

U feejignaanta naasaha dumarka oo dhan



Naasaheenu way isbedelaan inta aynu noolahay oo dhan. U feejignaanta isbedelku iyo barashada sida ay dareemaan naasuhu waqtiyada kala duwan waxay kaa caawin doontaa sidaad u fahanto inay wax waliba caadi kuu yihiin. haddii aad aqoon u yeelato naasahaaga waxa dhici karta inaad ogaato isbedelada aan caadiga ahayn kaas oo noqon kara kansarka naasaha.

Sida aad naasahaaga ugu feejignaantahay:

1. ogow naasahaaga iyo waxa u caadiga ah adoo eegaya dareemayana.
2. takhtar arag haddii aad dareento isbedalo aan caadi ahayn
3. haddii ay da'daadu tahay 50–69, oo lagugu sameeyey raajada a mammogram (breast x-ray) waa in labdadii sanadoodba mar is baartaa.

Ogaanshaha naasahaaga iyo inay caadi kula yihiin

Siday naasahaagu kuula eg yihiin una dareemaysaa ?

- isku fiiri muraayad, taabana mar mar.
- taabo marka aad qobaysanayso, sariirta aad ku jiftid ama aad labisanayso. Waqti yar baanay qaadanaysaa.
- xasuusnow inaad taabato nudhaha naasaha, kalxanta ilaa dhinacyada, kilinkilada hoosteeda.
- isticmaal meesha faruhu u ballaarananyihiin iyo faraha xagooda hore si xagga sare iyo xagga hoose ee naasaha u dareemaan.

Ma jirto si saxa iyo si qalad ah oo naasaha loo dareemi karo. qodbadani waa talo soo jeedin uun. Waxa laga yaabaa inaad hesho si kuu fiican.

Haddii aad wali caadadii helayso, malayso inay naasahaagu yeeshaan dareemo kala duwan bil gudaheed. tusaale, waa caadi hadii ay naasuhu ku xanuunaan, kurxin yeeshaan ama bararaan ka hor iyo ka dib marka aad caadada hesho.

Dumarka da'walba ha noqdaane waxa caadi u noqday naasahoodii, laakiin wax ka sii muhiimsan inaad marka aad sii weynaataba aad halis u tahay kansarka naasaha sii kordho da'da awgeed.

Arag takhtar haddii aad naasahaaga ka dareento isbedel aan caadi ahayn

Waxaba ma ah da'da aad jirto, takhtarkana si toos ah u arag haddii aad dareento isbedelada soo socda:

- kurxin ama naaska ama kilinkilada oo adkaada.
- maqaarka naaska oo isbedela – finan yeesha ama casaada.
- ibta naaska oo isbedesha – soona fiiqnaata halkay caadi ka ahaan lahaayeen (haddii aanay sidaas markeedii hore ahayn), ibta oo leexata dheecaanu aan caadi ahayna ay ka yimaadaana.
- meel ka mid ah naaska oo ka duwan meelaha kale.

► Somali

Breast awareness for all women

Khadka warbixinta kansarka:

- **Somali**
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- xanuun aan caadi ahayn.

Takhtarku wuxuu baari doonaa naashaaga waxaanu ku weydiin doonaa taariikhdaada cafimaad. markaas wuxuu kuu diyaarin doonaa tijaabooyin kala duwan si uu u baaro sabata isbedelka naaska keentay. Waxa laga yaabaa inaad doorato tijaabada mammogram, ultrasound, ama a biopsy – taas waxa ka mid ah iyadoo unugyo laga qaado si loogu tijaabiyo shaybaar. weydii takhtarka waxa keenay isbedelka. haddii aad fahmi weydo, weydii sida ay tahay. inta badan isbedelka naaska waxa keena wax caadi ah.

Sagaalkiiba toban isbedelka naasahu ma noqdo kansar, si kastaba ha ahaatee waan in wax kasta oo iska bedela oo hubiyaa takhtarkaagu. dib ha u dhiganin.

Tijaabda Mammogramka (raajada naasaha) ee barista naaska

Baarista mammogramka waaxa laga fiiriya kansarka naasaha dumarka bilowga hore iyadoon lagu arag astaamha kansarka.

Baarista kansarka naasha ee fiktooria wuxuu bixiyaa barnaamij baaris lacag la'aan ah mammography ah (raajda naasaha) ee dumarka da'doodu u dhaxayso 50–69.

Haddi aad jirto 50–69 sanno, isa saar raajada barista naasaha (mammogram) labdii sannadoodba mar.

Tani waa sida ugu fiican ee mar hore lagu ogaan karo barista kansarka naasaha.

Baarista joogtada ah ee raajada naasahu (mammograms) waxay yareysaa tirada dumarka ah ee u dhinta kansarka naasaha.

Si aad u samaysato ballan la xiriira naasaha tilifooni lambarka 13 20 50 (qarashka tilifoonka caadiga ah). Haddii aad u baahantahay turjubaan kula jooga marka lagugu sameeynayo mammogramka, fadlan ballanso. wixii macluumaad dheeraad ah ee ku saabsan barnaamijka barista naasaha fadlan fiiri websitka www.breastscreen.org.au ama wac tilifoonka 13 20 50.

Xasuuso, u feejignaanta naasaha

- ogaanshaha siday naasahaagu u eg yihiin ama aad ka dareemaysid inta badan.
- si dhakhso ah u arag takhtar haddii aad isku aragto waxaan caadi ahayn.
- haddii aad tahay 50–69 sanno jir, isku baar raajada naasha (mammogram) labdii sanadoodba mar.

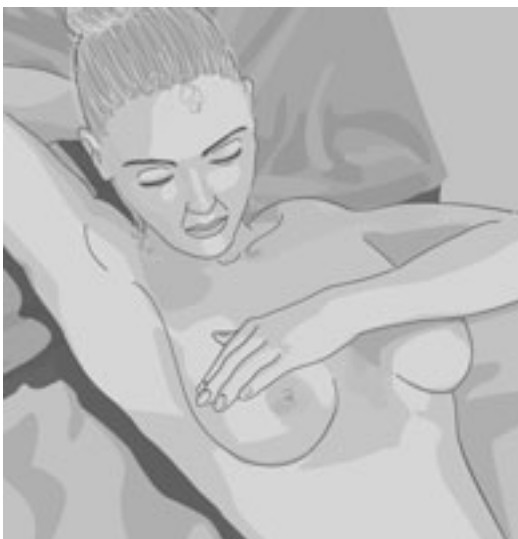
Wixii macluumaad dheeraad ah ama u feejignaanta kansarka naasaha tilifooni laynka caawimada kansarka tilifoonka 13 11 20 qiimaha tilifoonka caadiga ah. ama ka fiiri websitka: www.cancervic.org.au

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