SIIKOSEERO: OLUTALO OMWANA LW'ATANDIKA NALWO NGA YAAKAZAALIBWA

Asiika Obulamu

Ekifo ekizimbibwa ab'ekitongole kya JCRC e Lubowa okukuyusizaamu obusomyo.

Bya JACKSON SEWANYANA

RINNAH Mukisa ow'emyaka omukaaga yaloza dda ku bukambwe bwa siikoseero, nga mu bulumi bw'ayitamu mwe muli n'okusannyalalako oludda olwa ddyo lwonna.

Nnyina Maria Gorret Najjengo annyonnyola nti, muwala we bwe yasannyalala, yafuuka ngaategeera bulungi n'okubeerabira, nga emmere gy'amuliisa agizza, ayiika endusu n'omusulo gumuyitamu. Buli kimu akikolera awo w'ali ng'alina kuyambibwa.

Mu mbeera y'emu ne Margret Nabiwemba, 50, ow'e Nakulabye Zone 9 naye ebiyengeyenge bijja bw'alowooza ku ngeri siikoseero gy'ayisaamu muzzukulu we. Agamba nti, yabeerako ne muzzukulu we ono okuva 2018-2019 naye n'awalirizibwa okumusindika ewa nnyina.

"Siikoseero bwe yatabukanga ng'ebbugumu ly'omubiri gwe lirinnya, n'akankana, ate nga yakololanga n'okuziyira naddala mu biseera eby'empewo era ng'olumu alemererwa okugenda ku ssomero," Nabiwemba bwe yagambye.

Ebimu ku byumu ebyeyambisibwa mu kukyusa obusomyo. Kozesa Vision Digital Experience olabe vidiyo.

PALAMENTI ESITUSE KU SIIKOSEERO

Ababaka ba Palamenti basitukiddemu. Bano omwezi oguwedde nga bayita mu mubaka wa munisipaali y'e Bugiri, Asuman Basalirwa ne banne, baawandiikidde omuwandiisi omukulu owa Palamenti ne balaga obweraliikirivu ku bulwadde buno era baagala Gavumenti ebusseeko essira n'okwongera embavu mu kubulwanyisa.

Okusinziira ku kiwandiiko kyabwe, abaana 20,000 be bazaalibwa nabwo buli mwaka, ate kw'abo abali wakati wa 6,000 ne 9,000 bafa nga tebannaweza myaka 5.

SIIKOSEERO AKWATA ABAZADDE BOMBI BALINA OBUTOFFAALI

Omusawo w'abaana ate era nga y'akwanaganya eby'obulwadde bwa siikoseero mu minisitule y'ebyobulamu, Dr. Miriam Ajambo, agamba nti, mu ggwanga lyonna abantu 13-15 ku buli 100 be bazaalibwa ng'emibiri gyabwe gisituddde obutoffaali obuleeta siikoseero.

Wabula abasitudde obutoffaali buno tebabeera na bulwadde bwa siikoseero, era bo babeerawo mu bulamu obweyagaza.

Omwana okufuna siikoseero alina okubeera n'obutoffaali bwa siikoseero bubiri, akamu akafuna okuva ku kitaawe n'akalala okuva ku nnyina.

Kino kitegeeza nti, omukazi eyazaalibwa ng'omubiri gwe gusitudde obutoffaali bwa siikoseero bw'afumbirwa omusajja nga naye omubiri gwe mwebuli, bo nga abazadde babeera balamu naye abaana be bazaala mwe mubeera abalwadde ba siikoseero.

ENDABIRIRA Y'OWA SIIKOSEERO

1 Waliwo eddagala erimuweebwa abasawo okutangira omusaayi gwe okwesiba n'okufuna obulumi mu mubiri. Bamuwa n'eddagala erimuyambako okuzzaawo obutoffaali bwe obw'omusaayi obubeera bumenyesemenyese.

2 Okwewala embeera emuleetera situleesi n'okumweraliikirira oba okwekubagiza.

3 Okwewala okubakuba.

4 Baweebwa eddagala eribaziyiza omusujja gw'ensiri, ekifuba eky'amaanyi, n'endwadde endala.

5 Endya ennungi. Wano omukugu mu by'endiisa Daniel Kamara agamba nti, omwana wa siikoseero tomulumya njala, ate olina okumuwa emmere ezimba omubiri nga amagi, mukene, ebyennyanja n'ebirala.

Okumuliisa ebibala okuli wootameroni, amapaapaali wamu n'ebivaavava nga spinach, sukumawiki, doodo, n'ebirala, bino nga byongera embavu mu

Maria Gorret Najjengo, siikoseero yasannyalaza omwana we.

Jjajja Margret Nabiwemba.

Tusomesebwe ku siikoseero

Daniel Kateregga: Siikoseero abeera nnyo mu baana ate abakonzibya. Tebuwona era omwana abeera ku ddala obulamu bwe bwonna era twaddukako n'emisinde gya Kabaka okuyamba ku siikoseero.

Estella Kabagaya: Nziise abantu nga 10 mu bitundu by'eyo abafudde obulwadde buno. Wabeerewo okumanyisibwa ku siikoseero, ate abantu beekebezenga nga tebannafumbiriganwa.

