

# Mahara micronutrients kari (MMS) Gaskiya ga masu bada sabis.

## Menene amfanin Multiple Micronutrient Supplements (MMS)?

Mata masu ciki suna da karin bukata na bitamin da kuma ma'adanai a duk lokacin da suke da juna biyu, wanda galibi ba a iya samun shi ta hanyar cin abinci kadai. Micronutrients, wadanda galibi ake kira da bitamin da ma'adanai, suna da mahimmanci ga ci gaban lafiya, rigakafin cututtuka, da kuma walwala. Kodayake ana bukatan sa a karamin adadi, micronutrient basu ginuwaya a jiki da kansu, suna samuwa ne daga kalolin abuncin da ake ci ko kuma kwayoyin dake taimako wajen gina jiki da ake sha. Tsarin UNIMMAP<sup>1</sup> MMS ya kunshi sinadarai 15 don tallafawa lafiya ciki.

<sup>1</sup> An tsara MMS na UNIMMAP don samar da tallafin abinci na yau da kullun da aka ba da shawarar (RDA) na kowane kayan abinci.

## Menene amfanin shan MMS naimakon bakin karfe da folic acid

MMS ya kunshi karin abubuwan koshin abinci (15) sannan IFA wanda ya kunshi 2 kawai (bakin karfe da folic acid). An nuna MMS don inganta lafiyar mahaifa da sakamakon ciki dangane da IFA. Yayin da duka biyun ke rage kimar rashin haihuwa na uwa, shaida ta nuna cewa MMS yana ba da karin habakawa ga sakamakon haihuwa ga matan da ba su da isasshen abinci nai gina jiki, gamida karancin jini da/ko nauyi, yayin da suke ciki.

Amfani dashi ya jawo raguwan wadannan matsolin:

- Rage karancin jini a wurin uwa,<sup>2</sup> makantar dare, da sauran alamomin da ke haifar da karancin bitamin da ma'adinai; kuma
- Kananan nauyi haihuwa<sup>2</sup> (LBW<2500g)<sup>3</sup>
- Karamin shekarun haihuwa<sup>2</sup> (SGA <10th percentile)<sup>3</sup>
- Haihuwa kafun watanni tara (<makonni 37)<sup>3</sup>
- Mutuwar jarirai a watanni 6<sup>3</sup>
- Mutuwan jarirai kafun haihuwa<sup>3</sup>

<sup>2</sup> Keats EC, Haider BA, Tam E, Bhutta ZA. Multiple micronutrient supplementation for women during pregnancy. Cochrane Database of Systematic Reviews 2019, Issue 3. Art. No.: CD004905. DOI 10.1002/14651858.CD004905.pub6  
<sup>3</sup> Smith ER et al. Modifiers of the effect of maternal multiple micronutrient supplementation on stillbirth, birth outcomes, and infant mortality: a meta-analysis of individual patient data from 17 randomised trials in low-income and middle-income countries. The Lancet Global Health, 2017, Vol 5, Issue 11, e1090 - e1100.

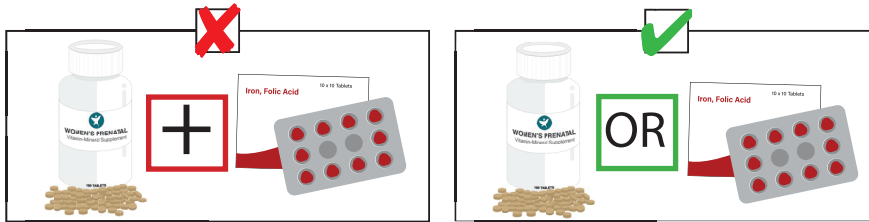
### 15 Sinadaren MMS:

iron(Fe), folic acid, vitamin A, vitamin C, vitamin D, vitamin E, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B6, vitamin B12, zinc(Zn), copper (Cu), iodine(I) & selenium(Se)

### Daura da

### 2 Sinadaren IFA

iron da folic acid



A'a. Don dalilan rigakafin, ba shawara mai kyau ba ne ga mace mai ciki ta sha MMS da IFA a lokaci guda ko kuma a rana daya. Wannan na iya haifar da yawan karfe, wanda zzai iya haifar da illa makarkashiya, amai, tashin zuciya da gudawa.

\* Dangane da mummunan karancin jini a cikin mahaifa (kamar yadda hukumomin lafiya na kasa suka bayyana), kwararrun likitocin ne za su iya gano sabbabin sa da maganin.

## Ta yaya mata za su sha maganin MMS?

Karfafa wa mata su rika shan MMS guda daya a kowace rana kuma a duk lokacin da suke dauke da juna biyu har sai maganin ya kare (misali, kuma za ta iya sha yayin shayarwa). Shan MMS da ruwa, abinci, ko lokacin kwanciya na iya rage karfin maganin. Koyaya, idan alamomin suka ci gaba, mace mai ciki za ta yi magana da kwararriyar likita masu kula da lafiyar mata masu ciki.



