



FAHINTAR CUTAR PARKINSON

Jagorar gabatarwa

Daga Parkinson's Africa da IPDGC-Africa

**Don kwafin wannan ɗan littafin,
tuntubi:**

Parkinson's Africa

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Nuna cewa baka da alhaki game da wani abu

An haɗa wannan ɗan littafin don dalilai na bayanai da ilimi kawai. Bai kamata a fassara shi azaman ganewar asali, magani ko kowane irin shawarwarin kula da lafiya ba. Ya kamata mai karatu ya nemi nasu likita ko shawarar kwararru kuma kada ya dogara da bayanin da ke cikin wannan ɗan littafin a matsayin madadin shawarwarin likita daga likitocin su ko wasu kwararrun masu ba da lafiya. Furodusa, masu rarrabawa da masu daukar nauyin wannan ɗan littafin sun musanta duk wani nauyi da alhakin kowane iri dangane da amfanin mai karatu na bayanin da ke kunshe a nan.

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Cutar Parkinson a Afrika

Cutar Parkinson ita ce ta biyu mafi yawan cututtukan jijiya (bayan cutar Alzheimer) a duniya, kuma a halin yanzu ita ce mafi girma cikin sauri - tare da kararraki a fadin Afirka a cikin shekaru masu zuwa. Tare da wannan habakar da ake hasashen ya zo da bukату mafi girma don magance rashin sani, rashin fahimta da kuma kyama da ke tattare da cutar Parkinson a Afirka.

Samar da wannan dan littafin wani bangare ne na babban shiri - **S.E.E. Kamfen na Parkinson**, wanda Parkinson's Africa da IPDGC-Africa suka hada don magance karancin albarkatun cutar Parkinson masu dacewa da ilimi da bayanai a Afirka. Don karin koyo game da himma, ko don samun damar wasu fassarorin wannan dan littafin, da fatan za a ziyarci www.parkinsonsafrica.org ko www.ipdgc-africa.com.

Idan kuna da cutar Parkinson ko kuna neman Karin koyo game da cutar an hada muku wannan dan littafin. Mun fahimci cewa kamuwa da cuta tare da cutar Parkinson naiya zama kwarewar tunani, kuma watakila ma ban tsoro ga wasu, amma mun yi imanin cewa samun sanye take da bayanai da suka dance shine hanya mafi kyau don yaki da baya. Wannan dan littafin yana daya daga cikin albar katun da muka hada tare don taimaka muku yaki da baya don Karin bayani da albarkatun cutar Parkinson, da fatan za a ziyarci www.parkinsonsafrica.org.

Menene cutar Parkinson?

Cutar Parkinson, ko kuma ta Parkinson, Dr. James Parkinson daga Landan ya bayyana shi a cikin 1817; cuta ce ta yau da kullun (na tsawon rai) na kwakwalwa wanda sannu a hankali ke kara ta'azzara akan lokaci.



Ya fi shafar substantia nigra - bangaren kwakwalwa wanda ke da alhakin sarrafa motsi. Wannan yanki na kwakwalwa kuma yana taka rawa a wasu muhimman ayyuka kamar koyo, hali, barci, zafi da kwakwalwa. Cutar Parkinson na iya shafar sauran sassan jiki kamar hanji, kashi da idanu.



Parkinson's Si Buko
Cibiyar Kiwon Lafiya ta Parkinson a Uganda

Me ke kawo cutar Parkinson?

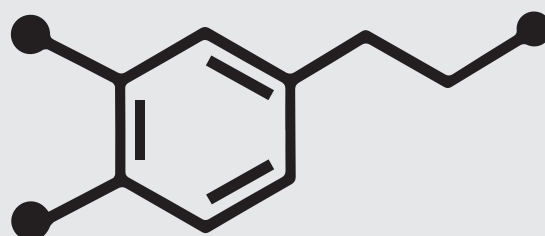
Cutar Parkinson yana faruwa ne lokacin da kwayoyin da ke samar da sinadarai na kwakwalwa, dopamine, sun daina aiki yadda ya kamata kuma su mutu da wuri. Wasu sinadarai a cikin kwakwalwa kuma suna da hannu. Masu bincike ba su da tabbacin abin da ke haifar da hakan, amma suna zargin cewa abubuwan da ke faruwa a cikin kwayoyin halitta (kamar maye gurbi) da kuma yanayin muhalli (kamar bayyanar da sinadarai masu guba), baya ga tsarin tsufa, suna taka muhimmiyar rawa.

