

Ɓe joginni

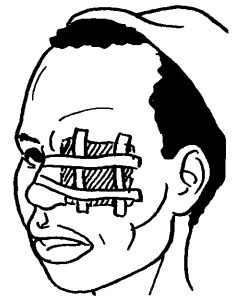
Ɓe joginni suguya be ka kan ka jate faratiba ye, barisa a be se ka mogo ke fiyento ye. Hali jogindamisenni, ni u ma furake jooa ka Ɓe, o be se ka ke sababu ye ka mogo ke fiyento ye.

Ni joginda juguyara kosebɛ fo ka se Ɓefin ma, o ye faratiba ye.

Ni bolokuru sera Ɓe ma ka joli sigi a kɔɔ, o ye faratiba ye (aw ye seben Ɓe 353 laɛ). Ni dimi juguyara tile dama dama kɔfe, o be se ka ke Ɓenatansiyɔn juguman ye (seben Ɓe 350 laɛ).

A furakecogo

- Ni a tigi be yelike ni Ɓe bananen ye halisa, aw be a furake ni Ɓedimitulu ye (aw ye seben Ɓe 564 laɛ). Aw be o Ɓe datugu ni bandi sanuman ye walima ni fini feɣenman sanuman ye. Ni Ɓe in ma keneya tile kelen walima tile fila kɔɔ, aw be taa ni a ye dɔgɔɔɔso la.
- Ni a tigi te yelike ni Ɓe Ɓedimito ye, ani ni joginda ka dun walima ni joli sigilen don Ɓe kan (aw ye seben Ɓe 353 laɛ), aw be Ɓe datugu ni fini sanuman ye ani ka taa ni a ye dɔgɔɔɔso la jooa. **Aw kana aw digi Ɓe kan abada.**
- Aw kana a Ɓini ka kala turulen sama ka bo Ɓe na abada. O la aw ka kan ka taa jooa dɔgɔɔɔso la barisa dɔgɔɔɔ dɔɔɔn de be se ka o ke.



Nogo bɔcogo Ɓe na

Aw ye a Ɓini a tigi fe, a ka a Ɓe datugu, ka a yeɛ, ka tila ka a yeɛma ka taa kini ni numan fe, sanfe ani duguma. O be a to Ɓeji be bo, o la nogo be laban ka bo a yere ma.

Tuma dɔw la mogo be se ka a Ɓe ko ni ji caman ye walasa ka nogo labɔ. Nogo be se ka bo Ɓe kɔɔ fana ni fini sanuman ye walima kɔɔrimugu Ɓiginnen. Ni nogo be Ɓegolo sanfeta kɔɔ, aw be a woloki ni alimeti kala ye i n'a fo aw Ɓe be ja in na cogo min. O la, a tigi ka kan ka dugumana file.



Waati do la nogo be sigi Ɓe kere la.

Ni nogo nɔɔɔla Ɓe na cogo do la, ko a te se ka bo, aw be Ɓedimituluni ke Ɓe na, ka bandi ke ka a datugu o ko ka taa ni a ye dɔgɔɔɔso la.

Ni segejiw donna Ɔɛ kɔɔ

Asidiji, segekataji (kataniji), esansi, ani fɛnɛnamafagalan ye faratiba ye Ɔɛw ma. Aw be aw Ɔɛ dayelɛlen to, ka a ko ni ji sanuman sumalen caman ye. Aw ye a ko fo miniti 30, walima fo aw yɛɛ ka a dɔn ko a teka aw jeni tuguni. Aw kana a to ji ka don Ɔɛ tɔ kelen na.



Ɔɛ bilenni ni Ɔɛdimi sababu

Ɔɛ bilenni ni Ɔɛdimi sababu be bɔ fɛn caman na. U sababu dɔnni be a furakeli nɔɔɔya; o la, aw be taamasijɛw jatɛmine ka Ɔɛ. Nin katimi bɛna aw demɛ ka a sababu dɔn.

