

Kusamalira mano ndi nkhamwa

Kusamalira bwino mano ndi nkhamwa kwabwino chifukwa:

- Mano olimba ndi abwino amafunika kutafunira ndi kugayira chakudya bwino.
- Mabowo a m'mano omwe amayamba chifukwa chakuwola kwa zakudya zokhalira m'manomo ndi zilonda za m'nkhamwa zingapewedwe posamalira bwino mano.
- Mano owola chifukwa chosowa chisamaliro/ukhondo angayambitse matenda omwe angagwire ziwalo zina zam'thupi.

Pofuna kuti mano akhale abwino/asawole tsatirani izi:

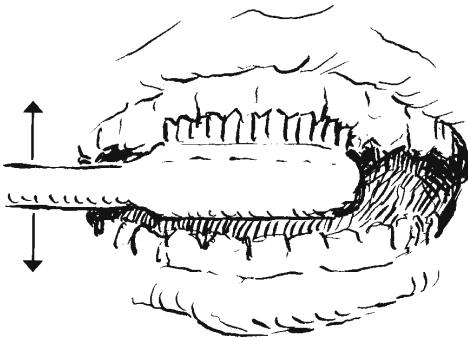
1. **Pewani kudya maswiti.** Kudya maswiti ambiri nzimbe, tiyi ndi zakumwa zina zashuga wambiri) kumawoletsa mano msanga.

Musawazoloweze ana kudya maswiti kapena zakumwa zotsekemera kwambiri ngati mukufuna kuti akhale ndi mano abwino.



“Mwana uyu mano ake adawola chifukwa chakudya maswiti koteru posakhalitsa adzakhala wopanda mano.”

2. **Tsukani mano bwinobwino tsiku lililonse** – ndipo muwatsuke mukamaliza kudya chakudya chilichonse chotsekemera. Ana aang'ono ayenera kutsukidwa mano akangoyamba kumera. Akakula pang'ono, aphunzitseni kutsuka okha mano awo ndipo mudziwawona ngati akutsuka bwino.



Tsukani mano kuyambira m'mwamba kupita m'munsi ngati chonchi, osangoti m'mbali ndi mbali.

Tsukani kutsogolo, m'mbuyo, m'mwamba komanso m'munsi mwa mano anu.

3. Kuyika mankhwala a **fluoride** m'madzi akumwa kapena m'mano kumapewa mano kuti asabowoke. Mapulogalamu ena azaumoyo amayika mankhwala a **fluoride** m'mano aana kamodzi kapena kawiri pa chaka ngati mankhwalawo ayezedwa ndipo apezeka kuti sakufika pamlingo wovomerezeka. Zakudya zambiri za m'nyanja zimakhala ndi **fluoride** wambiri.

Chenjezo: *Fluoride* ndi wowopsa ngati mlingo wochulukirapo umezedwa. Gwiritsirani ntchito mosamala ndipo muike patali ndi ana.

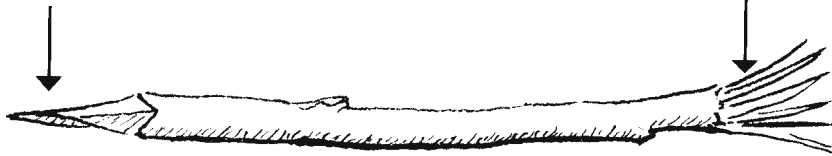
4. **Ana okulirapo asamamwetsedwe mkaka wam'botolo.** Kupitiriza kuyamwitsa mwana mkaka wam'botolo kumawoletsa mano chifukwa chakutsekemera kwa mkaka. Ndi bwino kuti ana asamwe mkaka kudzera m'botolo. Onani tsamba 287.

Ngati mulibe mswachi

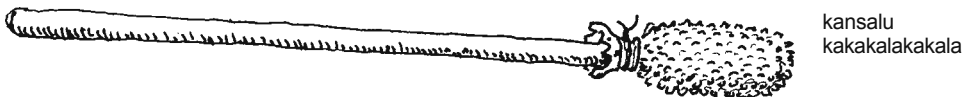
Gwiritsirani ntchito kansonga kamtengo chonchi:

Songolani mbali iyi kuti izitsuka pakati pamano.

Tafunani mbaliyi nkugwiritsira ntchito timaluzitimaluzi tangati mswachi.

