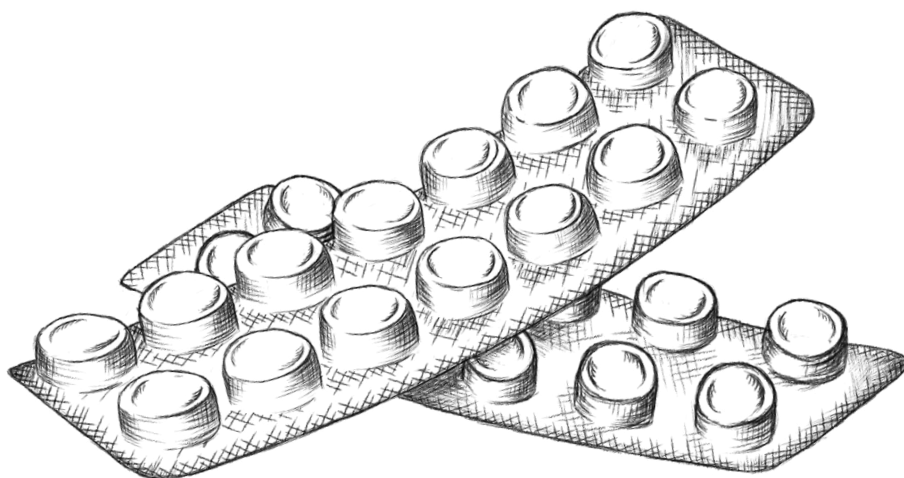


# Ma dareemeysaa welwel ku aaddan in canuggaaga dhawr iyo toban jirka ahi uu isticmaalyo tramadol?

Buug-yarahan wuxuu ka hadlayaa dawada lala meeldhigo daroogada ee Tramadol, waxayna ulajeeddadiisu tahay in uu ku siiyo aqoon iyo talooyin adigaaga waalid ah.

Tramadolku waa gaar maxaa yeelay wuxuu leeyahay saameyn firfircooni iyo mid dabacsanaan. Marka hore wuxuu keenayaa firfircooni laakiin marka dambe wuxuu sarqaanku keenayaa saameyn la mid ah afyoonka kale. Waxay taasi noqon kartaa heerka wacyiga oo qofka hooseeya, gamaanyoons-ho, farxad iyo welwel khafiifin. Maadaama saameynta xanuun jebinta iyo sarqaanku ay xoogaa soo daahayaan waxay taasi keeni kartaa khatar ah in uu qofku qaato in xad dhaaf ah.

Tramadol xitaa wuxuu keeni karaa dawakhaad, madax xanuun iyo lallabo. In la iska badiyo waxay keeni kartaa dhimasho iyo xaalado nolosha halis gelinaya sida suuxid qallal, dhibaato xagga wadnaha ah iyo neefta qofka dhibta. Dadka qaarkood xitaa in yar ayaa saameyn adag ku yeelan karta, tusaale ahaan waxaa dhallinyaro ku dhacay qallal. Khatarta tramadolku waa ay kordheysaa marka lala isticmaalyo khamri, cannabis ama daroogo kale.



## Xaqqiyooyin

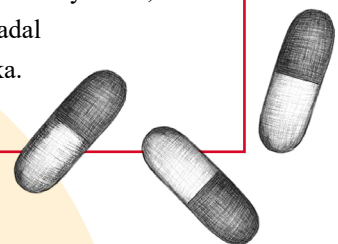
- Tramadol waa dawo lala meel dhigo daroogada oo la adeegsado marka ay qofka hayaan xanuunnada qaar. Wuxuu si wax ku ool ah ugu jiryaawo badan oo kala duduwan, sida tusaale ahaan Tradolan iyo Nobligan.
- Tramadol wuxuu ka tirsanyahay kooxda afiyuunka, wuxuuna aad qaraabo ula yahay morfiinka iyo heroiinka.
- Dawooyinka ay tahay in uu dhakhtar qoryo sida Tramadolka wuxuu qofku ula qabsan karyaa si la mid ah daroogada kale.
- Tramadolku wuxuu badanaa jiryaawo isagoo kaniini ah ama kaabsolo laakiin wuxuu xitaa jiryaawo isagoo ah kaniiniga abburiya ama isagoo dareere ah. Waxaa badanaa si sharci darro ah looga iibsadaa ganacsato maandooriye oo maxalli ah iyo intarneetka.
- Waxay leedahay dhaawac in dawo qiyaas qaldan laga isticmaalo ama iyadoon dhakhtar qorin si loogu sarqaamo. Waxaa intaas dheer in ay taasi sharci darro tahay iyo in loo aqoonsanyahay dembi daroogo.
- Tramadol waxaa mararka qaarkood loogu yeeraa *tram* ama *trad*, waxaana inta lala isticmaalaa daroogo kale.



## Wax ay waanaagsantahay in la ogaado

Ka waalid ahaan way adkaan kartaa in aad ogaatid haddii canuggaaga dhawr iyo toban jirka ihi uu isticmaalayo tramadol. Billowga hore, waxaa dhici karta in isticmaalidda tramadolku aysan si xun u saameyn shaqada iskoolka, laakiin waqtiga fog wuu soo xumaanayaa wa tarka ardayga ee iskoolku.

