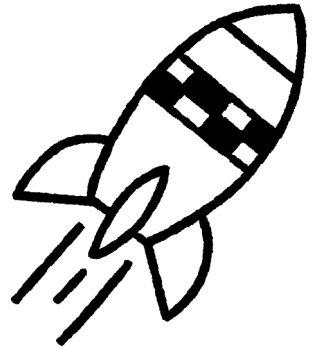


Sigaar

Sayniska

Cutub: Cudurrada iyo daroogada



Ground rules

Dhegaysta dadka kale. Waa inaynu isku raalli noqon karnaa, laakiin waa inaynu si fiican u dhegaystano ka hor inta aynaan qaadan qiyaas ama go'aanka sida looga jawaabo. Marka aynu isku raalli nahay, ku celi hadalka, ee qofka ha ku eegin.

Ixtiraam qarsoodiga. Waanu ka wada hadli karnaa tusaalooyin, laakiin ha isticmaalin magacyo ama sharaxaad tilmaamaysa qof, oo aanu ku jirin nafteena.



Layla

Xukun la'aan. Waanu sahamin karnaa caqiidooyinka iyo fahamka qaldan ee mawduuca iyada oo aan ka cabsanayn in la xukumo.



Yacquub

Dooro heerka ka qaybgalka. Qof kastaa wuxuu xaq u leeyahay inuu doorto inuusan ka jawaabin su'aal ama uusan ku biirin dood. Weligayna qofna kuma qasbeyno inuu 'jawaabto'.



Cali



Isra

Natiijo

Waxaan qeexi karaa saamaynta sigaarka ee jidhka bini'aadamka.

