

# Jidhkayga, Caafimaadkayga



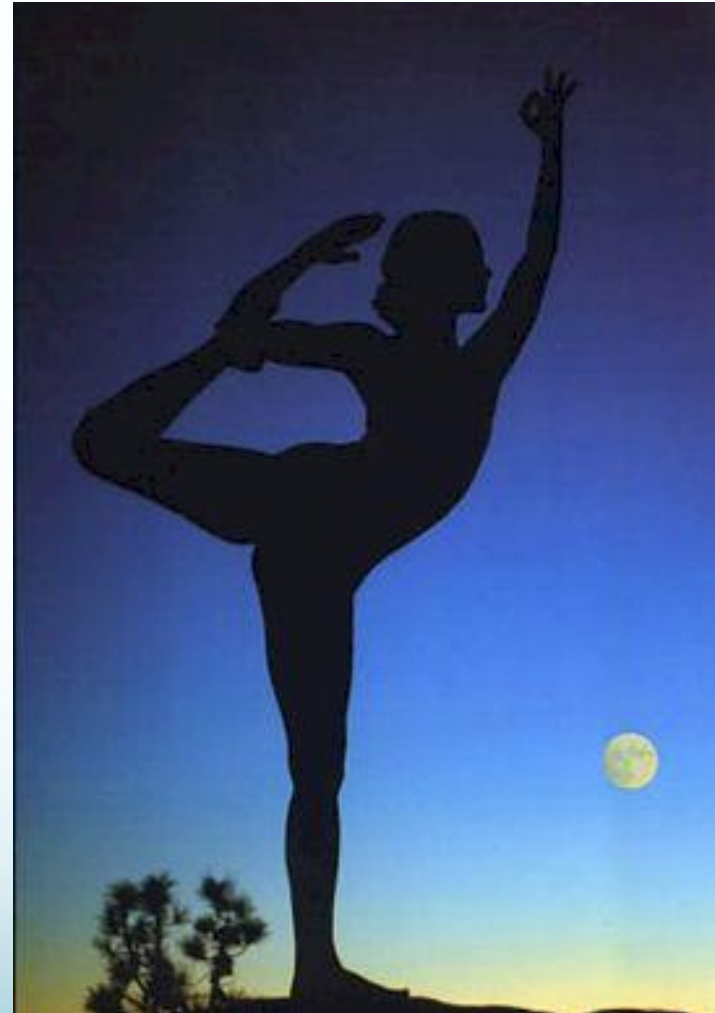
Aqoon korodhsiga Taxanaha ee Caafimaadka  
Haweenka  
Qaybta I

# Maanta falanqaynteeda waxaa ku jiri doonaa:

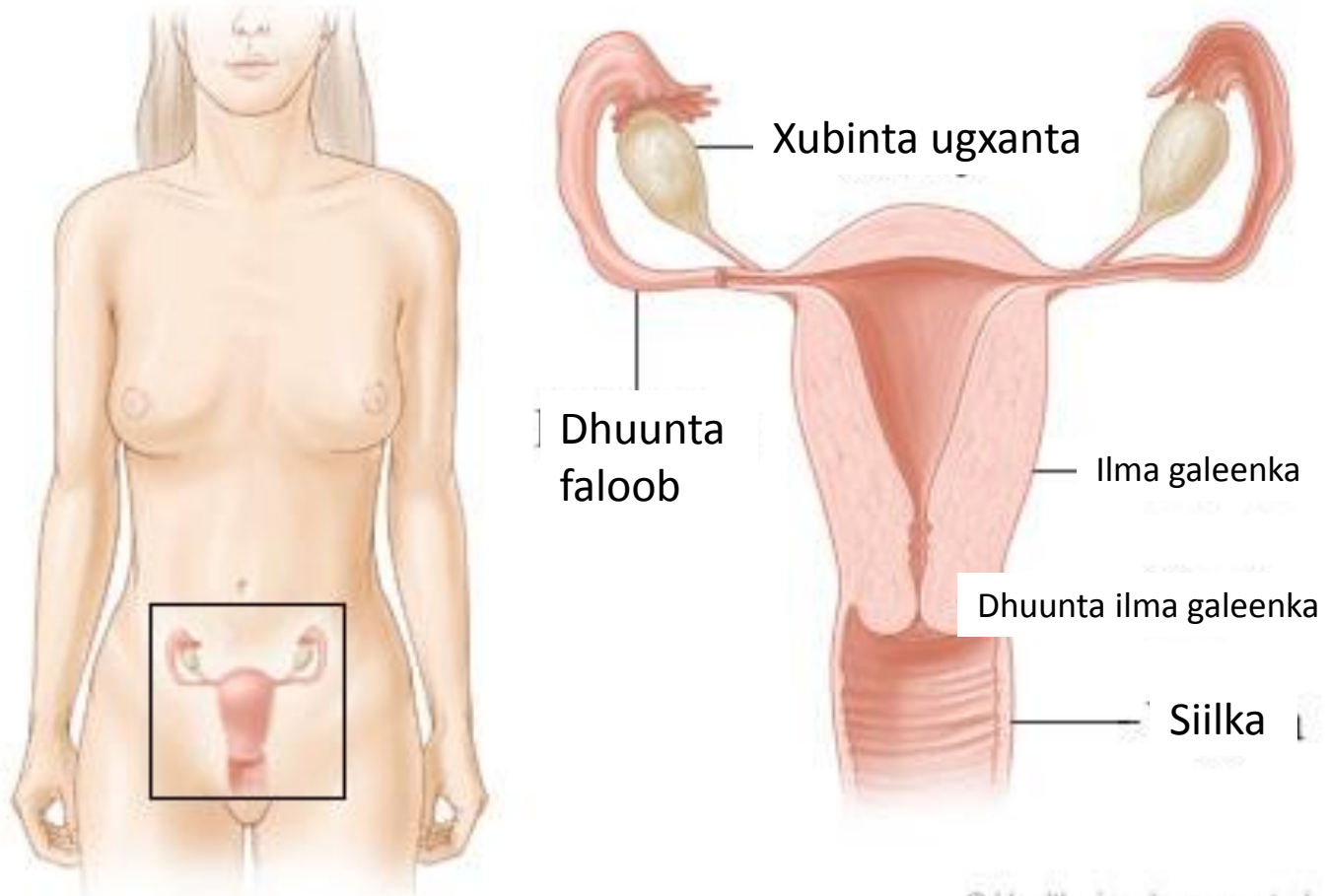
- Muuqaalka guud ee caafimaadka haweenka waxaa ka mid ah:
  - Xubnaha taranka
  - Sababta ay ugu muhiim tahay caafimaadkeena
  - Sidee ayaynu ku ogaan karnaa oo uga hortagi karnaa cudurka
- Falanqaynta - waxaa loo kala jebin doonaa 3 kooxod iyaddoo luqadda ku salaysan
- Dib uga warbixi - ka hadal su'aalaha kala duwan iyo wada sheekaysiyada mid kastoo kooxda yar ah

