

START ANC EARLY, PREVENT SPINAL BEFIDA



IT IS HORIFYING, HEARTBREAKING, BUT IS PREVENTABLE

What is this?

These are children born with back-born malformations! So Sad!!

What causes this?

Main reason is Iron and Folic acid deficiency during their first three months of life in the mother womb.

Why this deficiency causes all these?

In the early stages of fetus growth, the body of the mother needs to have these nutrients to enable brain and back-bone development of the fetus. Their absence in required levels to large extent leads to these defects.

Did you know this?

Formations of these organs happens within the first three months since the pregnancy conception.

Now, what does this mean – a missed opportunity?

If a mother will not have these nutrients at this period of the first three months of pregnancy, there will not be a chance again to rectify the defects even when she starts getting the nutrients late after the first three month. Owuuuch!!

How do we prevent this then?

So simple!!!



These nutrients are available for free at health facilities and others. When a pregnant women attends, she is given these red capsules and other micro-nutrients.

But for her to be in a position to save the child from these problems, it is a must to start using these capsules when pregnancy is less than three months.

PREGNANT WOMAN! START ANC CLINIC AS SOON AS YOU REALIZE THAT YOU ARE PREGANT, SO THAT YOU GET THESE NUTRIENTS AND OTHER SERVICES TO PREVENT YOUR CHILD FROM DANGER.

ANZA KLINIKI MAPEMA, ZUIA MGONGO WAZI



INATISHA, INASIKITISHA LAKINI INAZUILIKA

Hiki ni nini?

Hawa ni Watoto wanaozaliwa na kasoro za kimaumbile kwenye uti wa mgongo (mgongo wazi) na ubongo! Wanatia huruma!!

Nini husababisha?

Sababu kubwa ni ukosefu wa madini chuma na folic wakiwa katika miezi 3 ya kwanza tumboni.

Kwanini ukosefu huu husababisha haya?

Katika hatua za awali za ukuaji wa mtoto, mwili wa mama huhitaji virutubisho na madini haya kuweza kutengeneza uti wa mgongo na ubongo. Kukosekana kwake kwa kiwango kinachotakiwa kwa sehemu kubwa hupelekea kutokea kwa mapungufu haya.

Je unajua jambo hili?

Uundaji wa viungo hivi hutokea ndani ya miezi mitatu ya kwanza toka mimba kutungwa

Hii maana yake nini sasa?

Mama akikosa madini na virutubisho hivyo ndani ya kipindi hiki, hakuna uwezo tena wa kurekebisha hali hii hata kama akija kupata baadae wakati ujauzito umevuka miezi mitatu. Aisee!!

TUNAZUIAJE HII SASA?

Rahisi mno!!



Dawa hizi zinapatikana bure kabisa vituo vya tiba. Mama mjamzito akienda tu anapatiwa vidonge hivi vyekundu vya damu vyenye madini mifupa ndani yake.

Lakini ili aweze kuwa kwenye nafasi ya kuepuka shida hizi kwa mtoto, ni lazima ananze kutumia dawa hizi kabla mimba haijavuka miezi mitatu.

MAMA MJAMZITO ANZA KLINIKI MARA TU UNAPOJIGUNDUA MJAMZITO, UPATE MADINI HAYA NA KINGA NYINGINEZ, UMWOKOE MTOTO KATIKA HATARI.