sigaar

tobacco

nicotine

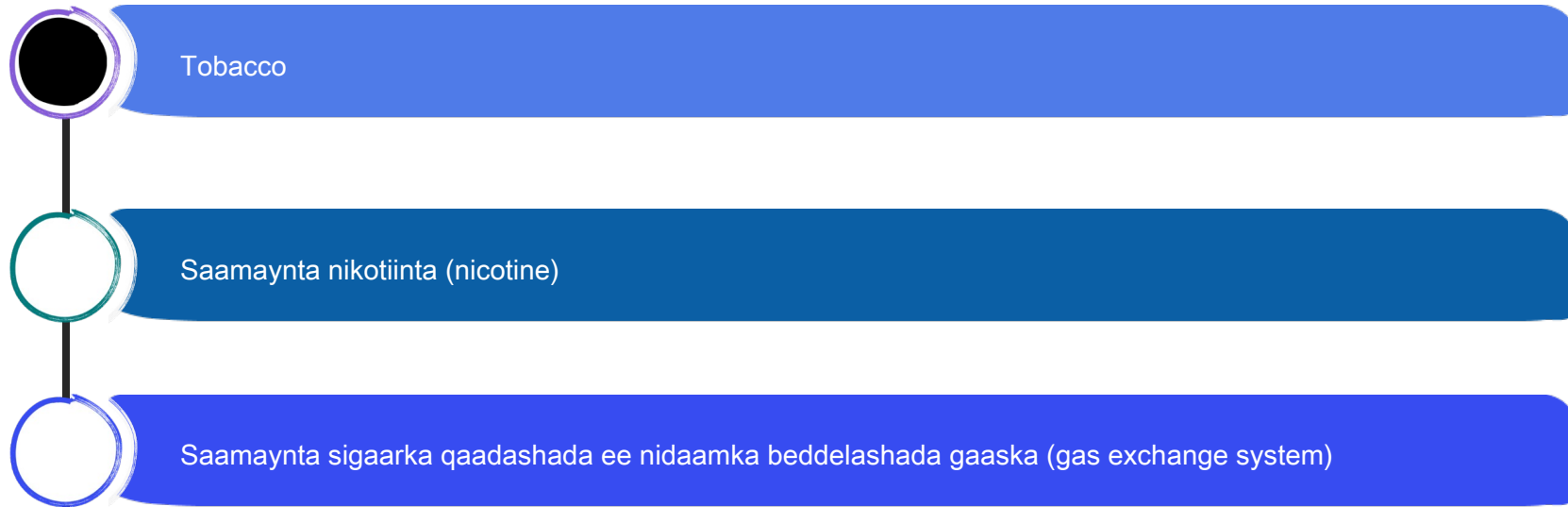
gas exchange

Erayada muhiimka ah

sigaar	Falka neefsashada iyo sii daynta qiiqa ka yimaada tobacco gubanaya.
tobacco	Caleemaha qallalan ee geedka tobacco.
nicotine	Daroogada si xoog leh u qabatimaaysa ee laga helo caleemaha tobacco.
beddelashada gaaska (gas exchange)	Habka oksijiinta (oxygen) uga faafeyso sambabada dhiigga, iyo kaarboon laba-ogsaydh (carbon dioxide) uga faafeyso dhiigga sambabada.

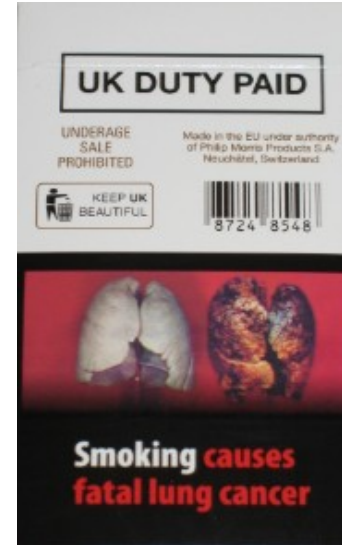
Qaabka casharka

Sigaar qaadasho (Smoking)



Bishii Maajo 2017, Dowladda Boqortooyada Ingiriiska waxay soo rogtay sharci ah in sigaarta hadda laga iibiyo baakado cagaaran oo heerar leh oo leh digniin sawir leh oo ku saabsan khatarta sigaarka. Kahor intaas, baakaduhu waxay ahaan jireen midabbo badan, qaarkoodna waxay lahaayeen jilayaal la aqoonsan karo.

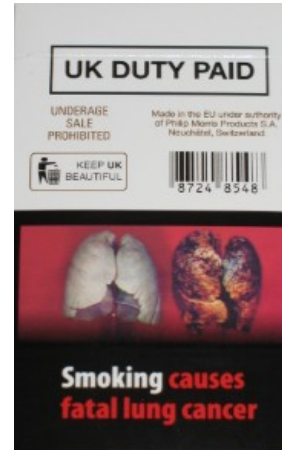
Maxaad u malaynaysaa inay sidaa sameeyeen?



baakad sigaar oo leh digniin sawir leh

Caalamkaba, sigaarku wuxuu dilaa in ka badan 8 milyan oo qof sanadkii. Sigaarku wuxuu keeni karaa dhibaatooyin badan:

- cadaadis dhiig oo sarreeya (high blood pressure)



baakad sigaar oo leh digniin sawir leh

- emphysema, oo ah nooc ka mid ah cudurka sambabada oo daba-dheeraada (COPD)

Tobacco wuxuu ka yimaadaa geedka tobacco.



beer tubaako



Caleemaha waa la qalajiyaa ka dibna waa la duubaa si ay u noqdaan sigaar ama sigaar.

Marka tubaakada ku jirta sigaarku gubto, waxay sii daaysaa ilaa 5000 kiimiko oo kala duwan.



sigaar

70 ka mid ah kiimikooyinkan ayaa keena kansar.

Ma jiro heer ammaan ah oo sigaar lagu cabo.

Waa maxay kiimikooyinka kansarka keena ee ku jira sigaarka?

Kiimiko	Halkee kale laga heli karaa?
cadmium	batariga gaariga
arsenic	sun
formaldehyde	ilaaliye loo isticmaalo habka maydka
1, 3 - butadiene	loo isticmaalo samaynta caag
benzene	solvent warshadeed

Run mise been?

