

Nws tseem ceeb heev kom koj ua raws li koj tus kws kho mob hais, uas tej zaum yuav muaj raws li nram qab no:

- Noj ntau yam txiv hmab txiv ntoo thiab zaub
- Caiv tsis txhob haus luam yeeb, dej cawv, thiab tshuaj phem
- Siv lub cev ua ntau yam. Maj mam khiav thiab dhia exercise zoo rau koj thiab koj tus menyuam.
- Caiv tsis txhob haus caffeine (kas-fes, dej qab zib thiab kua tea)
- Caiv tsis txhob siv tshuaj (li cov tshuaj txuag kab lossis tshuaj ntxuav tsev)
- Kawm ib hoob qhia txog ua ntej yug menyuam
- Noj vitamin uas muaj folic acid nyob rau hauv.

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Kom paub ntxiv ntawm xovtooj thov hu:

The National Women's Health Information Center (NWHIC)
1-800-994-9662

The Planned Parenthood Federation of America at
1-800-230-7526

Kom Paub Ntxiv Txog Kev Kuaj Pojniam hauv Vas (Internet), Thov mus Saib:

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Health and Human Services
www.womenshealth.gov

The U.S. Department of Health and Human Services Office of Minority Health
www.omhrc.gov

Kom paub tias cov tsev kuaj mob loom uas pab ua tau cov kuaj Pap Test thiab mammograms nyob rau qhov twg, thov mus saib:

The Centers for Disease Control and Prevention
www.cdc.gov/cancer

Planned Parenthood Federation of America
www.plannedparenthood.org

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Cov lus qhia tseem ceeb no yog muab los ntawm ib cov ntauv uas tau raug sau los ntawm:

The Office of Women's Health and Office of Minority Health at the U.S. Department of Health and Human Services

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

Phau ntauv qhia no tau tsim los ntawm ib cov nyiaj ntawm lub Koos Haum the Department of Health and Human Services Office of Refugee Resettlement.

TIV TAUJ TAU NTAWM:

riht@uscridc.org

U.S. Committee for Refugees and Immigrants

1717 Massachusetts Ave., NW Suite 200

Washington, DC 20036

Tus Xovtooj: 202 • 347 • 3507

Tus xa ntauv fax: 202 • 347 • 7177

www.refugees.org



Tus Thaij Daim Duab No: Rose McNulty

Tej Kev Kuaj Rau Pojniam (Routine Health Exams for Women)

(Hmong)



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

PAP TEST

Qhov Pap test lossis qhov Pap smear yog ib yam kev kuaj uas cov kws kho mob thiab cov nais maum ua, lawv muab ib tug txhuam mus txhuam kom tau ib qhov nqaij (cells) ntawm ib tug pojniam qhov chaw mos. Tej thaum qhov no yuav ua rau koj txaj muag lossis tsis zoo nyob mentsis, tiamsis qhov kev kuaj no yoojyim thiab pab kuaj seb puas mob qhov kab mob cervical cancer ntawm qhov chaw mos. Txhua tus pojniam uas muaj 18 xyoo rov saud yuav tau mus kuaj ib zaug ib xyoos. Yog tias ib tug pojniam pib nrog neeg pw ua ntej nws muaj 18 xyoo, nws yuav tau mus kuaj txhua xyoo thiab.

Thaum koj mus kuaj txhua xyoo, lawv yuav hais kom koj hle koj cov khaub ncaws ntawm koj lub duav rov hauv thiab hais kom koj mus pw saum ib lub rooj. Koj yuav tau tsa koj ob txhais ceg. Tus kws kho mob lossis tus nais maum mam li zaum ntawm koj ob ceg thiab siv ib lub teeb thiab lwm yam cuab yeej kho mob.

Koj muaj cai thov kom ib tug nais maum ntxiv nyob rau hauv lub hoob nrog koj. Tus kws kho mob lossis tus nais maum yuav saib hauv koj qhov chaw mos, xuas rau hauv, thiab txhuam ib qho nqaij los kuaj. Qhov no yog ib qhov tseem ceeb los kuaj kom paub tias seb koj puas muaj mob hauv.

