

Nañinmej in Alpha-gal Syndrome

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Bōk Eddoin Mōñā & Kōjbarok
Mōñā

Ta in Alpha-gal Syndrome?

Alpha-gal syndrome ej juon kain nañinmej eo im armej rej kadok e jelele būroro im bar jot menko rej kōmman jen menin mour.

Ta eo ej kōmman an wōr nañinmej in Alpha-gal Syndrome?

Ilo U.S., ekkā an jinoe jen an wōr kij nae etan Lone Star ej kiji eok (*Amblyomma Americanum*), eo im ej oktak ñan juon jukwa molecule nae etan alpha-gal ñan lowaan enbwin, im kōmman an enbwinnin juon armej ilbok. Ej kōmman an juon armej lap an kadok e jelele būroro ko āinwot kao, piik, im laaṃ. Emaroñ bar walok ñan mōñā ko jot rej itok jen menin mour, āinwot men ko rej kōmman jen milik ak lep ak gelatin ko. Ejjab aolep ro kij in ej kiji er renij bōk nañinmej in.

Kij ko jot ijelakin Lone Star emaroñ bar wōr jukwa molecule in ie kinke ej itok jen bōtōktōk in menin mour ko kij eo ej kiji, āinwot kao im sheep. Ejjab lukkun alikkar unin an kajur an enbwinnin armej uak ñan alpha-gal jukwa molecule kein, ak rej, im enbwinnier ej kōmmane protein ko nae etaer antibodies.

Antibodies kein ej kōttōpar alpha-gals āinwot juon men eo enbwinnin armej ej aikuj in jolok. Uak eo eka-jur; innem, armej eo ejjab maroñ mōñā jelele būroro ak mōñā ko jot jen menin mour ilo an jab kadok e. Armej eo rej bōk nañinmej in Alpha-gal syndrome rej aikuj jella ke rejjab aikuj in bōk uno in kanjer eo nae etan cetuximab (Erbitux) kinke ej āinwot in, im enbwinnier enij bar elak āinwot ñe ear jelele būroro ak mōñā ko rej kōmman jen menin mour.

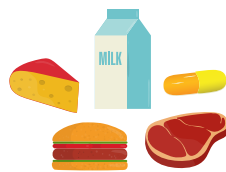
*Arkansas ej
Kambōōj eo Ad*

Etal ñan webjait eo ad ilo:
<http://www.uaex.uada.edu>



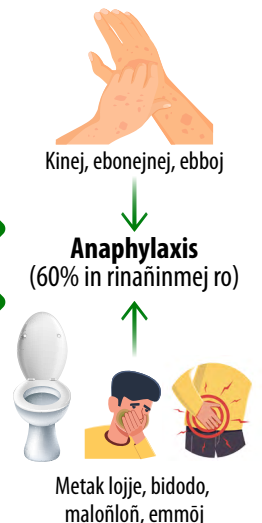
An kij ikkij

Wiik ñan alloñ



Mōñā jelele ko, men ko rej kōmman jen milik ak lep, gelatin, ak mōñā ko jot jen menin mour

Awa ko



Kakölle ko

- Ekkā an walok 3-6 awa elikin epāake jelele būroro (kao, piik, laam), jelele ko jen turin jikin menono, mōñā ko jot rej kōmman jen menin mour (geltain ak menko rej kōmman jen milik ak lep)
- Joñan aitok in awa eo ikotaan moña ki jelele eo im an juon jinoe kadok e ej jen wōt alpha-gel molecule ej bōk elaplok ien ñan an men ko kwoj kadok e lukkun pād ilowaan enbwinnin ñan an maroñ jinoe emakūtkūt bōtōktōk ilowaan enbwin
- Kinejnej, kiriji, ebonejnej, jab lukkun eman kil
- Ebboj tiem, mejam, moom, buruom, ak baat ko jot ilo enbwinnim
- Kajinek ak ikijelak
- Metak lojje, bidodo lojje, abinono lojjem, ak emmōj