Inta aadan maalin walba sigaar cabbin, caafimaadkaagu waa fiicnaan doonaa.



Run



Been



Sabab u sheeg jawaabtaada

a

Ma jiro heer ammaan ah oo sigaar cabista ah.

b

Waa inaad sigaar cabtaa wakhti kasta si aad u yeelato saameyn xun.

Xaggee buu ka yimaadaa tobacco (Tobacco)?

- a** xayawaanka
- b** dhirta ✓
- c** dadku sameeyeen shaybaarka

Ku sawir sawir sigaar ah boggaaga.

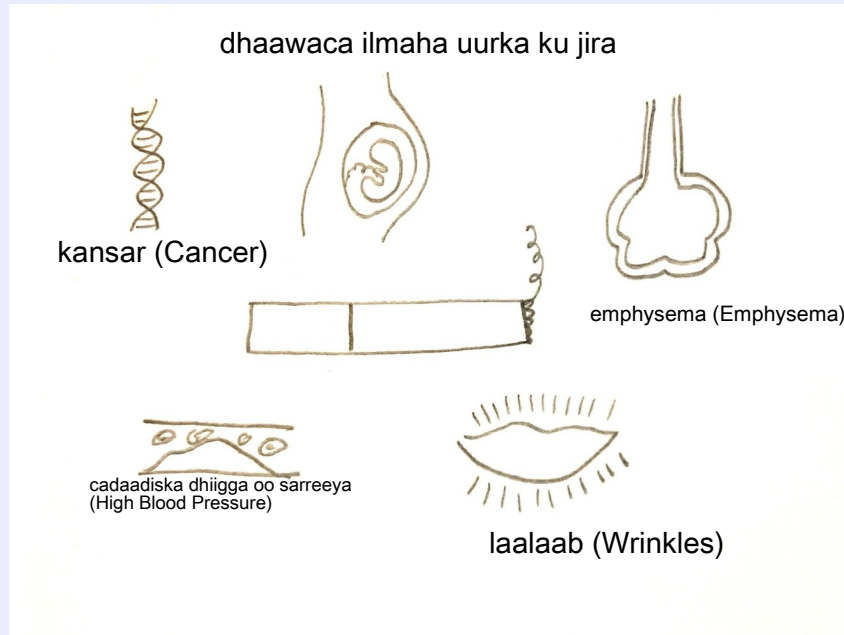
Ku sawir sawirro agagaarkeeda si aad u muujiso qaar ka mid ah saameynta sigaar cabista.



sigaar

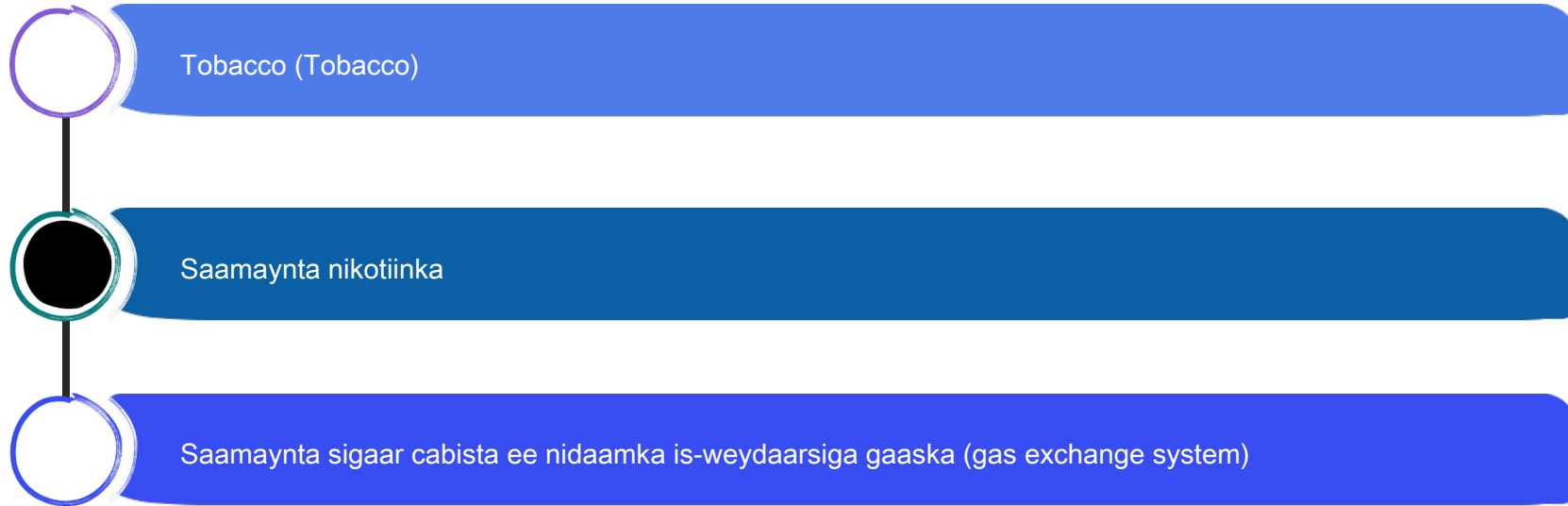
Ku sawir sawir sigaar ah boggaaga.

