

Caabuqa-siilka

Somali

Caabuqa-siilka (*vul-vo-vaj-ee-night-is*) waa barar ama xasaasiyadda siilka iyo debnaha (agagaarka dusha sare ee xubinta taranka dheddigga). Caabuqa-siilka ee fudud ah waa dhibaato guud, qaar ka mid ah caruurto waxaa ku dhici kara caabuqa-siilka marar badan. Ka dib marka la gaaro qaangaaridda, inta badan aad uma dhaco caabuqa-siilku.

Xaaladaha badankood, caabuqa-siilku maahan dhibaato halis ah waxaana badanaa hagaajiya talaabooyinka fudud ee guriga ah. Badanaa wax daaweyn ama baaritaanno looma baahna.

Calaamadaha iyo astaamaha Caabuqa-siilka

Haddii ilmahaagu qabo caabuqa-siilka, waxay qabaan:

- cuncunka ka yimaada siilka
- dheecaanka qaarkiis oo siilka ka yimaaada
- guduudashada maqaarka u dhexeeya dibnaha dibedda ee siilka (labia majora)
- gubasho ama cuncun markay kaadshayaan (haystaan kaadi).

Maxaa sababa ciladda caabuqa-siilka?

Inta ilmahaagu yar yahay, maqaarka dusha sare ee siilka iyo debnaha wuxuu noqon karaa mid khafiif ah, taasina waxay u horseedi kartaa in si fudud loo xasaasin karo. Sayaxa ama qoyaanka ku wareegsan debnaha ayaa sidoo kale keeni kara caabuqa-siilka - taas waxaa uga sii dara dharka giigsan ama shiisanaanta. Sababta kale ee keenta caabuqa-siilka waa kiciyeyaasha, sida haraaga saabuunta, barkada qubeyska iyo antiseptics-ka.

Gooryaanka (Threadworms) marmarka qaarkood waxay keenaan ama uga sii daraan caabuqa-siilka. Carruurta qabta gooryaanka Threadworms ayaa badanaa habeenkii is-xoqa. Haddii cuncunku uu yahay calaamadda ugu weyn, markaa waxaad u baahan kartaa inaad ilmahaaga ka daaweyso gooryaanka (Threadworms). Eeg xaashida macluumaadka ee [Gooryaanka](http://rch.org.au/kidsinfo/fact_sheets/Worms) (rch.org.au/kidsinfo/fact_sheets/Worms).

Daryeelka guriga ah

Inta badan xaaladaha fudud ee caabuqa-siilka, waxaad ilmahaaga ku daryeeli kartaa guriga adoon u tagin dhaqtarka. Ilmahaaga ku adkee inaanay u baahnayn inay walwalaan, maadaama caabuqa-siilka yahay dhibaato caadi ah iyo qayb ka mida koritaanka.

Isku day inaad ka fogaato waxyaabaha ' caabuqa-siilka uga sii dara.

- Hoos ka gasho dharka suufka ah ee dabacsan iskana ilaali Jiiniska giigsan iwm.
- Haddii ilmahaagu miisaan culus yahay, raadso talo ku saabsan sida loo ilaaliyo miisaanka caafimaad oo leh cunto iyo jimicsi.
- Haku isticmaalin saabuun badan qubayska, oo hubso in saabuun kasta si fiican looga biyo-raacshey debnaha laga soo bilaabo. Ka fogow xunbada qubeyska iyo alaabta bakteeriyada looga hortago.

Dadka qaarkood waxay ka helayaan qubayska khalka mid waxtar leh. Ku dar nus koob oo ah khal cad qubayska soo-dhow kuna rid 10 ilaa 15 daqiiqo. Samee sidaas maalin kasta dhowr maalmood oo arag haddii ay ka caawiso

Kiriimyada raaxada leh (tusaale ahaan, paraffinka jilicsan, kareemka nabarada ee -jilicsan) waxay kaa caawin karaan yaraynta xanuunka, iyo sidoo kale in maqaarka laga ilaaliyo sayaxa ama wixii dheecaaan ah, taas oo kicin karta xanuunka.

Waad ku soo celin kartaa talaabooyinkan fudud haddii dhibaataadu soo noqoto.

