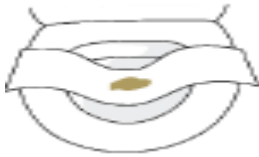


Tilmaamaha qaadashada tismada saxarada



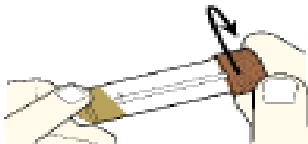
Qaad saxarada
Isticmaal warqadda uruurinta ama weel si
fiican u nadiifsan.



Ka fur dusha sare ee tuubada tismada yar.
Qaado ayaa ku dheggan xagga sare.



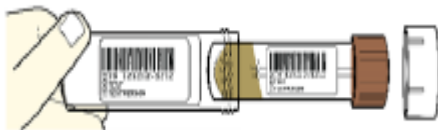
Adigoo isticmaalaya qaadada, u wareeji
saxarada dhanka tuubada muunada yar.
**Ka buuxi tuubada qiyaastii rubuc buuxa
oo muunada saxarada ah.**



Si taxadar leh ugu marooji dusha tuubada
muunada yar.



Ku calaamadee labada tuubo lambarkaaga
aqoonsiga oo buuxa, magacaaga, iyo
taariikhda iyo wakhtiga muunada. Isticmaal
calaamadaha uu ku siiyay bixiyaha xanaanada
caafimaadkaaga.



Geli tuubada muunada yar dhanka tuubada
weyn oo ka marooji xagga sare.



Sii muunadda bixiyaha xanaanada
caafimaadkaaga sida ugu dhakhsaha badan.
Tuunbada Ku kaydi qaboojiyaha illaa markaas.
Fadlan soo qaado aqoonsi sax ah.

Qaybta ka masuulka ah:

.....

Wixii su'aalo ah ee ku saabsan muunad samaynta, fadlan la xidhiidh:

.....

U gee muunada:

.....

Cilmiga Baaraha Noolaha Ee Rugta ee Degmooyinka Kronoberg iyo Blekinge

Macluumaadkan waxaa soo saaray oo diyaariyey saynisyahanka shaybaadhka caafimaadka Pan Faraj iyo saynisayahanada cilmiga baaraha noolaha ee Anna Pregiel.

Waxaa dib u eegay la-taliyaasha Per Rydström iyo Christina Bojesson.

Waxaa ansixiyay Oskar Ekelund, la taliyaha iyo agaasimaha caafimaadka ee kiliinikada cilmiga baaraha noolaha ee Kronoberg iyo degmada Blekinge.