Ku sawir sawirro agagaarkeeda si aad u muujiso qaar ka mid ah saameynta sigaar cabista.

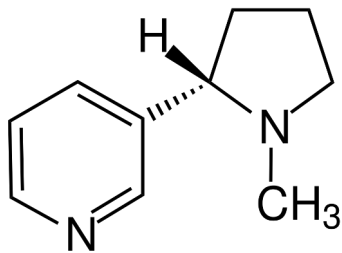


Qaabka casharka

Sigaar cabista



Nikotiinku waa daroogo madadaalo (recreational drug) oo si dabiici ah uga dhaca geedaha tubaakada.

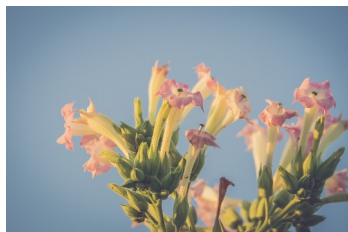


qaab-dhismeedka nikotiinka

Nikotiinku waa mid aad u qabatimo leh (addictive).

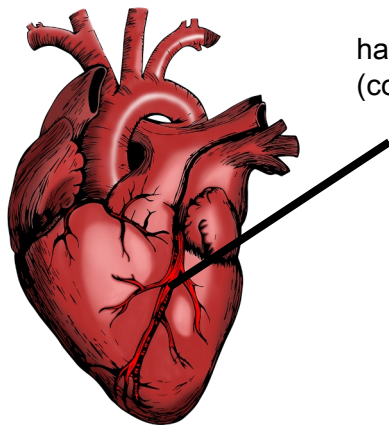
Qabatimadu waxaa lagu gartaa rabitaan joogto ah oo ah isticmaalka daroogada.

Dadku waxay sii wadaan sigaar cabista inkastoo ay ogyihiin inaysan u fiicnayn.



ubaxa tubaakada

Nikotiinku wuxuu cidhiidhin karaa xididdada dhiigga ee wadnaha dhiigga siiya.



haldhigga wadnaha
(coronary arteries)

wadnaha

Tani waxay yaraynaysaa socodka oksijiinta ee unugyada muruqa wadnaha si ay u helaan neefsashada unugyada (cellular respiration).

Tani waxay keeni kartaa in unugyada muruqu ay joojiyaan isku-jiidista oo ay dhintaan.

Haddii qayb weyn oo wadnaha ah ay dhaawacanto, tani waxay sababi kartaa wadne-qaad (heart attack) iyo dhimasho.

