

**Tsab Xov Tseem ceeb rau peb ib tsoom
Poj niam Hmoob sawv daws.**

Nyob Kom Txhob muaj mob!

**Kawm txog tus mob Cancers nyob rau
hov Tsev me nyuam, ncauj tsev me
nyuam thiab cov nre hauv nruab nrog
tsev me nyuam**



Amelia Low 01/01

**Ib tsoom niam txiv nrog rau peb cov
Hmoob yuav ntsib kev noj qab haus hu
tau yog peb yuav tsum muaj kev koom tes
sib pab**

Mob Cancer Yog mob dab tsi?

Muaj ntau hom mob Cancer. Txhua txhua yam Cancer yog pib los ntawm cov noob nqaij (Cells) nyob thoob yus lub cev cia li txawj hlob loj tuaj tsis paub tsum ces ua rau yus mob Cancer. Feem ntau cov noob nqaij Cancer no ua qog tawv (tumor) ces hlav mus thoob ib cev thiab cov noob nqaij no tseem pheej loj zuj zus ntxiv. Tsis yog txhua lub noob nqaij yuav ua Cancer tag. Cov qog nqaij twg uas tsis muaj Cancer nyob hauv ces tsis muaj mob dab tsi thiab tsis txaus ntshai rau yus lub neej li. Tab sis cov qog twg uas muaj Cancer nyob rau hauv lub qog ntawd hu ua “malignant” los yog qog Cancer.

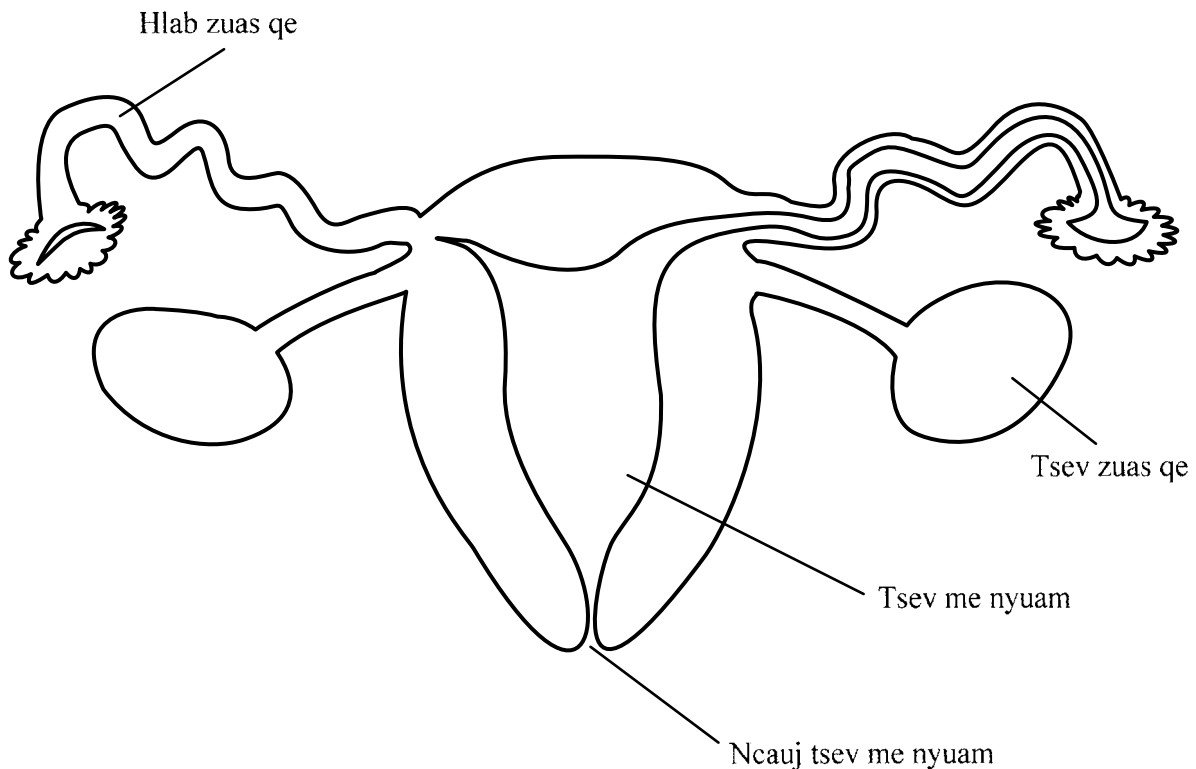
Cancer nyob rau ntawm ncauj tsev me nyuam yog mob li cas?