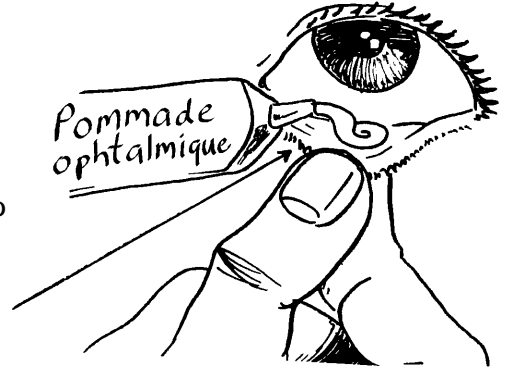
<p>Fɛn dɔ binna Ɔɛ na (bɔɔɔ, walima fɛn wɛɛ) (sɛbɛn Ɔɛ 345)</p>	<p>Tuma dɔw la, o be ke Ɔɛ kelen de la; Ɔɛ bilenni ni Ɔɛ dimi be taa ka segin.</p>
<p>Sisi walima jimafɛn minnu be fiɛɛ bila Ɔɛ na (sɛbɛn Ɔɛ 346)</p>	<p>Ɔɛ kelen walima a fila bɛɛ; Ɔɛ bilenni ni Ɔɛ dimi be taa ka segin.</p> <div data-bbox="757 1022 920 1116" data-label="Image"> </div>
<p>ApoloƆɛdimi (sɛbɛn Ɔɛ 347) Binjalan ɔɔɔɔɔ Ɔɛdimi (Ɔɛdimi min sababu ye ɔɔɔɔɔ ye, sɛbɛn Ɔɛ 271) Bugun (sɛbɛn Ɔɛ 347) Ɔɔnisa (sɛbɛn Ɔɛ 462)</p>	<p>Tuma caman, Ɔɛ fila bɛɛ (a be se ka damine walima ka juguya o ɔɔɔɔɔ bɛɛ la) Ɔɛ kɛɛɛɛɛ dɔɔɔɔɔ be bilɛn A dimi man jugu tuma dɔw la</p>
<p>Bugun jugumanba (sɛbɛn Ɔɛ 350) Ɔɛjalɛndimi (sɛbɛn Ɔɛ 349) Birintili walima joli Ɔɛ yeelɛndonda la (sɛbɛn Ɔɛ 352)</p>	<p>Tuma dɔw la Ɔɛ kelen dɔɔɔɔɔ Yeelɛndonda be bilɛn A dimi ka jugu tuma dɔw la</p> <div data-bbox="762 1510 920 1603" data-label="Image"> </div>

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A furakecogo

- Aw be fəɓɓ ka nɔɔɔɔ bə ɲe na ni fini sanuman ɲiginnen dɔ ye jikalan na.
- Aw be sɔɔɔ ka ɲedimituluni (*pommade ophthalmique*) ke a la. Aw be duguma ɲegolo yeɓe ka tuluni ke a kɔɔɔ i n'a fɔ aw ɲe be ja la cogo min. Nka aw kana tuluni ke ɲegolo sanfe, o te mako ɲe.
- Kunnafoɲi nafama: Aw kana tulubarani se ɲe ma abada.



Yeretangacogo ɲejalandimi ma

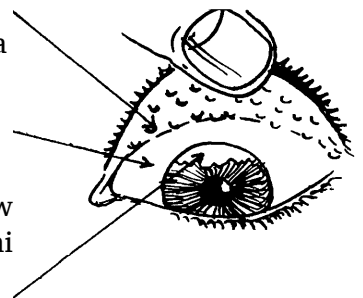
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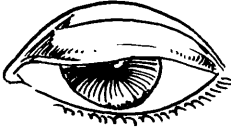
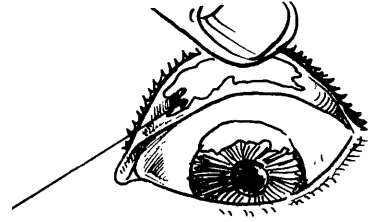
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A taamasijɲew

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- Kalo kelen walima kalo caman kɔfe, kurukuru bilenni caman be falen ɲefara kɔɔɔ minnu be wele folikili (*follicules*) tubabukan na. Walasa ka u ye, aw be ɲefara kɔɔɔta, i n'a fɔ ja in be a jira cogo min (seben ɲe 345 laje.)
- ገጽ 347
- Kalo damadɔ kɔfe, ni aw ye ɲe kɔɔɔsi ka ɲe walima ka a file ni lupu ye min be fenw bonya, aw be a ye ko ɲeje bilennen don barisa jolisiramisenni kura caman be bɔ a la panikili (*les pannicules*).



- Ni kurukuru bilenmanw ni Ɔɛɛ bilenɛen ye ƆɔƆɔ sɔɔ Ɔɛ na, o be a jira ko Ɔɛjalandimi basigilen don.
- San caman kɔfɛ, o kurukuru bilenmanw be a damine ka ci, ka laban ka ke jolifɔnmisenni jemanw ye.



O jolifɔn ninnu be Ɔɛfaraw girinya min be se ka Ɔɛw yeƙeli geƙeya.



Walima u be se ka Ɔɛsiw bin Ɔɛ kɔkɔ, ka joli bila Ɔɛɛ la, min be laban fiyentɔya ma.

