Dhël ye ɣubuub riɛmthith dek

Lëk tën kɔɔc tuany, mëc thook ku dumuuk

Ye wët ŋö pɛth riɛmthith?

Guäp kua aa wïc riɛmthith. Riɛmthith ee riɛmaliir (haemoglobin) looi – ku riɛm kën yen ee riɛm dhie aliir jɔt bë tɛk yï guöp. Aya, riɛmthith ee acuek ku cɔl a ril, ku tuuc yï guöp ku cɔl nhom a ŋic tak. Na koor riɛmthith yï guöp, ka yïn a lëu ba ya rëër yï cë guöp thiai ku ye käŋ yï jöör luɔy gut kä thɛɛr dhie ye lëu. Na cë riɛmaliir (haemoglobin) kur yï guöp apɛy rɛ̈k bï bär tuaany. Kën a cɔl tuɛny koor riɛmthith.

Ye wët ŋö bï ya dhiɔl gät Ɣubuub riɛmthith wälä riɛmthith cë liöör?

Akiëm du a bï gät ɣubuub riɛmthith wälä riɛmthith cë liöör tɛ̈ them yï guöp ku yök riɛmthith ka koor yï guöp. Na koor riɛmthith yï guöp, ka ril yic ba riɛmthith juak yic yï guöp miëth rot. Ɣubuub riɛmthith ku riɛmthith cë liöör aa leŋ yiic riɛmthith dïït wär riɛmthith ye yök miëth yic. Wal kä aa riɛmthith lac cool. Ɣubuuth riɛmthith aa path bë raan ke dek tɛ̈ cï akïm raan pät bë ke dek.

Thöŋ ɣubuuth riɛmthith kek riɛmthith cë liöör?

Ɣei. Athëm riɛmthith tɔ̈u ɣubuub yiic ku kë tɔ̈u riɛmthith cë liöör yic a tɛ̈k yic. Ɣubuub juääc loi thook ku kɔ̈k ye wec aa lëu ba ke ɣɔɔc ayaada yic (ke këc akïm gät yïïn) ku apath ba ŋic lɔnadä ka ce keek ebën kek leŋ yiic riɛmthith dïït wën lëu yeen bï dööt. Wal kä aa path bë raan ke dek tɛ̈ cï akïm wët lueel alä ka dhil dek.

Ba ɣubuub riɛmthith dek kadä?

> Ye wal dɛk tɛ̈ cït tɛ̈ cï akïm lueel, tɛ̈ cït tën akuën ɣubuub ku thää dek keek

> Ye ɣubuub liek ebën, duk keek ye guur ku duk keek ye nyiy

> Riɛmthith ee ŋiɛc la yï guöp tɛ̈ dek yïn yeen ka yï nɛ̈k cɔk (thää tök ka miëth ŋoot wälä thäät ka rou tën thöök yïn miëth) ku dek pïu wälä aciir. Bïtamin C rëër mïth tiim yiic a bë guäp du kony bë riɛmthith jooc ku na liiu ka duk diɛɛr – rin pɛth pïu.

> DUK ɣubuub riɛmthith wälä riɛmthith cë liöör ye dek ke cäi, bun, ca, cokolet, kola wälä mɔ̈u rin ye kek riɛmthith bë la yï guöp tek yic

> DUK wal kä ye dek kaam tök kek ɣubuub riɛmthith wälä riɛmthith cë liöör: wal yuɔɔm (calcium), wal aret (antacids, cït Mylanta and Gaviscon); Gaviscon); wal kɔ̈k arem yom (osteoporosis), guäk (thyroid) wälä wal ye raan lath (Parkinson's); wal kɔ̈k guöp tiit yic. Thiëc akiëm du wälä raan lui ayaada yic rin ba ŋic ye thäät kadä ba ya looi ku jal kɔ̈k bɛn dek.

DUK KEEK CƆL A DÖÖT MÏTH

> Ɣubuub riɛmthith, cëmën kuat wäl thok ebën, aa path bïk ya rëër ke cë riɛɛt tɔ̈ɔ̈u yic bë ciën tɛ̈ ye mïth ke dööt.

> Riɛmthith thin nyɔɔt a lëu bë meth ɣook, ku a lëu bë ɣɛɛt tɛ̈ yen manh thïn wälä kuat manh wën ŋuɔt koor apɛy.

> Duk meth cɔl a dek akuën ɣubuub ye raandït dek.

> Na cë kɔc käl nyïn ku dek ɣubuub riɛmthith ka yï lɔc kɔɔc lui alɔŋ Pan Lëk Alɔŋ Wal Kɔc Ɣook yuöp nämba 131126.

