

## HYDROCEPHALUS

Hydrocephalus is a condition where water builds up in the brain, causing the head to swell. Headache is a common symptom of hydrocephalus. It also may affect balance, coordination and/or mobility.

If not treated, hydrocephalus can lead to brain damage, loss of intellectual and physical abilities, and even death. With early diagnosis and timely treatment such as shunt surgery or therapeutic intervention, most children recover successfully and can access their full potential.

Beside their difficulties, children living with hydrocephalus are like all children. They have talents, gifts and feelings. They can learn, go to a regular school and have a fulfilled life when grown adult.

Hydrocephalus is not contagious. One cannot catch it.

## MAJI KICHWANI

Hydrocephalus ni hali inayotokana na kujaa kwa maji kwenye ubongo na kusababisha kuvimba kwa kichwa. Dalili moja wapo ya hali hii ni maumivu ya kichwa. Hali hii pia huathiri usawa wa mwili na uwezo wa kutembea.



Hali hii isipotibiwa, inaweza kusababisha madhara ya ubongo, athari za kiakili, ulemavu wa mwili au hata kifo. Hata hivyo, ikiwa hali hii inaweza tambulika na kutibiwa mapema, watoto wengi huona kutokana na hali hii.

Mbali na matatizo yao, watoto wanaoishi na hydrocephalus ni kama watoto wengine. Wana vipaji, na hisia. Wanaweza kufunzwa, kwenda kwa shule ya kawaida na kuwa na maisha thabiti wakiwa wazima.

Hydrocephalus haiambukizwi.

## CONTACT DETAILS

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### All SEP Brochures

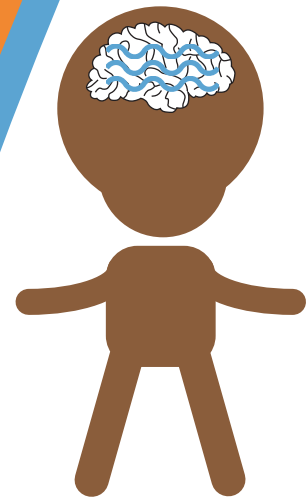
- Autism Spectrum Disorder (ASD)
- Cerebral Palsy
- Communication Disorder
- Down Syndrome
- Hydrocephalus
- Learning Difficulties
- Rickets
- Rights for Children with Disabilities
- Spina Bifida

### SEP Brochures Zote

- Autism
- Cerebral palsy
- Chirwa
- Down syndrome
- Maji kichwani
- Haki za watoto walemavu
- Shida za kusoma
- Shida za mawasiliano
- Spina Bifida



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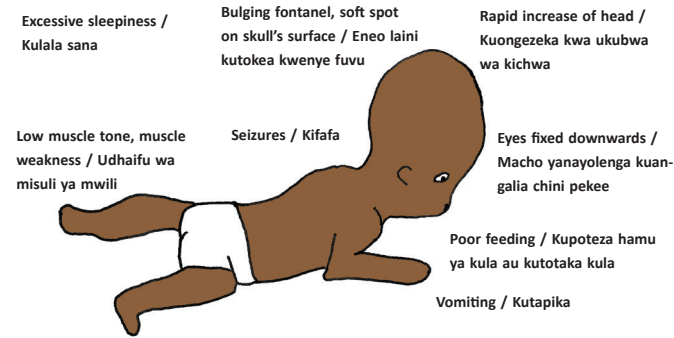


HYDROCEPHALUS  
MAJI KICHWANI

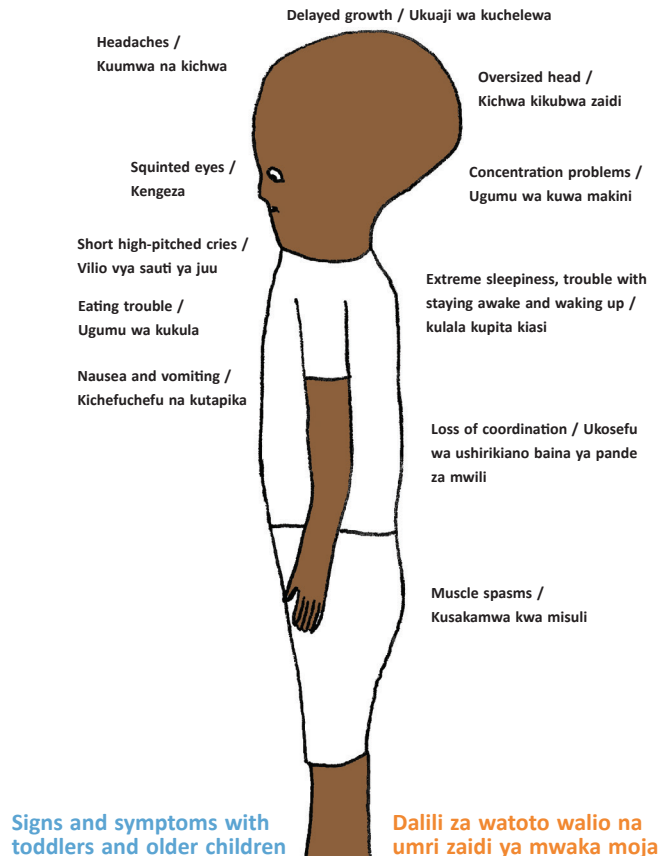


## Signs and Symptoms of Hydrocephalus

Signs and symptoms of hydrocephalus vary depending on the age of the child. An unusually large head is the main sign of hydrocephalus. The condition can also co-occur with an open backbone (spina bifida).