Obeng Amoako
(Ghana)
An gano a 60



Ta yaya zan sani ina da Parkinson?

Mutumun da ke da cutar Parkinson na iya fuskantar wasu daga cikin waɗannan alamun - rawar jiki, taurin kai, asara ko rage jin wari, makarkashiya, wahalar barci da karamin rubutun hannu - amma ana iya samun kari. A lokacin farkon cutar, yawancin waɗannan alamun suna da sauki kuma suna iya zama ba a gane su ba. Idan kun damu cewa ku ko wanda kuke kauna kuna iya samun cutar Parkinson, yana da mahimmanci ku yi magana da kwararren kiwon lafiya don samun cikakkiyar ganewar asali.



Dopamine

Menene alamun cutar Parkinson?

Cutar Parkinson tana da alamun motsi (wadanda ke shafar motsi) da alamun marasa motsi (wadanda ba su tasiri motsi).

Alamun mota

Alamomin farko na motsi guda uku na Parkinson sune rawar jiki, jinkirin motsi da taurin kai. Ko da yake yana da yawa, yana da mahimmanci a lura cewa ba duk mai cutar Parkinson ba ne zai fuskanci wadannan alamun.



Rawar jiki



Jinkirin motsi



Taurin kai

Rawar jiki:

Girgizawar wani sashe na jiki kamar hannaye, mukamuki, lebuna ko kafafu da ba za a iya sarrafa su ba. Yana farawa daga gefe daya na jiki kuma yawanci yana faruwa lokacin da sashin jikin da abin ya shafa ke hutawa.

Jinkirin motsi:

Har ila yau, an san shi da "bradykinesia", wannan alamar yana da saurin motsi, yana da wuya a yi ayyuka kamar tafiya da kuma daure igiyoyin takalma.

Taurin kai:

Kunkarar tsokar da ke haifar da matsaloli tare da motsi kamar murɗa hannuwanku ko jujjuya kan gado.

Sauran alamun motsi

Sauran alamun alamun motsa jiki na cutar Parkinson sun hada da rage yanayin fuska, dystonia (rashin kulawa da ciwon tsoka mai raɗaɗi), matsayi mara kyau (jiki na iya tsayawa gaba ko a gefe), tafiya marar kyau kamar jawo kafafu, al'amurran da suka shafi daidaitawa da rubutun hannu wanda ya zama karami da karami.

Alamun marasa motsi

Cutar Parkinson kuma tana da kewayon alamomin marasa motsi. masu bincike sun (gain) cewa wasu daga cikin wandannan alamomin, kamar rage jin wari da makarkashiya sau da yawa suna bayyana shekaru da yawa kafin fara alamun mota. Wasu alamu na yau da kullun masara motsi sune

Matsalolin fahimta

Wadannan sun hada matsalolin mai da hankali, mai da hankali, tsarawa, yin (abubuwa) da yawa a lokaci guda, tsarawa da tunawa abubuwa.

Rashin lafiyan yanayi

Rashin sha'awa (rashin sha'awa) damuwa (jin damuwa da tsoro) damuwa (jin bakin ciki) da kuma fushi, (sauki da damuwa da damuwa).

Rashin barci

Rashin barci (matsalar barci), damuwa yayin barci, aiwatar da mafarki da yawan barcin rana.

