan layin yanargizo a: www.genome.gov/FamiliesSHARE

Yin rayuwa bisa tsarin kula da lafiya tare da zuwa abincika lafiyarku daga lokaci zuwa lokaci, ta wadannan tagwayen abubuwan ne ke sa a zama acikin koshin lafiya. Duk a cikin wannan kunshi, zaku samu wasu shawarwarin da za su taimaka wajen kare kanku daga cututtuka.

Ku rika zantawa da likitanku game da abubuwan da suka jibanci tarihin lafiyar iyalanku, kazalika ku yi Magana game da cututtukan da kuke da yiwuwar kamuwa da su!

Menene Ciwon Dajin Hanji-da-Dubura?

Ciwon dajin hanji-da-dubura shine tsiro da yake fitowa cikin babban hanji (hanji) ko dubura Yawancin ciwon dajin hanji-da-dubura yana tsirowa ne ajikin hanji ko dubura da ake ƙira basir maitsiro.



Ciwon dajin hanji-da-dabura kuma an sanshi da ciwon daji na hanji ko ciwon hanji.

Sau da yawa ana iya maganin ciwon dajin hanji-da-dubura idan an same shi da wuri.

Wane ire-iren abubuwane suke jawo (aukuwan) wannan ciwon dajin hanji-da-dubura?

- Cin nau'ikan abinci masu dauƙe da kitse, jan nama ko kuma naman kanti
- Cin abinci wanda baya narkewa a ciki
- Rashin motsa jiki
- Mummunar ƘIba
- Shan tabar sigari
- Yawan shan barasa/giya

Wasu gwaje-gwajen lafiya don gano ciwon dajin hanji-da-dubura

- Gwaje-gwaje masu muhimmanci kamar gwajin bahaya wato Faecal Occult Blood Test (FOBT)
- Gwajin daukar hoton hanji

Ta yaya tarihin lafiyar danginku ke shafar haɗarinku na kamuwa da ciwon dajin hanji-da-dabura?

Yi amfani da takardar aiki a shafi na gaba don ganowa.

Duba waɗannan shafuka na yanargizon don neman ƙarin bayani:

Nigerian Cancer Society (NCS)
https://cancernig.org/pages/9
Society of Oncology and Cancer Research of Nigeria (SOCRON)
https://socron.net/about-us/
Society for Gastroenterology and Hepatology In Nigeria
https://www.soghin.org.ng/about-us/

Mene ne haɗarinku na kamuwa da ciwon dajin hanji-da-dubura?

Nawa daga cikin danginku a matakin farko da aka lissafa daga hannun dama aka gano suna da ciwon dajin hanji-da-dubura?

Mahaifiya
Mahaifi
Ɗa'uwa (Ya ko ƙan'wa)
Kanne ko yayu maza
Ɗiya (ko yaya mata)
Ɗa (ko ɗaya maza)

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 1 (daya) ce ko fiye da haka? (zagaye eh ko a'a)

Nawa daga cikin danginku a mataki na biyu da aka lissafa daga hannun dama aka gano suna da ciwon dajin hanji-da-dubura?

Ɗa'uwa da kuka hada Mahaifi ko Mahaifiya
Ɗan'uwa da kuka hada Mahaifi ko Mahaifiya
Kaka ko kakanni mata
Kaka ko kakanni maza
Inna (ko Goggo)
Kawu (ko Baffa)
Ɗan ɗan'uwa (Dan Baffar ko Goggon ka)
Ɗiyar ɗan'uwa (Diyar Baffar ko Goggon ka)

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 2 (daya) ce ko fiye da haka? (zagaye eh ko a'a)

Idan amsar itace eh ga ɗayan waɗannan tambayoyin, kuna da ƙarin haɗarin kamuwa da ciwon dajin hanji-da-dubura.

Idan kuna da ƙarin haɗari, yi magana da likitanku game da abin da za ku iya yi don hana kamuwa da ciwon dajin hanji-da-dubura.

Muhimmin Bayani:

Wasu iyalai na iya gadon sinadarin ciwon daji. Idan kai ko danginku sun kamu da ciwon daji kafin su cika shekaru 50, ko kuma aka kamu da ciwon dajin sau ɗaya ko sama da ɗaya, ko ciwon daji mai sake faruwa, fadawa likitanku don ganin an ba da shawarar gwajin ƙwayar cuta ga danginku.

Wasu shawarwari waɗanda zasu iya taimakawa wajen hana kamuwa da kuma gano ciwon dajin hanji-da-dubura.

