

Astaamaha/Calaamadaha cudurkan.

- Dadka qaba cudurka Booguhu (HPV) inta hore isma dareemaan.
- Booguhu (HPV) marka hore ee ay hoosta kasoo baxaan way jilicsan yahiin waa sidii hilib dheerada oo kale, waa qo-qoyaan iyo barbar soo yara buuran. Caadiyana waxay ka soo baxaan laanka iyo guska korkiisa iyo aagiisa oodhan. Haseyeeshee, waxaa dhacda in ay ka soo baxaan meelo badan oo kayara durugsan udaha qofka sida lab-laabyad hoosta u dhow ilaa cajirada.
- Qofku markuu qado cudurkani wuxuu ku soo baxaa asbuucyo.

Women: dumarka qaar waxaa laga yaabaa in is baadhitaankooda sanadka (Pap tests) laga dareemo in wax ka si yihiin ka hor inta aanu cudurku soo bixin. Sideedaba, waxaa haboon in dumarku is baadhaan sanad walba si ay uga hor tagaan cuduradan iyo kuwo la mida..

Daaweeyn:

wax daawo ah oo uu leyahay cudurkan Booguhu (HPV) hu majirto. Boogahaa dhakhtar wuu kaa goyn karaa, iyaguna iskood way isga tagaan mar-mar. Marna weligood way iska joogaan oo naftaaday khatar geliyaan. Waxaa haboon in dumarku mar walba is ka baadhaan hoosta.

Iska ilaalinta ama iska difaacida

Cudurka Boogaha (HPV) iyo cudurada kale ee galmada STDs sida keliy ee laysaga ilaaliyaa waa adigoo iska daaya galmada iyo adigoo u galmooda qof aan cuduradan qabin. Waxaad kale oo ku badbaadin kartaa adigoo xidha bambiirada galmada(condom)

Cudurka Urjada

Cudurka Urjadu waxa uu ka mid yahay cuduraha lagu kala qaado galmada ee ka dhasha bakteriayada (bacteria) . Waxaalaga qaadaa marka uu qofku taabto meeshii oo barbarsan oo Urjo (syphilis) qabta.

Astaamaha/Calaamadaha cudurkan.

Calaamadada badan yaa Urjada lagu gartaa inkasta

oo ay wadaag calaamado badanad cudurada kale ee galmadu gubbiso. Hadana wax Urjadu martaa sadex marxaladood.

Marxalad 1 aad:

Urjadu waxay ku soo baxdaa inta u dhaxays 10 ilaa 90 maalmood waxayna leedahay barar . hadii aan bararkaa dhakhso loo daawaaynin way ka sii dartaa.

Marxalad 2 aad:

Urjadu waxay ka soo baxdaa jidhka meela kala duwan, waxayn au egtahay cadhada oo aan cun-cun lahayn. Hadii aan markiiba la dawaeynin way sii xumaataa.

Marxalada 3 aad:

Marxaladan oo ah marxalada ugu dambaysa wixii jidhka ka soo baxay ee cadhada u ekaa wuu baaba'aa. Haseyeeshee, waxa bilowda xanuunadeedi kale oo ay ka midyihiin jidhka oo dareenku ka tago, qofka oo dayooba oo garaad kiisu hoos u dhaco iyo iyadoo waax yaha jidhku hawl gabaan. Sidda iyadoo qofku lug, gacan ama qaarka dambe oodhan nuuxin kari waayo. Hadii aan looga gaadhin si dhakhso leh oo aan la daaweeynin Urjadu (syphilis) waa cudurada loo dhinto.

Daaweeyn:

Marka hore ee ay bilaabato Urjadu (syphilis) waa la daawayn karaa. Laguma daaweeyo daawo aan dhakhtar kuu qorin ee layska iibsado. Laguma daaweeyo waxyaabaha dabiiciga ah ee guryaha lagu sameeyo. Waxa keliy ee kaa daweyn karaa waa in aad dhakhtar u tagto oo uu daawo kuu qoro inta aanuu curuku kugu waynaan. Hadii aad ka bogsato oo daawadu wax ku tarto wixii waxyeelo ah ee ay Urjadu ku yeeshay wax ka qabad malaha.