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Nyuuth Alɔŋ Dëkdëk Ɣubuub Riɛɛmthith (ŋuɔt la tueŋ)

Yeŋö lëu bë wääc tɛ̈ dek ɣɛn wal? Ŋö ba looi ba kë wääc tek yic?

A ce raan ebën yen muön kek ɣubuub riɛmthith wälä riɛmthith cë liöör. Na leŋ kë wääc, ka tɛkdä a bë dhuk piny tɛ̈ le guäp du wal ŋic. Kä wääc aa leŋ yiic:

> Kuil ku yäc. Na ye dek pïu juääc ku miëth kä la rïïmrïïm ka kuil a lëu bë jäl. Na pɛth keya, ka yï thiëc akïm wälä raan ayaada bï lɛ̈k kä bï lɔ̈ɔ̈r ba la roor.

> Arem yic, aŋɔ̈ɔ̈k (bï ya lɔ̈ɔ̈t) wälä cuëtcuët yic. Na ye ɣubuub riɛmthith dek ke miëth wälä mäkɔ̈u ka lëu bë piath. Käkä aa lëu ba ke nyaai aya tɛ̈ ye yïn ɣubuub riɛmthith dek ke lik (cëmën ɣubuöb 1 arak rou wälä arak diäk wik yic) wälä tɛ̈ ye yïn akuën cë gät yïïn tek (cëmën riɛmthith cë liöör) ku jɔl ya juak yic amääth – duk akuën ba ye dek war yic ka yï këc jam kek akiëm du.

> Duk diɛɛr tɛ̈ looi ɣubuub riɛmthith yïïn ba ya la roor kë col nyin.

Kɔɔc aa muön kek ɣubuub riɛmthith wälä riɛmthith cë liöör apɛy. Na loi kënë rot tɛ̈n yïïn, ka duk diɛɛr rin riɛmthith a lëu bë tuɔɔm yï guöp. Luel wɛ̈t bë yï gäm athör thiin Riɛmthith (IV) ye tuɔɔm guöp yic tɛ̈ yïn raan cït kën.

Kä ba lɛ̈k akïm wälä raan ayaada

- ☐ Tɛ̈ leŋ yen wal kɔ̈k dek keek ye mën, gut wal ye ɣɔɔc ke këc gät yïïn
- ☐ Na leŋ wal kɔ̈k ɣɔc ke këc gät yïïn ka yï thiëc raan ayaada bï lɛ̈k lɔn pɛth kek bë ke dek kek ɣubuub riɛmthith wälä riɛmthith cë liöör
- ☐ Tɛ̈ ye yïn kuɛɛr riɛm tïŋ këdäŋ tɛ̈ cïn la roor
- ☐ Tɛ̈ ye yï reem yic
- ☐ Tɛ̈ leŋ yen kä wääc ye yök ke dir yïïn

Ye kaam yïndä bï ɣɛn dek ɣubuub riɛmthith?

Kaam ba looi a bë rot thɔ̈ŋ kën kɔŋ riɛmthith thöl yï guöp ku tɛ̈ bï guäp du döc gam thïn. Kɔɔc juääc a dɔ̈ny den lac looi pɛ̈y juääc. Akiëm a bï cɔl a ben them guöp bë tïŋ lɔn ɣubuub riɛmthith ku ben döny duun dɛ̈d guiir. Dhil tak ba kaam bï thëmthëm kën looi ŋic.

Tɛkdä ka bë laŋ kaam pɛth yen ba dëkdëk ɣubuub riɛmthith cɔl ben kɔ̈ɔ̈c (cëmën, tɛ̈ le yï caath yic wälä tɛ̈ cï yï rɛt). Na kääc dëkdëk ɣubuub riɛmthith, ka yï det kööl bïn ke bɛn dhuök dëk.

Aguir Diëën Riɛmthith: Rin ɣubuub riɛmthith cë gam:

....

WÄLÄ kuat ɣubuub ca thiɔɔk kam ɣubuub kä:

Ferro-tab, Ferro-f-tab, FGF, Fefol, Ferrogradumet, Ferrograd C, Maltofer

Wälä / ye dek arak dä: ....

Kööl gɔ̈c: .... Kööl bï riɛm bɛn them: ....

Wë kɔ̈k: ....

....

Na wïc lëk kɔ̈k:

Jaam kek akiëm du, akuɔnyakïm, gɛ̈m wälä raan wal lui ayaada yic

Kä cë gɔ̈t tɛ̈n kɔɔc tuany aa tɔ̈u::
www.sahealth.sa.gov.au/bloodorgantissue

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The English language version of this document has been reviewed and endorsed by CAG* for consumers and the community – October 2023

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