Ku dinga yawan cin ƴaƴan itatuwa da kayan marmari kowace rana don samun sinadaran bitamin, Sinadaran gina jiki, sinadaren fiba, da sinadarin wanke cuta na antioxidants:

Kowace rana, manya yakamata su ci abinci kamar haka

- Aƙalla kofuna 2 na kayan lambu, kamar kabeji, alayyafo, kuɓewa, kokwamba, da karas
- Aƙalla kofin ƴaƴan itace ɗaya da rabi, kamar mangoro, kankana, gwaiba, da abarba
- Da kuma 30-35 giram na fiba

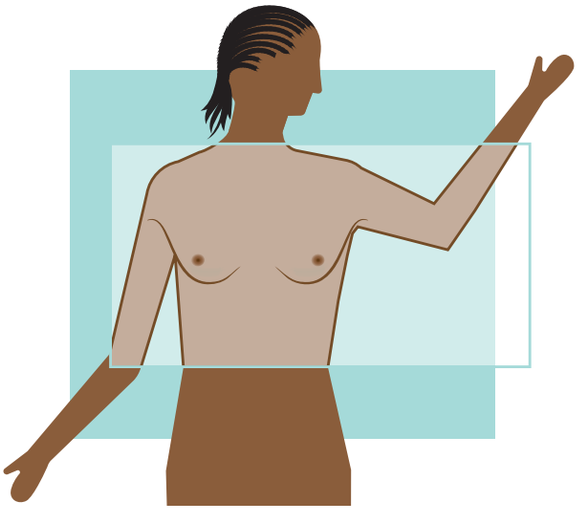
Yi magana da likitanku game da yin binciken (cutar dajin hanji da dubura) saboda:

- Za a iya cire tsiron basir (dake iya rikida ya zama daji) idan an sami ganin su da wuri, kafin su zama ciwon daji

Juya zuwa shafi na 16 zuwa 19 don ganin sauran shawarwari da salon rayuwa (na karin lafiya)

Menene Dajin Nono?

Ciwon dajin nono wani tsiro dake zama gyambo a cikin halitta na nonon mace.



Yin gwaji a kowace shekara zai iya taimakawa wajen gano ciwon dajin nonon da wuri.

Jiyya na iya zama mafi nasara idan aka sami ciwon da wuri.

Waɗanne abubuwa ne ke iya ƙara haɗarin kamuwa da dajin nono?

- Yawan shan giya ko barasa
- Mummunar Ƙiba
- Rashin motsa jiki

Wassu gwaje –gwajen kiwon lafiya kan dajin nono

- Gwajin nonon a hoto
- Gwajin nonon a asibiti
- Gwajin nonon nasa kai (ko nayi da kanki)

Ta yaya tarihin lafiyar iyali ya shafi haɗarinki na iya kamuwa da ciwon dajin nono?

Yi amfani da takardar aiki a shafi na gaba don ganowa.

Duba waɗannan rukunin yanar gizon domin ƙarin bayani:

Nigerian Cancer Society (NCS)
https://cancernig.org/pages/9
Society of Oncology and Cancer Research of Nigeria (SOCRON)
https://socron.net/about-us/
Abuja Breast Cancer Support Group (ABC-SG)
https://projectpinkblue.org/abc-sg/

Mene ne haɗarin ki ko hadarin ka na kamuwa da ciwon Dajin Nono?

Mutum nawa daga cikin dangi da aka lissafa daga hannun dama aka gano suna da ciwon dajin nono?

Akwai maza daga cikin dangin da aka lissafa?

Shigarda jimlar lamban ☐ **eh** **a'a**

Shin amsar 1 ce ko fiye? (zagaye eh ko a'a)

Nawa daga cikin danginku na matakin farko daga hannun dama a ka gano suna da ciwon dajin nono?

Mahaifiya
Ƴar'uwa (Ya ko ƙan'wa)
Ɗiya (mata)

Shigarda jimlar lamban ☐ **eh** **a'a**

Shin amsar 1 ce ko fiye? (zagaye eh ko a'a)

Nawa daga cikin danginku na mataki na biyu daga hannun dama a ka gano suna da ciwon dajin nono?

Ƴar'uwa da kuka hada Mahaifi ko Mahaifiya
Kaka (ko kakanni)
Inna (ko Goggo)
Ɗan ɗan'uwa

Shigarda jimlar lamban ☐ **eh** **a'a**

Shin amsar 2 ce ko fiye? (zagaye eh ko a'a)

Idan amsar itace eh ga ɗayan waɗannan tambayoyin, kuna da ƙarin haɗarin kamuwa da ciwon dajin nono.

Idan kuna cikin hadarin kamuwa da cutar, kuna iya yin magana da likitanku game da abin da za ku iya yi don hana kamuwa da ciwon dajin nono.