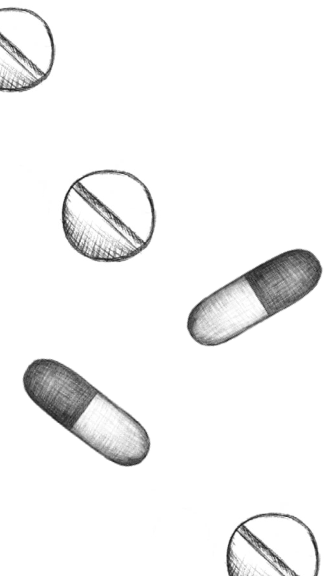
Marka uu tramadolku saameeyo waxay qoftu noqoneysaa qof aan nasan karin, waxaana caadi ah in ay soo lugeyso waqtiyo dhaadheer. Ubucda isha oo yaraata, neefsasho fudfudud, daboolka isha oo raaraca, gamaanyo, daah, hadal aan caddeyn oo isku jira ayaa calaamad u ah saameynta tramadolka. U feejignaw kaniiniyada iyo kaabsolada dawooyinka.



# Maxaan sameyn karaa ka waalid ahaan?

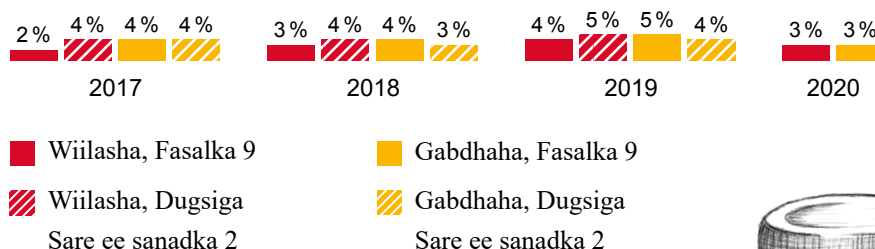
Isku day inaad nolol maalmeedka uga hadasho wax kasta oo suurtagal ah. Sidaas ayey dabiici ku noqoneysaa in laga hadlo waxyaabo badan oo adadag, sida khamriga, daroogada ama galmada. Weydii su'aalo, dhagaysana. Xidhiidh dhowi wuxuu leeyahay saameyn difaac ah.

- U sheeg inaad daneyneysid iyo in aad dhab ahaantii ka welwelsan tahay mararka qaarkood. U sharax waxa aad ka cabsanayso inay dhacaan.
- Xudduud u samey, si cadna ugu muuji waxa aad ka filaneysid. Adkey xitaa mowqifkaaga ku aaddan khamriga iyo daroogooyinka kale, sida cannabis, kaas oo inta badan ku xiran tramadol.
- Ku kalsoonow dareenkaaga. Haddii aad daremeysid in ay wax khaldanyihiin, waxay u badantahay in ay taasi sax tahay.
- Ka war hay daawooyinka guriga yaalla.
- La hadal waalidiinta kale si aad u hesho taageero, uguna heshiisaan shuruucda hab dhaqanka ee wadajirka ah.
- Waxaa fiican in aad canuggaaga dhallinta yar kala hadashid daroogooyinka iyo sida macluumaadka intarneetka shaki loo gelin karo. Waxaa jira bogag badan oo iibiya daroogada, faafiyana macluumaad khaldan.
- Haddii canuggaaga dhawr iyo toban jirka ahi uu isticmaalo daroogo, waxaa wax weyn u tari karta in aad halkaas joogtid, caawisid, kuna dhiirri gelisid in uu daryeel raadsado. La xiriir qaar ka mid ah kuwa laga helo dhammaadka buug-yarahan haddii aad welwelsan tahay ama aad qabto su'aalo.

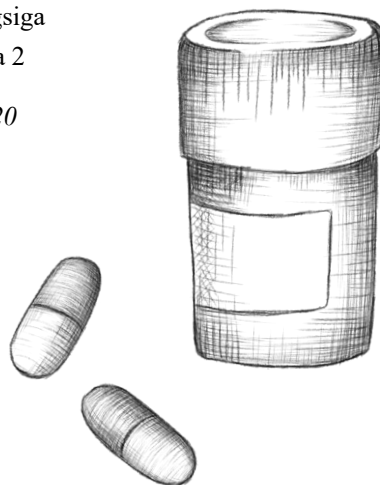


# Tira koob

Inta fasalka 9 iyo dugsiga sare ka isticmaasha dawo xanuun joojiye oo ay tahay in uu dhakhtar qoryo iyadoo uusan dhakhtar u soo qorin 12:kii bilood ee la soo dhaafay.



caadooyinka daroogada ardayda iskoollka', CAN 2020



## Yaad la xiriiri kartaa haddii aad su'aalo qabtid ama aad rabto caawimo iyo taageero?

La xiriir caafimaadka ardayga dugsiga ilmahaaga, adeegyada bulshada ee degmada ama soo dhaweynta Mini-Maria ee degaankaaga ee qaabisha dhalinyarada qaba dhibaatooyinka khamriga ama daroogada kale.

### Sii akhriso:

[Drugsmart.com](https://www.drugsmart.com)

[Tonårsparlören](https://www.tonarsparloren.se)

[Drogghjalpen.se](https://www.drogghjalpen.se)

[Youmo.se](https://www.youmo.se)

[1177.se](https://www.1177.se)