

Dugsiyada Dadweynah Portland (PPS) waxay wargeliyeen heerarka lead-ku inay kacsan yihiin qaar ka mid ah Iskuulada Creston iyo Rose City Park goobaha biyaha laga cabo. Dugsiyada Dadweynaha Portland waxay lahaayeen qorshe ay ku tijaabinayaan dhammaan ilaha biyaha laga cabo iyo qasabada-ha dugsiyada degmada xaggaagani. Dhammaan ardeyda iyo shaqaalaha Dugsiyada Dadweynaha Portland waxay cabi doonaan biyaha caagadaha ku jira inta ka dhiman sanad-dugsiyeedka.

Qof kasta oo ilmo haysta ama aad uur leedahay kana warwarsan tahay khatar-ta lead-ka biyaha laga cabaa ee iskuul-ka lagu arkay ama meel kale, lead-ka. Lead-ka caruurta wuu sumeyn karaan, laakiin uma ekaan karaan ama ay noqon karaan sidii qof xanuunsan.

Dhiiga oo la baaro ayaa lagu ogaan cYjYY dY\%Y'cY'cmjY'm\_mqYjYYf'+% 'Zdg\ ']' 'm\_m\Ye Z]] q] q&O YpYY\ 'YjY\_IYY\ \]] \_Y' YY\_Y [YYPe YY\ -ka si uu dhiigaaga uga hubiyo lead-ka.

Waxaad hubisaa in ilmahaagu aanu lead-ka ka qaadin goobaha kale. Guryihii la dhisay wixii ka horeeyey 1978 o YpYY\ ' d' acYjIY' f' jYf' a\_gg\ m] ] qY' Yq dY\ & Kai YpY\ d' 'mf Y\ a\_jYf' a\_gg\_g' Y\ a\_gg' cYA' f' A



O Yp\Y'; YYPe YY\cY'< ]\_e Y\Y'E mdf ge Y' 'gg ZYYjdYYf' cmkYe ] qf YqY dY\%Y'\ ' a\_Y'Hgjld'f\ 'Z&' aE YYqg '\* ( ) .

[ YYPe YY\ ] ] ' d' pjaY knf IYf ' dY\%mYq' ' Yd ] k' g&

...nZ...Y\...g\...d'ZYZY\...aYqgZYj...Yf...cY'pa...a.cY'\_Y[YfIY'd'\_mikYe ] ] q] q&O Yp\Y; YPe YY\cmio YpYq'cY' qeybqaadaneyasaa sidii ay u gargaari lahayd caruurta iyo dumarka uurka leh ee heerka dhiigoodu yahay ama ka kYj] ] qg'-' '\_\D&

O YpY' kmjIY\_YdY' 'f' Yq'cmo Y'cYq' 'gg' Y\ ] ] \_qYd[ YPe YY\ Y' aYq'kgg' b ] \...Yf' 'f' d' Y\%Y'd'\_Y'ZYjg'l...Y- 'Y'Ye Y'cYY\...Y&@YZYZcYf'afgg[Yf'Y' ae Y'Yqf'Y'f'gi' gf'cmo Y'd'\_mcYd'kggf' Yf'cYjg'ka'Y'g'g'\_mcYd'kggf' qY' Yq' baaritaanka dhiiga.

Dawadan "Chelation" la yiraa waxaa laga qaataa afka ama xididada taasi oo jirka ka saarta biraha. Daaweynta noocan ah waxa la isticmaali karaa oo kaliya iyada oo uu takhtar maamulayo sababtoo ah khatarta heerka lead-ka oo sarreysa awgeed.