Iska ilaalinta ama iska difaacida

Waxaa Urjada (syphilis) kaa celinkaraa waa adigoo iska ilaaliya ama iska daaya galmada iyo adigoo u galmooda qof aan cuduradan qabin. Waxaad kale oo kga badbaadi kartaa Urjada adigoo xidha bambiirada galmada.(condom)

Wixii ku saabsan wararka caafimaadka waxad eegtaa:

Body Health Resources Corporation

www.thebody.com

American Social Health Organization

www.iwannaknow.org

www.ashastd.org

The Centers for Disease Control National Prevention Information Network

www.cdcnpi.org

Wixii ku saabsan wararka caafimadka oo telefon ah:

800 227 8922

24 ka saacadood, 7 da maamood ee asbuuca.

800 994 9662

National Women's Health Information Center
U.S. Department of Health and Human Services.

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Wararka ku qoran dhambaalkan waxa laga soo xigtay:

The Centers for Disease Control National Prevention Information network

www.cdcnpi.org

Body Health Resources Corporation

www.thebody.com

The American Social Health Association

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Cudurada Galmadu Gubbiso iyo Waxyaabaha la Rabo in Qofkasta uu Ka Warhayo



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Cudurada galmadu gudbiso (STDs) waa wax layka difaaci karo!

CUDURKA XABBADA

Xabbadu waa cudur galmadu gudbiso (STDs) wuxuuna cudurka xabbadu gudbaa marka laba qof isu galmoodaan . Galmaasi ha noqato mid ninku qofta dumarka ah uga tagayo laanka, afka amase dabada (futada). Meel kasta galmadaasi ha ahaatee hadii uu qofku qabo xabbad wuxuu u gudbinayaa qoka kale. Hooyada xabadda qabtaa way u gudbisaa cunugeeda marka ay umulayso (dhalayso). Raga iyo dumarka gamadoodu badantahy gaar ahaana kuwa da'adoodu u dhaxayso 20 ilaa 30 waxaa haboon in ay joogto isga baadhaan cudurka xabbada. Cudurkani wuxuu dilaa taranta. Waxaa laga yaabaa in aanay qofta dumarihi uuraysankarin, ninkuna aanuu waxba uurayn karin oo ay labaduba lumiyaan awoodii taranka.

Astaamaha/Calaamadaha cudurkan

Dumarka: sida badan dumarka qaba astamahoodu way yar yihiin ama maba laha calaamado lagu garto cudurka.

Raga: inta badan ragu ma laha astaamo amaba astaamahoodu way yar yihiin. Raga qaar baa dheecaan ka yimaada guska (qoodhaha).

Daawaynta:

Cudurkan waxaa lagu daawaeeyaa daawada caabuqa baabi'isa (antibiotics). Qof kasta oo qaba cudurada galmadu gudbiso (STDs) waa in uu u tagaa dhakhtar si looga daaweeyo.

Iska ilaalinta ama iska difaacida

Adigoo iska daaya galmad oo dhan

- Adigoo iska ilaaliya in aad u galmooto qof qaba cudurkan.
- Adigoo si saxa u gashada rag iyo dumarba bambiirayinka galmad loogu

talo galay (condom and dental dams).

CUDURKA JABTADA

Cudurka Jabtadu (STDs) waa wax layska daawayn karo. Waxaa laysugu gudbiyaa hadii la isga galmoodo Laaka , afka iyo futada. Hooyadu way u gudbisaa cunugeeda marka ay dhalayso . Jabtadu waxay keentaa cudurka Xabbada layidhaahdo, waxayna wax yeeshaa taranta qofka

Astaamaha/Calaamadaha

Women: inta badan dumarku malaha astaamo haday leeyihiina ma badna waxa laga yaabaa:

- Inay dareento xanuun iyo kaadida oo gubta
- In mar-mar dheecaan ka yimaado

Men: sida badan ragu ma arko calaamada cudurkan hadii uu arkana waxay kusoo baxaa shan casho kadib markuu qaaday. Wuxuuna dareemaa:

- Kaadida oo gubta iyo xanuun
- Dheecaan ah cadaan, jaale ama cagaar oo ka yimaada
- Raga qaarna xiniinyaha ayaa barar.