A furakɛcogo

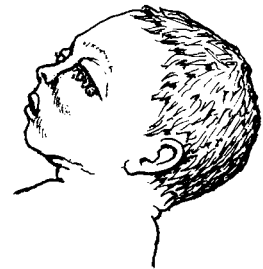
Aw be kalo kelen ke ka tetarasikilini (*tetracycline*) walima eritoromisini 1% (*erythromycine*, Ɔɛdimituluni, seben Ɔɛ 564) ke Ɔɛ na siƆɛ 3 tile kɔkɔ. Ani fana aw be se ka tetarasikilini (*tetracycline*) 3%, walima eritoromisini ke a la siƆɛ 1 tile kɔkɔ. Walasa bana in ka furake ka Ɔɛ, aw ka kan ka furakise dɔw ta siƆɛ 2 walima siƆɛ 3 tile kɔkɔ fo dɔƆɔkun 2 walima 3. O furaw ye tetarasikiliniƙise (*tetracycline*) (seben Ɔɛ 529) walima eritoromisini (seben Ɔɛ 528) walima silifamidi (*sulfamides*) (seben Ɔɛ 531).

Banakunben

Ɔɛjalandimi basigilen furakeli a tuma na o be a bali ka jensen ka yeƙema mɔƆɔ tɔw fe. MɔƆɔ o mɔƆɔ ni Ɔɛjalandimitɔ be ƆɔƆɔ kan, sango denmisen o tigiw ka kan ka to ka taa u Ɔɛw laƙe dɔƆɔtɔɔso la tuma ni tuma. Ni Ɔɛjalandimi taamasiƆɛ yera u la, aw ka kan ka a furake teliya la. Ani fana aw ka aw Ɔɛda ko don o don walasa ka bana yeƙemani bali. A nafa ka bon kosebe ka Saniya matarafali sariya kunbabaw labato minnu Ɔɛfɔlen don sigida 12 kɔkɔ.

Denyɛɛni ka Ɔɛdimi (ni denyɛɛni ni Ɔɛdimi wolola)

Ni damajalan walima dana be musokɔnɔma (aw ye seben Ɔɛ 367 laƙe) na a be se ka o banakisɛw yeƙema den fe jiginni senfe. Bana be damine den Ɔɛ na ka tila ka geƙeya werew don a ka kenya la. Ni den Ɔɛw bilenna ka u funu walima ka u fa Ɔɛbo la, o be se ka nin bana ninnu dɔ la kelen kofɔ, o la aw kana sigi, aw be taa ni den ye dɔƆɔtɔɔso la joona.



Dana furakɛcogo

- Aw be sefitiriyakizɔni 125 miligaramu (*ceftriaxone* 125 mg) pikiri ke a tigi woro la siƆɛ kelen dɔɔn (aw ye seben Ɔɛ 533 laƙe)

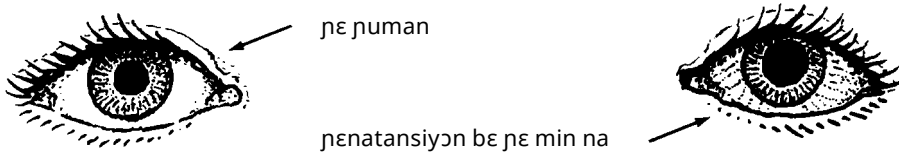
Ɔenatansiyɔn

Nin ye bana juguba ye, min ka teli ka Ɔe kelen mine, ni a be sɔɔ tansiyɔn juguman fe. A ka teli ka mɔɔw mine minnu si be san 40 sanfe, wa u ka fiyen sababuba don. **A ka fisa ka bana in taamasɔnew dɔn walasa ka taa a furake teliya la dɔɔtɔɔso la.**

Ɔenatansiyɔn be mɔɔw mine cogoya fila de la:

Ɔenatansiyɔn jugumanba

Yɔɔninkelen dimigelen be bala ka ke Ɔe na walima tuma dɔw la a be ke kunkolo fankelen na. A be se ka fɔɔɔ yere bila a tigi la. Dimi be ke Ɔe na, a be geleya i n'a fɔ bikise. Dimi be Ɔe min na, o finman be bonya ka teme Ɔe numan ta kan.



Ɔenatansiyɔn juguman be se ka mɔɔw fiyen tile damadɔ kɔɔ. **Aw ka kan ka taa aw yere laje joona joona dɔɔtɔɔ so la.** Tuma dɔw la nin bana in furakecogo ye opereli ye.