Wararka qaarkood ayaa sheega daawooyinka dabiiciga ah sida "herbal chelation" therapy. Isticmaalka daawadan dabiiciga ah ee "herbal chelation" si ay hoos ugu dhigto heerka lead-ka ee dhiiga ku jira maaha mid d'pYi ...q'f' mmqY' Yq'e a' fYZ\ggf' Ye Y'oPlYjZY'q' &O YpY'e m ...Y' 'f' Y\ Y\ ] ] \_Y' Y' [YPe YY\cY'YY\ ' ka wada hadashaan hab badiil ah oo daaweyn ah, oo ay ka mid tahay daawooyinka dabiiciga kabka ah.

O YpY\Y; YPe YY\cY'< ] \_e Y\Y'E ...f'ge Y' 'o YpYq'ZYjYq'Yf' [Yjmm]IY'\Y'q'jIY'Y' ] ] 'd'\_mY'j'cYq'q' Y\%Y& ; Yjmm]IY'\Y'q'gg\m'\_YYjIYq'oYi la ...k'cm'Y'Yq'\ '\_Yf' 'd' 'YYq] ] f' e Y'ZYjYq'Yf' 'f' IY'ZY\Yf' & Yjmm]IY'\Y'q'gg\m' ka hooseyso 3 sano waxay u badan tahay in laga baaro lead-ka sababtoo ah waxa inta badan dhacda in afkooda laga helo lead, iyadoo maskaxdooda koreysaa ay tahay mid aan u adkeysan karin waxyeelada lead-ka.

DY\_Y'kgg' 'Z'YZg'\*( ) + 'd'Y'\*( ) . \$f'cY'ZY\Yf' ) - \$( ( 'gg'ZYj...Yf' d' Y\ Y' 'Yq'Y'd'\_Y'kYe ] ] q] q'< ] \_e Y\Y' E ...f'ge Y' & Yj...Yf'Y\Y'ka'd'kYe ] ] q] q'\$' ] ] jYj'cY'q'Y\%Y'\ 'a\_Y' ] ] 'cY' [kYf' 'o YpY' 'd'\_Y' ] ] d'q' [Yjmm] 'la jY\gg\m'\ 'Yf' 'IY' Yq) O&LgZYf' 'ag'ka ] ] \ 'cY' e a' Y' ' [Yjmm]IY'ka\Y'q'gg\m'io YpYq'm'\ 'YpYq' - 'd'Y' ) 1'kYf'g& 'f' IY'kgg' 'YjIYq'o YpYq'\Y'q'gg\m'cY' 'ggk] qkYq' - 'kYf'g&E Y' 'd' 'o Yp'jY\Y' Y' 'gg'k' ] ] \_Yq'Y' 'f' Yq'Z'q'Y' Y'd' cabo ka qaadeen.

Sunta lead-ku waxay la qaadaa marka lead fara badan ku ururto jirka. Sida caadiga ah caruurta iyo dadka o Yyo ] qf' ao YpYq'cY'i Y\Yf' 'f ] ] 'ka\_Y'Ye Y'Zggj'cY'gg' d' Yf' 'Ye Y' 'j'a' Y\Y'Yf' 'a\_Y' ] ] 'Yq'cm'j'g' d' Y\%m'&E Yj'cY' jirkaagu qaato, lead-ku wuxuu inta badan waxyeleeyaa xubin kasta iyo habka jirkaagu u shaqeeyo. Xitaa wax qYj'gg' d' Y\ Y' ao YpYq'...Y' Y'cY'\ '\_acYjIY'Y' f' mmf'gi' \g' ...g'ka'Y'm'io Yp'mZYjIY'Y' Yq'\_YYZ'k&@ ] ] jYj'cY'YY\ ' u sareeye ee lead-ku iyagu waxay keeni karaan kooma, qalal (suuxdin) iyo dhimashaba

- Waxyeelo ay gaarsiiso maskaxda iyo hoosna u dhigto garashada
- Dhibaatooyin ku yimaada barashada iyo akhlaaqada
- Dhibaato kaga dhacda hadalka iyo luqada
- Koritaanka oo daaha
- Waxyeelo gaarta kelyaha iyo beerka