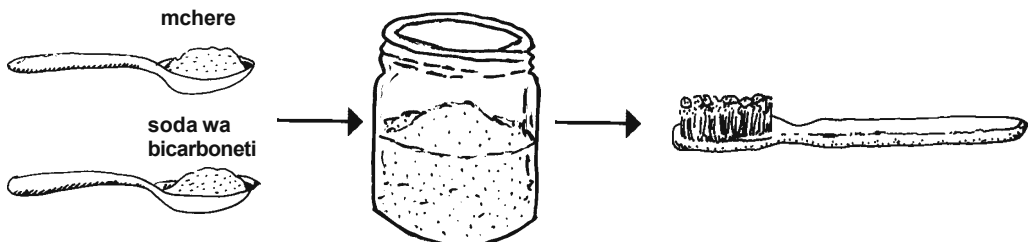


Kapena mangani kansalu kochindikala kumapeto kwa kamtengo nkugwiritsira ntchito ngati mswachi.



Ngati mulibe mankhwala otsukira mano

Pangani mankhwala aufa posakaniza mchere ndi soda wolingana muyezo. Unyowetseni mswachiwo musanawupake mankhwalawo kuti mankhwalawo amate.



Mchere ndi soda zimatsuka bwino mano ngati mankhwala a mano. Ngati mulibe soda ingogwiritsirani ntchito mchere ngakhale madzi okha ndi okwana mukamatsuka bwino bwino.

Dzino ngati lili lobowoka kale

Pofuna kuti dzino lobowoka lisamapweteke, pewani kudya zotsekemera kwambiri ndipo atsukeni bwinobwino mano anu mukatha kudya chakudya chilichonse.

Ngati ndi kotheka, kawonaneni ndi dotolo wa zamano msanga. Mutapita msanga angathe kulitsuka ndi kutseka bowolo koterokuti lingakhale zaka zambiri lisanabowokenso.



Ngati muli ndi dzino lobowoka musadikire liyambe kupweteke kwambiri. Pitani msanga kuchipatala kuti akalitseke.

Kupweteka ndi kutupa kwa dzino

Pofuna kuchepetsa ululu:

- Tsukani bowolo pochotsa tizakudya tonse tokhalirakhalira mudzino. Kenaka chukuchani m'kamwa ndi madzi otantha amchere.
- Imwani mankhwala ochepetsa ululu monga *aspirin*.
- Imwani maantibayotiki: matabuleti a *penicillin* (tsamba 365) kapena *sulfonamide* (tsamba 372), *tetracycline* (tsamba 370) ngati mwatupa kapena mafinya akutuluka padzino.

Ndi bwino kungolichotsa dzinolo ngati ululu sukutha. Dzino likatupa muyenera kulandira chithandizo msanga matendawa asanafalikire ku mbali zina zathupi.

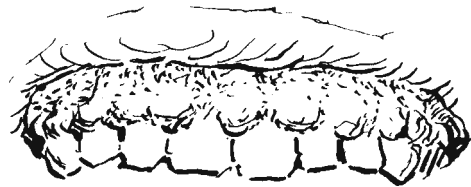


Dzino limayamba kachilombo kakalowa ku bowo la dzinolo. Kutupa kwa dzino kumachitika vuto la dzino likafika patsinde la muzu wake ndi kupanga thumba lomwe limakhala ndi mafinya.

Matenda a m'nkhamama (*Pyorrhea*)

Nkhama (zofiira ndi zotupa) zopweteka kwambiri zomwe zikutuluka magazi mosavuta zimayamba chifukwa:

1. Chosatsuka mano ndi nkhamama kawirikawiri.
2. Chosadya zakudya zokhala ndi zofunikira za m'thupi.



Kupewa ndi chithandizo chake:

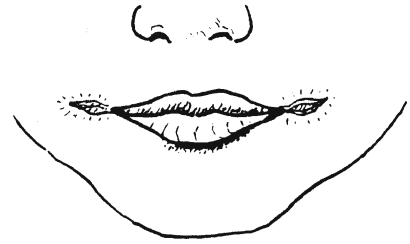
- Tsukani mano mutatha kudya pochotsa chakudya chokanirira m'mano, komanso mukhule kabowo kachikasu kodera kamene kamakhala pamene dzino limakumana ndi nkhamama. **Ndi bwino kutsuka m'munsi** mwa nkhamama kawirikawiri ndi ulusi wolimba koma wopyapala ku mano. Poyamba izi zingapangitse kuti magazi azituluka koma kenaka nkhamama zimakhala zolimba ndipo zimasiya kutuluka magazi.
- Idyani zakudya zoteteza kumatenda zokhala ndi mavitamini ambiri monga mazira, nyama, nyemba ndi ndiwo zamasamba zobiriwira, zipatso monga malalanje, mandimu ndi phwetekere (onani Mutu 11). Pewani kudya zakudya zotsekemera ndi zomatirira pakati pa mano.