# Caafimaadka Haweenka

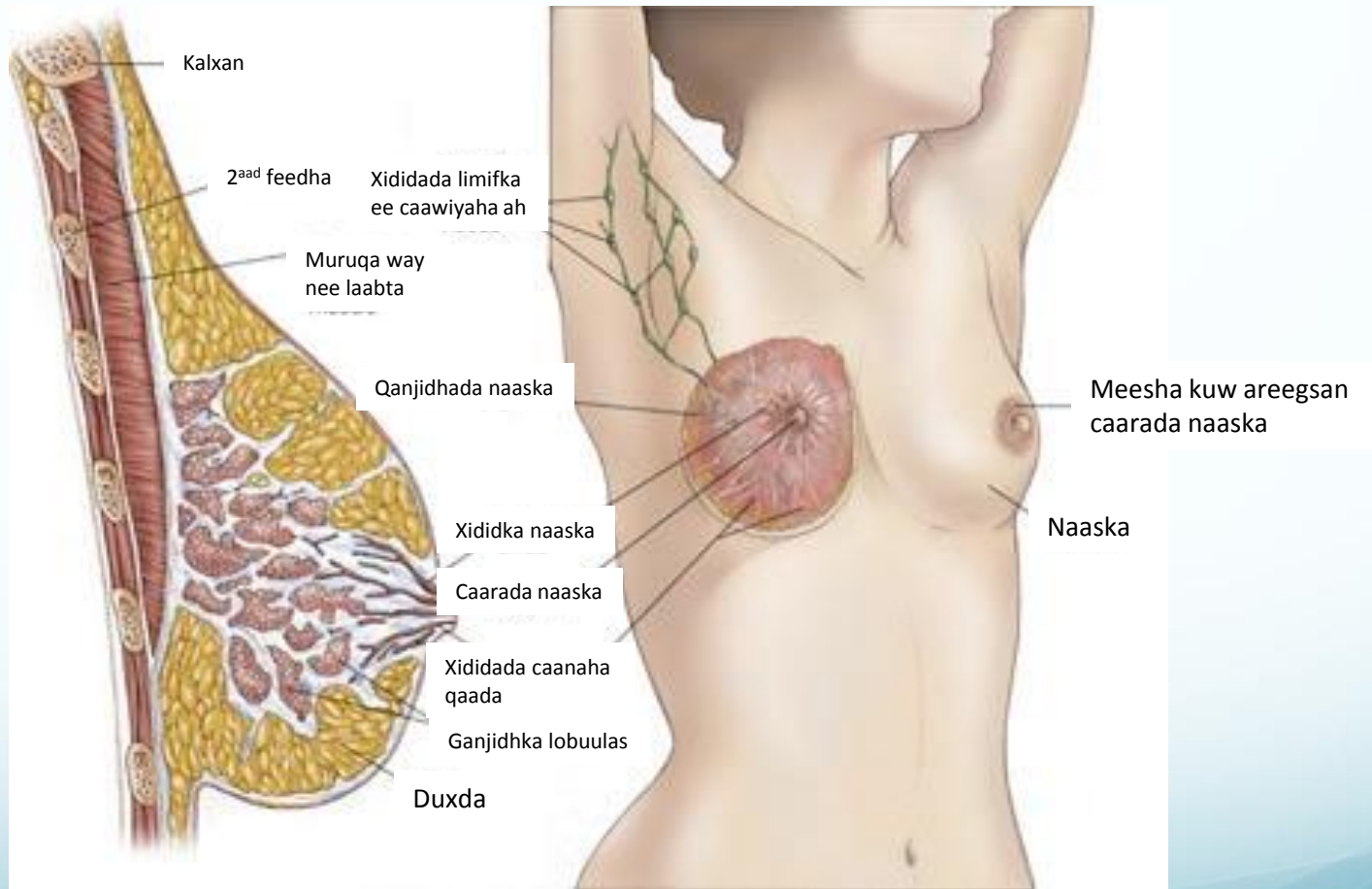
- Jidhka haweenku waa uu kala duwanyahay oo waxa u u baahanyahay daryeel gaar ah si ay caafimaad u ahaadaan
- Wakhtiyada qaarkood waxay dareemi karaan caafimaad, laakiin dhab ahaan waxa haysta dhibaatooyin
- Muhiim ayay u tahay haweenka in la baadho hal mar sanadkii markaas dhakhtarka, waxa uu ka heli karaa dhibaatooyinka goor hore marka aanay adkayn in la hagaajiyo.