Nikotiinku wuxuu sidoo kale kordhin karaa cadaadiska dhiigga (blood pressure) iyo garaaca wadnaha (heart rate).



qalabka cabbira cadaadiska dhiigga

Cadaadiska dhiigga oo sarreeya wuxuu culays saaraa xididdada dhiigga wuxuuna dhaawici karaa. Tani waxay u horseedi kartaa cudur wadnaha iyo wadne-qaad suurtagal ah.

Haddii wadnuhu uu garaaco si joogto ah, muruqa wadnuhu wuxuu u baahan doonaa oksijiin iyo gulukoos (glucose) badan si uu u shideeyo neefsashada. Garaaca badan sidoo kale wuxuu cadaadis badan saaraa wadnaha, maadaama uu u shaqeeyo si adag.



qalabka cabbira garaaca wadnaha

Mid ka mid ah weedhahan soo socda ayaa been ah?

a

Nikotiinku (Nicotine) waa daroogo sharci darro ah oo aad u qabatimo badan.



b

Nikotiinku (Nicotine) wuxuu yareeyaa cadaadiska dhiigga.



c

Nikotiinku (Nicotine) wuxuu kordhiyaa garaaca wadnaha.

d

Nikotiinku (Nicotine) wuxuu keenaa cidhiidhiga halbowlayaasha wadnaha (coronary arteries).

1) Waa maxay kiimikada ugu weyn ee dadka ku kalifta inay sii cabbaan sigaarka, inkastoo ay ogyihiin inuusan fiicnayn?

2) Sharax sababta sigaarka u keeno cidhiidhiga halbowlayaasha wadnaha (coronary arteries) iyo sida ay tani u horseedi karto wadne-gabasho (cardiac arrest).

1) Waa maxay kiimikada ugu weyn ee dadka ku kalifta inay sii cabbaan sigaarka, inkastoo ay ogyihiin inuusan fiicnayn?

Sigaarada waxaa ku jira nikotiin (nicotine) oo ah daroogo madadaalo oo aad u qabatimo badan oo laga helo dhirta tubaakada (tobacco). Qabatimadu waxaa lagu gartaa rabitaan joogto ah oo ah isticmaalka daroogada. Tani waa sababta dadku u sii cabbaan sigaarka inkastoo ay ogyihiin inuusan fiicnayn.

2) Sharax sababta sigaarka u keeno cidhiidhiga halbowlayaasha wadnaha (coronary arteries) iyo sida ay tani u horseedi karto wadne-gabasho (cardiac arrest).

Sigaarada waxaa ku jira nikotiin (nicotine). Nikotiinku (Nicotine) wuxuu keenaa cidhiidhiga halbowlayaasha wadnaha (coronary arteries). Halbowlayaasha wadnaha ayaa wadnaha siiya dhiig. Dhiiggu wuxuu unugyada muruqa wadnaha u keenaa oksijiin (oxygen) si ay u sameeyaan neefsashada unugyada (cellular respiration). Haddii halbowlayaashu cidhiidhi yihiin, dhiig ku filan kama qulqulo. Tani waxay u horseedi kartaa wadne-qabad (heart attack).

Qaabka casharka

Sigaar-cabbista (Smoking)



Tubaakada (Tobacco)