Sauran alamomin marasa motsi

Sauran alamomin da ba na mota ba, sun hada da ciwo, gajiya (jin gajiya) makarkashiya, raguwar hawan jinni lokacin da yake tsaye, rage jin wari, matsalolin fitsari, matsalolin hangen nesa, hallucination, (yawancin lokaci yana faruwa a cikin mata kai na gaba na cutar saboda magani), kuma ga wasu mutane, matsalolin sarrafa motsin rai suma wasu magunguna ke haifar da su (wannan na iya hadawa da yawan sha'awar siyan abubwa, caca ko yaawan sha'awar jimai).

Idan kuna fuskantar wani (ko haduwa) na wadannan alamun, yana da mahimmanci don gani kwararren kiwon lafiya don kawar da wasu yanayin kiwon lafiya masu kama da cutar Parkinson.



Alamomin gama gari na cutar Parkinson

Wanene ke cikin hadarin kamuwa da cutar Parkinson?

Kara (yawan) shekaru shine babban abin hadari don habaka cutar ta Parkinson, kuma yawancin mutanen da suka kamu da cutar suna kusa da shekaru 60 ko fiye. Cutar Parkinson, duk da haka, ba ta mutunta shekaru ba, kuma mutanen da sukafi kankanta za su iya samun shi.

Shin cutar Parkinson yana gudana a cikin iyalai?

Yawacin mutane suna da abin da ake kira “idiopathic” ma’anar Parkinson (ma'ana) ba a san dalilin ba. yana yiwuwa (ko da yake ba a saba na) mutane su wuce cutar ta Parkinson akan ya’yansu duk da haka, takamaiman gwaje awajen kwayoyin halitta don samfurin wannan ba a samuwa a wunnan lokacin.

Shin cutar Parkinson yana yaduwa?

A’a, cutar Parkinson ba ya yaduwa ba za a iya yada shi a hanyar kusanci da mutumin da abin ya shafa ba.

Ta yaya cutar Parkinson ke ci gaba?

Wannan zai bambanta ga kowane mutum, amma gabaɗaya magana, cutar Parkinson yana ci gaba a hankali, tare da bayyanar cututtuka sannu a hankali yana karuwa akan lokaci. A farkon matakan cutar, mutane da yawa suna iya gudanar da ayyukansu na yau da kullun kamar yadda suka saba.

Shin Cutar Parkinson tana jawo mutuwa?

Cutar Parkinson ba cuta ce mai saurin kisa ba, kuma yawancin tsawon rayuwar mutane ba zai canza ba sakamakon binciken da aka yi musu (idan sun sami kulawar da ta dace da kuma magani).

Ta yaya ake gano cutar Parkinson?



Kwayar cutar Parkinson galibi ana gano ta ne ta likitan neurologist (likitan da ke kula da yanayin da suka shafi kwakwalwa, jijiyoyi da kashin baya), likitan geriatric (likitan da ya kware a kula da manya) ko kwararrun likita. Duk da yake a halin yanzu babu takamaiman gwajin cutar Parkinson, likitan ku na iya yin ganewar asali bayan nazarin tarihin lafiyar ku, kimanta alamun ku, da gudanar da jerin gwaje-gwaje masu sauki inda za a iya tambayar ku don yin ayyuka kamar taba yatsun ku, tsaye daga kujera, tafiya, rubutu ko magana.

Dr. Vida Obese

Kwararren likita
KATH Kumasi Ghana

Daya daga cikin maganganun da na fi so shine "Ba abin da ya faru da ku ba ne ke kayyade tsawon rayuwar ku; abin da kuke yi da abin da ya faru da ku". Wannan shine abin da nake yawan amfani da shi don karfafa majiyyata.

- Dr. Obese

Akwai maganin cutar Parkinson?

A halin yanzu babu magani ga cutar Parkinson amma masana kimiyya suna aiki tukuru don nemo hanyoyin magance cututtuka da magani. Har sai lokacin, akwai zabubbukan magani daban – daban da ake akwai don sarrafa alamun cutar Parkinson.



Dole ne in sha kwayoyin don cutar Parkinson?