# Cilmiga Xubanaha taranka Haweenka



# Naasaha





# Naasahu waa muhiim



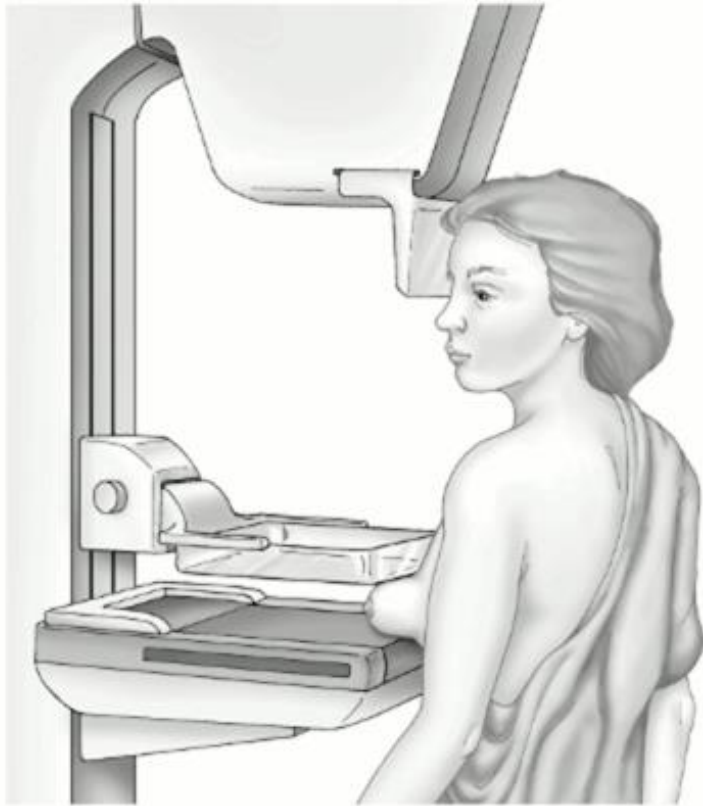
- Ee soo saarida caanaha uurka ka dib
- Isha nafaqada ee ilmaha dhashay
- Raaxada galmadda

# Kansarka Naaska

- Kansarka naaska waa kansar aad u halis ah taas oo ku sababta haweenku in ahy dhintaan
- Bilowga, haweenayda ma dareemi doonto sida in ay wax ka khaldanyihiin
- Dakhtarku waxa uu samayn doonaa dhowr baadhitaan oo kansarka naaska ah



# Hal baadhitaan waxaa loogu yeedhaa sawirka naaska



Sawirka kansarka naaska

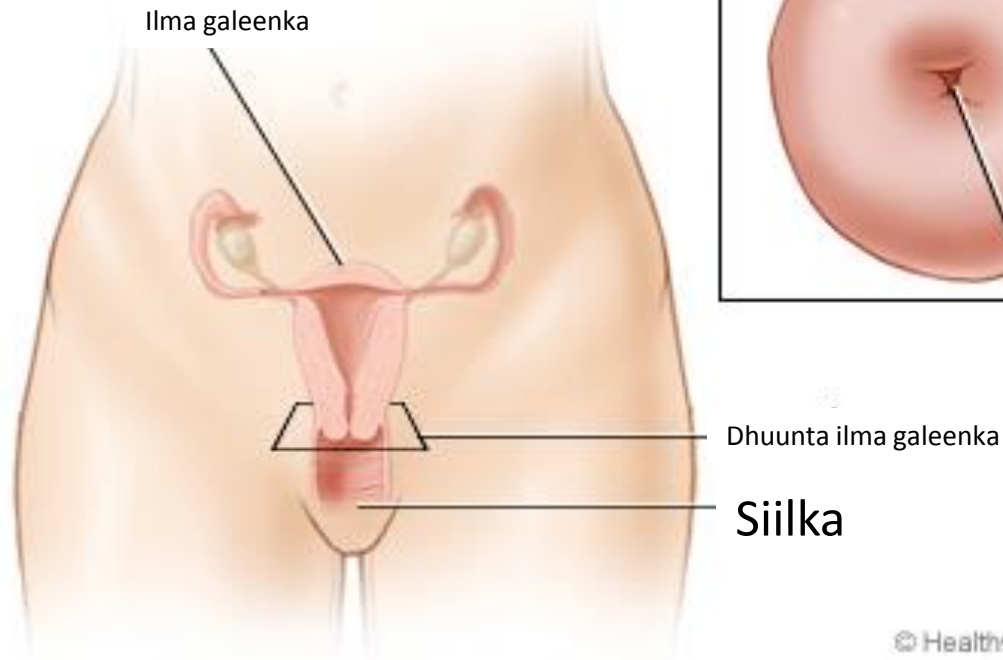
© Sam and Amy Collins

- Naaska haweenayda waxaa loogu cadaadiyaa si degen mishiinka sawirka naaska halka sawirka laga qaadayo
- Sawirkan waxa uu caawin karaa in la baadho kansarka naaska
- **haweenayda da'da ah 50 waa in sawirka naaska laga qaadaa 2 sano oo kasta.**



# Dhuunta ilma galeenka

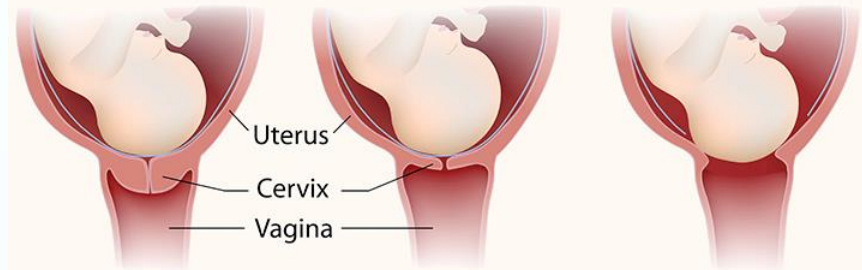
Muuqaalka dhuunta ilma galeenka  
sida looga arko siilka