Muhimmin Bayani:

Wasu iyalai na iya gadon sinadarin ciwon daji. Idan kai ko wani dangin ka sun taɓa kamuwa da ciwon daji kafin su cika shekaru 50, sau ɗaya ko sama da ɗaya, ko ciwon daji mai sake bijirowa, fadawa likitanku don ganin an ba da shawarar gwajin ƙwayar cuta ga danginku.

Wasu shawarwari waɗanda za su iya taimakawa wajen kare kai daga kamuwa da kuma gano ciwon dajin nono.

Kasance mai yawan motsa jiki:

- Rarrabawa ko rage lokacin da kuke zama kowace rana na iya ƙara muku ƙoshin lafiya.
- Sanya tattaki ya zama al'ada. Yin tattaki bayan anci abincin dare akowace rana.

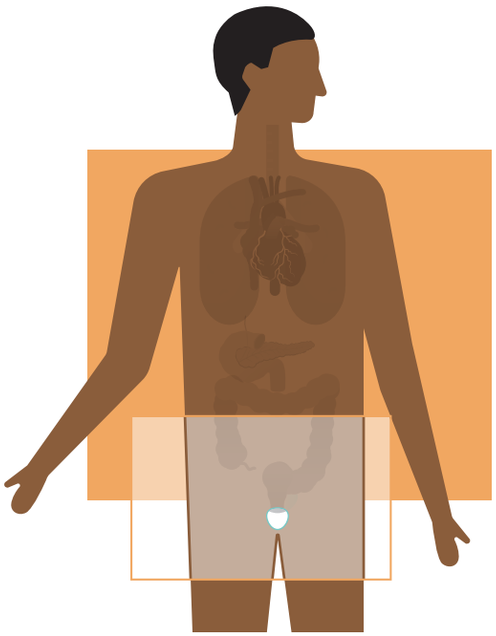
Yi magana da likitanku game da gwaji:

- Za a iya cire kumburi ko tsiro (na dajin nono) idan an same ganin shi da wuri.
- Ana iya magance ciwon daji da wuri da ƙarin nasara.

Juya zuwa shafi na 16 zuwa 19 don ganin sauran shawarwari da salon rayuwa (na karin lafiya)

Menene Dajin Mafitsarar Namiji?

Dajin mafitsarar namiji wani kumburi ko tsiro ne a marar maza kusa da gwaiwa. Wannan hallita tana jikin maza kuma za ta iya yaduwa har zuwa wajen dubura.



Dajin mafitsarar namiji na iya yaɗuwa wani lokaci fiye da sashin mafitsaran.

Ana nasaran jinya ko magance cutar dajin idan aka ankara da ciwon da wuri.

Wadanne abubuwa ne ke iya kara haɗarin kamuwa da dajin mafitsarar namiji?

- Cin abinci mai kitse da yawa
- Cin abinci wanda akwai jan nama sosai acikinshi
- Shekaru

Wasu gwaje-gwaje na kiwon lafiya don gano dajin mafitsarar namiji

- Gwajin duba dubura da likita zai iya yi
- Gwajin jini domin gano ƙwayar wani sinadarin jini na musamman

Ta yaya tarihin lafiyar danginku ke shafar haɗarinku na kamuwa da dajin mafitsarar namiji?

Yi amfani da takardar aiki a shafi na gaba don ganowa

Duba waɗannan rukunin yanar gizon domin ƙarin bayani:

Nigerian Cancer Society (NCS)
https://cancernig.org/pages/9
Society of Oncology and Cancer Research of Nigeria (SOCRON)
https://socron.net/about-us/
Abuja Breast Cancer Support Group (ABC-SG)
https://projectpinkblue.org/abc-sg/

Mene ne haɗarin ka na kamuwa da Dajin Mafitsarar Namiji?

Nawa daga cikin danginku a matakin farko da aka lissafa daga hannun dama aka gano sun taɓa kamuwa da dajin mafitsarar namiji?

Mahaifi
Kanne ko yayu maza
Ɗa (ko Ƴaƴa maza)

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 1 ce ko fiye? (zagaye eh ko a'a)

Nawa daga cikin danginku a mataki na biyu da aka lissafa daga hannun dama suka taɓa kamuwa da dajin mafitsarar namiji?

Ɗan'uwa da kuka hada Mahaifi ko Mahaifiya
Kaka (ko kakanni)
Kawu (ko Baffa)
Ɗan ɗan'uwa

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 2 ce ko fiye? (zagaye eh ko a'a)

Idan amsar itace eh ga ɗayan waɗannan tambayoyin, kuna da ƙarin haɗarin kamuwa da dajin mafitsarar namiji.

Idan kana da ƙarin haɗarin yiwuwar kamuwa da cutar dajin mafitsarar namiji, yi magana da likitanka game da abin da za ka iya yi domin hana kamuwa da dajin mafitsarar namiji.