Ɔenatansiyɔn basigilen

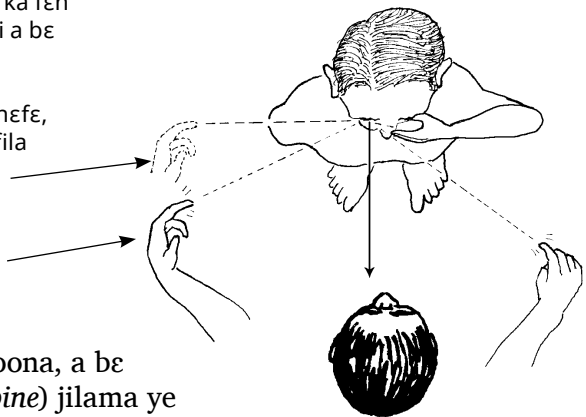
Joli be jigin Ɔe kɔɔ dɔɔni dɔɔni, tuma dɔw la dimi te ke a la. Yeli fana be dɔɔya dɔɔni dɔɔni, a be damine Ɔe kere la ka juguya. Tuma dɔw la o be ke ka a sɔɔ a tigi ma a jatemine.

Ka Ɔedimitɔ bila a ka Ɔekise tilen ka fileli ke, o segesegeli be a to a ka dɔn ko Ɔenatansiyɔn don:

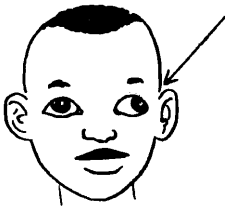
Aw be a pini a tigi fe, a ka a Ɔe kelen datugu ka fen dɔ file ni kelen ye a Ɔefe. Aw be a jatemine ni a be bolokɔniw ye a ka yɔɔ fileta kɔɔ.

Ni bana te mɔɔw Ɔe na ni a be fileli ke a Ɔefe, a be se ka bolokɔniw lamagatɔ ye kere fila la i n'a fɔ ja in be a jira cogo min. Yɔɔ min be file, o dɔɔyalen don

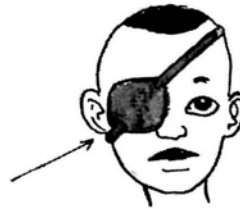
Ni Ɔenatansiyɔn don, a tigi te se ka bolokɔniw ye fo ni tegew dara a Ɔefe.



Ni Ɔenatansiyɔn basigilen dɔɔna joona, a be se ka furake ni pilokaripini (*pilocarpine*) jilama ye walasa ka fiyen bali. A kecogo be se ka seben dɔɔtɔɔ walima keneyabaarakela dɔ fe, o min be se ka Ɔe cogoya dɔn. Aw ka kan ka pilokaripini toni a tigi Ɔe kɔɔ a ka Ɔenemaya beɛ kɔɔ. Ni a be se ka ke fana aw ka Ɔe opere, o de ye Ɔenatansiyɔn furakecogo numan ye.

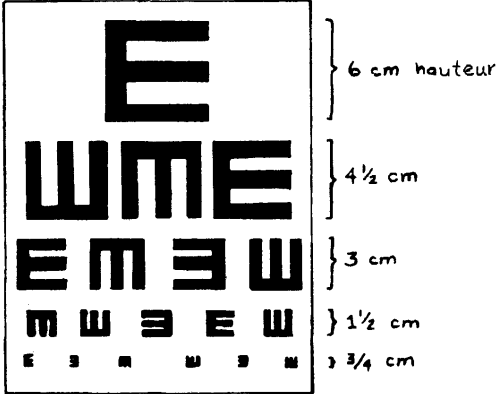


Ni nin Ɔɛ in de be fileli ke kere la



Nin be a to Ɔɛ min fanga ka dɔgɔn, o ka se ka yelike.

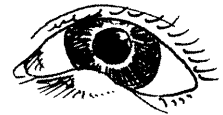
Aw be Ɔɛ don in yeelen to



Nafama: Den be Ɔɛ ka kan ka laje joona (a ka ke a san 4 o ka fisa). Aw be se ka segesegeli ke ni signiden E ye (o de jiralen file ja in na). Aw be Ɔɛ kelen kelen be laje ni fiƆe te dɔ la. Ni fiƆe be kelen na walima a fila be la, aw be taa Ɔɛdɔgɔtɔrɔ dɔ fe.

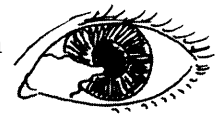
Ɔɛnasumuni

Funu bilenman don min be bɔ Ɔɛgolo kɔrɔ; a ka ca a la, a be bɔ Ɔɛ dagolo la. Aw be bulaw (kɔnperesi, finimugu) su ji wɔlɔkɔlen na ka o da a kan. Asidi bɔriki (*acide borique*) dɔɔni walima kɔkɔ dɔ be se ka ke ji la, nka aw kana farafinfura ke a la abada. Aw be se ka Ɔɛdimituluni ke Ɔɛ na siƆe 3 tile kɔɔ walasa ka Ɔɛnasumuni werew bali ka falen.