Nyob rau ntawm poj niam lub ncauj tsev me nyuam muaj cov thooj nqaij leeg (muscle) tua kom lub ncauj tsev me nyuam khov thiab kaw ruaj ruaj. Tus mob Cancer no xub pib los ntawm cov nqaij mos nyob ntawm ncauj tsev me nyuam los. Vim qhov chaw no yog ib qho chaw nqaij mos thiab tawv nqaij nyias heev. Kev yuav ua kom nrhiav tau tus mob no thaum ntxoov yog tus poj niam yuav tsum kam mus kuaj tub ncauj tsev me nyuam (Pap test).thiaj li yuav nrhiav tau xwb .Tseem ceeb heev uas yog peb cov poj niam yuav tau kam mus tub kuaj ncauj tsev me nyuam no thaum tseem ntxov cev peb muaj peev xwm kho tau tus mob no zoo hlo tau li 100% ntag.

Ncauj tsev me nyuam nyob rau qhov twg?

Lub tsev me nyuam (womb) yog qhov chaw tus me nyuam xeeb thiab hlob loj tuaj. Yog nyob nkaum rau nram qab yus lub zais zis. Lub tsev me nyuam no yog muab faib ua ob yav tseem ceeb. Yav saum toj yog lub tsev tub los yog poj niam qhov chaw xeeb tub. Yav nram yog lub ncauj tsev me nyuam los yog hu ua “cervix”.

Saib daim duab qhia nram no:



Daim duab # 1

Tus mob Cancer ntawm lub ncauj tsev me nyuam yuav tsis yog xwb tim pib sai sai. Cov noob qaij no pib pauv ntawm cov noob nqaij zoo mus rau cov noob nqaij ua nyuam qhuav yuav pib ua Cancer ,ces mam mob loj thiab ua Cancer. yuav tau siv sij hawm ntev thiab ntau xyoo thiaj hloov tau ua tus mob loj thiab ua Cancer tuaj. Tab si thaum lubsij hawm cov noob nqaij tab tom pib hloov no, yus tus kheej yeej tsis hnov mob qhovtwg hlo li, nyob dhia nrhees . Tab sis yog yus tus kheej tsis kam mus tub ncauj tsev me nyuam kuaj (pap test) ces yeej tsis pom tus mob no hlo li. Yog yus kam mus kuaj mas thiaj pom tus mob no thaum tseem ntxov . Qhov yuav tiv thaiv tus mob no thiab ua kom dim ntawm tus mob no ces kawg mus kuaj ncauj tsev me nyuam xwb.