Ssaalongo Ronald Ssali: Gavumenti y'erina okuvunaanyizibwa ku bya siikoseero. Walina n'okubeerawo okubunoonyerezaako n'okutendeka ababujjanjaba abakugu naddala ku nkola ey'okukyusa obusomyo.

Obubonero bw'omwana alina obulwadde bwa siikoseero

Dr. Ajambo alaga obumu ku bubonero obwoleka omwana alina siikoseero okuli:

- Okuggwaamu omusaayi buli kiseera. Kino kiva ku butoffaali bwe obutambuza omusaayi n'omukka ogw'obulamu okufa amangu. Mu baana abalamu obutoffaali buno buwangaala ennaku 120, sso nga mu ba siikoseero bufa wakati w'ennaku 10-20.
- Obulumi mu bifo eby'enjawulo nga mu bigere, emikono, ekifuba mu lubuto n'awalala.
- Abaana abamu okutandika okutambula nga abalema. Kino kiva ku bitundu by'omubiri ebimu okuba nga tebikyafuna musaayi gumala.
- Okusannyalala ebitundu by'omubiri nga wano abeera takyasobola kweyamba, kweriisa, kwenaaza, n'ebirala.
- Okukonziba.
- Amaaso okubeera aga kyenvu.
- Okukwatibwa ekifuba eky'amaanyi ekireetera okuziyira.
- Olubuto okwesiba.
- Omwana okutuuka mu mbeera nga takyasobola kwogera.

Uganda ezimba ebifo 2 aw'okukyusiza obusomyo

baserikale b'omubiri gwe, ssaako okugonza olubuto ne bafuluma bulungi.

Alina okunywa ekimala waakiri liita z'amazzi 2 ku 3 mu lunaku. Amazzi gayamba omusaayi obuteesiba n'obutalumizibwa nnyo. Oyinza n'okumuwa obuugi.

EBITTULA SIIKOSEERO

1 Empewo n'obunnyogovu obususse, nga wano n'okunaaba amazzi agannyogoga kimuyisa bubi.
2 Omukka omucaafu bwe gusukka nagwo gumukosa.
3 Okulinnya ku nsozi waggulu kimuyisa bubi kubanga wabeerayo omukka gwe tussa mutono.
4 Okumukozesa dduyiro asukkiridde oba ow'amaanyi.
5 Omusujja gw'ensiri. Guno gukendeeza omusaayi ate nga owa siikoseero omusaayi gusangibwa mutono era n'amaliriza nga bamutaddeko omusaayi.
6 Ekifuba eky'amaanyi: Kino kivaako omwana okuzibuwalirwa okussa oba okuziyira. Noolwekyo buli mwana wa siikoseero assibwa ku ddagala eritangira ekifuba.

EBITUNDU OMUSINGA ABANTU ABALINA OBUTOFFAALI BWA SIIKOSEERO

Mu bitundu by'omu mambuka okuli; Gulu n'ebirala. Mu West Nile; e Buvanjuba mu bitundu nga Mbale, Jinja, Soroti, Busia ne mu bitundu bya Buganda.

KAWEEFUBE WA GAVUMENTI KU SIIKOSEERO

Avunaanyizibwa ku by'okukebera obulwadde bwa siikoseero mu minisitule y'ebyobulamu, Dr. Charles Kiyaga, yategeezezza nti, mu February w'omwaka guno, Gavumenti yatandika kampeyini ey'okukebera siikoseero mu buli mwana azaalibwa okwetooloola eggwanga. Kino kyakuyambako okubazuula mu bwangu bassibwe ku ddagala ng'obulwadde tebunnakosa bitundu byabwe eby'omunda.

Wabula yagambye nti, ebikozesebwa mu kukebera bikyali bitono, era okusinziira ku Dr. Ajambo amalwaliro ga Gavumenti agali wansi w'eddaala lya Regional Referral Hospital tegannabifuna.

Ekirungi kiri nti, bali mu kutendeka abasawo ku nkozesa yaabyo. Ekirala waliwo kkampuni ekola ebikozesebwa mu kukebera siikoseero gye baayogerezeganya nayo etandike okubikolera wano mu ggwanga nga kino kyakwongera ku bungi bwabyo wamu n'okukendeeza ku bisale.

Omukugu ng'alaga olupapula oluliko ebivudde mu kukebera siikoseero.

Gye buvuddeko okukebera siikoseero kubadde ku 50,000/-, wabula kati omuntu basobola okumukeberera ku 10,000/-. Ate era Gavumenti yagonzaamu ku musolo eri kkampuni za wano ezikola eddagala lya siikoseero wamu n'ebikozesebwa mu kumukebera.

Baafulumizza n'akatabo akayitibwa 'Sickle Cell Health Passport' nga kano kalung'amya omuzadde ku by'asobola okukolera omwana we nga siikoseero attuse ne lw'asaanye okumutwala mu basawo.

UGANDA EZIMBA EBIFO BIBIRI MWE BANAAKYUSIZA OBUSOMYO

Okukyusa obusomyo bw'omwana ne bamussaamu obulala y'emu ku nzijanjaba ey'omulembe esobola okutaasa omwana wa siikoseero n'atabeera ku ddagala obulamu bwonna.