Sogosu Ɔɛ kan (*Ptérygion*)

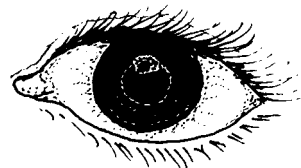
Sogosu be bɔ Ɔɛ kan ka bonya dɔɔni dɔɔni ka bɔ nu fan fe ka taa Ɔɛyeelendonda la. A e sɔrɔ tileyeelen, fiƆe ni gɔngɔn fe. Luneti finmanw donni be se ka sogosu ƆɛƆe ni a dimi nɔgɔya. Nka, sogosu in ka kan ka opere ka a bɔ yen sani a ka se Ɔɛmɔgɔni ma. Nka a ka ca a la, sogosu be segin ka bɔ tuguni opereli kɔfe.



Farafin furakeli minnu be ke ni kaakɔ muguw ye o be se ka kɔlɔlɔ lase mɔgɔ ma. Aw be se ka Ɔɛdimifura kamomili (*camomille*) jima walima orozi (*rose*) ke Ɔɛ kan walima bulaw (kɔnperesiw, finimugu) sulen ji suma na walasa ka a dimi ni a ƆɛƆe nɔgɔya.

Birintili walima joli Ɔɛyeelendonda la

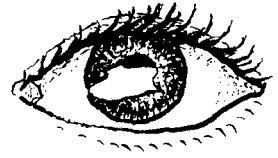
Ni Ɔɛyeelendonda falakani wagasira, walima fiƆe ka a sɔrɔ banamisenni dɔ sababu la, o be laban ni Ɔɛyeelendonda dimiko jugu ye. Ni aw ye a laje yeelen



na ka ne, aw bena tiri finmanni do ye neyeelendonda kan.

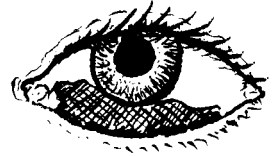
Ni o ma furake, a be laban ni fiyentoya ye. Aw be nedimituluni ke a la sije 4 don o don fo ka se tile 7 ma (seben ne 564). Ni ne ma kogoya tile 2 kono, aw be taa dogotoro la.

Jeyeelendonda birintili te mogo dimi, a be tiri jeman bila neyeelendonda kan. A sababu be se ka ke neyeelendonda kan joli furakeli ye, a jenini, walima joginni werew fe. Ni ne 2 bee fiyennen don, nka a tigi be se ka yeelen ye, ne kelen opereli be se ka to a tigi ka yeli ke. Nka o da ka gelen. Ni fiye be ne kelen doron de la ka soro a tokelen ka ni, aw kana a opere. Aw be aw jija ka numan in lakana ka a kisi joginni ma.



Joli bali ne jeman yaro la

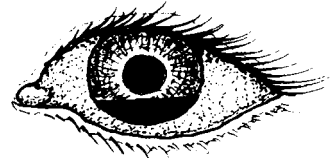
Jle jeman yaro do be bilen nka dimi te ke a la. Sogosojo jugumanba be a bila mogo la, i n'a fo keteketeni. Jle kanjolisira do perenni fana be na ni a ye. Ni ko were ma don a senkoro, a ma jugu i n'a fo birinti; a be ban dooni dooni a yere ma dogokun 2 kono hali ni a tigi ma fura ke a la. A sababu be se ka ke jolisiraw fanga dogoyali walima tansiyon yeledi ye.



Denyereni ne yaro dow bilenni te basi ye. Fura ke kun te o la.

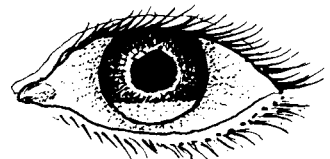
Joli jiginni ne yeelendonda yaro la (Hyphema)

Ni joli be bo ne yeelendonda la, o te taamasije numan ye. Tuma dow la, a be soro ne joginni fe, i n'a fo bolokuru ko. Ni dimi be a la ani ni a tigi te yelike, aw be aw jija ka taa ni a ye ne dogotoro do fe yen joona. Ni a dimi man jugu ani ni a tigi be yelike, aw be a ne fila bee siri. A tigi dalen ka kan ka to tile caman. Nka ni dimi beka juguya, o be se ka nekise geleya (nenatansiyon, seben ne 350) Aw be taa ni a tigi ye ne dogotoro do fe yen joona joona.



Ne neyeelendonda la

Ni ne be neyeelendonda la, o ye dimijugu taamasije ye. Joli be ye neyeelendonda kan, o ye taamasije ye min be a jira ko faratiba be ne na. Aw be nedimituluni (seben ne 564) ke a la ani ka dogotoro do ka deme jini joona joona. Ni joli in furakera ka ne, jolisu in be ban a yere ma.