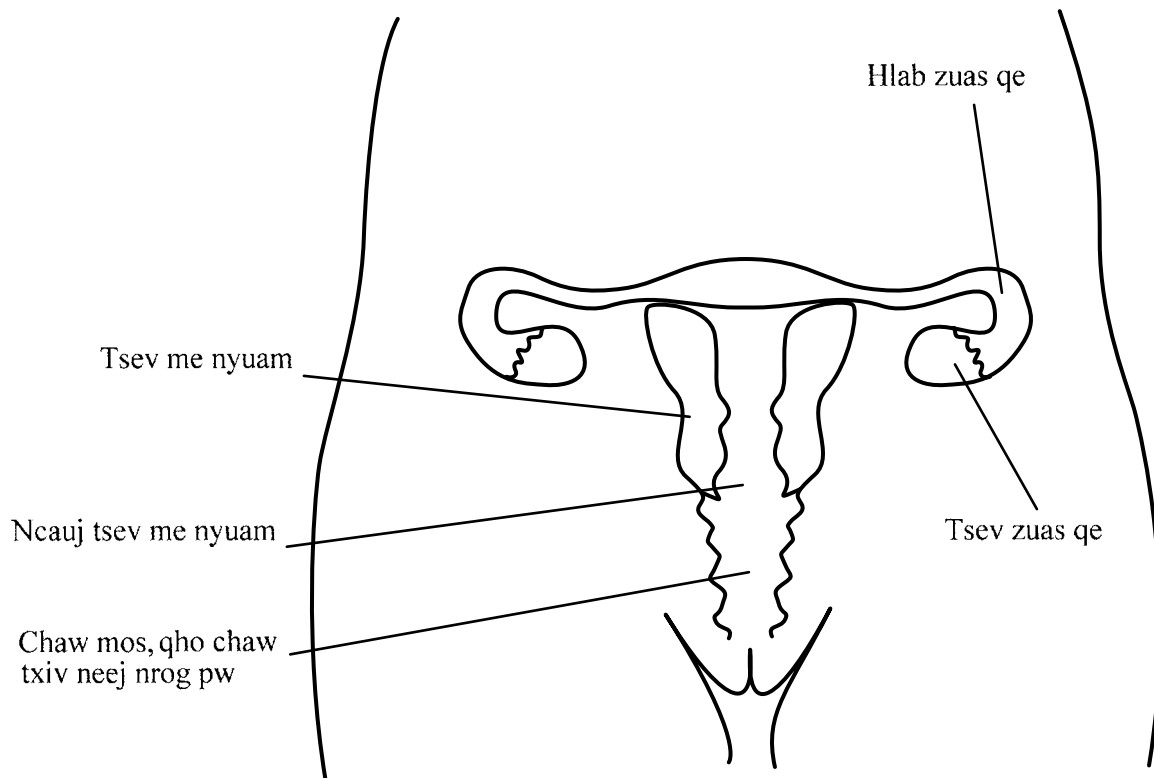
Tub ncauj tsev me nyaum kuaj (Pap test or pap smear) yog kuaj dab tsi?

Thaum koj mus kuaj thooib ib ce thiab kuaj txog poj niam chaw mos nyob rau tom tsev kuaj mob. Yog kws kho mob yuav tau tub me ntsis ntawm ncauj tsev me nyuam coj los kuaj hu ua: Pap test. Yog ib qho kuaj yooj yim thiab tsis mob li, yog xav kuaj xyuas saib puas muaj tej yam noob nqaij uas yuav ntxim mob Cancer. Yog yus muaj kab mob xws li mob kas cees, los yog nqaij liab o nyob ntawm ncauj tsev me nyuam los yeej kuaj pom tib si...

Kuaj chaw mos yog kuaj lua dab tsi.?

Kuaj chaw mos yog ib qho kuaj hauv yus lub nruab nrog tsev thiab xuas poj niam lub cev xeeb tub, ob lub zuas nqe saib puas mob dab tsi. Nram no yog ib daim duab qhia txog tias poj niam lub cev zoo li cas.

Hlab zuas qe?



Daim duab#2

Thaum kuaj poj niam lub cev yuav tau siv ib tug kaus txhuas uas zoo li tus ncauj os (speculum) los rua qhov chaw mos ces thiaj li yuav pom lub ncauj tsev me nyuam.

Yuav npaj li cas ua ntej koj yuav mus kuaj ncauj tsev me nyuam (pap smear)?

Lub sij hawm zoo yog thaum koj nyuam kua coj khaub ncaw tas, li 10 los 20 hnuv tom qab ntawd. Tsis tas li ntawd koj yuav tsum tsis txhob nrog txiv neej pw li 2 hnuv ua ntej koj yuav mus kuaj ncauj tsev me nyuam, thiab tsis txhob siv dej mus yang hauv qhov chaw mos los tsis hauv lus tsev me nyuam (douche).

Tej yam ua kom ncauj tsev me nyuam mob tau Cancer?

