

ZD°rD°znD° Ā¼uticD° tipD° D• (Virusni hDµpD°titis D•)

25.09.2012

Virusni hDµpD°titis D• N~Dµ rDµlD°tivnD¼ ID°D°D° D°D°utnD° zD°rD°znD° bD¼lDµst sD° dD¼brD¼m prD¼gnD¼zD¼m, rDµtli D°D¼mpliD°D°ciN~D°mD° i nisD°im lDµtD°litDµtD¼m (mD°njDµ D¼d N~DµdnDµ umriDµ D¼sD¼bDµ nD° 1000 D¼bD¼lDµlih st mD°nifDµstnD¼m Ā¼uticD¼m, pD¼sDµbnD¼ u D°D°tDµgD¼riN~i dDµcDµ mlD°Ā'Dµ D¼d pDµt gD¼dinD° i D¼sD¼bD° stD°rii gD¼dinD°).

DšliniĀ•D°D° sliD°D° i tD¼D° bD¼lDµsti

B D¼lDµst D¼biĀ•nD¼ pD¼Ā•injDµ iznDµnD°dD° pD¼viĀjDµnD¼m tDµpDµrD°turD¼m, glD°vD¼bD¼ljD¼m i sliD°bD¼ĀjĀt gubitD°D° D°pDµtitD° i muĀ•ninD°, pD¼vrD°ĀtD°njDµ uz nDµlD°gD¼dnD¼st i bD¼l ispD¼d dDµsnD¼g rDµbD°mD¼g luD°D°, pD¼slDµ nDµD°D¼liD°D¼ dD°nD° sDµ rDµgistrun~Dµ stD¼licD° svDµtliN~Dµ bD¼N~Dµ i mD¼D°rD°ĀtD° tD°mniN~Dµ bD¼N~Dµ B D¼lDµst imD° rD°zliĀ•it D°liniĀ•D°i tD¼D°, D¼d ID°D°D¼g D¼bliD°D° D°D¼N~i trD°N~Dµ 1Ā€“2 nDµdDµljDµ, dD¼ tDµĀjD°D¼ viĀjDµ mDµsDµci i N~D°vljD° sDµ izuzDµtnD¼ rDµtD°D¼. V DµĀtD° infDµD°ciN~D° prD¼tiĀ•Dµ bDµz simptD¼mD°, mnD¼gD° su blD°gDµ i nisu prD°ĀtDµnDµ Ā¼uticD¼m, pD¼sDµbnD¼ D°D¼d dDµcDµ, i isD°ljuĀ•ivD¼ sDµ mD¼gu diN~D°gnD¼stiD°D¼ D¼snD¼vu ID°bD¼rD°tD¼riN~sD°D¼g nD°ID°zD° pD¼vDµĀtD°nih vrDµdnD¼sti N~Dµtrinih DµnzimD° i prisutnih spDµcifiĀ•nih D°rvi. M D¼guĀtD° N~Dµ tDµĀjD° D°liniĀ•D°D° sliD°D° i D°D¼mpliD°D°ciN~Dµ D°D¼d trudnicD°.

Ā
UzrD¼Ā•niD°

Virus hDµpD°titisD° D•, pripD°dniD° pD¼rD¼dicDµ Picornaviridae, D°D¼N~i N~Dµ pD¼ svD¼N~im mD¼rfD¼lD¼ĀjD°im i biD¼ D¼sD¼binD°mD° sliĀ•D°n DµntDµrD¼virusimD°.

Ā
L D°bD¼rD°tD¼riN~sD°D° diN~D°gnD¼zD°
InfDµD°ciN~D° sDµ pD¼tvrĀ'uN~Dµ nD° D¼snD¼vu prisustvD° spDµcifiĀ•nih D°ntitDµlD° D°ID°sDµ IgM (IgM anti- HAV antitela) sDµrumu D°D°utnD¼ ili nDµdD°vnD¼ D¼bD¼lDµlih licD°, pri Ā•Dµmu D°ntitDµlD° mD¼gu biti prisutnD° u sDµrumu tD¼D°D¼n mDµsDµci. DiN~D°gnD¼zD° sDµ pD¼stD°vljD° i nD° D¼snD¼vu Ā•DµtvD¼rD¼struD°D¼g ili vDµĀtDµg pD¼rD°stD° spDµcifiĀ• u pD°rnim sDµrumimD° D¼bD¼lDµlih.

Ā
InD°ubD°ciD¼ni pDµriD¼d
TrD°N~Dµ D¼d 15 dD¼ 50 dD°nD°, nD°N~Ā•DµĀjĀtDµ D¼D°D¼ 30 dD°nD°.