Ɔɛkanbugun

Ɔɛmɔɔni be lafin dɔɔni dɔɔni ka ke bugun walima jeman ye ni yeelen jɔra a kan. Ni a beɛ kera jeman ye, Ɔɛ te yelike tugun. Ɔɛkanbugun ka ca mɔɔkɔɔɔbaw de la, nka a kelen kelenw be ye denmisen fana na. Ni fiyentɔ be se ka dibi ni yeelen bɔ Ɔɔɔɔn na ani a be fenw lamagato dɔn, opereli be se ka a to a be yelike tuguni. Nka hali ni o kera, a mako bena ke luneti Ɔɛnemabaw la. A bena men sani a ka deli o fana na. Fura te yen min be se ka bana in furake. (Tuma dɔw la, opereli senfe, u be kɔnɔnkise don Ɔɛ kɔɔ, o la luneti ko kun te bilen.)



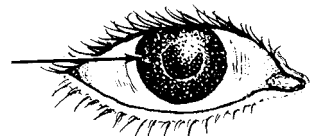
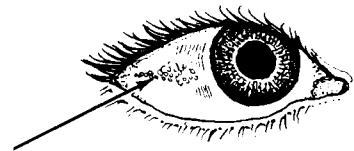
Surɔfiyen ni Ɔɛ jali (*Hypovitaminose A*)

Nin Ɔɛdimi in ka ca denmisenw na minnu si be damine san 1 na fo san 5. A bana in be sɔɔ ni witamini A ma ka dumuniketaw labɔ. Ni bana in ma ye jooa ka a furake, a be se ka denmisen ke fiyentɔ ye.

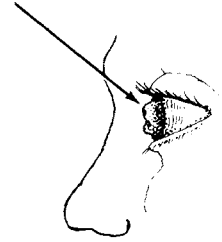


A taamasijɛw:

- A damine na den te se ka yelike sufe, o be wele surɔfiyen. A te se ka yelike dibi la.
- Ni a menna, a Ɔɛw be ja (o be fo tubabukan na: *xerosis*). Ɔɛ jeman yɔɔ be a damine ka fin.
- Kurukuru fitini dɔw be se ka bɔ mɔɔɔ Ɔɛkise kan.
- Ni bana be juguya, Ɔɛ finmanni be ja a te manamana, wo fitini dɔw be se ka bɔ Ɔɛ kan.



- O kɔfɛ jɛ finmanni bɛ magaya, ka funu, fo ka se cili ma. A ka ca a la, dimi tɛ kɛ a la. Jɛ jolima o, a jolifɔnma o, walima fiɛ wɛrɛw bɛ se ka mɔɔɔ fiyen.
- Waati dɔw la, jɛjali bɛ damine walima ka juguya denmisen na, ni o ye a sɔɔ bana wɛrɛ bɛ a tigi la i n'a fɔ kɔnɔboli, keteketeni, walima sɔɔsɔɔɔninjɛ.
- **Aw ye denmisenw jɛ lajɛ bana bɛ minnu na walima minnu fanga ka dɔɔɔn.** Aw ye u jɛ lajɛ ni vitamini A ntanya tɛ u la.



Bana kubbɛnni ni a furakɛli:

An bɛ se ka an tanga jɛ jali ma, ni an bɛ to ka dumuniw kɛ vitamini A bɛ dumuni minnu na.

Aw ye ni waleyɛ ninnu matarafa:

- Ni aw bɛ se, aw ye sin di denw ma fo ka u se san 2 ma.
- Ni den ye kalo 6 sɔɔɔ, aw bɛ dumuniw di a ma vitamini A bɛ minnu na, i n'a fɔ nakɔfɛn minnu bulu ye binkenema ye, epinari bɛ o la; ani yiriden minnu jɛ ye nɛrɛmuguman ye i n'a fɔ lenburuba, manjɛ, mangoro, ani jɛ. Nɔnɔ, shɛfan, ani biɛ fana ye dumuniw ye vitamini A bɛ minnu na. Vitamini A caman bɛ nten-tulu la. Hali ni aw tɛ nten-tulu dun, aw bɛ wɛri tilance nten-tulu fara an ka tobilikɛ tulu litiri 1 kan.
- Ni aw tɛ nin dumuniw ninnu sɔɔɔ, walima ni den min bɛ surɔfiyen walima jɛja taamasijɛ dɔw jira, aw bɛ vitamini A 200.000 furakise di a ma (eretinɔli miligaramu 60, furakise walima a furaji (siro) di a tigi ma, sijɛ 1 kalo 6 o kalo 6 (seben jɛ 591). Aw bɛ a kise 100.000 hake di denw ma minnu tɛ san 1 bɔ.
- Ni a bana ka gɛlɛn aw ye vitamini A 200.000 siro di den ma tile fɔlɔ ni a filanan ani tile 14 kɔfɛ. Den minnu tɛ san 1 bɔ, olu bɛ se ka nin fura kɔfɔlɛn in tilance ta (100.000 U).
- Jɛja ka ca sigida minnu na, aw ye vitamini A 25.000 di muso kɔnɔma na sijɛ kɛlɛn dɔɔɔkun o dɔɔɔkun, dɔɔɔkun 12 kɔnɔ, fo ka se jiginni.