Muhimmin Bayani:

Hadarin kamuwa da dajin mafitsarar namiji yana karuwa ne amaza in suna kara manyanta ashekaru, amma bugu da kari, akwai karuwar hadarin kamuwa da ciwon dajin mafitsarar namiji acikin al'umma masu launin fata baki da suka fito daga nahiyar Afrika.

Wasu shawarwari waɗanda za su iya taimakawa wajen kare kai ko hana kamuwa da kuma gano dajin mafitsarar namiji.

Zabi abinci mai ƙara lafiya:

- Ku ci ƴaƴan itatuwa da kayan marmari iri–iri kowace rana.
- Guji abinci mai yawan kitse kamar jan nama.

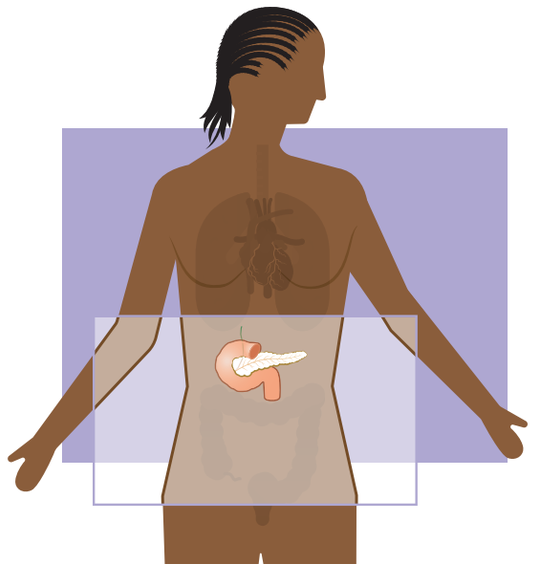
Yi magana da likitanku game da gwaji:

- Tattauna haɗarin dake tattare da yiwuwar kamuwa da ciwon da kuma fa'idojin yin gwaji domin yanke shawara wassu gwaje-gwajen dajin mafitsarar namijine suka dace da ku.

Juya zuwa shafina 16 zuwa 19 don ganin sauran shawarwarin gwaji da shawarwarin salon rayuwa.

Menene Ciwon Suga nau’i na 2?

Ciwon suga nau’i na 2 shi ne yanayi mai jimawa na tsawon lokaci wanda sukari ke yawa a cikin jinin mutum ba tare da ya sauka ba.



Insulin shi ne sinadari dake sarrafa matakan sukari a cikin jini. Nau’in ciwon sukari na 2 yana faruwa ne lokacin da insulin dake cikin jini ya samu matsala.

A nau’in ciwon sukarina 2, jiki yana haɓaka juriya ga insulin kuma har sai an buƙaci ƙarin insulin don saukar da matakin glucose a jini don ya koma daidai yanda ake bukata. A sakamakon haka, saifa na takura wajen biyan buƙatar samar da insulin fiye da yadda ta saba.

Wadanne abubuwa ne ke iya kara haɗarin kamuwa da nau’in ciwon sukari na 2?

- Rashin motsa jiki
- Kiba
- Hawan jini
- Yawan (kitsen) cholesterol
- Ciwon suga yayin da ake ɗauke da juna biyu

Wasu gwajin lafiya don gano nau’in ciwon suga na 2 sun hada da

- Gwajin jini na suga
- Gwajin hawan jini
- Gwajin kitse a jiki

Ta yaya tarihin lafiyar dangi ke shafar haɗarin mutum wajen ɗaukar ciwon suga nau’i na 2?

Yi amfani da takardar aiki a shafi na gaba don ganowa.

Duba waɗannan shafunan yanar gizon don ƙarin bayani:

Diabetes Association of Nigeria
https://www.idf.org/our-network/regions-members/africa/members/20-nigeria.html?layout=details&mid=143
Society for Gastroenterology and Hepatology In Nigeria
https://www.soghin.org.ng/about-us
Endocrine and Metabolism Society of Nigeria (EMSON)
https://emsonnigeria.org/emson/about/

Mene ne haɗarin ka na kamuwa da Ciwon Suga nau'i na 2?

Nawa daga cikin danginku a matakin farko da aka lissafa daga hannun dama aka gano suna dauke da ciwon suga nau'i na 2?

Mahaifiya
Mahaifi
Ɗan'uwa (Ya ko Ƙan'wa)
Kanne ko yayu maza
Ɗiya mata
Ɗa (ko yaɗa maza)

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 1 ce ko fiye? (zagaye eh ko a'a)

Nawa daga cikin danginku mataki na biyu da aka lissafa a hannun dama aka gano suna da ciwon suga nau'i na 2?