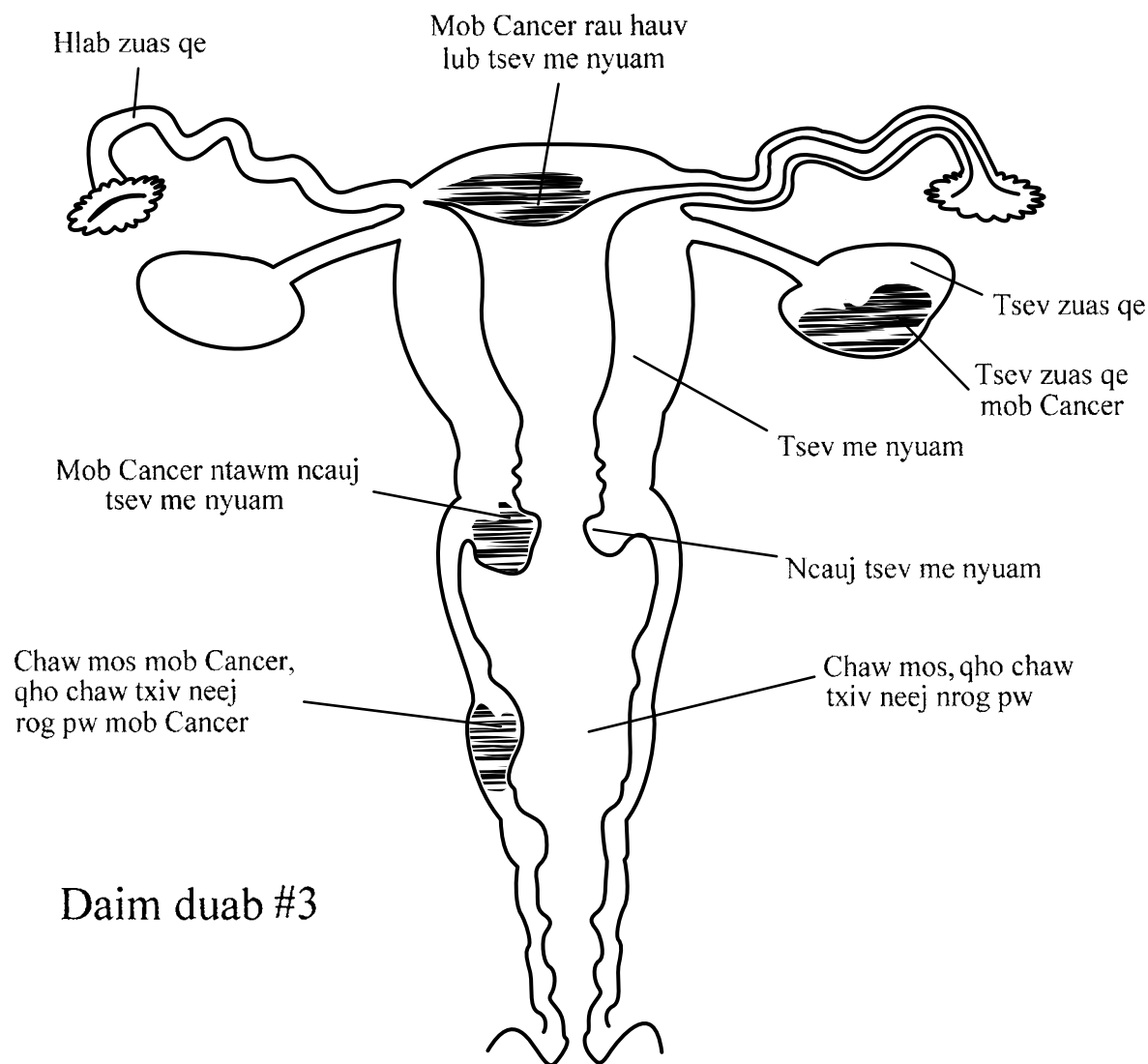
- cov poj niam nyiam nrog txiv neej pw thaum hnuv nyoog tseem yau.
- cov poj niam uas nyiam nrog coob tus neeg pw.
- Cov poj niam uas tau mob kas cees los xws li kas cees paug (chlamydia) thiab (gonorrhea) los yogkis tau kab mob ua cos rau ntaw poj niam chaw mos.
- Cov poj niam ua muaj kua paug, kua dawb los kua ntsav ntawm chaw mos yam tsis muaj caij nyoog.