# Dhuunta ilma galeenka

- marka ay uurka tahay, waxay u adeegtaa sidii dayrka/albaabka si ilmaha loogu hayo ilma galeenka
- Gudaha shaqada, dhuunta ilma galeenku way kala baxdaa si ay ilmaha ugu saamaxdo in uu soo dhex maro
- Sida mannida/ mannida raga ay u dhaafto siilka ilaa ilma galeenka si ay ula kullanto ugxanta oo ay u bacrimiso

## Soo ururka dhuunta ilma galeenka iyo D



Aan soo ururin,  
aan kala bixin

Si buuxda u soo ururta, 1  
sentimitir kala baxda

Si buuxda u soo ururta, si  
buuxda u kala baxda ilaa 10  
sentimitir

# Kansarka dhuunta ilma galeenka

- Dhuunta ilma galeenku waxay halis u tahay kansarka sida HPV ( Fayraska Adamaha ee maqaarka la iskugu gudbiyo)
- Dhakhtar ayaa baadhi doona kansarka iyo dhibaatooyinka kale *Baadhitanka Xubinta taranka iyo ilma galeenka*
- Waa in aanay xanuunin



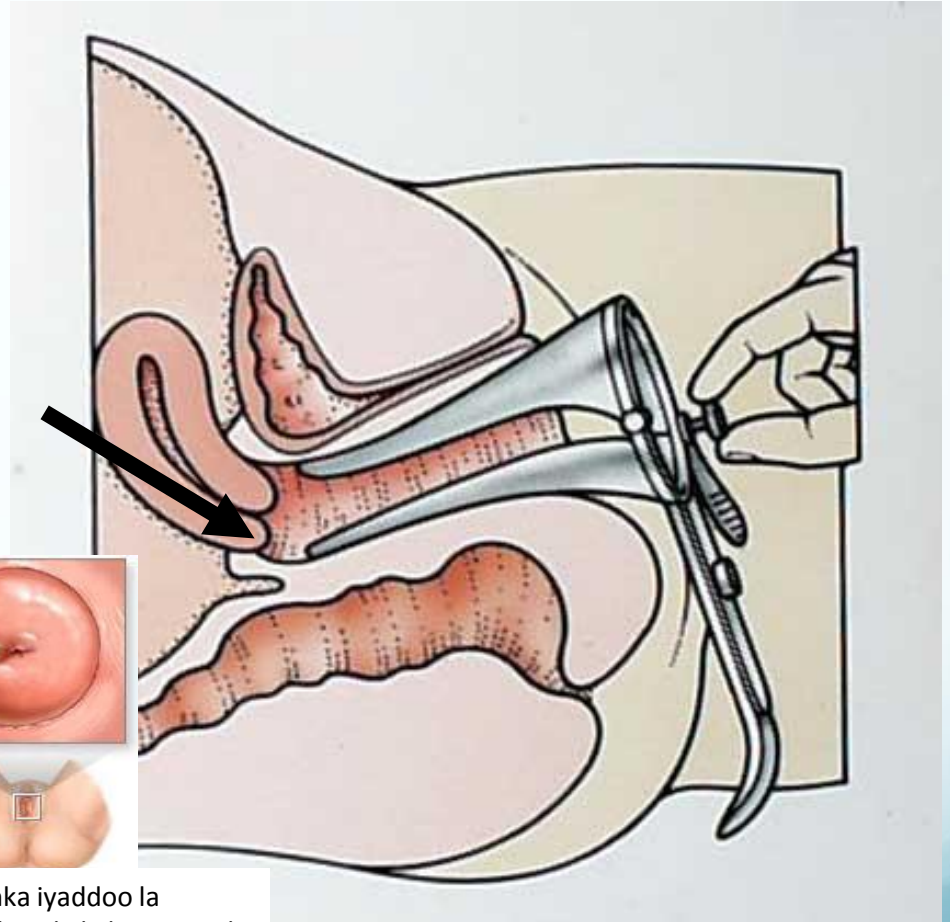
# samayn doonaa baadhitaanka kansarka ilma galeenka

- Dhakhtarku waxa uu furi doonaa siilka oo waxa uu ku safayn doonaa dhuunta ilma galeenka maro goos oo gaar ah
- Dhammaan haweenku baadhitaanka kansarka ee ilma galeenka haddii ay ka waynyihiin 2