Yuav kom qhov no kuaj tau kom thwj, peb hnuv ua ntej koj yuav mus kuaj koj yuav tau tsis txhob:

- Txuag dej rau hauv koj qhov chaw mos*

** Cov kws kho mob feem coob hais tias txoj kev uas ib tug pojniam txuag dej rau hauv nws qhov chaws mos tsis yog ib qho uas zoo rau nws. Tus pojniam lub cev yeej txawj ntxuav nws tus kheej lawm, kev txuag dej rau hauv yuav muaj peevxwm ua kom ua paug rau hauv lossis yog tub voos lawm, muaj peevxwm ua kom mob ntxiv tuaj. Kev txuag dej rau hauv qhov chaw mos yuav ua kom koj muaj feem ntau dua yuav kis mob ntawm txoj kev sib daj sib deev uas hu tias STD. Kev txuag dej rau hauv qhov chaw mos yuav TSIS tiv thauv kom tsis txhob muaj menyuam.*

- Tsis txhob ntsaws pojniam cov khoom uas nkag mus rau hauv
- Tsis siv cov pleev pleev paum, cov tshuaj uas muab ntsaws rau hauv, lossis lwm yam tshuaj.
- Siv cov tshuaj tsw qab los qhaub piab tswv qab rau hauv
- Pw nrog lwm tus ua ke

KUAJ OB LUB MIS

Yog tias ib tug pojniam ob lub mis lub lub, qhov no yog ib qho qhia tau tias tej zaum nws yuav mob ib yam uas muaj cuab kav txo tau ib tug neeg txoj sia. Ib tug pojniam yuav tau cia ib tug kws kho mob lossis ib tug nais maum kuaj nws ob lub mis txhua xyoo thaum nws mus kuaj. Tus kws kho mob lossis tus nais maum yuav kuaj seb nws ob lub mis puas lub lub, puas muaj tej qho saus me me, lossis puas liab liab.

Txhua tus pojniam yuav tau kuaj nws ob lub mis txhua lub hlis seb nws puas lub lub, puas muaj tej qho saus me me, lossis puas liab liab, puav muaj paug tawm hauv mis los, lossis puas txawv txav. Tej co lub lub kuj tsis muaj dab tsi, tiamsis nws yog ib qho zoo kom ib tug kws kho mob lossis ib tug nais maum kuaj seb puas muaj tej qho lub lub uas pib tshiab lossis pheej loj ntxiv tuaj hauv lub mis. Nws yog ib qhov zoo yog tias txhua hli koj kuaj koj lub mis kom koj paub tias nws zoo li cas kom yog pauv li cas lawm los kom koj thiaj li paub.

MAMMOGRAMS

Qhov mammogram yog xuas hluav taws xob xoo lub mis thiab muab los saib seb puas mob cancer. Cov pojniam uas muaj hnuv nyoog li ntawm 40 xyoo rov saum yuav tau mus kuaj ib zaug tau ib lossis ob xyoos.

Thaum kuaj ib qho mammogram, tus kws khom mob lossis tus nais maum yuav muab koj ob lus mis tso nruab nrab ntawm ob daim hlau. Lub tshuab kuaj yuav los ze ze thiab thaj ib daim duab ntawm koj ob lub mis. Tej zaum

qhov no yuav tsis zoo nyob, tiamsis nws tsuas kav ntev li ntawm ib feeb xwb. Kuaj mis thiab mammograms yog ob qhov kev kuaj kom paub ntxov tias seb puas mob cancer rau ntawm ob lub mis.

KEV KHO MOB UA NTEJ YUG MENYUAM

Pre-natal care yog cov kev kho mob uas koj thiab koj tus menyuam txais thaum koj tseem muaj menyuam hauv plab. Kev kho mob ua ntej yug menyuam yog ib qho tseem ceeb heev kom thiaj li yug tau ib tug menyuam kom muaj zog tsis muaj teeb meem dab tsi. Txhua tus pojniam uas muaj menyuam hauv plab yuav tau muaj cov kws kho mob pab xyuas thaum tseem ntxov.