Ɗan'uwa da kuka hada Mahaifi ko Mahaifiya
Ɗan'uwa da kuka hada Mahaifi ko Mahaifiya
Kaka (ko kakanni maza)
Inna (ko Goggo)
Kawu (ko Baffa)
Ɗan ɗan'uwa
Ɗiyar ɗan'uwa

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 2 ce ko fiye? (zagaye eh ko a'a)

Idan amsar eh ce ga ɗaya daga cikin waɗannan tambayoyin, suna da ƙarin haɗarin kamuwa da ciwon suga nau'i na 2.

Idan kuna da ƙarin haɗarin kamuwa da ciwon, yi magana da likitanku game da abin da za ku iya yi domin kare kai daga kamuwa da ciwo suga nau'i na 2.

Muhimmin Bayani:

Hadarin kamuwa da ciwon suga nau'i na 2 yana karuwa ne acikin al'umma masu launin fata baki da suka fito daga nahiyar Afrika.

Kasance kana yawan motsa jiki:

- Ayi kokarin yin aikin da motsa jiki aƙalla mintuna 30 mafi yawan ranakun mako.
- Ana hawa matakala maimakon lifta, yin tattaki, iyo,zuwa gona, da dai sauransu.

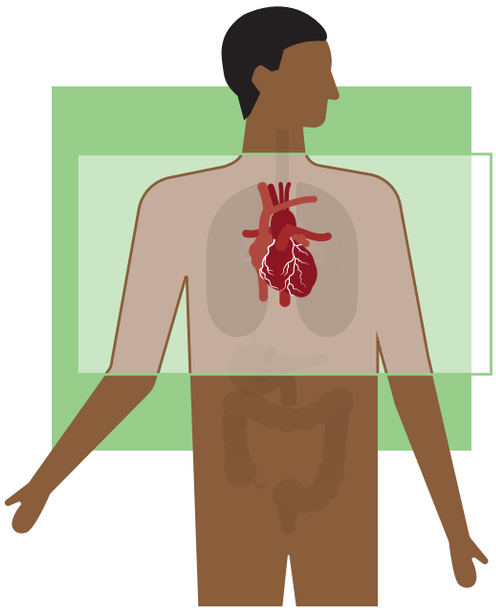
Yi magana da likitanku game da gwaje-gwaje:

- Yin gwajin sukari, hawan jini, da kitsen jiki akai-akai na iya taimakawa wajen gano matsala kafin ta zama ciwon suga nau'I na 2.

Juya zuwa shafi na 16 zuwa 19 don ganin sauran shawarwari da salon rayuwa acikin lafiya.

Menene Ciwon Zuciya?

Ciwon zuciya shi ne lokacin da hanyoyin jini dake kawo jini da iskar shaƙa zuwa zuciya suka matse.



Haka kuma ana iya ƙiran sunan ciwon zuciya da ciwon cututtukan cikin zuciya ko kuma ciwon jijiyoyin jinin zuciya.

Plaque (wanda kitse ne da sauran abubuwa) na iya makalewa a jikin tasoshin jini sai ya rage tafiyan jini.

Waɗanne abubuwa ne ke iya ƙara haɗarin kamuwa da ciwon zuciya?

- Ciwon suga
- Shan tabar sigari
- Rashin motsa jiki
- Ƙiba
- Damuwa ko wahala
- Yawan Kitse
- Hawan jini
- Amfani da miyagun ƙwayoyi

Wasu gwajin cututtukan zuciya

- Gwajin suga na jini
- Gwajin hawan jini
- Gwajin kitsen jiki

Ta yaya tarihin lafiyar dangi zai iya sakaku a haɗarin kamuwa da ciwon zuciya?

amfani da takardar aiki a shafi na gaba don ganowa.

Duba waɗannan shafukan yanar gizon don ƙarin bayani:

Nigerian Cardiac Society
https://www.cardiac-society.com
Kanu Heart Foundation
https://kanuheartfoundationng.com
Nigeria Hypertension Society
nigerianhypertensionsociety@gmail.com

Menene haɗarin ka na kamuwa da Ciwon Zuciya?

Nawa daga cikin danginku a matakin farko da aka lissafa daga hannun dama aka gano suna da ciwon zuciya ko nau'in ciwon suga na 2?

Mahaifiya
Mahaifi
'Yar'uwa (Ya ko ƙanwa)
Kanne ko yayu maza
'Diya mata
'Da (ko ɗaya maza)

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 1 ce ko fiye? (zagaye eh ko a'a)

Nawa ne daga cikin danginku a mataki na biyu da aka lissafa ta hannun dama aka gano suna da ciwon zuciya ko nau'in ciwon suga na 2?

