

Waalidiinta qaar waxay ka walwalsan yihiin in tallaalku sababi karo cudurka ootisam. Waxyaabaha ay ka walwalayaan waxay ku saleysan yihiin saddex aag: tallaalka isku-darka jadeecada-qaamo-qashiir-rubeellada (MMR), thimerosal, oo ah xafide meerkuri ku jiro oo horay ugu jiray dhowr tallaalka; iyo fikradda ah in dhallaanka ay dhaqso u helaan tallaalo aad u tiro badan.

Su'aal. Waa maxay astaamaha ootisam?

Jawaab. Astaamaha cudurka ootisamka, oo sida caadiga ah soo baxa sannadaha ugu horreeya noloshu, waxaa ka mid ah dhibaatooyinka xagga dhaqanka, xirfadaha bulshada iyo wada xiriirka. Gaar ahaan, carruurta leh ootisamka waxaa laga yaabaa inay ku adkaato inay la dhaqmaan bulsho ahaan waalidiinta, walaalaha iyo dadka kale; ay ku adkaato kalaguurka oo ay u baahdaan jadwal joogto ah; sameeyaan dabeecado soo noqnoqda sida gacan kor u qaadida ama ruxid; soo bandhig mashquul hawlo ama alaab carruurta ku ciyaaraan; oo ay aad ugu nuglaadaan buuqa iyo jabaqaha. Xanuunada ootisamka waxay ku kala duwan yihiin nooca iyo darnaanta astaamaha ay keenaan, sidaa darteed laba carruur ah oo qaba cudurka ootisamka ayaanu si isku mid ah u saameyn doonin.

Su'aal. Maxaa sababa ootisam?

Jawaab. Sababta gaarka ah ama sababaha keena cudurka ootisamka ee carruurta oo dhan lama yaqaan. Laakiin hal shay ayaa iska cad: Cilladaha ootisamka waa kuwo hidde-sidaha aad ula xiriira. Cilmi-baarayaashu waxay ku ogaadeen arintan iyagoo baranaya mataano. Waxay ogaadeen in markii mid mataanaha ah isku mid ah kamid ah uu qabo cudurka ootisamka, fursada ah in mataanka labaad uu lahaanayo ootisam ay ka badnayd boqolkiiba 90. Laakiin markii mid mataanaha kala duwan ka mid ah uu qabo ootisam, fursadda ah in mataanka labaad uu yeesho ootisam ay ka yarayd boqolkiiba 10. Sababtoo ah mataano isku mid ah waxay leeyihiin hidde-sidayaal isku mid ah, mataanaha kala duwanna malahan, daraasadahaani waxay caddeeyeen aasaaska hidde-sidaha ee ootismka. Baarayaasha waxay ku guuleysteen inay aqoonsadaan qaar ka mid ah hidde-sidayaasha qaaska ah ee keena ootisamka.

Waalidiinta qaarkood waxay isweydiiyaan in arrimaha deegaanka - oo lagu qeexay wax kasta oo aan ahayn sababaha hidde-side - ay sababi karaan cudurka ootisamka. Waa macquul. Tusaale ahaan, cilmi-baarayaashu waxay ogaadeen in thalidomide, oo ah daawada suuxdinta, ay sababi karto cudurka ootisamka haddii la isticmaalo inta lagu jiro xilliga uurka horraantiisa. Sidoo kale, haddii haweenka uurka leh uu ku dhaco fayraska rubeellada (jadeecada Jarmalka) inta lagu jiro uurka horraantiisa, ilmahoodu waxay u dhowdahay inuu yeesho ootisam.

Su'aal. Tallaalka MMR miyuu keena ootisam?

Jawaab. Maya. Sanadkii 1998, cilmi-baare Ingiriis ah oo la yiraahdo Andrew Wakefield wuxuu soo saaray fikradda ah in tallaalka MMR uu sababi karo cudurka ootisam. Joornaalka caafimaadka *The Lancet*, wuxuu ku sheegay sheekooyinka sideed carruur ah oo uu ku dhacay cudurka ootisamku iyo dhibaato dhanka xiidmaha ah isla markii ay qaateen tallaalka MMR. Si loo go'aamiyo in shakiga Wakefield uu sax yahay, cilmi-baarayaashu waxay sameeyeen daraasado taxane ah oo isbarbar dhigaya boqolaal kun oo carruur ah oo qaatay tallaalka MMR iyo boqolaal kun oo aan waligood helin talaalka. Waxay ogaadeen in halista ootisamka isku mid tahay labada kooxda. Tallaalka MMR ma keenin ootisam.

Waalidiinta qaar ka shakisan badbaadada tallaalka MMR waxay joojiyeen in carruurtooda la tallaalo. Maaddaama heerarka tallaalku hoos u dhaceen, gaar ahaan Ingiriiska iyo, illaa iyo xad, Mareykanka, dillaacyada jadeecada iyo qaamo-qashiirku waxay keeneen isbitaal dhigis iyo dhimasho laga hortagi kari lahaa.

Su'aal. Thimerosal ma wuxuu keena ootisam?