Daaweeynta:

Jabtada waxaa lagu daaweeyaa daawada caabuqa baaabi'isa (antibiotics)

Iska ilaalinta ama iska difaacida

Iyadoo qofku joojiyo galmada oodhan

- Iyadoo qofku iska ilaaliyo inuu ugalmoodo qof jabot qaba
- Iyadoo qofku si saxa u gashado bambiirayinka galmada (condom and dental dams)

Cudurka fantata ama

Fanto waa cudur galmadu gudbiso badanaana wuxuu ka dhasha saxal (viruses) fantada oo afka(oral herpes) ama guska iyo laanka (genital herpes) ku dhacda. Cudurkani wuxuu

ku gudbaa iyadoo jidhka lada qof is taabtaan. Cudurkani aad buu u badanyahay ; dadku caadiyan ma gartaan in ay qabaan ama waxay ku khaldaan cudurada kale. Cudurkan lagama daawoobo.

Astaamaha/Calaamadaha cudurkan

- Sida la gu yaqaan qofka waxaa ka soo baxa furuuruc marka dambe intay qolofi fuusho noqda dilaacyo dhiig leh.
- Qofku wuxu dareemaa curkan fantada in uu qabo asbuucyo kadib. Mar-mara dadku waxay is ogaadaan bilo kadib amaba sanado kadib.
- Dadka intooda badanina madareemaan in ay qabaan ama waxay ku khaldaan cuduro kale eelaga qaado galmada.

Daaweeynta:

cudurka fantadu daawo ma laha. Wax daawo ah oo layskaga difaacana ma jirto.

Iska ilaalinta ama iska difaacida

Sida keliya ee laysaga badbaadinkaro cudurkani waa in aanu qofku joojiyo galmada. Inkastoo dad badan oo aan weligood galmoonini qaadan saxalka Fantada (simplex virus).

Cudurka dila difaaca jidhka(caateeye)

Cudurka dila difaaca jidhku waa saxal dhiiga gala (Virus) lana dagaalama difaaca jidhka. Markuu jidhka ka dhameeyo difaaciina cudurkani wuxuu isu bedelaa (AIDS). Cudurkan waxaa la qaada iyadoo marka la isu galmoodo ay istaabtaan , shahwada ninka, xaylka dumarka (dheecaanka dumarka ka yimaada markay galmoodaan) (vaginal fluid).dhiiga wata saxalka(virus) oo lagugu shubo iyo hooyada qabta oo cunugeeda nuujisa naaska. Cudurkan si hawl yar yaa la isaga difaaci karaa. Daadku inta aanay ogaanin in ay qabaan cudurka si hawl yar ayay ugu gudbin karan dadkay u galmoodaan.

Astaamaha/Calaamadaha cudurkan.

- Waxaa laga yaabaa in qofku aanuu isku arag calaamadaha cudurkan (HIV) lagu garto isagoo sanado qabay cudurka.
- Qofka inta aad eegto ma garan kartid inu cudurka jilaha difaaca jidhka (HIV) qabo iyo in kale.
- Sida keliya ee lagu garan karo in uu qofku cudurka qabo waa iyadoo dhakhtaradu baadhaan.

Daaweeyn:

Cudurkani ma laha daawo kaa kaxaynaysa haseyeeshee, wuxuu leeyahay daawooyin gaabis ka dhigaya xawliga uu cudurku jidhka u dilayo. Haddii qofku daawooyinkaas qaato cunadiisa iyo caafimaadkiisa kalena daryeelo wuxuu ku noolaanaya nolol dheer oo caafimaad leh. Qofta dumara ee qabta cudurkan haday uur leedahay waa in ay qaadato daawooyin cunuga ka difaaca cudurka.

Iska ilaalinta ama iska difaacida

Cudurka dilaha difaaca jidh ka (HIV) waxaa la isga ilaanin karaa sidan:

- Iyadoo galmada la iska daayo dhamaanteedba.
- Iyadoo la iska ilaaliyo in loo galmoodo qof qaba cudurka
- Iyadoo bambiirada galmada rag iyo dumarba si saxa loo gashado (condom and dental dams).

Boogaha hoosta gala (hoosta oo hunbuluuqda ama buq-buqda)

Cudurkan Booguhu waa saxalo is galay (viruses) waxaana lagu kala qaadaa galmada. Wuxuuna isu bedelaa Hudhe ama Goosato (cervical cancer) .Cudurka hudhuhu waa cudur khatar ah oo loo dhinto. Cudurka Boogaha HPV waa Boogo ka soo baxa qaska ama laanka, futada iyo guska raga waxay kale oo ka soo baxaan dhuumaha rimayga, laanka gudhihiisa iyo laanka korkiisa (gidirka).