'Yar'uwa da kuka hada Mahaifi ko Mahaifiya
'Dan'uwa da kuka hada Mahaifi ko Mahaifiya
Kaka ko kakanni maza
Inna (ko Goggo)
Kawu (ko Baffa)
'Dan ɗan'uwa
'Diyar ɗan'uwa

→ Shigar da jimlar lamban ☐ **eh** **a'a**

Shin amsar 2 ce ko fiye? (zagaye eh ko a'a)

Idan amsar itace eh ga ɗayan waɗannan tambayoyin, kuna da haɗarin kamuwa da ciwon zuciya.

Idan kana da ƙarin haɗarin kamuwa da ciwon zuciya, tambayi likitan ka game da yadda zaka iya kare kanka daga kamuwa da ciwon zuciya.

Muhimmin Bayani:

Samun Tarihin iyali na nau'in ciwon suga a gareka yana nuna cewan kanada haɗarin kamuwa da ciwon zuciya. Misali, Idan ɗaya daga cikin dangin da aka lissafa cikin akwatuna da ke sama aka ce an gano yana da ciwon zuciya, ko ciwon suga nau'i na 2, ko duka biyun, wannan dangin yana lissafe a matsayin dangi ɗa ya dake da haɗari a gareka.

Wasu shawarwari waɗanda zasu iya taimakawa wajen hana kamuwa da kuma gano ciwon zuciya.

Daina shan taba ko kuma kar ma ka fara:

- Haɗarin ka na kamuwa da ciwon zuciya yana raguwa da kashi 50% a shekara bayan ka daina shan sigari.

Yi magana da likitanku game da gwaje-gwaje:

- Yin gwajin suga, hawan jini, da kitsen jini akai-akai na iya taimakawa wajen gane matsala kafin ta zama nau'in ciwon zuciya.

Juya zuwa shafi na 16 zuwa 19 don ganin sauran shawarwarida salon rayuwa.

Shawarwarin Lafiya

Yanzu da ka ke da kyakkyawar fahimtar tarihin lafiyar danginku, za ka iya yin wasu abubuwa don rage haɗarin ka na kamuwa. Wannan shafin yana ba da shawarwari ne don ƙara dabi'unku masu kyau ga rayuwarku ta yau da kullum. Tabbatar ka faɗa wa iyalenka abin da ka koya!

Ka dinga cin yayan itacen marmari da Kayan lambu

Manya yakamata su sha aƙalla kofuna 2 na kayan lambu da yayan itace kofi 1.5 (daya da rabi) a kowace rana.

- Akwai hanyoyi da dama da zaku iya ƙara yayan itace a cikin abincinku, kamar sanya ayaba da aka yanyanka a cikin kunun masara ko fate fate.
- Sauya amfani da soyayyen dankali da kayan lambu kamar su kokwamba da gasasshen masara.
- Shiga adareshin yanar gizo na myplate.gov/eat-healthy/fruits domin ƙarin wassu sabbin shawarwarin abincin da ya fi dacewa da jimai ka, shekarun ka, da matakin motsa jikin ka (ko tsinka jinin ka).
- Ta hanyar cin yayan itatuwa da kayan marmari da yawa ne zaku samu muhimman bitamin, kamar, phytochemicals (sinadaren shuka), sinadaren fiba, da antioxidants (nau'i na sinadaren hana cututtuka). Yayan itacen marmari da kayan marmari kuma suna da ƙarancin mai. Suna iya maye gurbin abinci me mai dayawa kamar shinkafa, tuwon rogo, sakwarar doya, da garrin kwaki, waɗanda ke taka rawa wajen kara ƙiba da nauyi a jikin mutum.

A dinga cin Sinadaren Fiba

Manya yakamata su cinye kusan gram 30-35 na sinadaren fiba a kowace rana.

- Za'a iya samun sinadarin fiba acikin abincin na nau'in shuka, kamar hatsi, kayan lambu, yayan itace, busasshen wake, wake, lansir da gyaɗa. Gwada cin kofi 1 (daya) na wake kowace rana. Cin ɓawon yayan itatuwa da kayan marmari, da kuma zabar abincin na nau'in hatsi gabaɗayansu ma babban hanya na samun sinadarin fiba ne!
- Sha ruwa da yawa don taimakawa hanji wajen sarrafa fiba.
- Fiba yana taimakawa wajen rage haɗarin kamuwa da ciwon zuciya ta hanyar rage kitse a jini. An kuma dangantashi da inganta aikin hanji.

Kasance Mai ƙwazo da yawan motsa jiki

Yi ƙoƙarin samun mintuna 30 don motsa jiki a yawancin kwanakin mako.Yawan kuzarin ku, yana da dagantaka da mafi yawan lafiyar da za kugani!