Jawaab. Maya. Daraasado badan ayaa muujiyey in thimerosal-ka tallaalka uusan keenin ootisam. Thimerosal waa xafide meerkuri ku jiro oo loo isticmaali jiray tallaalka ay looga hortago faddaraynta. Sanadkii 1999, kooxo xirfadlayaal ah waxay ku baaqeen in thimerosal laga saaro tallaalka taxaddar ahaan. Nasiib darrose, si ku-meel-gaar ah looga saaray thimerosal dhammaan laakiin qaar ka mid ah diyaarinaha qiyaasaha daawo ee badan ee tallaalka hargabka ayaa cabsi gelisay waalidiinta qaar. Dhakhaatiirtu sidoo kale way ku wareereen talo soo jeedinta.

Tan iyo markii laga saaray thimerosal, dhowr daraasadood ayaa la sameeyay si loo ogaado bal in thimerosal uu sababay ootisam. Boqollaal kun oo carruur ah oo qaatay tallaalka ay ku jiraan thimerosal-ka ayaa la barbardhigay boqollaal kun oo carruur ah oo qaatay isla tallaalka aan lahayn thimerosal. Natiijooyinka ayaa ahaa kuwo cad: Khatarta cudurka ootisamka wuxuu ahaa isku mid labada kooxda; thimerosal-ta kujira tallaalka ma keenin ootisam.

Sii socota >

Su'aal & Jawaab TALLAALADA IYO OOTISAMKA: WAXA AY TAHAY INAAD OGAATO

Su'aal. Miyuu ootisamka sabab u yahay carruurta oo si dhakhso leh u qaata tallaalo aad u badan?

Jawaab. Xaqiiqooyin dhowr ah ayaa ka dhigaya wax aan macquul aheyn in dhallaanka ay ku adkaadaan tallaalo aad u fara badan oo la siiyo goor hore noloshooda.

Marka hore, ka hor intaan ruqsad la siin, tallaalada cusub marwalba waa la tijaabiyaa keligood iyo iyadoo lagu daray tallaalada jira. Daraasadahaani waxay go'aaminayaan haddii tallaallada cusubi wax ka beddelayaan badbaadada iyo waxtarka tallaallada jira iyo, taa beddelkeeda, haddii tallaallada jira ay saameyn ku leeyihiin tallaalka cusub. Daraasadahan, oo loo yaqaan daraasadaha isticmaalka isku-dhafan, ayaa la sameeyaa mar kasta oo tallaal cusub lagu daro jadwalka tallaalka ee hadda jira.

Ta labaad, in kasta oo tirada tallaaladu ay si aad ah kor ugu kacday qarnigii la soo dhaafay, haddana tirada qaybaha difaaca tallaalka ayaa si dhab ah hoos u dhacday. Boqol sano ka hor, carruurta waxay heli jireen kaliya hal tallaal, oo loogu talagalay habloobaasta. Tallaalka cudurka habloobaasta wuxuu ka koobnaa ilaa 200 oo qaybood oo difaaca jirka ka mid ah. Maanta, horumarka laga sameeyay nadiifinta borotiinka iyo teknolajiyada DNA-da ee dib-u-soo-cusboonaynta, 14-ka tallaal ee la siiyo carruurta yar yar waxay ka kooban yihiin oo keliya illaa 150 qaybood oo ka mid ah tallaalka difaaca jirka.

Tan saddexaad, caqabadda difaaca jirka ee tallaalka waa mid aan ka yarayn marka loo eego waxa ay carruurta sida caadiga ah maalin walba la kulmaan. Ilmo-galeenku waa bilaa jeermis, oo malaha wax bakteeriyada, fayras, dulin ama fangi ah. Laakiin markay carruurta kasoo baxaan ilmo-galeenka oo ay dunida imaadaan, waxaa isla markiiba ku degaya tirilyan bakteeriyada ah oo ku nool dahaarka sankooda, cunahooda, maqaarkooda iyo xiidmahooda. Bakteeriyada kasta waxay ka kooban tahay inta u dhexeysa 2,000 iyo 6,000 oo ah qaybaha difaaca jirka. Ilmuhuna badanaa waxay u sameeyaan jawaab difaac ah oo bakteeriyadan ay kula dagaalamayaan si looga ilaaliyo inay galaan dhiigga oo ay dhibaato u geystaan. Caqabada ay tallaaladu soo bandhigaan ayaa ah mid aad u yar marka loo eego tan ka jirta deegaanka.

Tan afraad, carruurta waxay leeyihiin awood aad u weyn oo ay kaga jawaabaan caqabadaha difaaca jirka. Susumu Tonogawa, oo ah bayoolajiyahan ku takhasusay molikiyuulaarka oo ku guuleystay abaalmarinta Nobel ee shaqadiisa, wuxuu muujiyey in dadku awood u leeyihiin inay sameeyaan inta u dhexeysa 1 bilyan ilaa 100 bilyan noocyada kala duwan ee unugyada difaaca jirka. Marka la eego tirada qaybaha difaaca jirka ee ku jira tallaalada casriga ah, qiyaasta muxaafidka ah waxay noqon doontaa in dhallaanka ay awood u leeyihiin inay ka jawaabaan qiyaastii 10,000 oo tallaal oo kala duwan hal mar. In kasta oo tani u egtahay tiro aad u badan, markaad tixgeliso tirada caqabadaha ay dhallaanka kala kulmaan bakteeriyada ku jirta deegaanadooda, maahan.

