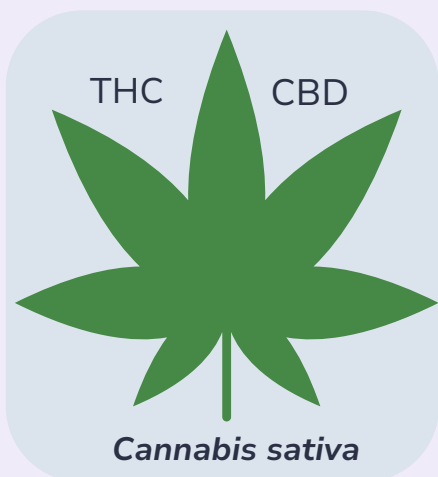


Maxay khuburradu ka og yihiin *xashiishadda (marijuana)* muddada uurka la sido ama muddada naasnuujinta?

Khariidaddan macluumaadka waxaa ku jira macluumaad muhiim ah oo ka yimid adeegga MotherToBaby oo ku saabsan qaadashada xashiishadda muddada uurka la sido iyo muddada ilme la naasnuujinayo.

Waa maxay *Xashiishadda (Cannabis)*?



Xashiishadda waxaa laga sameeyaa isku qasidda ubaxyo engengan oo ka yimid geedka lagu magacaabo Cannabis sativa. Kiimikada ugu firficooni waa delta-9-tetrahydrocannabinol (THC), taasoo ah waxa dadka geliya dareenka “kacsanaanta”. Waxaa kaloo xashiishadda in badan ku jirta maaddada cannabidiol (CBD). Xashiishadda waxaa ku jira qiyaas ahaan 400 oo kiimiko oo kala duwan. Milannada xashiishadda qaarkood waxaa laga yaabaa in lagu wasakheeyey mukhaadaraad kale, sunta cayayaanka, iyo/ama boqoshaa.

Xashiishadda waxaa lagu qaadan karaa sigaar lagu cabbo ama uumi bixiyaha (vaping), cunidda ama cabbidda badeecooyin lagu daray xashiishad, ama labeen ama boomaato haragga la mariyo. Nidaamka lagu magacaabo Dabbing (Yara taabsiinta), oo ah sigaar ku cabbidda xabag ay kiimikada THC ka buuxdo oo laga soo saaro geedka xashiishadda, ayaa jirka ku furi karta qiyaas aad u badan ee kiimikada THC.

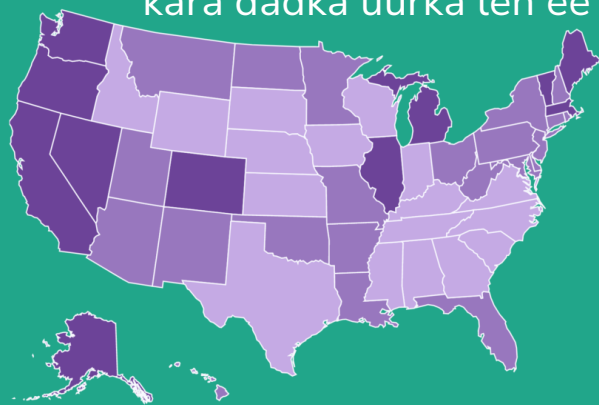


Maxaan ka og nahay *xashiishadda muddada uurka la sido*?

Qaadashada xashiishadda muddada uurka la sido ayaa la ogaaday in ay kordhiso halista qaar ka mid ah dhibaatooyinka ka yimaadda uurka, sida dhalmada soo horraysa iyo dhalidda ilme ku dhasha culays yar. Dhallaanka soo horreeya ama dhicis ah ama ku dhasha culays yar ayay ku sii badnaan karaan dhibaatooyinka waxbarashada ama naafooyinka kale. Daraasado ayaa lagu tilmaamay in halis dheeraad ah loo galo cilladaha lagu dhasho qaarkood, sida mindhicirka jirka ka baxa (gastroschisis).

“Geedka *cannabis sativa* (xashiishadda) ayaa ah mukhaadaraadka sharci darrada ah ee inta ugu badan la qaato muddada uurka la sido.”* –ACOG

Gobollo tiradoodu sii kordhayso ayaa sharciyeeya xashiishadda loo isticmaalo ujeedooyinka daawaynta ama madaddaalada, waxaana taas awgeed kordhi kara dadka uurka leh ee taas qaata.



- Dhammaan Sharci ah
- Isticmaalka Daawaynta Keliya
- Sharci darro

*Ilaa Jannaayo 1, 2020

*Ilaa Jannaayo 1, 2024. Isha: Ururka Takhaatiirta dhalmada iyo Takhaatiirta cudurrada haweenka ee Maraykanka (American College of Obstetricians and Gynecologists) (ACOG). Fikradda Guddiga Lam. 722: Qaadashada Xashiishadda Muddada Uurka la sido iyo Caanaynta. Obstetrics & Gynecology 130(4):bog e205-e209, Oktoobar 2017

Maxaan ka og nahay *xashiishadda marka la qaato muddada naasnuujinta*?

Kiimikada THC ayaa u gudubta caanaha naaska. Waqtiga ay kiimikada THC caanaha ku sii jirto ayaa u dhexayn kara laga bilaabo 6 maalmood ilaa 6 toddobaad. Kiimikada THC waxaa lagu kaydiiyaa baaruurta oo muddo ayay aayar u soo baxdaa, taasoo ka dhigan in ilmaha dhallaanka ahi uu weli u feydmi karo ama halis ugu geli karo xataa ka dib marka ay hooyo joojiso qaadashada xashiishadda.

Maxaa kaloo aan anigu u baahan ahay in aan ogaado?

Khuburrada caafimaadka ayaa waafaqsan: xashiishadda waa in aad ka fogaato haddii aad uur leedahay ama ilme naasnuujiso. Hay'adda Cuntada iyo Daawada (Food and Drug Administration) (FDA) ee Maraykanka ayaa ka digaysa in la qaato xashiishadda ama wax kastoo gooni ah oo ku jira nooc kastoo ay yihiin muddada uurka la sido ama muddada caanaynta.

Adeegga MotherToBaby ayaa qaranka horseed u ah taas maamulkeeda waana isha sida ugu badan loo aamino ee laga helo macluumaadka caddayn ku salaysan ee ku saabsan badbaadada daawooyinka iyo waxyaabaha kalee loo feydmo ama loo halis galo muddada uurka la sido iyo muddada naasnuujinta. Si aad u hesho khayraadka ama qoraallada ku saabsan waxyaabaha loo feydmo muddada uurka la sido ee ku qoran luqadaha aanan ahayn Ingiriiska iyo Isbaanishka, fadlan booqo MotherToBaby.org/additional-languages.