Cov poj niam uas muaj tej yam uas peb tau hais tas los saum no yuav tau mus ntsib kws kho mob kuaj ib ce thiab chaw mos.

Mob cancer hauv lub tsev me nyuam?

Tsev me nyuam ua cancer yog pib xeeb ntwam lub tsev me nyuam (qhov chaw xeeb tub) diam duab #3. Tus mob no mob ntau rau cov poj niam hnuv nyoog tshaj 60 xyoo rov saum.

Txhua tus poj niam muaj hnuv nyoog 40 xyoo los yog laus tshaj yuav tsum tau mus kuaj tus mob tsev me nyuam cancer no txhua txhua xyoo thaum lub sij hawm lawv mus kuaj thoob ib cev.



Daim duab #3

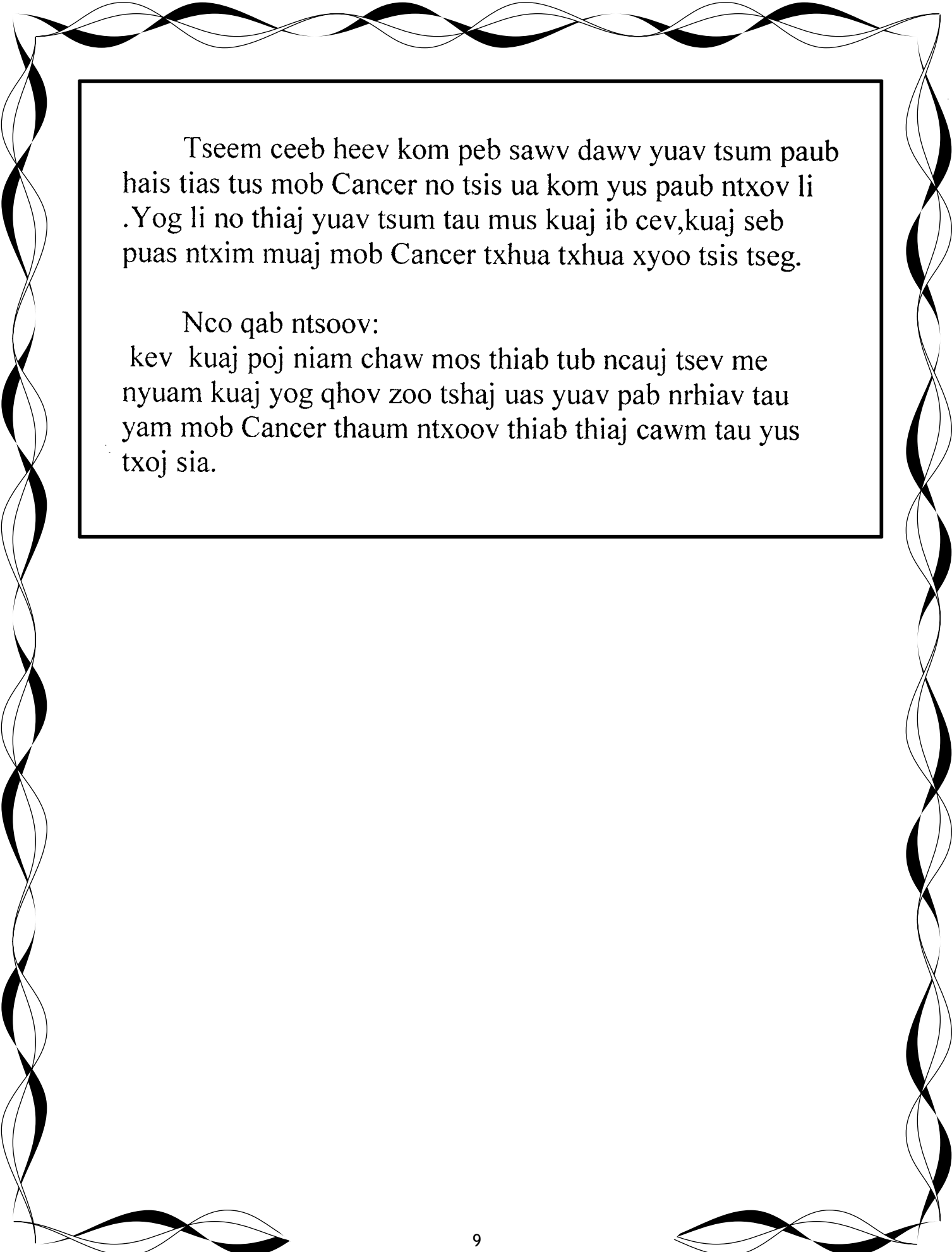
Mus cuag kws kho mob sai yog koj muaj tej yam tshwm sim li nram no.