A wani lokaci, i, da alama za ku yi. Kasancewa da cutar Parkinson, duk da haka, ba yana nufin za ku bukaci fara shan kwayoyi nan da nan ba. A farkon matakan ganewar asali, wasu mutane suna iya sarrafa alamun su ba tare da kwayoyi ba, amma wannan ba haka ba ne ga kowa da kowa. Shawarar kan lokacin da za a fara jiyya, da kuma waɗanne zabubbukan jiyya don amfani shine yanke shawara na sirri wanda yakamata ku yi bayan auna zaɓinku tare da likitan ku. Da zarar kun fara shan kwayoyi, ya kamata ku ci gaba da shan su akai-akai, koda bayan alamun alamun ku sun inganta. Kada ku fara ko daina shan kowane magungunan Parkinson ba tare da tattaunawa da likitan ku ba.

Ta yaya zan iya kula da cutar Parkinson mafi kyau?

Mafi kyawun tsarin kula da cutar Parkinson ya haɗa da haɗakar magunguna, hanyoyin kwantar da hankali da halayen rayuwa mai kyau - wanda ya haɗa da motsa jiki akai-akai, cin abinci mai kyau, daidaiton abinci, tabbatar da cewa akwai isasshen barci mai inganci da rage kamuwa da damuwa. Wasu alamomin, duk da haka, za su amfana daga jiyya da aka yi niyya ko hanyoyin kwantar da hankali, misali, magana da ilimin harshe don magana ko matsalolin haɗiye, da ilimin motsa jiki don tsayayyen tsokoki, daidaito da tsoron faɗuwa.



Kungiyar tallafa OAUTHC Parkinson ta Ile-Ife Nigeria

Shin akwai illa ga magungunan?

Kamar kowane kwayoyi, magungunan cutar Parkinson na iya samun illa. Wasu daga cikin waɗannan illolin suna buƙatar kulawa sosai saboda suna iya yin tasiri sosai a rayuwar yau da kullun. Idan kun damu da waɗannan illolin, magana da likitan ku. **Kada ku daina shan magungunan ku ba zato ba tsammani saboda kuna iya fuskantar alamun janyewar mai tsanani da mara dadi.**



Na gaba illolin wasu magungunan cutar Parkinson. samun fahimtar su da kyau yana sa ka cikin mafi kyawun matsayi don yanke shawara mai kyau idan ka fara dandana su

Illolin magungunan cutar Parkinson

Dyskinesia:

Motsin tsoka wanda ba'a iya sarrafawa wanda yayi kama da motsi ko motsi. Suna iya shafar sassa daban-daban na jiki kamar hannuwa da kafafu. Yana faruwa bayan dogon amfani da levodopa (maganin Parkinson).

Juyin motsi da lalacewa:

Wadannan suna faruwa ne lokacin da kuka tashi daga samun kyakkyawar kulawar alamun motsinku (kasancewa “kunna”) zuwa samun karancin iko (kasancewar “kashe”). Yawancin lokaci suna faruwa lokacin da tasirin levodopa ya fara lalacewa.

Rikicin Karfafa Karfafawa:

Wadannan suna faruwa ne lokacin da mutum yana da sha'awar nuna hali ta wata hanya. Sau da yawa za su aiwatar da halayensu akai-akai a matsayin hanya don rage damuwa ko tashin hankali da suke samu daga sha'awarsu.

Hallucination da rudi:

Hallucination shine gani, jikojin abubuwan da ke tashi a wurin. Rudi tunani ne da ba a saba gani ba, imani ko damuwa wadanda ke kan gaskiya. Ba kowa ba ne zai fuskanci wannan illar kuma ya fi zama ruwan dare a cikin matakai na gaba na cutar Parkinson.

Rashin barci:

Wasu magungunan cutar Parkinson na iya sa ka yi barci sosai ba tare da fadakarwa ba. Karanta alamun miyagun kwayoyi a hankali.

Canje – canjen hawan jini:

Wasu magungunan cutar Parkinson na iya sa hawan jini ya fadi da sauri. Yana sa ka ji dimuna ko suma. Don haka, muna ba ku shawara ku duba hawan jinin ku koyausha.

