

EDR149-SO

Ilmaha qaba Spina Bifida ayaa badanaa qaba baahiyaha cuntada oo ka duwan ilmaha facood ah ee aan qabin Spina Bifida. Tasmadaan waxay qeexaysaa khataraha bukaannada qaba Spina Bifida ay wajihi karaan marka laga hadlaayo cuntadooda, iyo faahfaahin ku aadan sida loo yareeyo khatarahaas.

Waa maxay tallooyinka ku aadan koloriyada ee carruurta qaba cilada Spina Bifida?

Kadib marka ay dhashaan, ilmaha qaba Spina Bifida ayaa caadiyan u baahan nus kamid ah Cadadka Maalintii Lagu talinaayo (Recommended Daily Amount, RDA) ee koloriyada ilmaha facood ah.

Waa maxay qaar kamid ah cuntooyinka lagu taliyay in la siiyo bukaannada qaba Spina Bifida si loo daboolo baahiyahooda nafada?

Kooxda Cuntada	Cuntooyinka lagu Talinaayo
Caanaha/badelka caanaha	Caanaha dufanka yar ama aan lahayn dufan, jiiska, yooqadka
Hilibka/barootiinnada	Cadadka hilibka/doorada ee jilicsan, si fiican loo karshay, ee jiirka ah Ukunta Miraha qalalan/subaga miraha qalalan Misirta
Raashinka	Raashinka Baalka leh
Khudaarta	Dhammaan -- muhiimada saar in ugu yaraan nus kamid ah cuntada aad cunayso noqoto mid khudaarta midabyada kala duwan leh!
Miraha	Dhammaan -- muhiimada saar midabyada kala duwan!
Dufanka/saliidaha	Saliidaha caafimaadka u leh wadnaha sida saliid saytuunka ama saliida afakaadhada

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If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at 651-229-3890.

Waa maxay qaar kamid ah caqabadaha ugu badan ee cuntada carruurta qaba cilada Spina Bifida?

Ilmaha qaba Spina Bifida ayaa wajahaaya khatarta dheeriga ah ee dibirada, lafaha daciifka ah, iyo cayilka badan.

Kahortaga Dibirada: Cunista Faybarka iyo Cabista Biyaha

Si aad uga ilaalisoo inuu dibiro, xaqiiji in ilmahaagu cuno faybar ku filan oo ku jirta cuntadiisa iyo inuu biyo cabo. Arag jadowalka hoose si aad u hesho cadadka faybarka maalin kasta la cunaayo oo lagu saleeyay da'da, iyo sidoo kale ilaha lagu talinaayo ee faybarka.

Kooxda Da'da	Inta Garaam ee Faybar ah Maalin Kasta
12-23 bilood	19
2-3 sanno	14
4-8 sanno	Ragga: 20; Dumarka: 17
9-13 sanno	Ragga: 25; Dumarka: 22
14-18 sanno	Ragga: 31; Dumarka: 25

Kooxda Cuntada	Cuntooyinka Faybarka Badan leh (oo leh ugu yaraan 4 garaam calaa cunto) xajmiga cuntada = 1 koob, ilaa in si kale la amro maahee
Hilibka/barootiinnada	Digirta (0.5 koob), flaxseed-ka dhulka (2 qaadooyinka), salbukada (0.5 koobabka), digirta sooyada (0.5 koob), miraha chia (1 wiiqiyad)
Raashinka	Buunshaha soorta (0.5 koob), boorash, qaloon, quinoa (0.5 koob), baastada qahamdiga baalka leh
Khudaarta	Digirta cagaarka ah, barakooli, Brussels sprouts, bataati macaan, kaaroodka, ansalaato cagaar, snow peas, koostada, gabal qariyaha
Miraha	Tufaax diirkiisa leh (1 dhexdhexaad ah), oranji (1 dhexdhexaad ah), beeriga, hohobta (1 dhexdhexaad ah), afakaadhada (1 dhexdhexaad ah), dhulaan-dhulowga, guava, miraha baashonka (0.25 koob)

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Lafaha Adag: Kaalshiyaamka iyo Feetamiin D ga

Si looga caawiyo la dagalaanka khatarta lafaha daciifka ah ee bukaannada qaba spina bifida, cuntadadooda waa in lagu daraa kaalshiyaam iyo feetamiin D ku filan.

Da'da	Kaalshiyaamka loo baahan yahay maalin kasta (oo lagu cabiray mg)	Feetamiin D ga loo baahan yahay maalin kasta (oo lagu cabiray IU)
0-6 bilood	200	400
6-12 bilood	260	400
1-3 sanno	700	600
4-8 sanno	1000	600
9-13 sanno	1300	600
14-18 sanno	1300	600

Miisaanka Caafimaadka leh: Faybarka, Barootiinka, Raashinka Guud, Miraha, iyo Khudaarta

Dadka qaba spina bifida ayaa wajahaya khatar dheeri ah oo ku aadan inay aad u cayilaan ama aad u buurtaan. Khatartaan ayaa xataa dheeraad u sii ah dadka sidoo kale qaba xanuunka neef xiranka xiliga hurdada. Waa muhiim inaad joogtayso cunto ay ku jiraan faybar badan, barootiinka, raashinka guud, miraha, iyo khudaarta* si aad u lahaato miisaan caafimaad leh. Hoos ka eeg faahfaahin dheeri ah oo ku aadan khataraha gaarka ah oo lagu saleeyay da'da.

- **Ilmaha dhashay Ilaa da'da 2 sano:** Waxay khatar ugu jiraan kororka gaabiska ah ee miisaanka iyo nafaqada aan ku filnayn. Ilaa da'da 4 sano jir, inta badan ilmaha ayaa laga filayaa inay raacaan jaantuska kobaca ee CDC.
- **Da'da 3-5 sanno:** Marka ilmuhu maraayo 4 jir, kororka baruurta iyo hoos u dhaca hilinka jirka (murqaha) ayaa bilaabanaaya, taasoo keenaysa in hoos loo dhigo koloriyada ilmuhu cunaayo maalin kasta. Tan ayaa caadiyan dhacda marka aan aragno kobaca hoos u dhacaaya ee jooga, taasoo hoos u dhigaysa koloriyada la adeegsado maalin kasta.

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- **Da'da 6-12 sanno:** Marka jimicsiga jirku yaraado, waxaa jirta khatar wayn oo ah jajabka lafaha. Xaqiiji in ilmahaagu uu qaadanaayo kaalshiyaam iyo feetamiin D ku filan si loo yareeyo khatartaan.
- **Da'da 13-17 sanno:** Haddii miisaanka ilmaha aan si sax ah loo maamulin, waxay keeni kartaa kororka dhibaatooyinka neefsiga iyo sidoo kale khatarta badan ee nabarada/dhaawacyada cadaadiska.

**Haddii qofka qaba spina bifida uu xasaasiyad ku qabo latex, markaas wuu iska yareyn karaa miraha iyo khudaarta qaarkood. Miraha/khudaarta heerka ugu sarreeya ee xasaasiyada abuuri kara waxaa kamid ah: mooska, dhangaloowga, afakaadhada, baradhada, geed ukumeedka iyo barbarooniga.*