

- In ay qaataan waxbarashada dumarka uurka leh
- In ay qaataan faytamiinada loogu talagalay dumarka uurka leh sida fitamiinka loo yaqaan folic acid

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Hadii aad u baahantahay akhbaar dheerada oo ku saabsan baadhitaanka caafimaadka haweenka, fadlan ka eeg Internet-ka:

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

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

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

Hadii aad u baahantahay faahfaahin talefanka ah, fadlan lasoo xidhiidh:

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

Plan Parenthood Federation of America
1-800-230-7526

Hadii aad u baahantahay xarun caafimaadeed oo lagu baadho caafimaadka haweenka u khaaska ah, fadlan ka eeg Internet-ka:

The Center for Disease Control and Prevention (CDC)
www.cdc.gov/cancer

Plan Parenthood Federation of America
www.plannedparenthood.org

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Akhbaarta ku qoran dhambaalkan waxaa laga soo xigtay qoraalo ay qoreen hay'adaha:

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

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

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Fax: 202 • 347 • 7177
www.refugees.org



Baadhitaanka caafimaadka ee Haweenka (Somali)



www.refugees.org
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BAADHITAANKA MAKAAANKA (MINKA)

Baadhitaanka ilmo galeenka waa baadhitaan caadiyan ah oo la eegayo makaanka. Waxaa haboon in dumarka da'doodu ka wayn tahay 18 jir ay maraan baadhitaankan sanadkiiba hal mar. Waxaa baadhitaanka sameeya dhakhtar ama kalkaaliye dakhtar, muhiimka baadhitaankan waa in dheecaaan yar laga sooqaado makaanka lingaxiisa kore. Hadii qofta dumarka ahi bilowdo in ay galmooto iyada oo aan gaadhin 18 jir, waa in ay isbaadho sanad walba.

Marka lagugu samaynayo baadhitaankan, waxaad iska bixinaysaa dharka, siiba kuwa qaarka hoose, markaana lugahaaga ayaa kor loo taagayaa si uu dhakhtarka ama kalkaaliyaha caafimaadka uu u fadhiisto lugahaag dhexdooda. Dhakhtarku wuxuu kugu ifinayaa toosh ama karbuuno si uu u arko hoostaada. Markaa kadib, wuxuu hoosta kaa gelinayaa qalabka caafimaad ee minka lagu baadho. Baadhitaankan waxa loogu tala galay in uu dumarka ka bad-baadiyo cuduraka hudhaha ah ee hoosta dumarka kudhaca (cervical cancer).

Marka baadhitaankan la samaynayo, waa in qof kale oo dhakhtar ama kalkaaliye ah ku weheliyo. Qofka ku baadhayaa wuxu eegayaa hoostaada (uddahaaga), wuxuuna faraha gelinayaa minkaaga, khaasatan lingaxa iyo minka guudkiisa. Baadhitaankan waxaa loogu talo galay in la ogaado hadii ay finan ama kurxamo kugu yaalaan.

Si baadhitaankani ugu hirgalo, waa in aad tixgalisid waxyaaba hoos ku qoran:

- Waa in aad sadex casho ka hor aad joojisid maydhista laanka gudahiisa

- Waa in aanad xidhan suufka caaddada laga xidho
- Waa in aanad is gelin ama isku shubin wax daawo ah
- Waa in aanad is ku buufin wax yaabaha hoosta lagu carfiyo
- Waa in aanad isku shubin bootar amd boolbare
- Waa in aanad galmoonin

BAADHITAANKA NAASAHA

Caafimaadka naasuhu qayb wayn ayay ka qaataan caafimaadka guud ee haweenka. Marka la samaynayo baadhitaanka caafimaadka ee sanadka, waa in labaadho naasaha. Waxyaabaha laga baadhao waxaa ka mid ah in ay finan leeyihiin; in kurxin ama buruq ku jiro, iyo in uu midabkoodu bedelmay. Waxyaabahaasi waa astaamaha xanuunka naasaha waana muhiim in haweenku kafeejignaadaan caafimaadkooda. Baadhitaankan waxaa sameeya dhakhtar ama kalkaaliyihisa.

Baadhitaanka naasuhu waa wax sahlan oo aad adiguba guriga ku samayn karto. Waa in aad bishii hal mar is baadho si hadii wax jiraan dhakhso laguugu gurmado.

RAAJADA NAASAHA

Raajada naasaha la saaraa waa mid loogu talo galay in lagu arko hadii ay jiraan wax yar oo aanay gacantu dareemaynin, isla markaana si dag-dag ah loo daweyo. Dumarka da'doodu tahay 40 sano iyo wax kabadan waa in ay iska qaadaan raajada naasaha sanad ama labadii sanadoodba mar.

Marka raajada naaska la saarayo, dhakhtarka ama kalkaaliyaha ayaa naaska dhex gelinya

laba saxan dhexdood si loo sawiro. Waxaa laga yaabaa in qoftu dhabsato jiid-jiidka raajada, inkasta oo aysan xanuun lahayn, oo howsha oo dhani qaadato muddo daqiiqado dhan. Raajadu aad bay ugu wacantahay baadhitaanka naasaha sababtoo ah in laga hortagayo dhibaatada cudurku hudhaha ee naasaha gala (breast cancer) inta aanay waynaan.

DARYEELKA DUMARKA UURKA LEH

Daryeelka dumarka uurka leh waxay suurto gelisaa in uu dhasho cunug caafimaad qaba. Waxaa haboon in dumarka uurka leh in ay raadsadaan xarunta lagu bixiyo warfaafin kusaabsan daryeelkooda isla marka ay uurka yeeshaan. Waxaana muhiim ah in ay raacan waxa dhakhtarku farayo, kuwaas oo kamid yihiin:

- In ay cunaan khudrado kala duwan oo badan
- In aanay khamri iyo sigaar cabin
- In ay isku dayaan jimicsi fudud oo ay dhaq-dhaqaaqsiga badiyaan
- In ay iska ilaaliyaan qaxwaha, soodhaha iyo shaaha
- In ay iska ilaaliyaan kiimikooyinka cayayaanka lagu dilo iyo kuwa guriga lagu nadiifiyo