Me zan ci?

Duk da yake akwai ci gaba da karatu da ke duban tasirin abinci akan alamun cutar Parkinson da magungunan Parkinson, babu wani abincin warkewa wanda aka yarda da shi a matsayin 'hanyar da ta dace' don ci tare da cutar Parkinson. Abin da aka yarda da shi a duk duniya kuma ana ba da shawarar shi ne cewa samun ingantaccen abinci mai gina jiki daga abinci mai kyau yana da mahimmanci ga lafiyar ku.

Gabadaya, ka'idodin bin ingantaccen abinci mai kyau shine:

- Ku ci abinci iri – iri daga kowane rukunin abinci daban daban (carbohydrates, sunadarai, bitamin, da sauransu) don tabbatar da cewa jikin ku yana samun abubuwa gina jiki da yake bukata yin aiki yadda ya kamata.
- Yi la'akari da girman girman rabonku: yawan cin abinci mai yawa iya haifar da kiba kuma rashin cin abinci sosai zai iya haifar da asarar nauyi. Dukansu biyu za su kara Karin matsalolin lafiya.
- Sha ruwa don zama mai ruwa.



Zan iya shan kari na abinci?

Da kyau, yakamata ku sami abubuwan gina jiki daga abinci maimakon kari. Idan kun ji bukatar shan kari, ya kamata ku tambayi likitan jijiyoyin ku ko likitancin abinci don shawara kafin daukar su. Yana da mahimmanci a lura cewa akwai da'awar da yawa game da ikon abubuwan kari daban-daban don inganta alamun cutar Parkinson; baya ga gaskiyar cewa yawancin wadannan iƙirari ba su da karancin shaidar kimiyya mai goyan baya, ya kamata ku kuma sani cewa wasu abubuwan kari na iya tsoma baki tare da shan magungunan ku.



Ta yaya abinci ke shafar magunguna na?

Ga wasu mutanen da ke fama da cutar Parkinson, sunadaran (wanda za a iya samu a nama, kifi, qwai, cuku da wake) da alama suna yin tsangwama ga yadda jiki ke shanye levodopa (maganin Parkinson). Saboda haka, za ku iya amfana daga shan magungunan ku minti 30 - 60 kafin ku ci abinci, ko bayan sa'o'i biyu. Levodopa kuma na iya sa mutane su ji rashin lafiya. Cin abinci mara karancin furotin (kamar biscuits) lokacin da kuke shan kashi na iya taimakawa wajen rage wannan tasirin.

Wace rawa motsa jiki ke takawa a cikin cutar Parkinson?

Kamar yadda yake tare da ingantaccen Kamar yadda yake tare da ingantaccen abinci mai gina jiki, motsa jiki shine muhimmin sashi na jin dadin rayuwa ga kowa da kowa. A cikin cutar Parkinson, duk da haka, motsa jiki yana da mahimmanci. Wasu lokuta, alamun motsa jiki (irin su taurin kai) da alamun da ba na motsa jiki ba (irin su rashin tausayi, zafi, ko gajiya) na iya hana ku daga ko da kokarin motsa jiki; duk da haka, yana da mahimmanci ku fahimci cewa lokacin da ake kula da alamun ku, motsa jiki yana da mahimmanci kamar magani kuma zai iya taimakawa wajen inganta barci, inganta makarkashiya ko matsaloli tare da yanayi, da kuma rage rashin jin dadi daga ciwo da sauran alamun da ke shafar motsi. Nazarin ya nuna cewa yin sa'o'i 2.5 na motsa jiki a mako daya zai iya inganta alamun ku kuma rage ci gaban ku. Hakanan, motsa jiki na yau da kullun yana taimaka muku jimre da wasu illolin maganin ku.



**Ajin motsa jiki na tushen kujera
Taimakon Parkinson, Constantia Park, Afirka ta Kudu**

Wanne irin motsa jiki yakamata inyi?