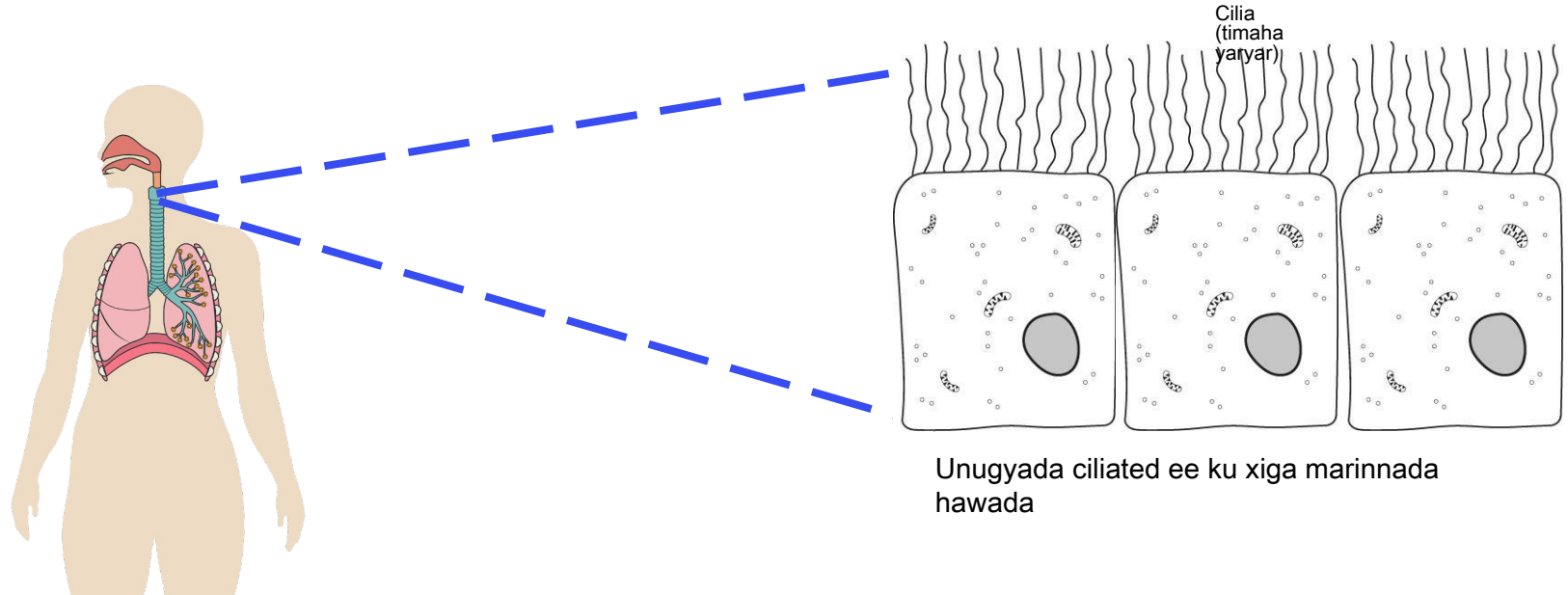


Saamaynta nikotiinka (Nicotine)



Saamaynta sigaarka ee nidaamka is-weydaarsiga gaaska (gas exchange system)

Qiiqa iyo kulaylku waxay dhaawacaan unugyada ciliated-ka ah (ciliated cells) ee safra marinnada hawada.



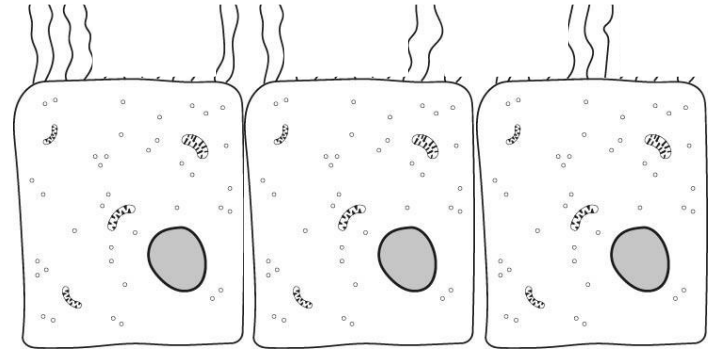
Nidaamka is-weydaarsiga gaasaska (gas exchange system)

Unugyada ciliated ee caafimaadka qaba waxay qabtaan wasakhda iyo boodhka, taasoo naga ilaalisaa infekshannada.

Darteed, waxay noqon karaan kuwo aan si fiican uga saari karin xabka (mucus).