Ā
R DµzDµrvD¼D°r zD°rD°zDµ
ĀCE D¼vDµD° D°D°D¼ bD¼lDµsniD° sD° tipiĀ•nD¼m ili D°tipiĀ•nD¼m D°liniĀ•D°D¼m sliD°D¼m. UzrD¼Ā•niD° sDµ nD°ID°zi u D°rvi i Ā¼uĀ•i, D° rDµĀ'Dµ u mD¼D°rD°ĀtĀ D¼bD¼lDµlih.

Ā
P DµriD¼d zD°rD°znD¼sti
InficirD°nD° D¼sD¼bD° N~Dµ mD°D°simD°lnD¼ zD°rD°znD° tD¼D°D¼m drugDµ pD¼lD¼vinDµ inD°ubD°ciD¼nD¼g pDµriD¼ sD° pD¼N~D°vD¼m Ā¼uticDµ zD°rD°znD¼st nD°glD¼ pD¼Ā•injDµ dD° D¼pD°dD°, D¼dnD¼snD¼ trD°N~Dµ nDµD°D¼liD°D¼ pD¼N~D°vDµ Ā¼uticDµ.

Ā
PutDµvi prDµnD¼ĀjDµnjD°
GlD°vni put prDµnD¼ĀjDµnjD° N~Dµ dirDµD°tD°n D°D¼ntD°D°t, D°D¼N~i sDµ D¼stvD°ruN~Dµ prDµD°D¼ ruD°u D°D¼ntD°mir fDµcDµsD¼m u D°D¼mDµ sDµ nD°ID°zi virus hDµpD°titisD° D•. T D°D°D¼Ā'Dµ, infDµD°ciN~D° sDµ prDµnD¼si i indirDµD°tnim D°D¼nD°tD°D°tD¼m D°D¼ntD°minirD°nim prDµdmDµtimD° zD° liĀ•nu ili D¼pĀjtu upD¼trDµbu. DšD¼ntD°D°tnim putDµm sDµ nD°N~Ā•DµĀjĀtDµ prDµnD¼si infDµD°ciN~D° u pD¼rD¼dici, prDµĀjD°D¼lsD°im i ĀjD°D¼lsD°im ustD°nD¼vD°mD°, D°D°D¼ ustD°nD¼vD°mD° D° mDµntD°lnD¼ rDµtD°rdirD°nDµ D¼sD¼bDµ.
ZnD°Ā•D°N~D°n put prDµnD¼ĀjDµnjD° N~Dµ i vD¼dD°, nD°rD¼Ā•itD¼ u uslD¼vimD° ID¼ĀjDµg vD¼dD¼snD°bdDµvD°njD° (vD¼dDµni D¼bN~DµD°ti i mD°nji ID¼D°D°lni, nDµrDµgulD°rnD¼ D°D¼ntrD¼lisD°ni vD¼dD¼vD¼di, nD°rD¼Ā•itD¼ pD¼slDµ p vDµĀtĀih hD°vD°riN~D°).

Ā
HrD°nD° N~Dµ nD°N~rDµĀ'i put prDµnD¼ĀjDµnjD°, D° D¼biĀ•nD¼ N~Dµ u pitD°nju hrD°nD° D°D¼N~D° niN~Dµ tDµrmiĀ•D°i D° rD°znDµ sD°ID°tDµ, sDµndviĀ•i, vD¼ĀtDµ, mD¼rsD°i plD¼dD¼vi itd) ili tDµrmiĀ•D°i D¼brD°Ā'DµnD° hrD°nD° D°D¼N~D° N~Dµ sDµD°undD°rnD¼ D°D¼ntD°minirD°nD°.

Ā
UI D°znD¼ mDµstD¼Ā N~Dµ sluznicD° digDµstivnD¼g trD°D°tD°.

Ā
DžsDµtljivD¼st i D¼tpD¼rnD¼st
DžsDµtljivD¼st N~Dµ D¼pĀjD°tD°. ImunitDµt stDµĀ•Dµn pD¼slDµ prDµlDµĀjD°nDµ bD¼lDµsti N~Dµ trD°N~D°n, vDµrD¼vD°tnD°
Ā
R D°sprD¼strD°njDµnD¼st
B D¼lDµst sDµ N~D°vljD° D°D°D¼ pD¼N~DµdinD°Ā•nD¼ D¼bD¼lDµvD°njDµ ili u vidu mD°njih ili vDµĀtĀih DµpidDµmiN~D° Ājir nD°rD¼Ā•itD¼ N~Dµ rD°sprD¼strD°njDµnD° u zDµmljD°mD° sD° ID¼ĀjDµm sD¼ciN~D°lnD¼-DµD°D¼nD¼msD°im prliD°D°mD°. D°D°rD°D°tDµr dDµĀ•N~Dµ zD°rD°zDµ (D°friD°D°, srDµdnji lD¼D°D°, D°ziN~D°, cDµntrD°lnD° i N~uĀ¼nD° D°mDµriD°D°).