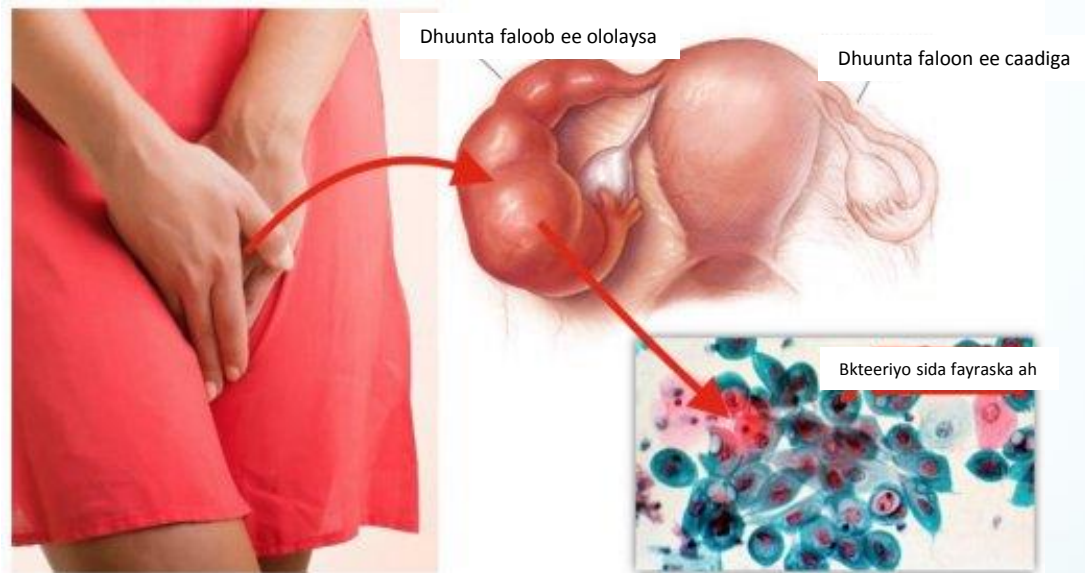
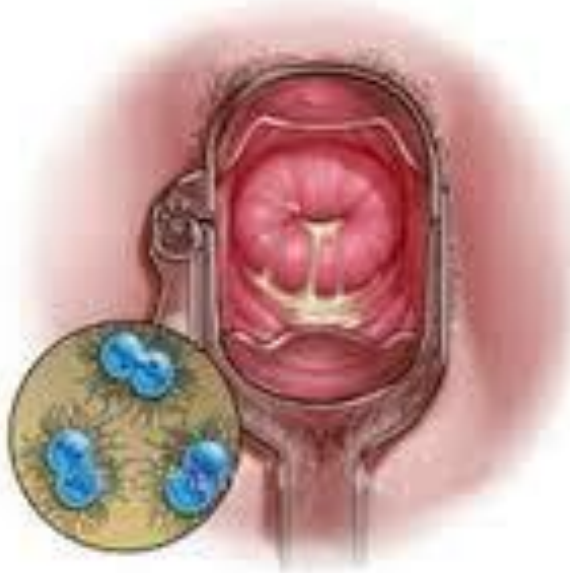
raped from the cervix  
ned under a microscope  
or  
other



Dhuunt ilma galeenka iyaddoo la isticmaalayo qalab lagu kala bixiyo qayb jidhka ah gudaha meesha qaliinka laga samyanayo.



# Caabuqyada Galmadda (cudurka galmada la iskugu gudbiyo)



- Badankoodu waa jabtida iyo Jaimiiniya
- Hore iyo dib ayay isku dhaafsan DOONAAN ilaa LABBADABA lagu daweyyo anti biyootik
- Calaamadaha Waxba, ama gubanaya marka ad kaadiso, wax soo dareera oo aan caadi ahayn, xanuun galmadda ah



# Caabuqyada Galmadda (cudurka galmada la iskugu gudbiyo)

- Haddii aan la dawayn waxay keeni karaa caabuq halis ah iyo nabar nudda ah, oo ka dhigta uuraysiga mustaqbalka mid adag.
- Baadhitaanka waa iyaddoo la sifaynayo siilka oo la baadhayo kaadida
- Daawaynta = antibiyootik adiga iyo lammaanahaaga



# “Gardasil”

Waxa jira tallaalka oo caawin kara ka hortaga kansarka dhuunta ilma galeenka



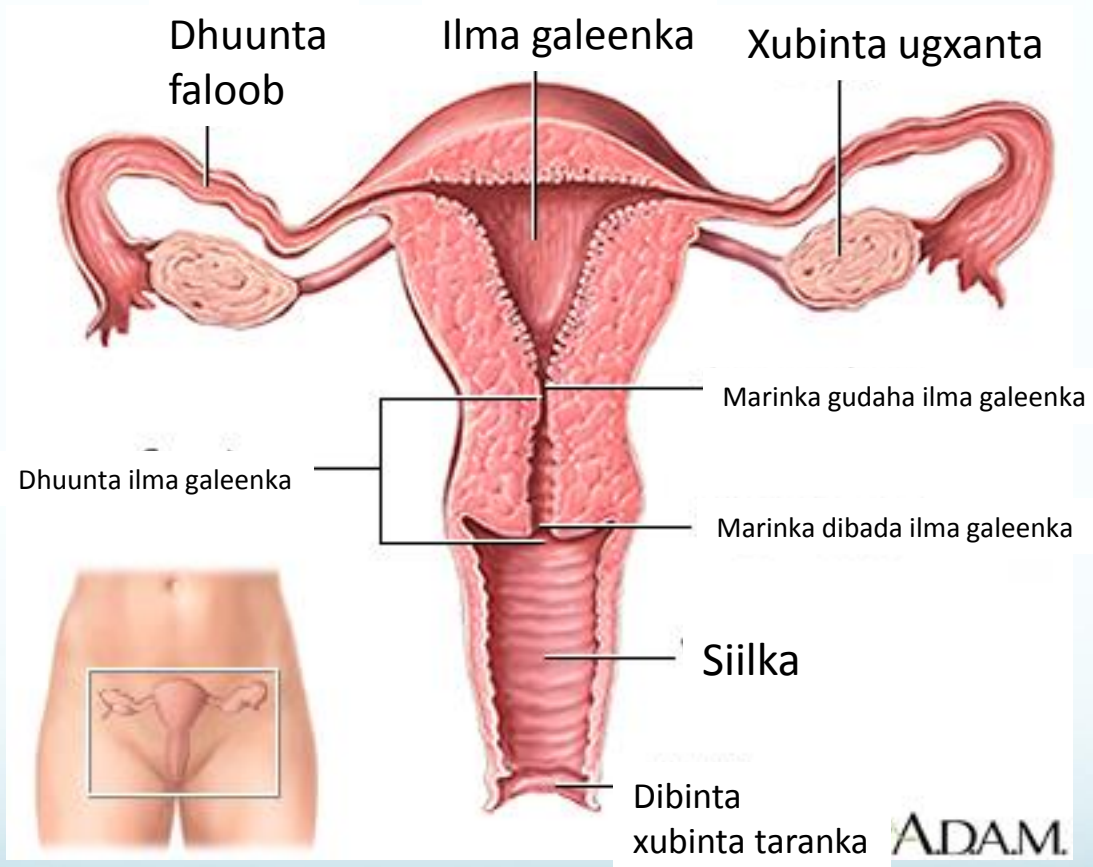
# Aad ayay muhiim u tahay in dhammaan hablaha da'da 11-26 la tallaalo