- cev nta thaum tsis yog caij nyoog
- coj khaub ncaws hlob heev
- yog lub cev tseem nta thaum yus twb tsum tsis coj khaub ncaws los yog yus lub cev twb ua txiv neej lawm.

Yog koj muaj caj ces mob tsev me nyuam Cancer. Tus kws kho mob yuav tau kaum me ntsis hauv koj tsev me nyuam coj mus kuaj thiab tsum saib puas muaj tejcov noob nqaij ua txia ua Cancer.

Tej yam ua kom mob cancer hauv tsev me nyuam tau.

- Cov poj niam uas xeeb tub nyuab nyuab
- Cov poj niam uas muaj Doctor tau hais rau nws hais tias nus lub tsev zuas nqe tsis muaj noob nqaij.
- Cov poj niam ua rog heev.
- Cov poj niam uas tau noj tshuaj estrogen ntau tshaj ob xyoos thiab ho tsis noj progesterone nrog
- Cov poj niam ua muaj caj cees mob CA ntawm tsev me nyuam .



Tseem ceeb heev kom peb sawv dawv yuav tsum paub
hais tias tus mob Cancer no tsis ua kom yus paub ntxov li
.Yog li no thiaj yuav tsum tau mus kuaj ib cev,kuaj seb
puas ntxim muaj mob Cancer txhua txhua xyoo tsis tseg.

Nco qab ntsoov:

kev kuaj poj niam chaw mos thiab tub ncauj tsev me
nyuam kuaj yog qhov zoo tshaj uas yuav pab nrhiav tau
yam mob Cancer thaum ntxoov thiab thiaj cawm tau yus
txoj sia.

Glossary-Txheej txheem ntsiab lus

Cancer: Yog ib cov mob uas kho tsis tau, ua tau kom neeg tuag. Cov mob no yog ib cov mob ua cov noob qaij tsis zoo nyob rau hauv ib tug neeg nruab nrog cev tawg ntau tuaj thiab txia ua kom mob Cancer.

