HADDII AAN DHAMMAANTEEN HORE UGA FIKIRNO WAXAAN SI KA DHAKHSO BADAN ISAGA CELIN KARNAA INJIRTA TIMAHA

Qof kaste ayaa yeelan kara injirta timaha. Injirta timuhu waa dhibaato caadi ah sababtuna ma aha nadaafadda xun ee jirka. Injirta timuhu ma aha wax ceeb leh. Runtii, qiyaas ahaan boqolkiiba 50 dhammaan qoysaska ku nool waddanka Iswiidhan ayay mar uun taabatay.[1] Haddii aad ilmahaaga ku aragto injirta timaha, waxaad ku dadaali doontaa in aad sida ugu dhakhso badan uga saarto injirta timaha. Daawaynta injirta timaha ee guriga diyaar kuugu ah ayaa kuu noqonaysa xal niyaddu kuugu degto oo camali ah.

Marka dugsigaaga ama dugsigaaga hore ay injirta timuhu ka dillaacdo:

1 Si joogto ah oo fiican timaha ilmahaaga ugu shanlee ama ugu feer shanlada ama saqafta qindhicilka

Marka aad soo iibsato daawaynta injirta timaha, baakadka waxaa badi ku jira shanlada qindhicilka. Shanlaynta joogto ah ee timaha ee loo isticmaalo shanlada qindhicilka, oo ugu fiican in lagu dul sameeyo xaashi warqad cad ah, ayaa ah habka ugu fiican ee injirta timaha lagu arko. Haddii shanlayntu kugu adkaato, waxaa weliba jirta badeeco aad farmashiida ka soo qaadan karto oo lagu arki karo ugaxda injirta timaha (qindhicilka).

2 Haddii aad injirta timaha ku aragto, islamarkaaba u bilow daawaynta

Qoyskoo dhan ka baar oo ka daawee dhammaan dadka ay ku jirto adigoo isticmaalaya daawaynta qalabka caafimaadeed ee loogu talagalay injirta timaha. Daawaynta lagu sheego qalab caafimaadeed waxay ka dhigan tahay in daawayntu ay injirta cabburiso ama engejiso halkii ay ugu dili lahayd sunta cayayaanka ee dadka u xun. Daawaynadaasi u adkaysi ma keenaan.

3 U sheeg macallimiinta ama kalkaaliyaha caafimaadka ee dugsiga

Si aanay u faafin injirta timaha ee dillaacday, oo aanay ilmahaaga ugu soo noqnoqonin, waxaa muhiim ah in aad shaqaalaha dugsiga ka war geliso in uu ilmahaagu injirta timaha leeyahay. Weliba la xiriir xubnaha kalee qaraabadaada. Yaa og, waxaa laga yaabaa in ayeeyo iyadana madaxu cuncunayo.

Tixraacyada: 1. Prime research 2013

GEL | SCHAMPO | SENSITIVE | SPRAY

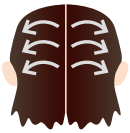
PARANIX

PAR160902SE2

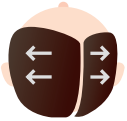
SHANLAYNTA QINDHICILKA – XALKA

Waxaa muhiim ah in aad timaha si fiican ugu shanlayso shanlada qindhicilka, si aad uga hesho injirta timaha, uga saarto injirta timaha dhimatay una fiiriso in daawayntu ay si fiican wax u tartay. Ku shanlee iftiinka maalinta, waxaa ugu fiican in aad ku dul samayso xaashi warqad oo cad, si ay kuugu sii fududaato in aad hesho soo booqdeyaashaas aanan la rabin. Si gaar ah ugu fiiri qaybta madaxa ee dhegaha ka dambaysa iyo qoorta hareeraheeda.

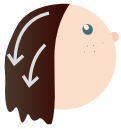
Ogsoonow: Shanlada ama saqafta masax ka dib mar kastoo aad timaha mariso.



1. Madaxa gadaashiis
Bartamaha ka kala saar oo timaha si fiican ugu shanlee labada dhinac ee aad u kala saartay. Ka dib ka kala saar meel kaloo ku xigta meeshii hore oo si fiican u shanlee. Sidaas ku sii wad ilaa timahoo dhan aad si fiican u shanlaynayso.



2. Madaxa korkiisa
Si fiican u shanlee timaha madaxa korkiisa ku yaalla adigoo isticmaalaya isla farsamadii hore.



3. Timaha shanlee adigoo ka dhaqaaqaya foodda wajiga hoosna ugu dhaadhacaya qoorta.

4. Shanlee adigoo ka dhaqaaqaya qoorta korna ugu kacaya foodda wajiga.

Fikrad: Haddii shanlayntu kugu adkaato, waxaa weliba jirta badeeco aad farmashiida ka soo qaadan karto oo lagu arki karo ugaxda injirta timaha (qindhicilka).

Miyaad rabtaa in aad macluumaadkan luqad kale ku hesho? Fiiri paranix.se

Paranix waxaa suuqa gaysa shirkadda **Omega Pharma Nordic AB/ACO Hud Nordic AB**. Kistagången 20 B, Box 7009, 164 07 Kista. Tel. 08-590 029 00. info@omega-pharma.se, www.omega-pharma.se