

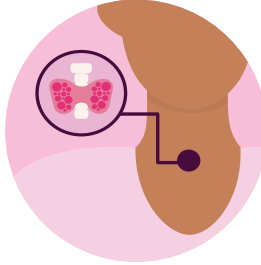
# Muhiimadda ay Iodine- ta ku leedahay cuntada



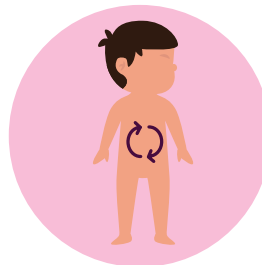
**Cunto caafimaad leh oo waqtigeeda ah ayaa kaa caawin karta kor u qaadida caafimaadkaaga maanta iyo, sanadaha soo socda.**

Inkasta oo jirku u baahan yahay qadar yar oo iodine-ta ah, haddana baahida ayaa kordheysa xilliga uurka iyo nuujinta, oo iodine ta waxay muhiim u tahay hawlaha muhiimka ah ee jirka:

- Samaynta hormoonnada tayroodhka
- Habaynta dheefshiididda, korriinka, iyo horumarka
- Caawinta dhismaha lafaha ilmahaaga, habdhiska neerfaha, iyo maskaxda



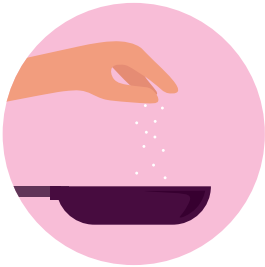
**Hormoonnada Tayroodka**



**Nidaaminta dheefshiidka**



**Lafaha ilmaha iyo Maskaxda**



In kasta oo haweenka da'da dhalmada ay guud ahaan haystaan qaadashada iodine ku filan, haweenka qaarkood, gaar ahaan kuwa aan si joogto ah u isticmaalin waxyaabaha caanaha laga sameeyo, ukunta, iyo cuntooyinka badda, waxaa laga yaabaa in aanay lahayn iodine ku filan si ay u daboolaan baahidooda korodha xilliga uurka iyo naaska nuujinta.

Dhammaan cusbadu malahan iodine, markaa haddii aad cusbo ku darto cuntadaada, hubi inay iodine leedahay. **Inyar u isticmaal.**

## **KAHEL NAFAQADAADA CUNNOOYINKA WIC\*!**

Sarreenka iyo/ama rootiga, caano, yoogadka, farmaajada, iyo ukun.

\*Barnaamijka Nafaqada Kaabista ee u Gaarka ah Haweenka, Dhallaanka, iyo Carruurta



**Ka eeg cuntooyinka kale ee ay ku jiraan iodine ta.**  
<https://ods.od.nih.gov/factsheets/Iodine-Consumer/>