Halkan waxaa ah qaab kale oo lagu fahmi karo farqiga u dhexeeya cabirka caqabadaha tallaalka iyo caqabadaha dabiiciga ah ee ka imanaya deegaanka. Tirada bakteeriyada ku nool dusha sare ee jirka waxaa lagu cabiraa garaam ahaan (garaam waa culeyska qiyaastii shan meelood meel qaadada shaaha oo biyo ah). Tirada qaybaha difaaca jirka ee kujira tallaalada waxaa lagu cabiraa mikro-garaam ama nanogaraam (hal garaam oo milyan ama bilyan loo qaybiyey).

Su'aal. Daraasaduhu miyay muujinayaan in tallaalka MMR iyo thimerosal midkoodna uusan keenin ootisam xasaasi ah oo ku filan oo lagu ogaan karo dhibaataada haysata carruurta tirada yar?

Jawaab. Daraasadaha muujinaya in tallaalka MMR iyo thimerosal midkoodna uusan keenin ootisamka, oo loo yaqaan daraasadaha cudurada faafa, ayaa aad u xasaasi ah. Tusaale ahaan, daraasadaha cudurrada faafa waxay muujiyeen in tallaalka rotafayruusta ee loo adeegsaday intii u dhexeysay 1998 iyo 1999 ee Mareykanka uu sababay xiidmaha mid ka mid ah 10,000 ee qof ee tallaalka qaata; in tallaalka jadeecada uu sababay hoos u dhac ku yimid tirada unugyada loo baahan yahay si loo joojiyo dhiigbaxa (platelet) mid ka mid ah 25,000 ee qof ee qaata; iyo in tallaalka infalawansada (hargabka doofaarka) ee laga isticmaalay Mareykanka 1976 uu sababay nooc curyaannimo ah oo loo yaqaan 'Guillain-Barré syndrome' mid ka mid ah 100,000 ee qof ee qaata.

Qiyaastii mid ka mid ah 59kii carruur ah ee ku nool Mareykanka waxaa laga helaa cilladaha cudurka ootisamka. Xitaa haddii tallaalladu ay keenaan ootisamka boqolkiiba 1 keliya ee carruurta qaba ootisamka, dhibaataada si fudud ayaa lagu ogaan lahaa daraasadaha cudurrada faafa.

Su'aal. Haddii aan ka walaacsanahay in tallaalku sababay cudurka ootisamka, maxay tahay waxyeellada dib u dhigista ama ka daynta tallaallada ilmahayga?

Jawaab. Daraasad ay sameeyeen Michael Smith iyo Charles Woods ayaa lagu ogaaday in carruurta si buuxda loo talaalay sanadka ugu horeeya noloshooda aysan u badneyn inuu ku dhaco cudurka ootisamka marka loo eego kuwa waalidkood ay doorteen inay dib u dhigaan tallaalada. Intaas waxaa dheer, dhammaan caddayntu waxay muujinayaan in tallaalku uusan keenin ootisam, sidaa darteed dib u dhigista ama joojinta tallaallada ma yareyn doonaan halista cudurka ootisamka; waxay kordhin doontaa oo kaliya waqtiga ay carruurta halista ugu jiraan cudurada looga hortagi karo tallaalka. Dhowr ka mid ah cudurradan, sida bus-buska, xiiq-dheerta (xiiq-dheer) iyo burukiitada (oo sababa caabuqa dhiigga ku dhaca, oof-wareenka iyo qoorgooyaha) ayaa weli caadi ah. Daahida ama hakinta tallaalada ayaa kaliya kordhinaysa waqtiga ay carruurta kujiraan halista aan loo baahnayn ee cudurada halista ah ee mararka qaar u dhintaan.

TIXRAACYO OOTISAM

Sababtoo ah cilmi-baarista ootisamka ayaa had iyo jeer is beddeleysa, habka ugu wanaagsan ee lagula soconayo waa in la booqdo bogagga cilmi-baarista ee Autism Science Foundation:

www.autismsciencefoundation.org/research-year

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Macluumaadkan waxaa bixiya Xarunta Waxbarashada Tallaalka ee Isbitaalka Carruurta ee Philadelphia. Xaruntu waa khayraad waxbarasho oo loogu talagalay waalidiinta iyo xirfadlayaasha daryeelka caafimaadka waxayna ka kooban yihiin saynisyahanno, dhakhaatiir, hooyooyin iyo aabbayaal u heellan barashada iyo ka hortagga cudurrada faafa. Xarunta Waxbarashada Tallaalka waxaa maalqeliya deeqsiyiin khayr qaba oo ka socda Isbitaalka Carruurta ee Philadelphia. Xaruntu wax taageero ah kama hesho shirkadaha dawooyinka soo saara. ©2019 Isbitaalka Carruurta ee Philadelphia, Dhammaan Xuquuqda Waa la Ilaayay. 18067-11-18.