Goorta la arkayo dhaqtarka

Gee ilmahaaga dhaqtarka haddii:

- Caabuqa-siilka uu dhibaayo ilmahaaga - dhaqtarku wuxuu kugula talin karaa in laga qaado muunad si loo baaro, hase ahaatee natiijooyinka maaha kuwo had iyo goor wax caawin kara.
- Ilmahaagu wuxuu qabaa xaalad daran oo ah caabuqa-siilka, dheecaan dhiig-wata, ama dhibaatooyin kale ee maqaarka – dhaqtarku wuxuu u gudbin karaa dhaqtarka caruurta ama takhasusle kale si maareyn dheeraad ah loo sameeyo.

- Ilmahaagu wuxuu leeyahay xummad iyo xanuun marka uu kaadinaayo – dhaqtarku wuxuu rabaa in uu baaro infekshinka kaadid-mareenka. Eeg xaashideena macluumaadka ah ee ku saabsan [infecshanka kaadi-mareenka](http://rch.org.au/kidsinfo/fact_sheets/Urinary_tract_infection_UTI). (rch.org.au/kidsinfo/fact_sheets/Urinary_tract_infection_UTI).

Qodobbada muhiimka ah in la xusuusto

- Caabuqa-siilka ee sahlani waa dhibaato caam ah.
- Waxaa dhici karta inay hadda iyo dib usoo noqoto, hase ahaatee way soo hagaagi doontaa marka ilmahaagu sii weynaadoba.
- Badiba xaaladaha fudud, ma jirto daaweyn caafimaad ama baaritaanno lagama maarmaan ah.
- Iska ilaali waxyaabaha uga sii dari kara Caabuqa-siilka, sida dharka hoosta oo ciriiriga ah iyo kuwa cuncunka leh sida saabuunta.

Macluumaad dheeraad ah

- Macluumaadka Caafimaadka Ilmaha: [Gooryaanka](http://rch.org.au/kidsinfo/fact_sheets/Worms) (rch.org.au/kidsinfo/fact_sheets/Worms)
- Macluumaadka Caafimaadka Ilmaha: [Daryeelka maqaarka Debnaha ee carruurta](http://rch.org.au/kidsinfo/fact_sheets/Vulval_skin_care_for_children) (rch.org.au/kidsinfo/fact_sheets/Vulval_skin_care_for_children)
- Macluumaadka Caafimaadka Ilmaha: [Daryeelka maqaarka Debnaha ee kureyada](http://rch.org.au/kidsinfo/fact_sheets/Vulval_skin_care_for_teenagers) (rch.org.au/kidsinfo/fact_sheets/Vulval_skin_care_for_teenagers)
- Macluumaadka Caafimaadka Ilmaha: [Infecshanka Kaadi-mareenka](http://rch.org.au/kidsinfo/fact_sheets/Urinary_tract_infection_(UTI)) (rch.org.au/kidsinfo/fact_sheets/Urinary_tract_infection_(UTI))
- Macluumaadka Caafimaadka Ilmaha: [Nafaqada — da'da dugsigu ilaa qaangaarka](http://rch.org.au/kidsinfo/fact_sheets/Nutrition_older_children) (rch.org.au/kidsinfo/fact_sheets/Nutrition_older_children)
- Arag dhaqtarkaaga ama dhaqtarka carruurta.



Waxaa soo diyaariyay The Royal Children's Hospital isagoo taageero ka helaya Dawlad-goboleedka Victoria Government rch.org.au/kidsinfo

Dib-u-eegidda 2018

Kids Health Info waxaa taageera The Royal Children's Hospital Foundation. Si aad ugu deeqdo, ka eeg rchfoundation.org.au

Afeefta

Macluumaadkani maaha inuu beddelo wada hadalka dhaqtarkaaga ama xirfadlaha daryeelka caafimaadka. RCH wuxuu sameeyey dadaal macquul ah si loo hubiyo in macluumaadkani uu sax yahay wakhtiga daabacaadda. RCH kama ahan mas'uul wixii khalad ah, isfaham la'aan, ama guusha daaweyn kasta oo lagu xusay qoraalladan. Macluumaadkan si joogto ah ayaa loo cusboonaysiiyaa. Had iyo jeer hubi oo hubi in aad haysato macluumaadkii ugu dambeeyey.