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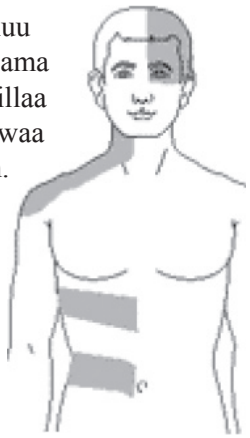
TALLAALKA SHINGLES

WAXAAD U BAAHANTAHAY IN AAD KA OGAATO

1 Waa maxay shingles?

Shingles waa furuuruc maqaarka ka soo baxa oo xanuun leh, badanaaba waa mid dhacaan uu ku jirro. Waxaa kaloo lagu magacaabaa Herpes Zoster.



Furuurica shingles-ku badanaaba wuxuu ka soo baxaa hal dhinac oo wajiga ah ama jirka wuxuuna hayaa qofka todobaad illaa 10 maalmood. Astaantiisa ugu weyni waa xanuun, kaasoo noqon kara mid daran. Astaamaha kale ee shingles-ka waxaa ka mid ah, qandho, madax-xanuun, qarqaryo, iyo calool kacsan. Marar dhif ah, infakshanka shingles-ku wuxuu keeni karaa koolbadi-aryo, dhibaato maqalka ah, indhabeel, maskaxda oo bararta (encephalitis) ama dhimasho.

Qiyaastii 1 qof 5 tiiba, xanuun daran ayaa sii hayn kara qofka marka uu furuurucu baabo'o ka dib. Tan waxaa la yiraahdaa **post-herpetic neuralgia**.

Shingles waxaa keena fayraska Varicella Zoster, kaas oo ah isla fayraska keena busbuska/hablo-baaska. Shingles wxuuu ku dhici karaa oo kali ah qof uu ku dhacay busbus –ama la siiyay tallaalka busbuska. Fayrasku wuxuu ku negaadaa jirkaaga. Waxaa uu soo bixi karaa sanado badan ka dib si shingles uu kuugu rido/dhaco.

Shingles kama qaadi kartid qof kale oo qaba Shingles. Sikastaba ha ahaatee, qof aan waligii **busbus** ku dhicin (ama aan la siin tallaalka busbuska) ayaa wuxuu busbus ka qaadi karaa qof qaba shingles. Tani ma aha wax aad caadi u ah.

Shingles wuxuu aad ugu badan yahay in uu ku dhaco dadka da' doodu tahay 50 iyo ka weyn marka loo fiiriyo dadka da'da yar. Waxaa kaloo uu aad ugu badan yahay dadka habka difaaca jirkoodu uu la nuglaaday cuduro sida kansarka, ama daawooyin sida steroids ama chemotherapy. Ugu yaraan 1 malyan oo qof ayaa sanadkiiba qaada shingles Mareykanka gudihiisa.

2 Tallaalka shingles

Tallaalka shingles-ka waxaa shati ogolaansho la siiyay 2006. Markii dadka lagu tijaabinaayay, tallaalku wuxuu ka hortegay shingles qiyaastii kala bar dadka da'doodu tahay 60 iyo ka weyn. Waxay kaloo hoos u dhigi kartaa xanuunka uu keeno shingles-ku.

Hal tallaal kali ah oo tallaalka shingles ayaa lagu taliyaa in la siiyo dadka waaweyn ee **jira 60 sano iyo ka weyn**.

3 Dadka qaarkiis waa in aysan qaadan tallaalka shingles-ka ama waa in ay sugaan.

Waa in uusan qaadan tallaalka shingles qofkii:

- waligiisba ay marna **kaga kacday cadaanyo** naftiisa halis gelisa **gelatin**, antibiyootik **neomycin**, ama **wax kasta oo kale oo ku jira tallaalka shingles-ka**. U sheeg dhakhtar kaaga haddii aad qabto wax cadaanyo ah oo daran.
- uu **habdhiska difaaca jirkiisu u nuglaaday/ tabardareeyay.**
  - HIV/AIDS ama cudur kale oo saameeya habdhiska difaaca jirka,
  - lagu daaweeyo daawooyin waxyeela habdhiska difaaca, sida steroids,
  - daawaynta kansarka sida shucaaca ama chemotherapy,
  - leh taariikh kansar waxyeela dhuuxa lafaha ama habdhiska qanjirada, sida cudurada leukemia (kansarka dhiiga iyo xubnaha dhiiga sameeya ku dhaca) ama lymphoma (qanjirada oo bukooda).
- qaba **qaaxo** markaa haysa, oo aanan la daawayn.
- **uur leh**, ama laga yaabo in uur jirro. Dumarku waa in ayan uur qaadin illaa laga joogo muddo saddex bilood markii lagu tallaalay tallaalka shingles-ka.

Qof qaba jirro fudud, sida hargab, waxaa laga yaabaa in la tallaali karo. Laakiin, qof kasta oo qaba jirro dhexdhexaad ah ama daran caadi ahaan waa in ay sugaan inta ay ka bogsanaayaan inta aysan tallaalka qaadan. Tan waxaa ka mid ah qof kasta oo heer kulka jirkiisu yahay 101.3°F ama ka sare.

4 Waa maxay khataraha ka iman karaa tallaalka shingles-ka?

Tallaal, sidii daawo kasta oo kale, wuxuu keeni karaa dhibaatooyin daran, sida cadaanyo daran oo uu kiciyo. Hase yeeshee, khatarta uu tallaal kastaaba ku keeni karo waxyeelo aad u weyn, ama dhimasho, waa mid aad u yar.

Ma jiraan wax dhibaatooyin culus ah oo tallaalka shingles-ka lagu arkay.

Dhibaatooyinka Fudud

- Guduudasho, xanuun, barar, ama cuncun meesha la muday (qiyaastii 1 qof 3 diiba).
- Madax-xanuun (qiyaastii 1 qof 70 kiiba).

Sida tallaalada oo dhan, tallaalka shingles-ka waa lala socdaa wixii aan caadi ahayn ama dhabaatooyin daran ah ee ka yimaada.

5 Ka waran haddii uu cadaanyo dhexdhexaad ah ama daran kiciyo?

Maxaan ku gartaa?

- Xaalad kasta oo aan caadi ahayn, sida qandho badan ama dabeecadda qofka oo isbedesha. Calaamadaha aad ku garan karto in uu cadaanyo ba'an kiciyay waxaa ka mid ah neefsashada oo dhibta, codka oo xirma, xiiq-layn/dhuunyeerin, furuurac cuncunleh, midabka oo isbedela, tabardarro, wadnaha oo aad u garaaca ama wareer. Waxyaabahani badanaaba waxay dhacaan dhawrka saacadood ee ugu horeeya tallaalka ka dib

Maxaan sameeyaa?

- **Wac** dhakhtar, ama qofka isla markiiba dhakhtar u gee.
- **U sheeg** dhakhtar kaaga waxa dhacay, saacadda iyo maalinta sidaasi dhacday, iyo goortii tallaalka la qaatay.
- **Waydii** dhakhtarkaaga, kalkaalisada caafimaadka, ama waaxda caafimaadka si aad u wariso cadaanyada uu kiciyay tallaalku adigoo buuxinaaya foomka Vaccine Adverse Event Reporting System (VAERS).

Ama waxaad warbixintan ku gudbin kartaa bogga internetka ee VAERS ahna www.vaers.hhs.gov, ama adigoo wacaya 1-800-822-7967.

VAERS talo caafimaad ma bixiso.

6 Sidee baan wax intaa ka badan u ogaan karaa?

- Dhakhtar kaagu wuxuu ku siin karaan warqadda la socota tallaalka ama wuxuu kuu sheegi karaa ilo kale oo aad warbixin ka heli karto.
- Wac waaxda caafimaadka ee xaafaddaada ama maamul goboleedka (state).
- La xiriir Xarunta ka Hortagga iyo la Dagaalanka Cudurada (CDC):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)**
  - Booqo bogga internetka CDC ee **www.cdc.gov/nip**

Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Immunization and Respiratory Diseases

Vaccine Information Statement (Interim)
Shingles (9/11/06) - Somali 42 U.S.C. § 300aa-26

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