Babu motsa jiki mai kyau ga kuwa da kowa ya kamata tu mai da hankali kan ayyuka da kuke jin dadi kuma kuna iya yin jiki. Akwai ayyuka daban – daban da yawa da za ku iya yi don kasan cewa cikin motsa jiki dangane da alamun ku da iyawar ku, zaku iya yin motsa jiki wanda ke bukatur dan kokar kamar tafiya, cikin sauri, keke, iyo, gudu, damben inuwa, raye – raye, tsalle – tsalle ko ma daga nauyi.



Yar tallafa OAUTHC Parkinson ile – ife Nigeria

Idan kuna da cutar Parkinson na dogon lokaci, ko kuma alamun ku sun fi rikitarwa, kuna iya majar da hankalli kan inganta ayyuka da kuke fama da su kamar tashi daga kujera, karkatarwa aikin lambu, shimfider jiki gabadaya, tafiya zuwa kafa zuwa kafa, da jujjuya hunnu. Idan kuna da matsala a tsaye ko kiyaye ma'auni kuna iya yin wasu daga cikin wadannan ayyukan zaune.

Rayuwa tare da cutar Parkinson

Yayin da cutar ke ci gaba, kuna iya tsammanin yin canje – canje a hankali ga rayuwar ku ta yau da kullun saboda kuna iya bukatar Karin taimoko don yin abubuwa. Akwai kayan taimako da yawa da zaku iya amfani da su don saukaka rayuwa yani iya zama da wahala a yarda da bukatar fara amfani da kayan taimako. Amma kuna iya samun na' urrorin na musamman (misali suna daukar sandunan tafiya na dogo) hakika na iya taimaka muku ku zama masu zaman kansu. Akwai kowane nau'ina kayan taimako da kayan aiki da za su taimake ka idan kana da motsalollin yin abubuwa, kamar, wanka, wanke, kai, cid a sha.

Mutane da yawa masu fama da cutar Parkinson dole ne su kasance da kyakkyawan hali duk da wadannan kalubale. Suna yin haka, bata hanyar riya cewa babu wani abuba ba daidai ba, amma ta hanyar fahimtar yadda cutar Parkinson ke shafar su da kuma aiki ba kusa das hi. Sashe na wannan tsari ya kunshi yin abubuwan da ke kawo salama da farin ciki (misali, sauraron kida, tafiya, rawa, aikin sa kai don kyakkyawan dalili, tunani, da sauransu). Hakanan talmako shine maid a hankali kan abubuwan da zaku iya, maimakon abubuwan da baza ku iya ba.



**Wasswa Mohammed, Uganda
(Mutumin da ke zaune tare da cutar Parkinson)**

Zan iya tuki da cutar Parkinson?

Binciken cutar Parkinson ba wai yana nufi dole ne ka daina tuki ba, duk da haka, likitan, jijiyoyin ku yana cikin mafi koya wun matsayi don yin wannan kima tare da ku. Don allah a lura cewa barci da farawar barci ba zaro ba tsammani suna da illa na wasu magungunan cutar Parkinson, kuma wannan na iya zama mai tsanani idan kun fuskanci dayan wadannan alamun, kada ku tuki, kuma yakamata ku sanar da likitan ku da wuri – wuri.



Zan iya ci gaba da aiki tare da cutar Parkinson?

Ee! Kawai soboda an gano ku da cutar Parkinson ba yana nufin dole ne ku daina aiki ba. Aiki shine muhimmin tushen samun kudin shiga, kuma yana iya habaka amincewa da girman kai. Ya kamata ku kula yi la'akar da yin Magana da ma'aakacin ku game da yanyin ku saboda alamun ku za su bayyana a bayyane.

Menene matsayina na abokin kula?