- Za'a iya kammala motsa jiki a lokaci ɗaya ko kuma a rarraba acikin yini. Ya iya zama matsananci, kamar tafiya da sauri, share gida, aikin lambu, ko hawan matakala.
- Rage yawan lokacin da kuke zama kowace rana na iya sa ku kasance cikin koshin lafiya.
- Motsa jiki akai-akai yana taimaka muku wajen rage ƙiba da kuma haɗarin kamuwa da cututtuka na yau da kullum. Kasancewa acikin ingantacciyar ƙoshin lafiya na ƙarfafa ƙasusuwa, tsokoki, da zuciya; yana rage hawan jini; ƙara karfi, daidaita suga a jini, da rage kitsen jiki.

Rage ko ka daina shan barasa ko giya

Idan baka shan barasa, to kar ka fara in kuma kana sha sai ka daina

- Matan da ke da junabiyu ko masu neman samun juna biyu kada su sha giya saboda shan giya na iya wa jariri illa.
- Yawan shaye-shaye yana da nasaba da cututtuka da dama na yau da kullun kamar diddigar hanta, ciwon saifa, rikicewar tunani, da cututtukan daji daban -daban, kamar na nono, hanta, da maƙogoro.
- Shan barasa mai yawa na iyaƙara kitse a cikin jini (triglycerides), yana iya haifar da hawan jini, gazawar zuciya, bugun jini, bugun zuciya mai jawo shanyewar gaɓa, da bugun zuciya mai janyo mutuwa.

Banda shanTaba

Gujewa shan taba.

- Idan kana shan sigari, magunguna da shawarwari na iya taimakawa domin dainawa. Yi shiri ka saka ranar barin shan taba. Faɗawa danginku, abokai, da abokan aikin ka cewa zaka daina kuma ka nemi shawaransu.
- Idan kina da junabiyu kuma kina shan sigari, dainawa na iya nisantar da ke daga matsalolin lafiya agare ki da jaririn ki.
- Shan taba yana da illa matuƙa,yana jawo ciwon dajin huhu da na baki. An kuma dangantashi da janyo ciwon zuciya
- Abu mai mahimmanci shine, akwai Karin wasu illoli dake shafar mutanen da suke zama tare da masu shan taba sigari koda su basa sha. Wanda wannan na iya yi musu illa, hatta ƙananan yara.
- Ziyarci shafin Ma’aikatar Lafiya ta tarayyar Najeriya a yanar gizo https://www.health.gov.ng/ don ƙarin bayani kan yadda ake daina shan sigari.

* Ana samun sinadarin phytochemicals a cikin koren shuka da kuma sauran kayan lambu; ana samun sinadaren antioxidants a cikin yayan itatuwa, kayan marmari, da hatsi. Shawarar da aka bada akan adinga cinsu saboda suna hana ciwon daji da wassu cututtuka. Ana iya samun ƙarin bayani game da yadda ya kamata aci kayan lambu na yau da kullum akan shafin:
Choose my plate, choosemyplate.gov/vegetables

Shawarwarin Gwaji

Ciwon Dajin Hanji-da-Dubura

Matsakaicin Matsala	Ƙaruwar Haɗarin
Gwaje –gwajen bahaya masu mahimmanci a kowace shekara farawa daga shekara 45. Yin hoton ciki na hanji a kowace shekara 10 farawa daga shekara 45.	Ga waɗandake da dangi a matakin farko da aka gano suna da dajin hanji a shekaru 60 ko kuma daga baya, yin hoton ciki na hanji a kowane bayan shekara 10 zai fara daga shekara 40. Ga waɗandake da dangi a matakin farko ko biyu da aka gano suna da dajin hanji a kowane shekara ko kuma dangi a matakin farko da aka gano suna da dajin hanji kafin shekaru 60, hoton ciki na hanji a kowacce shekara 5 zai fara daga shekaru 40 ko shekaru 10 kafin ganowa a jikin dangin farko.(ko kuma kowanne mataki da ya fara kasancewa).

health.gov.ng

American Cancer Society®

cancer.org
800-227-2345

Dajin Nono

Matsakaicin Matsala	Ƙaruwar Haɗarin
Yin hoton nono ashekara-shekara yana farawa tun tana da shekaru 45 kuma yana cigaba muddin mace tana cikin koshin lafiya ko kuma yadda likitanta ya bada shawarar.	Matan da ke da haɗari dangane da tarihin dangi ana iya bada shawarar su fara hoton nonon tun suna ƙarami da/ko kuma suyi hoton MRI na shekara-shekara banda yin hoton nono, kamar yadda likitansu ya bada shawara.