Bukōt Jikin Ejmour

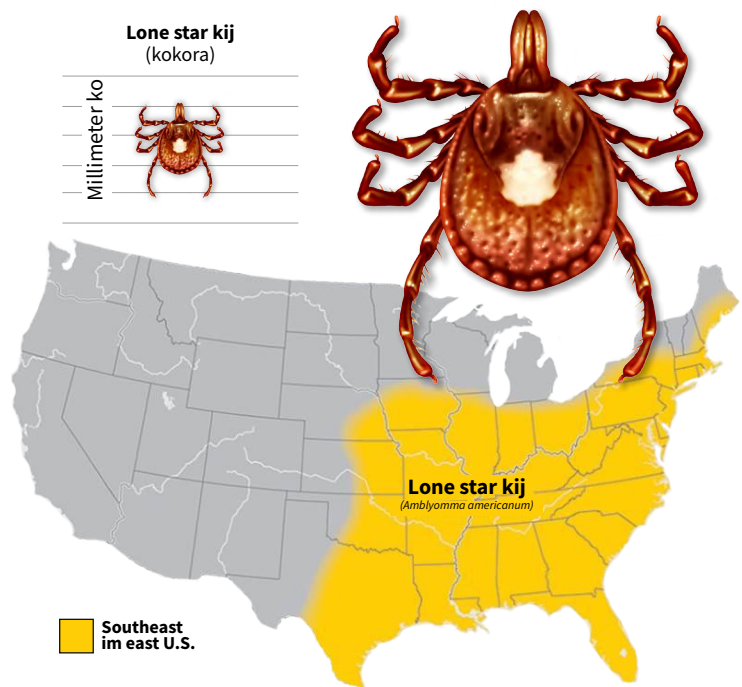
- Ñe ewōr am kakölle in am kadok mōñā ainwot kein iloñ elikin am mōñā jelele, loe lak takto eo am ak juon takto eo ej jibañ kin ta ko armej rej kadok e
- Etal ñan ruum in emojonji eo epāake tata eok ñe ewōr am laajrak in kakölle kein:
 - Ebin am menono
 - Mokaj an baṃ ubom, ak mojno
 - Eñjake an erolol lalin ak adiboulol
 - Iartelak ak jab maroñ waroñlak mōñā
 - Būroro likio in enbwinnim im menen (eñjake eo ejjab eman)

Kauwōtata ko

- Am jokwe ilo south, east, im central United States
- Jolok elap ien ilo naboj
- Eloñ Lone Star kij ko rej kiji eok

Ta ko Rebin

- Emaroñ walok juon waween am kadok e ikij eo nae etan anaphylaxis, eo emaroñ in kamijak ñe ejelok uno kwoj bōk ñan e
- Kakölle ko an anaphylaxis emaroñ koba:
 - Ial in menono ko rebin, im aidik



- An ebbōj būro im ej kōmman an ben am menono
- Wtolak joñan an bōtōktōk ko am emakūtkūt, nae etan shock
- Lukkun mokaj an baṃ üb
- Eñjake an erolol lalin, adiboulol, ak lotlok
- Anaphylaxis ej jako jen juon uno nae etan epinephrine (adrenaline)
- Eñin ej unin an aikuj wōr am kein wā ippam aolep ien (EpiPen, Auvi-Q, ak juon bar kain kein wā) ippam ñe ewōr am nañinmej in Alpha-gal syndrome im jella ia eo ruum in emojonji eo epāake eok tata ej pād ie

Bobrae im Jella

Kajeoñ jab epāake kij ko renij kiji eok ilo am jab tal ñan jikin ko ewōr kij eo, ñe emaroñ. Ñe kwonij tobar ijo jikier, kōmmane laajrak in ilal:

- **Pinej eok māke.** Ekanak nuknuk ñan kōjbarok eok ñe kwoj etal ñan jikin ko elap alal ak ujoj. Ekanak juuj, likit aitok ne ilowaan takin ko am, aitok pā, hat, im kuloob. Innem, pād wōt ilo ial ko emōj kakölle ki im jab etal ilo jikin ko eloñ wōjke kadu im ujoj aitok. Ñe ewōr nejum kidu, likit wōt ilo to eo an.
- **Kōjerbale butik in manman loñ.** Kōjerbale butik eo ilo an wōr 20% ak elaplok joñan kajur in DEET ñan kilim. Ñe ewōr nejum ajiri, likit

butik eo ñan ippen ajiri ro nejum. Jab likit ñan peier, mejaer, im loñier. Kememej bwe ewōr baijen ilo butik eo, innem lukkun loore kōmelele ko. Kōjerbale mweiuk ko ippen per-mehrin ñan nuknuk, ak wia nuknuk ko emōj an loñ uno ie kadede.

