

Īthangũ ya Maelesyo Īũlũ wa Sumu wa Lĩu wa Mũũndanĩ (Aflatoxin) na Ūima wa Mwĩĩ

- Sumu wa lĩu wa mũũndanĩ nĩ mwĩthĩwa malĩunĩ maĩngĩ ta mbemba na nzũũ kalanga.
- Sumu huu kĩthamĩĩaa mwĩĩnĩ wa mwana e ĩvunĩ kana kwĩsĩla ĩĩa ya nyinya mwana oonga.
- Nyamũ syaya lĩu wĩna kĩĩ, nao andũ maya nyama syasyo nĩmakwata-wa nĩ kĩko kĩĩ.
- Sumu wa lĩu wa mũũndanĩ wĩthĩawa na mĩĩsyo ya mĩthemba 4:
 1. Nĩ kĩtumaa syana itĩna kana kũema kwĩana nesa
 2. Ītina wa ĩvĩnda ĩasa kĩko kĩĩ nĩkĩetaa ũwau wa kanza ya ĩtema
 3. Nĩ kyonzasya mwĩĩ na kũtuma mũndũ awaa kĩla ĩvĩnda kana kũendeesya maũwau me mwĩĩnĩ
 4. Kũya kĩko kĩĩ kwa wĩngĩ nĩ kwĩkĩaa sumu mwĩĩnĩ na kwananga ĩtema, na kwoou kũtuma mũndũ awaa kana kukw'a

Kĩko kĩĩ kya sumu no kĩendeeye kwa ĩvĩnda ĩasa ethĩwa kĩ lĩunĩ ũla andũ maĩsaa kĩla ĩvĩnda. Ota ũu no kĩthĩwe kwa ĩvĩnda ĩkuvĩ yĩla kĩĩthĩwa ĩmwe kwa mwaka na kũtuma andu makw'a.





Ūwau wa kīkonde kwītha kī kya yelo

- sumu wa īvīnda īkuvī ūetetwe nī kīko kī ūtumaa andu methw'a na langī wa yelo methonī
- ndalīrī īngī sya sumu ūū nī kutavīka, kwalw'a nī īvu, ūvyūvu, mwīmbo wa mwīrī na kwanangīka ītema
- nzanzo ya ūwau wa mwīmbo wa ītema nīyīolanga ūwau wa ītema na kūola o mūno kanza ya ītema



Mwīmbo wa īvu

Ona yīla sumu wa līu wa mūndanī ūtanathūkya mūndū, no wīhīawa wī mūīsyo. Vaī kīwango kya kīko kī kīseo mwīnī wa mūndū

(Compiled by Dr David Githanga for adapting for a fact sheet for the Makueni Community Feedback 6 June 2018)



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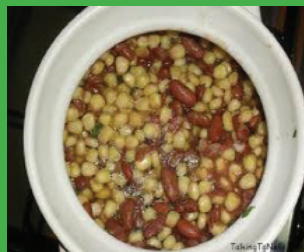
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Aflatoxin and your health

- Aflatoxin is a common contaminant commonly found in most staple foods including maize and groundnuts.
- It crosses to the unborn baby and passes to the breastfeeding baby through the mother's milk
- Animals eating aflatoxin-contaminated grains also get aflatoxin which they pass on to people who consume their meat, milk or eggs
- Aflatoxin has four main effects;
 1. It is associated with stunting and poor growth in children
 2. Constant exposure over a long period of time is known to cause liver cancer
 3. It depresses immunity resulting in frequent infections or worsening of existing infectious conditions
 4. Consuming very high levels causes acute poisoning with direct liver damage and subsequent illness or death

Low-dose aflatoxin exposure is almost always present and causes rarely noticed effects like chronic liver damage, or even cancer, and frequent severe infections. Acute exposure to high aflatoxin levels results in severe illness and sometimes death.

This occurs almost every year.





Jaundice

- acute poisoning caused by aflatoxin is associated with yellowing of the eyes
- vomiting, abdominal pain, fever, swelling of the body and ultimately liver failure are other signs of poisoning
- Hepatitis B vaccination is known to decrease chronic liver disease, with significant reduction in rates of liver cancer



Swelling of the abdomen

Aflatoxin is still a danger, even when there are no obvious immediate health problems

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