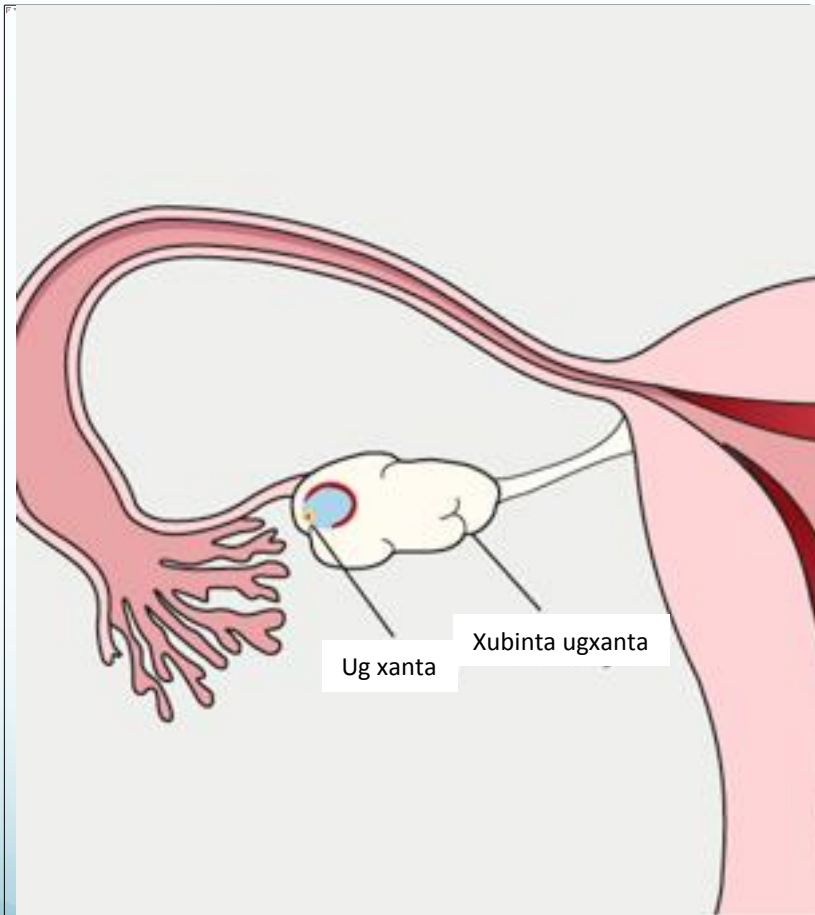
Haweenay waa in ay qaadataa tallaal **3 wakhti ah**. Kama hortagto cudur kastoo galmada ah ama kansar



# Xubinta ugxanta



# Xubinta ugxantu aad ayay muhiim ugu tahay



- Dhiiga caadada ee dhediga
- Isha ugxanta, in marka la bacrimiyo, ay noqdaan carruur
- Waxay leeyihiin hormoono muhiim u ah koboca, rabitaanka galmadda
- Waa dhif in kansar ku dhaco xubinta ugxanta