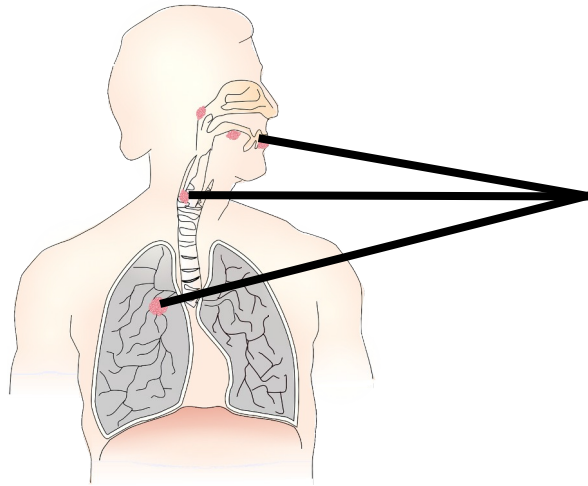
Qofka sigaarka cabba waa inuu qufacaa si uu u dhaqaajiyo xabka (qufaca sigaarka).

Waxay noqon doonaan kuwo u nugul infekshannada sambabada, sida bronchitis.



Unugyada ciliated ee dhaawacmay ee ku xiga marinnada hawada

Tar-ka ku jira qiiqa sigaarka wuxuu sababi karaa kansar.



Kansar (cancer)

Unug xayawaan
(animal cell)



DNA

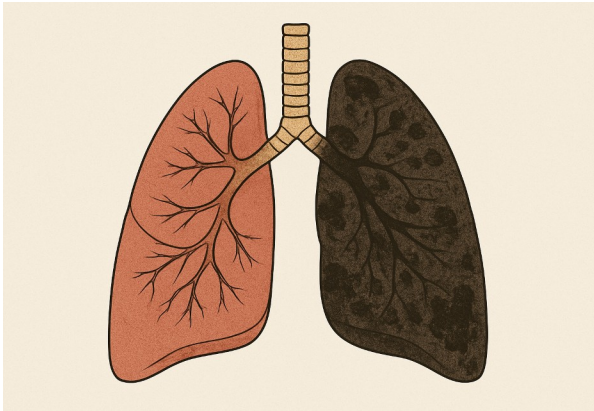
Kiimikooyinka ku jira tar-ku waxay dhaawacaan DNA-ga.

Tani waxay u horseedi kartaa qaybinta unugyada aan la xakameynin.

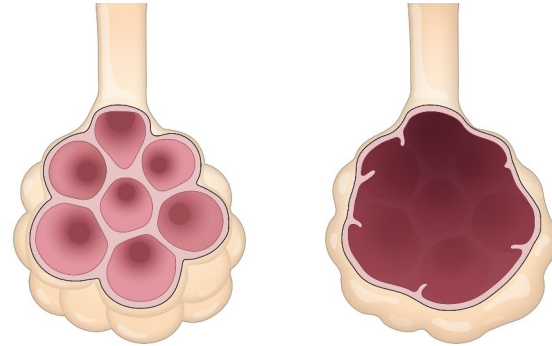
Tani waa kansar.

Tar-ku wuxuu sababi karaa noocyo kala duwan oo kansar ah, oo ay ku jiraan kansarka afka, cunaha iyo sambabada.

Tar-ka laga helo qiiqa sigaarka wuxuu dhaawici karaa alveoli-ga sambabada wuxuuna u horseedi karaa cudurka COPD, sida emphysema.



Sambabada madow ee qofka sigaarka cabba oo ay sababtay ururinta tar-ka

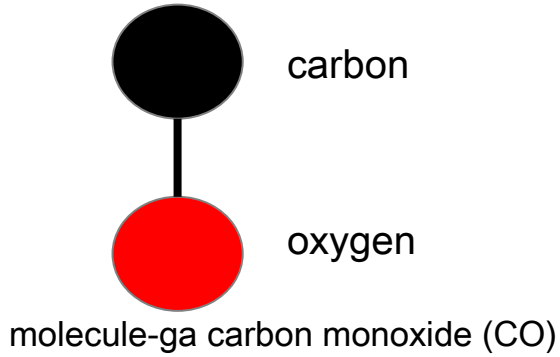


alveoli caafimaad qaba

alveoli emphysema ah

Gidaarrada alveoli-ga ayaa jajabma, taasoo keenta in hoos u dhacdo bedka is-weydaarsiga gaasaska.