Chidziwitso: Nthawi zina mankhwala a khungu monga *phenytoin* amayambitsa kutupa ndi kusakula bwino kwa nkhamama (onani tsamba 403). Kawonaneni ndi dotolo wazamano ndi kusintha mankhwala omwe mukumwa nkhamama zikayamba kutupa ndi kusakula bwino.

Zilonda kapena kung'ambika mmbali mwa pakamwa

Tizilonda tatitali m'mbali mwa pakamwa pa ana ndi chizindikiro chosowa zakudya zofunikira m'thupi. Vutoli likhozanso kukhudza amayi oyembekezera pamene chakudya chomwe akudya nthawi zonse sichikuwakwanira amayi ndi mwana yemwe akuwayembekezera.

Anthu omwe ali ndi zilondazi ayenera kudya zamavitamini ndiponso zomanga thupi monga: ndiwo zamasamba obiriwira kwambiri, zipatso, mtedza, mkaka, nyama, mazira ndi nsomba.



Timadonthomadontho toyera m'kamwa

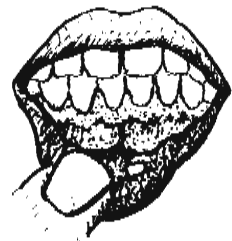
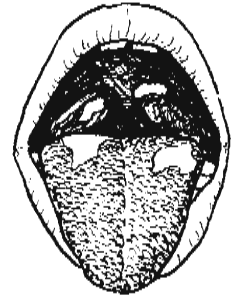
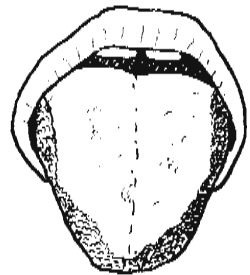
Timabweya toyera palirime. Tibweya toyera palirime sitolakwika ayi. Koma pamatenda ambiri makamaka thupi likatentha, kakhungu kaubweya kamalimba kwambiri ndiponso zimathandiza ku tsuka m'kamwa ndi madzi ofunda osakaniza ndi mchere ndi soda kangapo pa tsiku.

Timadontho ting'onoting'ono toyera, towoneka ngati timchere m'kamwa mwa mwana yemwe watentha thupi tingakhale chizindikiro cha chikuku (tsamba 330).

Fulashi (trush): Timadontho toyera m'kamwa ndi palirime towoneka ngati nyama yosaphika. Timayamba ndi mafangayi otchedwa *moniliasis* (onani tsamba 249). Timadonthoti timawoneka m'nkhama za mkamwa mwa ana akhanda, anthu odwala Edzi ndi anthu omwe amamwa maantibayotiki ndiponso *ampicillin* ndi *tetracycline*.

Pokhapokha ngati kuli kofunika kwambiri kuti mudzimwa maantibayotiki, mukhoza kutero. Pakani *gentian violet* kapena tafunani galiki m'kamwa mwanu ndipo mudye yogati kuti muthetse vutoli (tsamba 386). Zikapitirira pitani kuchipatala.

Zilonda za m'kamwa: Tizilonda toyera topweteka kwambiri m'kamwa kapena m'milomo. Tizilondati timatuluka pambuyo pa kutentha kwa thupi kapena pambuyo pamadandaulo. Tizilondati timapola pakatha sabata imodzi kapena masabata atatu. Anthu omwe amamwa **Proguanil** popewa malungo angathe kutuluka tizilondati mkwamwa. Chukuchani mkamwa ndi madzi amchere kapena *hydrogen peroxide* (tsamba 384). Maantibayotiki nawo amathandiza.



Matuza akutentha thupi ndi zilonda za chimfine

Timatuza topweteka kwambiri pa milomo kapena ziwalo zoberekera timang'ambika nkupanga timabowo. Timatuluka thupi likasiya kutentha ndipo timayamba ndi mavayirasi. Timapola pakatha sabata imodzi kapena masabata awiri. Tizilondati tingapole poika ayezi patizilondapo kwa ola limodzi. Nthawi zina timadzi towawasa tambewu zina timapoletsanso tizilondati. Palibe mankhwala enieni othandiza.