Aw ye aw hakili to a la: ni vitamini A cayara mɔɔɔ farila o ye pɔsɔnni ye. Aw kana a dita caya ka tɛmɛ hake kɔfɔlɛn kan.

Ni den ka jɛdimi ka jugu kɔsɛbɛ, ka a jɛyeelendonda jɛ yɛlɛma, ka a funu walima ka womisenɛniw kɛ a sanfɛ, aw ye dɔɔɔtɔɔɔ dɔ ka demɛ pini. Den jɛ ka kan ka furakɛ, wa o yɔɔ bɛɛ la vitamini A ka kan ka di a ma, a ka fisa vitamini A 100.000 pikiri ka kɛ a sogobu fɛ.

Nakɔfɛn kɛnɛ minnu bulu ye binkenema ye, yiriden ani nakɔfɛn minnu den ye nɛrɛmugu ye, olu dunnɛ bɛ den jɛ tanga fiyen ma.

Tafuge walima dimɔɔw pantɔla

Tuma dɔw la, mɔɔkɔɔɔbaw be a fɔ ko olu be fen dɔw pantɔ ye walima tafuge, ni u beka yɔɔ manamanatɔ dɔ laje (i n'a fɔ koko walima sankolo). U be o fenw lamagatɔ ye u je kɔmi kɔmitɔ. O fenw be i n'a fɔ dimɔɔ fitiniw pantɔ. A ka ca a la, o tɛ kojugu ye. Nka ni fen caman be teme je kɔɔ ani yeli beka dɔɔya fan kelen fe, o be a jira ko o tigilamɔɔ ka kan ka ta a yere furake. **Aw ka kan ka taa aw yere laje jooa jooa.**

Fenw keli fila ye mɔɔ je kɔɔ

Fenw keli fila ye mɔɔ je kɔɔ, o sababu ka ca. Ni fenw balala ka ke fila fila ye mɔɔ je kɔɔ, ni a basigilen don, walima ni a beka juguya, o be se ka ke geleya ye. Aw ye taa aw yere laje dɔɔtɔɔso la. Ni mɔɔ ye aw gosi aw kun na, o be se ka fiɛe bila kunseme na, o la aw be taa dɔɔtɔɔ dɔ fe.



Ni fenw be ke je kɔɔ fila ye waati ni waati, o be se ka ke fanga dɔɔya walima segen taamasije ye min sababu ye dumuni dafalen dunbaliya ye.

Aw ye balocogo puman kalan sigida 10 na ani ka dumuni dafalen dun cogo bee la. Aw be se ka witaminiw fana ta. Ni mɔɔya ma don a la, aw be taa aw yere laje dɔɔtɔɔso la.

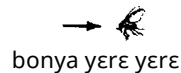
Mara

Bana in ka ca farafinna, mekisiki jamana worodugu yɔɔ dɔw ani ameriki worodugu ni a kɔɔdugu ce. O bana in sababu ye tumumisenni (banakise) ye minnu be sɔɔ dimɔɔ fitini dɔw fe ni u be wele ko "dimɔɔ finman" (merente). U be bana in ta mɔɔ dɔ la ka yelema mɔɔ were la



merente

O tumu (banakise) ninnu be mɔɔ sɔɔ dimɔɔ finman ninnu ka kinni de fe.



Mara taamasijew:



- Dimɔɔ (merente) in ka kinni temenen kɔfe ka kalo caman ke, kurukuru dɔw be bɔli damine a tigi fari la; u ka teli ka bɔ ka a ta mɔɔ disi la ka jigin, disi ani a worow la. A ka ca a la kuruden 3 ka se 6 mɔɔ ma, u tɛ dimi wa u bonya be se ka a ta santimetiri 2 la ka se santimetiri 3 ma.
- A tigi fari be se ka a ɛɛe kosebe ka a sababu ke banakise ninnu ye.
- Dimi be ke a tigi kɔ, a kamakun, ani a kere la, (walima a tigi fari fan bee).
- Genegenew be bonya.

