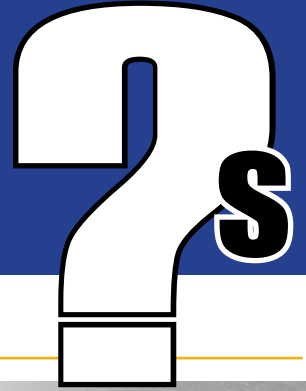


Cagaarshowga



Waa maxay cagaarshowga C ?

Cudurka feyruska cagaarshawga C (HCV) waa midka ugu badan ee cudurka kudhaca dhiigga Dalka Maraykanka. Feyruska cagaarshowga waxa uu cudurka ku ridaa unugyada beerka, kuwaaso uu ku waxyeelleeyo xinjiraha beerka. Cagaarshowga C waxa uu yahay midka inta badan wakhtigii hore la oran jiray cagaarshowga “non-A” iyo “non-B”. Qiyaastii cagaarshowga C waxaa u dhinta inta u dhaxaysa 8,000 ilaa 10,000 sanadkiiba sababo la xiriira cudurka kansarka ee beerka ku dhaca.

Sideebuu cagaarshowga C uu ku faafaa ?

Waxa uu cagaarshowga A iyo B uga duwanyahay in cagaarshowga C aanu lahayn tallaalka cudurka. Fayruska cagaarshowga C waxa uu ku faafa dhiigga iyo si aan badnayn galmada. Siyaabaha qatarka ay ku imaan karaan waa:

- Cirbadda darooga laysku duro (xita hal mar)
- Isticmaalka mashiinka kelyaha wasakhda ka saara ee muddada dheer
- Sharraxaaddajirka l ama lagu mud-mudo (qalab la sifeeyay iyo inta xabsiga lagu jiro)
- Lala galmoodo dhowr qofood ayaadoon la istimalayn salbatibo iyo xiriir cudurrada lays qaadsiiyo (STDs)
- Meesha laga shaqeeyo oo dhiig iyo cirbado leh

- Dhiig lagu shubay ama xibno lagu beeray 1992 kahor
- Iyaado ay ku dhashay hooyo leh cudurka HCV (qatar hoose)
- Daroogaada sanko laga wadaago

Maxay yihiin halisyada ka imaan kara cagaarshowga C ?

Sida laga soo xigtay Xarunta Koonotorolka iyo Kahortagga Cudurrada (CDC) ayaa sheegaya, cagaarshowga C waxa uu noqonaya infekshan dabadheeranayaa qiyaastii 55-85% kuwa uu ku dhacay fayruska cudurka. Guud ahaan cudurka waxa uu faafayaa into u dhaxaysa 10 ilaa 40 sanadood. Dad badan oo qaba infekshaka dabadheeraada ma oga in in uu fayruska jirkooda ku jiro ilaa ay ka jirradaan. Xaaladaha sida cirrhosis (unugyada hallaaba) iyo fibrosis maaha kuwa aan laga heln karin dadka qaba cudurka HCV. Xaaladahaan ayaa sii adkeenaya in beerku u sidiisa caadiga ah uu u shaqeeyo. Waxaa intaa sii dheer, sida cagaarshowga B, cudurka HCV waxa u la wadaaga in uu kugu dhici karo hepatocellular carcinoma, nooc kaansarka beerka gala.



HEPATITIS C
SUPPORT PROJECT

frequently asked

About Hepatitis C

Sideen ku ogaanaya in aan qabo cagaarwshoga C?

Shaqsiyaadka qaba cudurka cagaarshowga C inta badan war uma hayaan cudurkooda sababta oo ah **intooda badan ma arkaan caalaamado gaar ah**. Si kastaba ahaatee calaamadaha waxaa ka mid ah:

- Cuntada oo laga go'o
- Calool xanuun
- Kaadi madow
- Saxarada midabka dambaska leh (dhaq-dhaqaaq caloosha)
- Cagaarshow
- Shuban
- Daal
- lallabbo

• Hep C FAQ sheet •

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The information in this fact sheet is designed to help you understand and manage HCV and is not intended as medical advice. All persons with HCV should consult a medical practitioner for diagnosis and treatment of HCV.

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Tijaabada unugyada ka hortaga cagaarshowga C ayaa la helaa si lagu ogaado haddii uu uu abidkaa kugu dhacay fayruska cagaarshowga C. Qiyaastii 15-45% ee dadka uu cudurka ku dhacay iskood ayay isaga saarayaan cudurka (iska baxaya) ayadoon aan la qaadan wax daawa ah, laakiin badankooda waxa ay noqonayaan kuwo cudurkooda uu dabadheraado. Waxa intaa sii dheer in loo baahanyahay tijaabooyin lagu ogaanayo haddii aad qabtid viruska cagaarshowga C. Tijaabooyin kale waxaa lagu eegayaa sida uu u shaqeeyo beerku iyo qaabka la adeegsanayo oo wax ka taraya caalaamadaha iyo daaweynta marxaladah.

Ma jirta wax daaweya cagaashoga?

Haa. Waaxaa la hayaa daawo jirka ku caawisa in uu cadaadiyo taranka fayruska mararka qaarkood, fayruska waxa uu noqon karaa mid aan lagu arki karin dhiigga. Daaweynta ma aha mid uu qof kasta u bahaanyahay amaba loo sameeyay, marka waa in aad dhakhtarkaag kala hadashid waxa ku saabsan fursadaha aad leedahay. Xitaa haddii aad diidid in lagu daaweyo, waxaa weli jira waxyaabo badan oo kugu caawin kara si loo hubiyo in beerkaaga uu ahaado mid caafimaad leh. Yaraynta ama baabi'inta isticmaalka qamriga, yaraynta daawoyinka loo qaato xanuunka, la cuno cunto isku dheellitiraan, la helo nasasho badan, iyo jimicsi joogto ah waxa ay kugu caawin karaan in aad adiga iyo beerkaga aad noqotaan kuwa caafimad qaba.

Faahfaahin dheeraad soo booqo bogga interneta ee Waaxda Caafimaadka Minnesota www.health.state.mn.us