Carbon monoxide (CO) waa gaas sun ah oo laga helo qiiqa sigaarka.

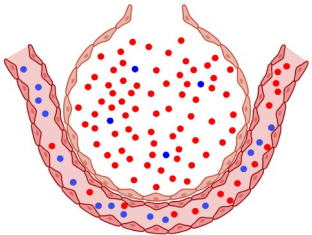


Carbon monoxide (CO) waa la neefsadaa wuxuuna ku faafi karaa (diffuse) dhiigga iyada oo loo marayo alveoli-ga.

Waxay bedeli kartaa booska oxygen-ka ee unugyada dhiigga cas (red blood cells).

Carbon monoxide (CO) iyo COPD labaduba waxay yareeyaan qadarka oxygen-ka ee dhiigga, marka nidaamka wareegga dhiigga (circulatory system) waa inuu ka shaqeeyaa si adag.

Tani waxay u horseedi kartaa cudurka wadnaha (heart disease).



Saamaynta sigaarka ee nidaamka beddelka gaaska (gas exchange system)

Kuwee cudurrada soo socda ayaa lala xiriiriyaa sigaarka?

a

bronchitis



b

jadeeco (measles)

c

emphysema



d

cudurka cagta ciyaartoyda (athlete's foot)

Cali wuxuu u sharxayaa Layla sababta uu u malaynayo in Dowladdu mamnuucday sigaarka meelaha dadweynaha sanadkii 2004.

Ma ku dari kartaa faahfaahin ku saabsan cudurro gaar ah oo saameeya nidaamka beddelka gaaska (gas exchange system)?



Layla

Qiiqa sigaarka ee dadka kale (second hand smoke) wuxuu weli saameyn karaa neefsashada qofka, sidaas darteed Dowladdu waxay mamnuucday sigaarka meelaha dadweynaha.



Cali

Ma ku dari kartaa faahfaahin ku saabsan cudurrada gaarka ah ee saameeya nidaamka is-weydaarsiga gaaska (gas exchange system)?

Kansar (Cancer): Daamurka (Tar) ee sigaarka wuxuu dhaawici karaa DNA-da unugga. Tani waxay u horseedi kartaa qaybinta unugyada aan la xakameynin. Kani waa kansar. Sigaarku wuxuu u horseedi karaa kansar cunaha, afka, ama sambabada.

Cudurka sambabada ee joogtada ah (COPD): Daamurka (Tar) ee laga helo sigaarka wuxuu dhaawici karaa alveoli-ga sambabada wuxuuna u horseedi karaa COPD. Gidaarada alveoli-ga ayaa burbura, taasoo keenta in hoos u dhacdo bedka (surface area) ee is-weydaarsiga gaaska. Tani waxay yaraysaa tirada oksijiinta ee dhiigga, sidaas darteed nidaamka wareegga dhiigga (circulatory system) waa inuu ka shaqeeyo si adag. Tani waxay u horseedi kartaa cudur wadnaha.



Layla



Cali

Tobacco-ga waxaa laga helaa sigaarka, wuxuuna ka samaysan yahay caleemaha qalalan ee geedaha tobacco-ga.

Wuxuu ka kooban yahay kumanaan kiimiko oo kala duwan, oo ay ku jirto nikotiin (nicotine).

Nikotiinku waa daroogo aad u qabatista (addictive) taasoo ka dhigaysa sigaarka inay sii wataan inay sigaaraan, inkastoo ay ogyihiin inaysan u fiicnayn.

Sigaarku wuxuu saameyn karaa nidaamka is-weydaarsiga gaaska (gas exchange system) wuxuuna u horseedi karaa asthma, caabuq sambabada, COPD, iyo kansar.