### Kada a ba MMS zuwa

- ✗ Mazaje, yara da matan da basu da ciki
- ✗ Mata masu ciki wayenda ke kan shan IFA da clinic ta basu

## Shin menene illan shan maganin MMS?

When taken as directed, MMS supplements are not expected to cause serious side effects; Wadannan illolin na kankanin lokaci ne kuma zasu tafi yayin da jiki ya saba da maganin:

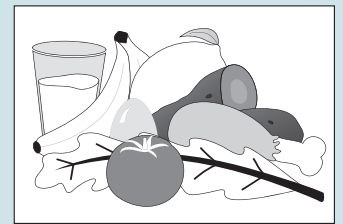
- ciwon ciki (watau. tashin zuciya, amai da gudawa)
- makarkashiya
- ciwon kai ko
- wani dandano mai ban mamaki ko mara dadi a bakin su

## Muhimmin sako don nasaha ga mata masu juna biyu

- Ka sa matar ta maimaita maka umarnin shan maganin don ka tabbatar ko ta fahimta ko kuma yi mata tambayoyin don bincika fahimarta.
- Tunatar da matar kada ta raba MMS da kawaye ko dangi saboda an tsara su musamman don mata masu ciki kuma suna da mahimmanci ga jariri mai girma.
- Ajiye MMS a cikin amintaccen wuri, daga inda yara zasu isa.
- Ka Tattauna dabarun da za su taimaka wa matar ta tuna daukar MMS yau da kullun.
  - ✓ Sha MMS a lokaci guda kowace rana, bayan cin abinci (wannan yana taimakawa gina dabi'a, amma maganin MMS na aiki a kowani lokaci ba sai lokaci guda ba).
  - ✓ Saita alarm ko yi amfani da wata tunatarwa don shan maganin MMS kowace rana.

Kiyaye kwalban sosai kuma a ijjiye inda hannun yara baze isa ba.

Tambayi yan uwa da abokai don taimakawa bada tuni.
- Idan mace ta manta wata rana, kar a sha MMS biyu a washegari; kawai ci gaba da daukar daya a kowace rana kamar yadda aka saba.
- Amsa duk wata tambaya da magance damuwar da mace ta samu.



### Shin shan MMS na iya jawo "manyar jarirai" wayenda?

No. MMS na inganta ha aka mafi kyau da ci gaban tayin. Matan da basu da tsayi (tsayayyiya da ananan tsayi na shekaru) ya kamata a kula dasu a duk lokacin da suke ciki kuma a basu kulawar haihuwa masu dacewa don tabbatar da haihuwa.

Don tabbatar da haihuwa mafi lafiya, mafi sauki, ana ba mata shawara su:

- Halartar alkawarin kula da haihuwa na yau da kullun (ANC), WHO ta ba da shawarar mafi karancin ziyarar ANC 6 a kowane ciki
- Ci abincin mai koshin lafiya tare da abincin iri-ii daga kungiyoyin abinci daban-daban
- Yi aiki wanda aka saba yi kullum
- Kula da nauyin jiki yayin daukan ciki
- Sarrafa ciwon sukari, harda ciwon sukari na ciki

### Shin MMS yana shafar haihuwar mace?

Yayin da matan da kekokarin yin ciki za su iya amfana daga ingantaccen abinci mai gina jiki, MMS ba magani ne na haihuwa ba. Yiwa mata nasaha su nemi taimako wajen kwararren likita don neman shawara kan haihuwa.

MMS ba kwayar hana haihuwa bane kuma baza'a iya amfani dashi don tsarin iyali ba.



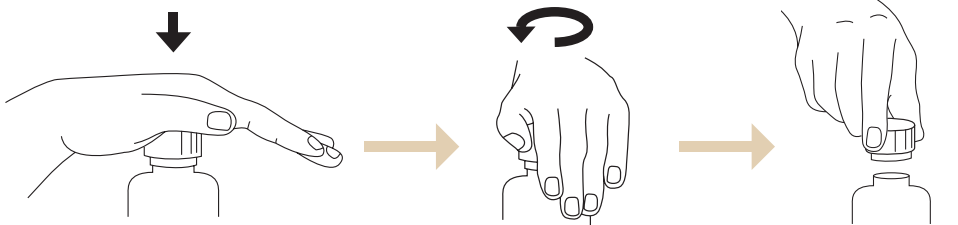
## Masu rarraba magungunan suna bukatar sanin yadda za a ba da MMS ga masu ciki:

- Raba wa kowace mace mai ciki kwalba mai dauke da 180 MMS don amfani da su yayin da take da juna biyu. Don dalilai na aminci da kiyaye MMS daga kaskanci, adana karin a cikin asalin kwalbar.
- Sanar da mata game da addana magani, lokutan shan maganin, illolin, da gargaɗi, sannan a nuna musu yadda za su buɗe murfin magungunan.

## Ta yaya za ku buɗe karamin kwalban karamin yaro?

## Ta yaya za'a addana maganin MMS lafiya?

- Addana kwalbar maganin MMS a wuri mai sanyi kuma wuri bushe, tsakanin 15°C da 30°C.
- Kiyaye kwalban sosai kuma a ijjiye inda hannun yara baze kai ba.



Yi amfani da tafin hannu don latsa murfin.

Juya murfin ta hannun hagu.

Cire murfin.

