

## Xannaanada Hooyada



Xannaanada hooyo waxay aad lagama maarmaan u tahay caafimaad kaaga iyo tan dhallankaaga. Inta adan hooyo noqon xitaa waa muhiin in ad nadaafadda caadaysato. Haddii ad doonayso in ad uur qaaddo waa in ad maalin walba qaadataa dawada la yidhaahdo Folic Acid si ad u yareyso dhallanka oo kaa xumaada. Waxaa kale ed iska ilaalisaa in adan cabbin khamri, sigaar iyo droogo inta ad doonayso uur in ad yeelato, kuna dadaal in ad cunto raashin dheellitiran ee nafaqo leh.

Marka ad garato in ad uur leedahay, waxaa lagama maarmaan ah in ad ku dhaqaaqdaa sida ugu dhaqsida badan xanaanada hoyonnimo. Waxaad si weyn u garan kartaa dhibaatooyinka uurka uu keeno marka ad si xidhiir ah ula socoto dhakhtar si ad u hubiso Ilaahay Idankii in ad natiijo wanaagsan ka gaarto dhallaankaaga.

Marka ugu horreysa waxaad eegaysaa dhakhtarkaaga bishiiba mar, markuu uurkaaga gaaro laba iyo soddon wiigna waxaa lagu eegayaa labadii wiigba mar, ugu dambayn markii uurkaaga lix iyo soddon jirsadona waxaa lagu eegayaa wiiggiba hal mar. Sidatan waxay hubinaysaa in wax walba si wanaagsan kuugu socdaan adiga iyo dhallaankaagaba in ta ad xaamilada tahay oo idil. Dhibaatooyin badan oo adiga iyo dhallaankaaga khatar galin kara ayaa dhaqsi loo heli karaa loona daweyn kara hadii uu si xidhiir ah dhakhtarkaaga kuula socdo in ta ad xaamilada tahay oo dhan.

Dhakhtarkaaga wuxuu kuu billaabi doonaa vitaminno u wanaagsan hooyonnimadaada, mid folic acid leh iyo macaadin fara badan oo uu

dhallaankaaga u baahan yahay. Dhakhtarka wuu cabbiri doona dhallankaaga si uu u hubiyo in korriimada iyo da'da ay isle'egyihiin. Dhiiggaaga iyo kaadidaada waa la baari doona iyo dhallaankaaga wadnahiisa. Aad baa loogu riyaqaa dhageysiga garaaca wadnaha dhallanka. Baaritaannadan oo idil aad bey muhiim u yihiin eegitaankooda waxayna kugu caawinayaan in adiga caafimaadkaaga iyo badbaadada dhallankaaga ay wanaagsanaadaan.



Xajinta ballamada xidhiirka ah ee hooyada waxay abuurtaa isafgarad dhex mara adiga iyo dhakhtarkaaga ama rugta caafimaadka in ta adan gaadhin dhalitaanka, taas oo kaa baabi'inaysa cabsida. Waxay ku siinaysaa fursad ad ku weydiiso su'aalo ilaa iyo inta jidhkaaga, dareenkaaga iyo heerkaaga ay wax iska beddelayaan. Waxaad heli doontaa su'aalo kuu gaar ah ee ku saabsan jirdhiska, culays dheerida iyo dhibaatooyinka uurka uu leeyahay. Dhakhtarkaaga wuxuu ku fari doonaa in ad ka fogaatid khamriga, sigaarka iyo daroogada taas oo aad muhim u ah marka ad uurka leedahay. Dhakhtarka wuxuu kugu geesinnimo galinayaa in ad si wanaagsan wax u cunto sida proteinka, kalshiumka iyo ironka maalin kasta.

Waxaa jira gargaar hore iyo mid joogta ah ee badan oo ay leedahay xannaanada hooyonnimo ee adiga iyo dhallankaaga.

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