health.gov.ng

American Cancer Society®

cancer.org
800-227-2345

Dajin Mafitsarar Namiji

Matsakaicin Matsala	Ƙaruwar Haɗarin
In kun kai shekara 50, ku tattauna kuma ku yanke shawara game da binciken dajin mafitsarar namiji (kansar prostate) tare da likitan ku. Ya kamata a tattauna rashin tabbas, haɗari da fa'idar yin gwajin ciwon dajin mafitsarar namiji (kansar prostate).	Mazan da ke da dangi a matakin farko da aka gano kafin su kai shekaru 65 yakamata suyi wannan tattaunawar tun suna Ɣan shekara 45. Maza da ke da dangi a matakin farko fiye da ɗaya da aka gano kafin su kai shekaru 65 yakamata suyi wannan tattaunawar tun suna Ɣan shekara 40.

health.gov.ng

American Cancer Society®

cancer.org
800-227-2345

Ciwon Suga nau'i na 2 da Ciwon Zuciya	Matsakaicin Matsala	Ƙaruwar Haɗarin
health.gov.ng American Diabetes Association. diabetes.org 800-342-2383 NIH National Heart, Lung, and Blood Institute nhlbi.nih.gov 301-592-8573 AHRQ Agency for Healthcare Research and Quality ahrq.gov 301-427-1364	Gwajin suga na jini aƙalla bayan kowane shekaru 3, yana farawa daga shekaru 45. Gwajin kitsen jiki aƙalla bayan kowane shekaru 5, yana farawa daga shekaru 20. Gwajin hawan jini aƙalla kowane shekara 2, yana farawa tun yana ɗan shekara 18.	Gwajin suga na jini aƙalla bayan kowane shekaru 3 yana farawa tun yana ɗan shekara 18 ga waɗandake da haɗarin kamuwa da ciwon suga na 2 (nauyi ko ƙiba, tarihin salsalar iyali, rashin motsa jiki). Za'a buƙaci ƙarin gwajin kitse na jini akai-akai ko farawa tun yana ƙarami ga mutanen da ke cikin haɗari (mai shan taba, mai hawan jini, tarihin salsalar dangi). Za'a buƙaci ƙarin gwajin hawan jini akai-akai ga mutanen dake cikin haɗari cututtukan zuciya (da kuma mai shan taba, mai yawan kitsen jini, tarihin salsalar dangi).

Da fatan zaka tattauna tarihin lafiyar dangin ka tare da likitanka.

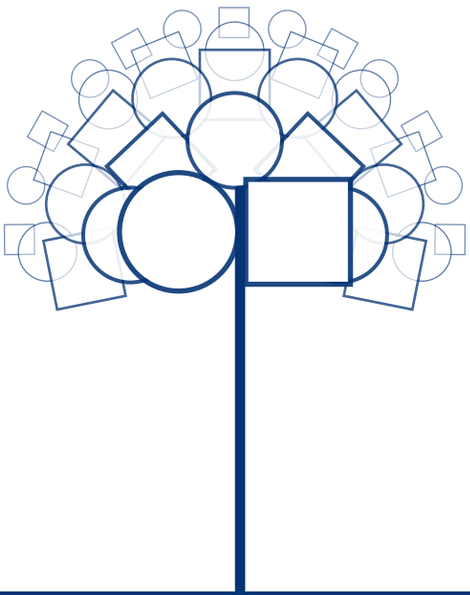
Bayyanan Tarihin Lafiyan Iyalin ka

Da fatan, bayan nazarin wannan kasida za ka samu ƙwarin guiwar karanta tarihin salsalar danginka. Wannan kasidar don ku ne muka yita saboda haka, ka rike ta naka ne. Da fatan za ka ji daɗin koya abin da kuka koya wa danginku da abokai. Ku tuna cewa tarihin salsalar lafiyar iyali da danginku yana iya canzawa wani loka ci, don haka ku tabbatar da kun ƙara wannan canjin a kasidar yayin da ake ƙara koyon abubuwa game da lafiyar danginku.

Muna fatan za ku yi magana da likitanku game da duk wata tambaya da kuke da ita. Likitanku ne mafi cancanta wajen duba tarihin lafiyar danginku kuma ya tattauna yadda zaku iya inganta lafiyarku da rage haɗarin kamuwa da cuta.

My Family Health Portrait shafin yanar gizo ne wanda zai taimaka muku wajen kula da lafiyar iyalai da danginku. Kuna iya kwafa da buga wannan kasidar tarihin salsalar lafiyar danginku kuma ku rabashi da sauƙi ga iyalinku da likita.

Ziyarci phgkb.cdc.gov/FHH/html/index.html don ƙarin bayani da yadda zaka fara!



Families
SHARE

National Human Genome Research Institute