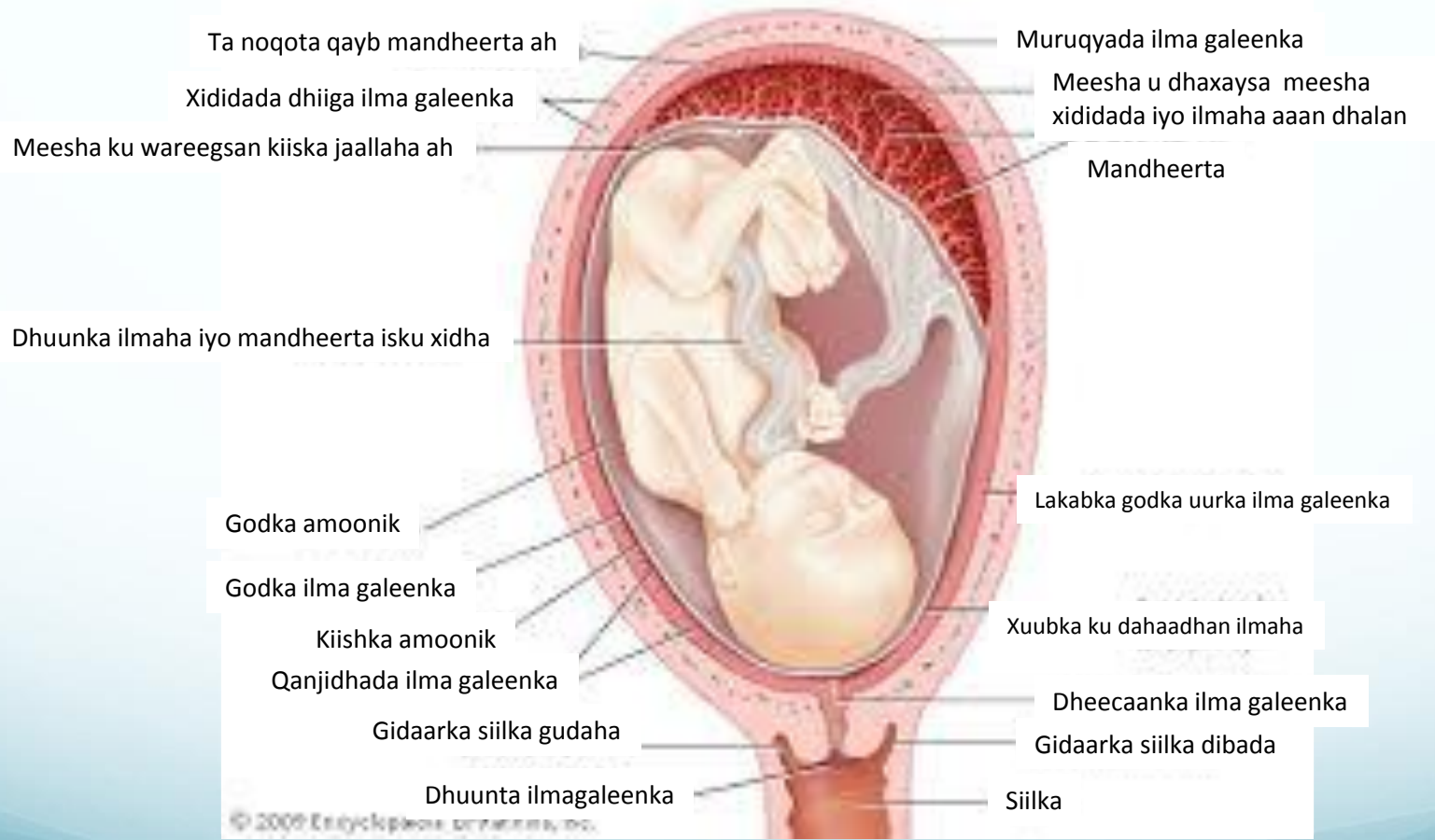


# Joogsiga dhiiga caadada

- Waxay dhacdaa marka haweenayda dhiig baxeeda caadadu joogsado
- Qaybta dabiiciga ah ee gabowga waxay ka dhigi kartaa haweenaydu in ay dareen bukaan
- Haweenku waxay dareemaan kulayl ama qabow, daal, dhib ayaa ka qabsata seexashada, miisaankaa ku kordha, way murugoodaan ama cadhoodaan
- Galmadu waxay noqon kartaa mid farxad yar ama aan raaxo lahayn



# Ilma galeenka



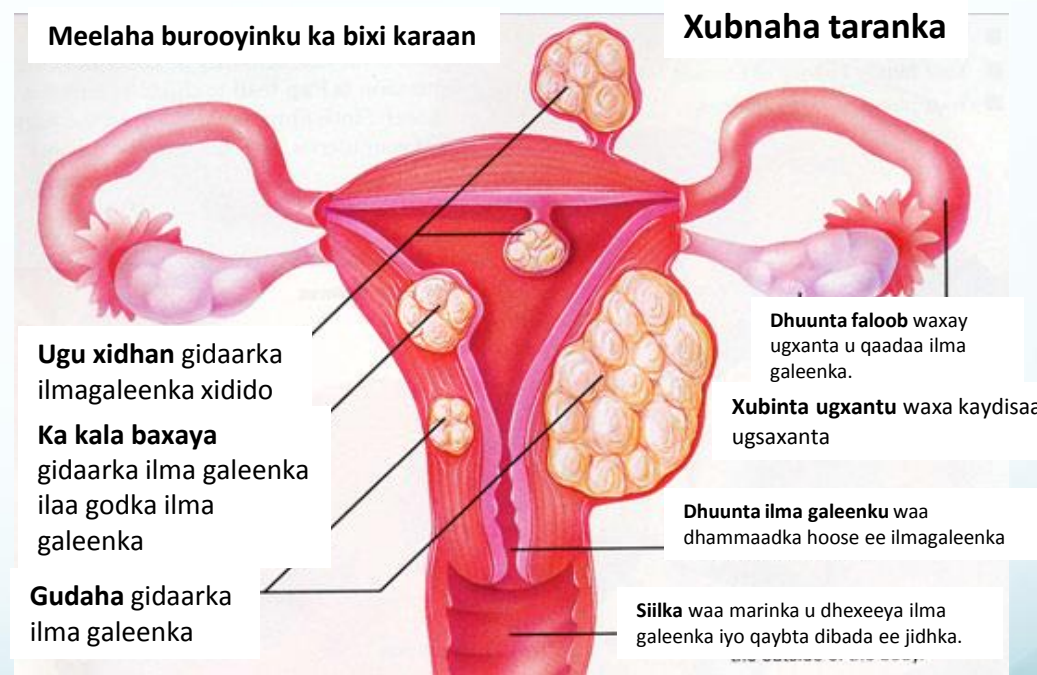
# Ilma galeenka

- Waxay u shaqaysaa sidii guriga korinta ilmaha
- Gidaarka ayay ka soo daadataa marka aan uurka lalahayn oo waxa uu abuuraa dhiig baxa bilaha ah