Signs and symptoms with infants / Dalili kwa watoto wachanga



Dalili za watoto walio na umri zaidi ya mwaka moja

## Causes and Types of Hydrocephalus

In all human bodies, cerebrospinal fluid flows through the spinal cord and brain. When the fluid increases in the brain, an excess of pressure causes a swelling of the head.

**Congenital hydrocephalus** results from a complex interaction of genetic (does not mean hereditary) and environmental factors. Although it is present at birth, it may not be recognized immediately. It can be diagnosed before birth through routine ultrasound.

**Acquired hydrocephalus** develops as a result of neurological conditions. It occurs in infants, toddlers and children due to:

- Infections the mother undergoes during pregnancy, such as rubella
- Infections such as meningitis, especially in babies
- Bleeding in the brain during or shortly after delivery, especially with babies born prematurely
- Head injuries
- Injuries that occur before, during or after delivery
- Central nervous system tumours

## Dalili za Hydrocephalus

Dalili za hali hii hutofautiana kulingana na umri wa mtoto. Dalili kuu ya hydrocephalus huwa ni kichwa kikubwa kupita kiasi cha kawaida. Hali hii pia inaweza kumpata mtoto mwenye athari za uti wa mgongo (spina bifida).

## Chanzo na Aina za Hydrocephalus

Kikawaida, maji ya ubongo na uti wa mgongo husafiri kutoka ubongoni hadi kwenye uti wa mgongo. Maji haya yanapo ongezekwa kwenye ubongo kupita kiasi, husababisha kuvimba kwa kichwa.

**Hydrocephalus ya kuzaliwa nayo:** Hali hii huletwa na maumbile ya mtoto na pia mazingira yake. Watoto huzaliwa wakiwa na hali hii tayari na inaweza kukosa kutambulika wakati huo. Mara nyingi hali hii hutambulika kabla ya mtoto kuzaliwa kupitia njia spesheli ya Ultra sound.

**Hydrocephalus inayopatikana baada ya kuzaliwa:** Hali hii hutokea baada ya mtoto kuzaliwa na husababishwa na matatizo kwenye ubongo. Inatokea kwa watoto wachanga na watoto wengine kwasababu ya:

- Maradhi yanayowakumba kina mama waja wazito kama vile ugonjwa wa Rubella
- Maradhi kama vile meningitis haswa kwa watoto wachanga

## Management of Hydrocephalus

In the case of non obstructive hydrocephalus, the brain chamber containing water is able to render excess to other parts of the body. No intervention is necessary. Obstructive hydrocephalus however, with enclosed water in the brain that cannot escape, needs treatment.

**Shunt surgery:** an artificial shunt is implemented in the body in order to drain excess of water from the brain to the stomach where it is eliminated in a natural way.

**Therapy:** Aims of treatment vary according to the child's need and age. Physiotherapy and occupational therapy can provide treatment of a child's physical problems. Speech and language therapy and special needs education are often required to manage intellectual challenges, communication and learning.

- Uvujaji wa damu kwenye ubongo wakati wa kuzaliwa au muda mfupi baada ya kuzaliwa haswa kwa watoto wanaozaliwa kabla ya muda wao wa kuzaliwa.
- Majeraha yanayotokea kabla ya mtoto kuzaliwa, mtoto anapozaliwa na hata baada ya mtoto kuzaliwa.
- Majeraha kwenye kichwa
- Uvimbe kwenye ubongo na uti wa mgongo.

## Matibabu ya Hydrocephalus

Kwa hali ya Hydrocephalus isiyo na kizuizi, chumba spesheli cha ubongo kinachobeba yale maji huweza kuwasiliana na sehemu nyinginezo za mwili na basi kuweza kusambaza maji yale. Kwa hali hii, basi hamna matibabu yoyote yanayohitajika. Kwenye hali ya hydrocephalus iliyo na kizuizi, maji yale hukosa kupata njia ya kujiiondoa kwenye ubongo na basi huhitaji matibabu.

**Upasuaji wa kuweka bomba:** Upasuaji huu hufanywa kwa wale walio na hydrocephalus yenye kizuizi cha kupitisha maji. Upasuaji huu huusisha uezekaji wa bomba maalum mwilini ili kusaidia kwenye usafirishaji wa maji hayo toka ubongoni hadi tumboni.

**Matibabu ya mazoezi:** Matibabu haya hulingana na mahitaji ya mtoto na umri wake. Wataalamu wa mazoezi wanaweza kupeana matibabu mema kutatua ulemavu wa kimwili wa mtoto ili kuboresha na kuimarisha hali yao ya maisha. Kwa upande mwingine, wataalamu wa matumizi ya lugha na waalimu wa masomo maalum huhitajika ili kuimarisha mawasiliano pamoja na masomo ya watoto walio na hydrocephalus.