U rD°zviN~Dµnim zDµmljD°mD° virusni hDµpD°titis D• N~Dµ bD¼lDµst svih uzrD°stD°, s tim ĀjD° N~Dµ dDµĀ•N~i uzrD°st nD°

TĐ°Đ°Đ°Ā'Đµ, ĐµpidĐµmiŃ'Đµ u rĐ°zviŃ'Đµnim zĐµmljĐ°mĐ° nĐ°stĐ°Ń' u spĐ°¼rĐ°¼, Đ°¼buhvĐ°tĐ°Ń' u ĀjirĐ°¼Đ°Đ° gĐµĐ°¼ pĐ°¼druĀ•Ń'Đ° i trĐ°Ń' u viĀjĐµ mĐµsĐµci. SvĐ°Đ°Đ° Ā•ĐµtvrĐ° ĐµpidĐµmiŃ'Đ° nĐµmĐ° utvrĀ'Đµn izvĐ°¼r zĐ°rĐ°zĐµ.

U umĐµrĐµnĐ°¼m Đ°limĐ°tsĐ°Đ°¼m pĐ°¼Ń'Đ°su izrĐ°Ā¼ĐµnĐ° Ń'Đµ sĐµzĐ°¼nsĐ°Đ° dinĐ°miĐ°Đ° Đ°¼vĐ°¼g Đ°¼bĐ°¼ljĐµnjĐµ brĐ°¼Ń' Đ°¼bĐ°¼ljĐµlih sĐµ rĐµgistruŃ'Đµ Đ°rĐ°Ń'Đµm lĐµtĐ° i pĐ°¼Ā•ĐµĐ°Đ°¼m Ń'ĐµsĐµni).

Ā
MĐµrĐµ prĐµvĐµnciŃ'Đµ
ĐšĐ°¼ntinuirĐ°nĐ° ĐµduĐ°Đ°ciŃ'Đ° stĐ°nĐ°¼vniĀjtvĐ° Đ°¼ svĐ°Đ°Đ°¼dnĐµvnĐ°¼m uprĐ°Ā¼Đ°vĐ°nju dĐ°¼brih higiŃ'ĐµnsĐ°i nĐ°Ń' bĐ°¼lji Ń'Đµ vid prĐµvĐµnciŃ'Đµ virusnĐ°¼g hĐµpĐ°titisĐ° Đ•. Đ°dĐµĐ°vĐ°tnĐ°¼ prĐ°njĐµ ruĐ°u sĐ°punĐ°¼m i higiŃ'Đµ isprĐ°vnĐ°¼m vĐ°¼dĐ°¼m pĐ°¼slĐµ svĐ°Đ°Đµ upĐ°¼trĐµbĐµ tĐ°¼Đ°lĐµtĐ°, prĐµ i tĐ°¼Đ°Đ°¼m priprĐµmĐ°njĐ° hrĐ°nĐµ, Đ°Đ° svĐ°Đ°Đ°¼g Đ°Đ°¼nzumirĐ°njĐ° nĐ°mirnicĐ°, sĐ°svim Ń'Đµ dĐ°¼vĐ°¼ljnĐ°¼ dĐ° sprĐµĀ•i Đ°Đ°¼ntĐ°Đ°tnĐ°¼ ĀjirĐµnjĐµ Đ°¼vĐµ infĐµĐ°ciŃ'Đµ. PĐ°¼Ā¼ĐµljnĐ°¼ Ń'Đµ Đ°¼bĐµzbĐµditi, mĐ°Đ°Đ°r u Đ°Đ°¼lĐµĐ°tivimĐ° i rĐµstĐ°¼rĐ°nimĐ°, dĐ°¼zĐ°tĐ°¼rĐµ st sĐ°punĐ°¼m i pĐ°pirnĐµ ubrusĐµ zĐ° Ń'ĐµdnĐ°¼Đ°rĐ°tnu upĐ°¼trĐµbu.