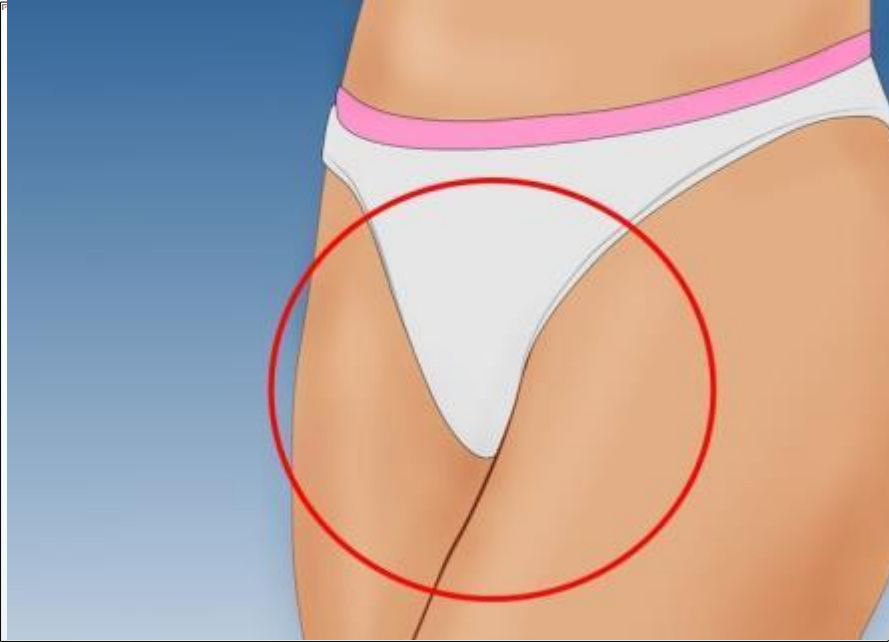


# Ilma galeenka

- Haweenka waxaa kaga dhici kara kansar ilma galeenka
- Haweenka waxay sidoo kale ku yeelan karaa burrooyin ama wax ka soo bax ah oo ka baxa ilma galeenka - kuwan mar marka qaarkood waxay sababaan xanuun ama dhiig bax aan caadi ahayn



# Siilka

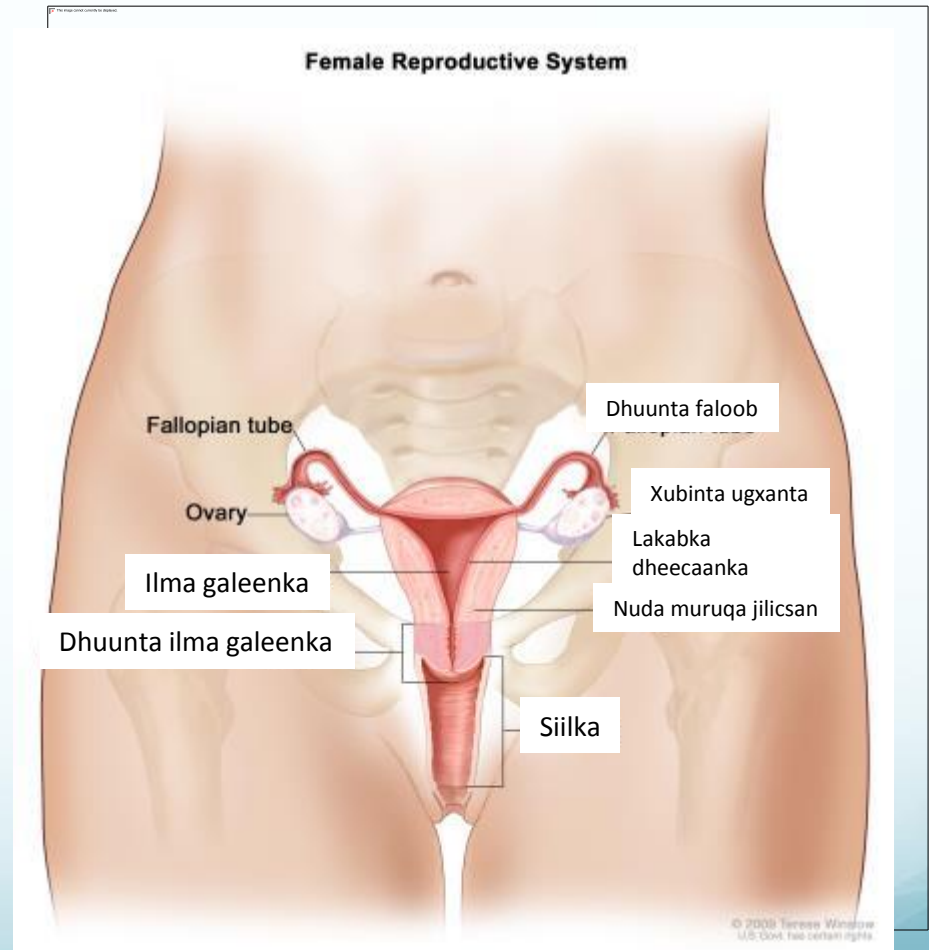


- Kintirka: raaxada galmada
- Dhuunta kaadida: ee kaadida
- Siilka: dhiig baxa caadada, halka ay ilmahu soo maraan



# Siilka

- Wixii ka soo dareera siilka caadi ayuu noqon karaa
- Fangaska xubinta taranka
- Cudurada galmadda la is qaadsiiyo



# Sixida siilka

Qooyaha maalinlaha  
ah ee qalaylka siilka

Looma baahna isticmaalka  
saabuun ama wax kale oo  
lagu nadiifiyo siilka

Kiriim marinta muddada galmadda



# Falanqaynta

hadda aan ku qaadano 20 miridh wixii  
su'aalo ah iyo wada sheekaysiga  
dheeraadka ah

Mowduucyada laga fekerayo: qorshaynta  
qoyska, uurka, muddada dhalimada ka  
dibm galmo/raaxo

# Xidhitaanka

- Maxay ahaayeen su'aalaha, arrimaha, modwuucyada lag hadlay?
- Maxaa u eeg mowduuc xiiso leh kullanka bisha xigta? Fikradaha waxaa ka mida: qorshaynta qoyska, uurka/naas nuujinta, muddada dhalmadda ka dib, raaxada galmda, sixida haweenka

Xusuuso in aad ka  
masuultahay oo aad  
maamusho  
caafimaadkaaga!





Waxa kuu keenay  
Shabakada Muhaajirka Maine Accces,  
MaineHealth, iyo  
Xarunta caafimaadka Central Maine

