

Obulwadde bwa Sickle Cell kyeki?

Eno ye mbeera enzibu ennyo mu bulamu bw'omuntu ng'eva ku buzaaliranwa mu musaayi gwabazadde bombi!

Abazade bombi bwebaba n'obutofaali obulwaza "sickle cell" mumusaanyi gwabwe, bayina omukisa gumu (1) kw'ena (4) ku buli lubuto okuzala omwana omulwadde wa "Sickle Cell" (SS). Omukisa gume (1) kw'ena (4) ku buli lubuto okuzala omwana atayina bulwadde (AA). Ate bayina emikisa ebiri (2) kw'ena ku buli lubuto okuzala asitudde akasayi ka "Sickle Cell" (AS).

Olw'okuba Mu "Uganda" abantu abiri kubuli kikumi (20%) balina obutofaali obulwaza "sickle cell," kiteeberezebwa nti abantu obukadde mukaaga (6,000,000) bebasobola okuzaala yo omwana abulina era buli mwaka abaana emitwalo esatu (30,000) bazaalibwa n'obulwadde buno! Ekyakabi ebitundu kiinana ku kikumi(80%) kubaana bano bafa tebanaweza myaka etano.

Byetulina okugoberera mu maka gafe:

- Abaana baweebwenga eddagala eliyamba omusaayi buli lunaku.(Folic Acid)
- Omulwadde ofunenga eddagala eriziyiza omusujja buli sabiiti oba mwezi ng'omusawo bwaba alungamizza, olwegulo besiige obuzigo obugoba ensiri ate basulenga mu butimba obulimu eddagala ly'ensiiri.
- Abalwadde banywe nnyo buli lunaku wa kiri "litre" Satu (3) obato ate Taano (5) abakulu.
- Langi y'ebibatu, emimwa n'olulimi byekeneyezebwe buli lunaku era bw'efuuka njeru, kyenvu oba nsiiwufu addusibwe mangu mu ddwaliro eddene.
- Anywe ebikoola bya ovacado oba ebibala ebityibwa "beet root" omulundi gumu buli mwezi esatu omukulu ate gumu mu myezi ebiri omuto. "Beet root" asinga kukola bulungi nga mubisi.

Bino byazulibwa abalwadde n'abazadde.

- Byongera enkola y'omusaayi mumubiri (nnyonyola nga bwe bikolebwa).
- Ebbugumu bweriyitirira, omulwadde aweebwe "paracetamol" era addusibwe muddwaliro. Obulumi bwebumweyongera, bulijo zuula kwekivudde, katugambe: kiki eky abaddewo mu
- saawa abirimunnya (24) emabega?
- Eddagala eriyambako mu kukola omusaayi nga Heamup, Fero B, Heamphote Ferrous, siddungi kumuwa, okujjako nga kizuulidwa nti omubirigwe tegukyasobola kwekolera musaayi gugumala
- Owa (SS) bwaba olubuto alina okunywa eddagala mudwaliro erya "sickle cell" n'ery'abembuto.
- Empewo n'obunyogovu byongera obulumi mu mubiri gw'omulwadde.
- Okutawanyizibwa mubirowoozo gamba ng'okunyiiigira ebbanga eddene ("Stress") kibi nnyo kumulwadde wa "sickle cell."
- Okukola ennyo n'oyenjebuka sikirungi ku wa "sickle cell." (Exhaustion)
- Essanyu ob'entiisa nga binji bya bulabe eri omulwadde. (Anxiety/Excitement)

Bino bikoleka awaka kumulwadde

munaku bbiri:

- Amire empeke ezikakanya obulumi.
- Annywe nnyo naye ebitatamizza.
- Awumulire ddala ekiseera ekiwera.
- Avumbe akiwero ekibuguma awasinga okumuluma.
- Wade ng'obulumi tebuguminki- rizika, tebutta wabula ekibuleeta.

Embeera obutasajjuka:

(a). Sing'omuntu aba takyasobola kwanbuka lusozi oba madaala mu bwangu, yesaleko enjendo empanvu n'okutambuza ebigere. Yewewule kubanga ayinza okulwala (Hipnecrosis) obulwade obw'amaanyi.

(b). Omusajja okulumwa ennyo ng'afunye ammanyi ge kibi era kijanjabibwa bakugu addusibwe mu dwakiro mangu. (Omusajja okuyimuka obusajja nebulmerayo okumala enaku biri)

(c). Ekiwundu kyonna ku kakongovule kijanjabirwewo, kyandifuuka kookolo.

(d). Akabengo k'omwana omuto kabeera wansi

w'embirizi eza kkono era kalina okubeera n'ekigero kimu buli lunaku bwekawulirwa nti kagegya nga bamunaaza atwalibwe mangu mudwaliro.

(e). Kikulu nnyo omulwade okwekebejebwa buli luvanyuma lw'emwezi esatu.

(f). Kikulu nnyo okwetangira obulwadde bwonna obuyiiza okuva ku bantu abalala oba ebisolo ng'omusajja, akafuba na kawuka ka silimu.

Ebikulu nga tulera n'okukuza aba "Sickle Cell".

- Balwozebweko ekyenjawulo naye nga baweebwa enkizo yemu mubuli kimu naddala mu by'engigiriza mu maka gaffe.
- Tebalina kususutibwa nnyo, kiyinza okubafuula ba kalikyejo ateng'obulamu bw'abazadde tebuberera.

Obutayonooneka mangu, erimu ku ddembe ly'abaana aliragibwe nga ng'awezezza emyaka kuminamunaana (18)

- era balina okutendekebwa ng'abobuvunanyizibwa balemenga okwefeebya n'okunyomebwanga banaabwe.
- Balina okuyigirizibwa okwekolera basobole okutuukananga n'embeera y'obulamu obwa buligyo.

Mu "Uganda", omwana asobola okulama kwasukka emyaka etaano (5) era obulwadde buno tebuwonyezeka, wabula obulamu busobola okulongooka singa weyunga ku kibiina kya "Sickle Cell Association of Uganda" tukolaganire wamu era webuzeenga ku bakugu buli lw'ofuna ekizibu.

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