Carol Nabakomeko ow'e Kagoma mu Wakiso y'omu ku bazadde abaakyusa obusomyo bw'abaana baabwe oluvannyuma lwa siikoseero okumumalako emirembe. Ono obusomyo bw'omwana we yabukyusiza Buyindi mu June wa 2022.

"Twamalayo emyezi etaano n'ekitundu era twasaasaanya emitwalo gya doola etaano nga mu ssente za wano bwe bukadde nga 185". Ssente zino twazinoonyeza emyaka 4 kuba twatandika okuzinoonya ng'omwana wa myaka esatu naye we twaziwereza ng'ayingidde mu myaka 7," Nabakomeko bwe yagambye.

Ekisanyusa Nabakomeko kati kiri nti, muwala we alinawo enjawulo yaddamu okusoma n'okukola buli kimu nga baana banne abalamu. Naye bwe baali baakadda okuva mu Buyindi, abasawo baabalagira ne basooka ne bakuumira omwana waabwe mu kifo eky'enjawulo nga tatuukibwako bantu okumala omwaka mulamba.

Wadde Nabakomeko ne bba baatindigga eggendo okugenda mu Buyindi ku by'okukyusa obusomyo bwa muwala waabwe, Dr. Kiyaga yagambye nti, ne Uganda ezimba ebifo 2 mwe banaakyusiza obusomyo bw'abaana ba siikoseero.

Ekimu ku bifo bino kiri ku Uganda Cancer Institute, ate ekirala kiri Lubowa era ab'ekitongole ekinoonyereza n'okutendeka abantu ku siriimu n'endwadde endala ezisiigibwa ekya Joint Clinical Research Centre (JCRC)

Carol Nabakomeko, yatwala omwana okumukyusa obusomyo e Buyindi.

Dr. Charles Kiyaga.

be bakiri mu mitambo.

Dayirekita w'ekitongole kino, Dr. Cissy Kityo Mutuluuza agamba nti, ekifo kino kyakuwemmenta obukadde bwa doola 4, bwe buwumbi nga 14 n'omusobyo mu za Uganda.

"Olugendo lw'okuzimba ekifo kino, lukyali luwanvu, kuba ku nsimbi ze twagala twakafunako ebitundu nga 25 ku 100 byokka," Dr. Kityo bwe yagambye.

AMATIGGA MU KUKYUSA OBUSOMYO

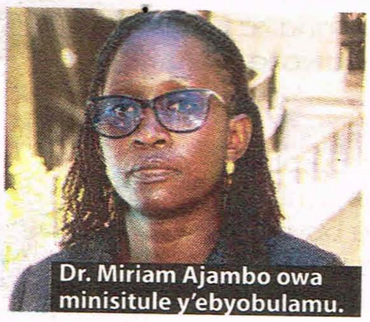
Dr. Kiyaga agamba nti, gwe bakyusa obusomyo basooka kuyimiriza baserikale b'omubiri gwe bonna abalwanyisa endwadde, nga kino kimussa mu matigga g'okutawaanyizibwa endwadde ne yinfekisoni ezitali zimu. Era ku baana abakyusibwa obusomyo, 50 ku 100 be bokka abawonawo. Kino kiteegeeza nti, bwe bakyusa obusomyo bw'abaana 10, abataano bafa.

KABAKA AYAMBYE MU KULWANYISA SIIKOSEERO

Minisita w'ebyamawulire era omwogezi w'Obwakabaka, Israel Kazibwe Kitooke, agamba nti, okuva mu mwaka gwa 2017 okutuuka mu 2019 emisinde gy'amazaalibwa ga Kabaka gyatambulira ku mulamwa ogw'okulwanyisa siikoseero. Era mu myaka egyo esatu baakung'aanyizaamu obukadde 494 ne ziweebwa Gavumenti okuyambako okugula obuuma obukozesebwa mu kukebera obulwadde bwa siikoseero.

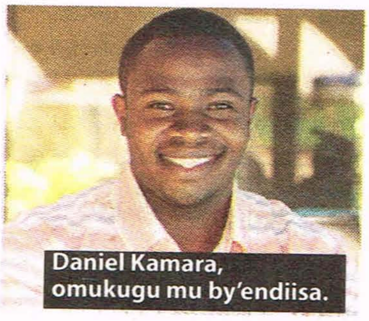
Buganda ezze eyitira mu ddoboozi lya Katikkiro Peter Mayiga okusomesa abantu n'okubakubiriza okugenda okwekebeza bazuule bwe bayimiridde ku bulwadde bwa siikoseero naddala nga tebannafumbiriganwa, kibayambe n'okukkiriza nti, obulwadde buno gyebuli so si ddogo.

Dr. Cissy Kityo Mutuluuza owa JCRC.



Dr. Miriam Ajambo owa minisitule y'ebyobulamu.

Israel Kazibwe Kitooke, omwogezi w'Obwakabaka bwa Buganda.



Daniel Kamara, omukugu mu by'endiisa.