- A tigi kɔ walima a kɔɔ golow be se ka girinya ani ka u kuru kuru i n'a fɔ lenburuba fara ka tɛmɛ u cogo kɔɔ kan. Walasa aw ka a ye, aw be a fari laje yeelenmayɔɔ la.
- Ni bana in ma furake jooa, a tigi fari be ɲɛɲɛya ka taa a fɛ. Nɔ jɛmanw be se ka bɔ a tigi ɲɛda ni senw na. A tigi senyanfan golo be perɛnperɛn.
- ɲɛnabanaw be se ka fiyentɔya lase mɔɔ ma. ɲɛ be fɔɔ ka bilen, o kɔ a be ji bɔ, a be tila ka ɲɛdimi taamasɲɛ jira (seben ɲɛ 349 laje). ɲɛkise be lafin ka a tigi jenijeni i n'a fɔ ɲɛjali (seben ɲɛ 354 laje). A be laban ka a tigi ɲɛw mine a la (fiyen) ka a sababu ke joli bilali ye ɲɛkise la, bugun, ɲɛnatansiyɔn, ani geleya werew.

Tuma caman, ɲɛ ko geleyaw be damine san 10 fo ka se san 15 ma mɔɔw la minnu ɲɛlabanamisenni tɛ kɔtɪge. A be damine ni ɲɛ ka yeta dɔɔyali ye fitiri fɛ, o kɔ yeli be geleya a tigi ma dɔɔni dɔɔni (aw ye seben ɲɛ 350 laje ɲɛnatansiyɔn segeɛgeli be sɔɔ ɲɛ min kan), o kɔ, yeta yere be dɔɔya hali tile fe, fo ka laban ka tunu pewu, o la banabagatɔ be fiyen.

Aw ye taa aw ɲɛ laje kabini aw ka yeli be dɔɔya sufe. O lajeli in senfe, fiɲɛ caman werew be se ka ye. Nka fen min be se ka to o segeɛgeli in ka sira sɔɔ, o de ye mikorofileri ye (*microfilaires*) (tumunmisenni/banakise) minnu be ke ɲɛ kɔɔ ni a be se ka ye ka sɔɔ i ma fosi don i ɲɛ na, nka o ni a ta bɛɛ a ka kan ni dɔɔtɔɔ dɔ ka lajeli ye, a baarakeminen ɲumanw be min bolo. Ni aw sigara hali dɔɔni, aw be taa aw yere laje jooa dɔɔtɔɔso la.

Mara furakɛcogo:

Furakeli teliman ani a damineni jooa, o be se ka mara fiyen bali. Nin bana in basigilen don yɔɔ minnu na, aw be furakeli damine yen kabini aw be a taamasɲɛ fɔɔw ye. Ni ɲɛ ye tiɲeni damine a furakeli be geleya ka taa a fɛ wa fura yere be se ka a tɔ juguya. O furakeli ka gelen, aw be taa dɔɔtɔɔso la.

- Iwerimekitini (*Ivermectin*), izinitigiw tɔɔ dɔ ye mekitizan (*Mectizan*), ye mara furaw bɛɛ la ɲuman ye, tuma dɔw la a be di fu sigida kenɛyasow la.
- Diyetilkaribamazini (*Diethylcarbazine*) ni ruwamini (*ruamin*) ye fura werew ye minnu fana be se ka mara furake, nka u ka tiɲeni ka ca ni u ka ɲɛni ye, kuma tɛ ni joli be ɲɛ kan. U ka kan ka di dɔɔtɔɔ dɔɔn de ka yamariya kɔɔ. Walasa ka a tata ni a tacogow don, aw ye seben ɲɛ 562 laje.
- ɲɛɲɛfuraw be dɔ bɔ ɲɛɲɛ na (aw ye seben ɲɛ 579 laje).
- Opereli dabɔra ka ɲɛ falakaw wuli, ni o baaraw daminena u waati la, o be se ka dɔ bɔ a banakise hake la.

Bana kunɓencogo

- Merɛntɛniw bɛ balo kɔdaw la. An ka kan ka o yɔrɔw binw ani a jiriw tige ka bɔ yen walasa ka dimɔɔɔ ninnu hake dɔɔɔya.
- Aw ye kenema dali dabila, kerɛnkerɛnɛnya na, tile fɛ: dimɔɔɔ ninnu bɛ mɔɔɔw kin tile de fɛ kenema.
- Aw ye merɛntɛniw keɓɓaga jɛkuluw demɛ u ka baara la.
- **Furakɛli jona bɛ se ka fiyen bali ani ka dankari ke bana in cayali la. Aw ye taa lajeli ke kabini bana taamasijɛ folɔw.**