- **Lale eok māke, ajiri ro nejum, menin mour ko nejum ñe ewōr kij ippeir.** Lukkun lale am jolok ien ilo jikin ko ewōr alal ak ujoj.
- **Kate eok bwe kwon kōmman bwe en ejelok kij naboj in mweo imōm.** Jolok wōjke im bōlōk rej pād ie, im likit alal ko ilo juon jikin eo edeet e. Ilo Arkansas, koba ippen state ko jot southeast, Lone Star kij ko elap aer emourur ilo alloñ ko remenen ñe joñan menen eo elaplok jen jim-juonñoul degree (ekka an walok jen Maaj ñan Oktoba).
- **Tutu ien eo emokaj elikin am deloñ lowaan em.** Ekkā an kij ko pād ion kilim iumin awa mōkta jen aer kobaiki er māke. Tutu im kōjerbale kein irir ñan jolok jabdewōt kij.
- **Jolok juon kij kin kein katim ilo ien eo emokaj tata.** Jibwe kij eo ilo turin boran ak loñin. Jab kene ak joone kij eo. Kanoke ippen am lukkun debiji. Elikin am jolok aolepen kij eo, joloke. Kōjerbale antiseptic ijo ear kiji eok. Emaroñ jibañ kabojrak am nañinmej.

Ewi waween kwalok ke kwoj nañinmej in Alpha-gal?

An walok ke kwoj nañinmej ej pedped ion ta ear walok mōkta lak ippam ikijen ejmour eo am im teej in ejmour ko am. Takto eo am enij kajitok ippam ñe ewōr kij eaar kiji eok, ñe emōj am pād ijoko kij rej mour ie, kakōlle ko am, im joñan aitok in elikin am mōñā jelele ak men ko rej kōmman jen jelele im kakōlle ko rej walok.

Takto eo am enij etaale eok im kōmmene laajrak in teej kein:

- **Teej in bōtōktōk** ñan kalikkar im lale joñan alpha-gal antibodies ko ilo eke in bōtōktōk ko am ñan kwalok waj ke ewōr nañinmej in alpha-gal syndrome ippam
- **Teej in nidol kil** ñan lale ñe ewōr men eo enij walok ñe kwonij mōñā jot kain jelele buroro kinke ewōr eloñ kain nañinmej ej walok jen jelele.

Ñan an eman lak am mour

- Kajeoñ jab mōñā men ko renij kōmman bwe kwon nañinmej, im lale ta ko ilowaan mōñā ko kwoj wia ilo mwon ia ñe ewōr
 - Kao
 - Piik
 - Laam
 - Venison
 - Beef broth
 - Seaweed
 - Jelele ko jen enbwinin menin mour
 - Gelatins
- Lale cube in juub ko, pakij in gravy, im ta ko kobban mōñā ko emōj aer bojjak kadede
- Kajitok ippen takto eo am ak rijerbal eo ñan laajrak in mōñā ko ñan jab mōñā, koba ta ko rej jerbal ñan kōmman bwe en laplok nam.
- Lale im pād ilo restaurant ko im ien kobalak ippen armej.
- Ñe kwojjab jella ta eo ilowaan juon mōñā, jab mōñā ki.
- Boklok mōñā ko am māke ñan juon potluck ak ien kobalak ippen armej.
- Likit juon epinephrine (Epi-Pen) ippam ilo aolep ien ñe ebaj jidimkij am nañinmej.
- Jella kajeen ruum in emojonji eo ilo aolep ien, elaptata ñe kwoj itotak.

Melele ko jot

Ilo torrein, ejelok uno ñan nañinmej in Alpha-gal syndrome. Botaab, kakōlle of Alpha-gel kakōlle emaroñ diklak ekar ñan ien, elaptata ñe ejelok kij enij bar kiji eok. Emaroñ bōk juon ak ruo yiiō ñan loe oktak in. *Ejab alikkar menin— aolep rej oktak.*

Ia eo Melele rej Itok Jen e

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Buriin jen University of Arkansas Jerbal in Jikin Buriin eo.

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Kōmman elaplok ilo Cooperative Extension work, Jerbal ko ilo Mae 8 im Juun 30, 1914, kobalak ippen U.S. Rā eo an Jikin Ekkat, Tureektor, Jerbal in Kalaplok, University of Arkansas. University of Arkansas Doulol eo an Jikin Ekkat ej lelok aolep bürokraam in Kalaplok im Ekatak ko im jermal ko ilo an jab elak ñan ia eo juon ej itok jen e, kolar, ñe emaan an kora, waween an juon kwalok e māke, ia eo baamle eo an ej itok jen e, kabuñ, yiiō, nañinmej, jekjek ikijen mare ak ñe ear ritarinae ak jab, ak jabdewōt jekjek in kōjbarok, im ej juon Jikin Jerbal eo Eman/Ejelok Kaljeklak ie.