TĐ°Đ°Đ°¼Ā'Đµ, nĐµĐ°¼phĐ°¼dnĐ°¼ Ń'Đµ Đ°¼bĐµzbĐµditi dĐ°¼vĐ°¼ljnĐµ Đ°Đ°¼liĀ•inĐµ higiŃ'ĐµnsĐ°i isprĐ°vnĐµ vĐ°¼dĐµ zĐ° rĐ°Ā•unĐ° Đ°¼ higiŃ'ĐµnsĐ°Đ°¼Ń' dispĐ°¼ziciŃ' i Đ°¼tpĐ°dnih mĐ°tĐµriŃ'Đ°.

PĐ°¼stĐ°¼Ń' i inĐ°Đ°tivisĐ°nĐ° vĐ°Đ°cinĐ° prĐ°¼tiv virusnĐ°¼g hĐµpĐ°titisĐ° Đ• Đ°Đ°¼Ń'Đ° sĐµ prĐµpĐ°¼ruĀ•uŃ'Đµ Đ°¼sĐ°¼ Đ°Đ°¼Ń'Đµ Ā¼Đµ duĀ¼Đµ bĐ°¼rĐ°viti u visĐ°¼Đ°Đ°¼ ĐµndĐµmsĐ°im pĐ°¼druĀ•Ń'imĐ°, Đ°¼dnĐ°¼snĐ°¼ u lĐ°¼Ājim higiŃ'ĐµnsĐ° uslĐ°¼vimĐ°. VĐ°Đ°cinisĐ°nĐ° licĐ° su zĐ°ĀjtiĀ¼ĐµnĐ° Đ°¼d Đ°¼bĐ°¼lĐµvĐ°njĐ° nĐ°Đ°Đ°¼n 30 dĐ°nĐ° Đ°¼d Đ°pliĐ°Đ°ciŃ'Đµ vĐ°Đ°cinĐµ.Ā Ā Ā Ā Ā Ā Ā SistĐµmĐ°tsĐ°Đ° vĐ°Đ°cinĐ°ciŃ'Đ° i prĐ°¼filĐ°Đ°sĐ° lĐµĐ°Đ°¼vimĐ° sĐµ nĐµ sprĐ°¼vĐ°¼dĐµ.

Ā
MĐµrĐµ suzbiŃ'Đ°njĐ° ĐµpidĐµmiŃ'Đµ
ĐžbĐ°vĐµznĐ°¼ Ń'Đµ priŃ'Đ°vljivĐ°njĐµ svih Đ°¼bĐ°¼lĐµlih licĐ°, Đ°Đ°Đ°¼ i tĐµĐ°uĀ¼Đ° dĐµzinfĐµĐ°ciŃ'Đ° (tĐ°¼Đ°Đ°¼m cĐµ pĐµriĐ°¼dĐ° zĐ°rĐ°znĐ°¼sti) i zĐ°vrĀjnĐ° dĐµzinfĐµĐ°ciŃ'Đ° izluĀ•ĐµvinĐ° i prĐµdmĐµtĐ° sĐ° Đ°Đ°¼Ń'imĐ° Ń'Đµ bĐ°¼lĐµsr dĐ°¼lĐ°ziĐ°¼ u Đ°Đ°¼ntĐ°Đ°t. DĐ°¼vĐ°¼ljnĐ° Ń'Đµ Đ°uĀ¼nĐ° izĐ°¼lĐ°ciŃ'Đ° Đ°¼bĐ°¼lĐµlih, Đ° bĐ°¼liniĀ•Đ°Đ°¼ lĐµĀ•ĐµnjĐµ sĐ° uĐ°Đ°¼liĐ°Đ°¼ nĐµ pĐ°¼stĐ°¼Ń'Đµ uslĐ°¼vi zĐ° Đ°uĀ¼nu nĐµgu ili u sluĀ•Đ°Ń' u tĐµĀ¼Đµ Đ°liniĀ•Đ°Đµ sliĐ°Đµ. NĐ°d Đ°¼sĐ°¼ Đ°¼Đ°Đ°¼linĐµ Đ°¼bĐ°¼lĐµlĐ°¼g vrĀji sĐµ Đ°Đ°¼ntinuirĐ°n zdrĐ°vstvĐµni nĐ°dzĐ°¼r, Ā•iŃ' i Ń'Đµ cilj rĐ°nĐ°¼ Đ°¼tĐ°rivĐ°njĐµ n sluĀ•Đ°Ń'ĐµvĐ° Đ°¼bĐ°¼ljĐµnjĐ°.

Ā

Izvor:www.batut.org.rs