Matsayinku na abokin tarayya na kulawa zai kunshi saka haluna da yawa kamar zama mai ba da shawara kan kiwon lafiya, sarrafa da tsara magunguna, taima kaw tare da kulawa ta yau da kullun (kamar kula da tsafta da yin suture.) da kuma bayar da goyon baya na motsin rai ga mutumin da kuke kulawa. Wannan rawar za ta canza yayin da lokaci ke ci gaba, mutanen da fama da cutar Parkinson za su bukci Karin tamako tare da ayyukan yau da kullum. Samun kyakkyawar fahimta game da cutar da alamunta yana ba abokin tarayya kulawa mafi kyawujn kulawa ga mai cutar Parkinson.



**Betty da Mike Anderson, Kenya
(Ma'aurata sun kamu da cutar Parkinson)**

Me gane da bukatata?

Daya daga cikin manyan kalubalen da masu kulawa ke fuskanta shine daidata bukatan kansu da na wanda suke kulawa sumar da lokaci don kanku daga ayyakan kulawa, kiyaye sauran alakar zamanta kewa, da neman taimako lokacin da ake bukata suna da mahimmanci don taimaka muku jure Karin nauyi da damuwa.

Idan kuna son tafiya da sauri, ku tafi kadai.

Idan kuna son fafiya mai nisa, ku tafi tare.

- *Karin Magana na Afirka.*

Muna kan manufa don ba da cikakken karfi ga al'ummar cutar Parkinson na Afirka, amma ba za mu iya yin shi kadai muna bukatar ku. Ko an gano ku da cutar Parkinson, ko kun san wani (aboki, abokin aiki, makwaba, dangi, da dai suuransu) wanda cutar Parkinson ta shafi rayuwar sa ko kuma ku kwararren kiwon lafiya ne da ke ganin mutanen da ke fama da cutar ta Parkinson muna daukar ku a matsayin wani muhimmin sashe na wannan al'umma.



Fada karwar cutar Parkinson Si buko ya goyi bayan Uganda

Muna son yin nisa wajen magance rashin wayar da kan cutar ta Parkinson a nahiya Afirka, da kuma rage radalin da tattare da shi. Ni sa wajen habaka hadin kai da wakilcin al'ummar mu a cikin binciken cutar Parkinson da nisa wajen habaka samun damar kula da lafiyar cutar parkinson da zabubbukan jiyya ga wadanda ba su da shi.

Mun san ba za mu iya yin nisa da kanmu ba, don haka wuna rokon ku da ku kasance tare da mu yayin da muka ginawa da fadada wannan al'umma. Da fatan za ziyarci www.parkinsonsafrica.org don bayani kan yadda zaku kosance tare da mu.



Fada karwar cutar Parkinson Si buko ya goyi bayan Uganda

Da fatan za a tuntubi teamafrica@parkinsonsafrica.org idan kun san kungiyar tallafawa cutar Parkinson a Afirka da ba a lissafa a kasa ba.

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Parkinson Afirka da IPDGC Afirka ne suka shirya wannan dan littafin, tare muna so mu gode kuma mu yarda:

- ★ UCL Grand Challenges and UCL Global Engagement Office, don naukar nauyin wannan shiri da aiki;
- ★ Parkinson UK, don ba mu damar amfani da wani bangare na kayan aikinsu da habaka wannan dan littafin;
- ★ Mutanen da cutar Parkinson ta shafa (cikinsu har da 'yan uwa da masu kulawa) da su kwararrun cibiyoyin kiwon lafiya wadanda suka taimaka don sake duba wannan dan littafin.

- K Ray Chaudhuri da Kings Parkinson's Centre of Excellence

- Dr. Natasha Fothergill-Misbah

- Dr. Michael Temguoa

- Dr. Abiola Ogundele

- Dr. Mohamed Salama

- Dr. Olaitan Okunoye

- Dr. Yared Zenebe

- Mallam Bode Olomolaiye

- Mallama Betty Oloo Anderson

- Mallama Oluwabunmi Salami

- Mallama Ngozi V. Agwunwite

- Mallama Daniella Kemigisha

- Mallam Obeng Amoako

Ana samun fassarorin wannan dan littafin a wasu harsunan Afirka. Da fatan za a ziyarci www.parkinsonsafrica.org ko www.ipdgc-africa.com don karin bayani.



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