Cervix: Ncauj tsev me nyuam

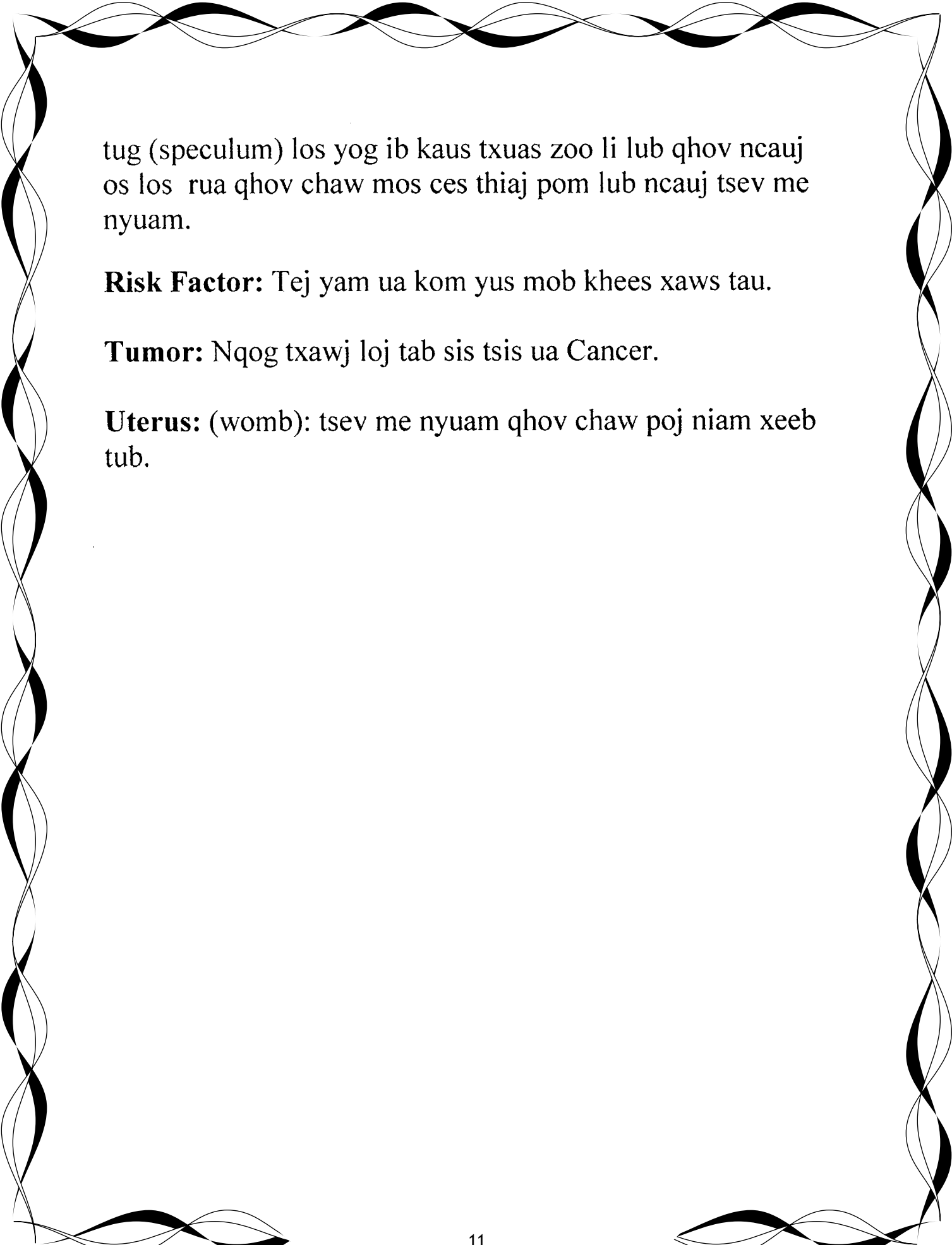
Genetal Warfs: (Chlamydia): Ib hom kab mob kas cees uas ua rau kom poj niam los yog txiv neej muaj tsis tau me nyuam.

Endometrium: Cov nre nqaij nyog ruab nrog tsev me nyuam

Malignant:noob nqaij ua tawg thiab huam mus thooib ib cev es ua Cancer.

Pap Test: Kev tub ncauj tsev me nyuam los kuaj xyuas saib puas muaj noob qaij uas yuav txia tau ua Cancer thiab kuj kuaj tau lwm yam mob phem xws li : ua paug ,qaij liab,os los yog voos nyob rau ib ncig poj niam chaw mos,ncauj tsev me nyuam thiab hauv tsev me nyuam.kuaj li no yuav yooj yim thiab tsis ua rau kom mob.

Pelvic Exam: Kev kuaj txog poj niam chaw mos,ob txog zuas qe thiab tsev me nyuam.kws kho mob yuav tau siv ib



tug (speculum) los yog ib kaus txuas zoo li lub qhov ncauj os los rua qhov chaw mos ces thiaj pom lub ncauj tsev me nyuam.

Risk Factor: Tej yam ua kom yus mob khees xaws tau.

Tumor: Nqog txawj loj tab sis tsis ua Cancer.

Uterus: (womb): tsev me nyuam qhov chaw poj niam xeeb tub.

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Guide to Cervical Cancer
STAY HEALTHY
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