

Hmong
Guide to Smoking

Tawmtsam Cancer

Koj Kev Txiavtxim Siab

Koj Kev Xaiv



*Tsis Txhob Cov Kom koj Ttxoj Sia Luv
Los Ntawm Kev Haus Luamyeeb*

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Koj Lub Ntsws

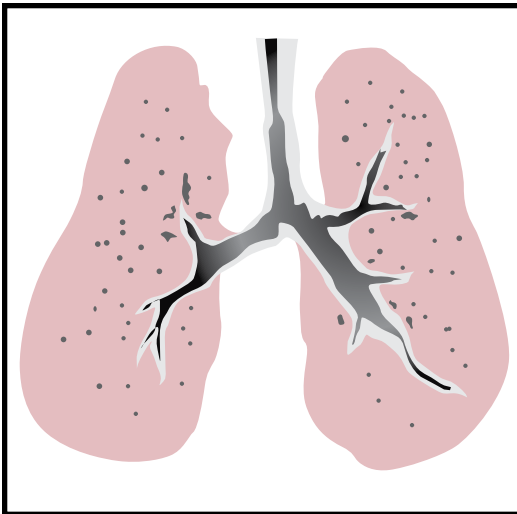
Tej zaum koj yuav tsis xav nruj nraim txog koj lub ntsws thiab txoj haujlwm lawv ua. Tabsis yog hais tias koj cia li tau khaub thuas los yog mob ntsws koj yuav paub tau hais tias koj lub ntsws tseemceeb npaum li cas tiag.

Koj ua pa 18 zaug ntawm ib nathis, txhua txhua nathi hauv koj lub neej. Koj tsuas muaj ib nkawm ntsws ua pa rau koj lub neej . Koj lub cev muaj qhov txheem rau qee yam haujlwm, tabsis tsuas yog koj lub ntsws thiaj li ua tau pa xwb. Yog koj tsis txuag koj lub ntsws los ntawm pheej haus luamyeeb koj yeej yuav tau txais kev puas tsuaj. Muaj qee yam yuav kho tsis tau.

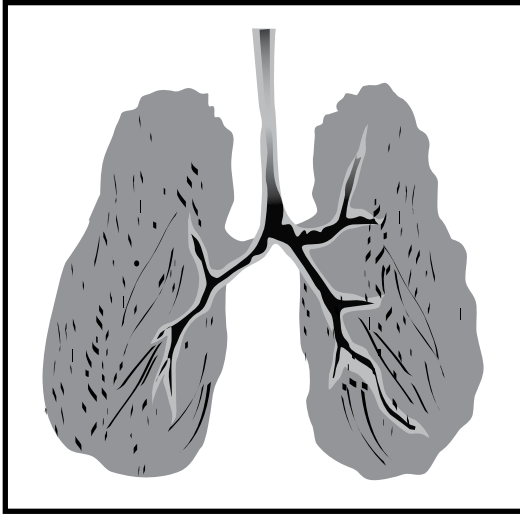
Tus Nqi Uas Koj Lub Cev Them

Kev haus luam yeeb—nws yuav tsis ua li cas tsuav yog cov pa luam yeeb los ntawm npuslis, tus npuslis loj, los yog yeeb nkab—ua kom mob hawb pob (emphysema), cancer, thiab lwm yam kab mob. Mob hawb pob ua kom lub ntsws nrhab thiab zawm tsis tau. Lub ntsws zoo saib zoo li no.

Lub Ntsws Zoo



- Cov ntshiv nqaij zoo yog xim liab tsim tseb
- Cov hnab pa me me ua tau hauj lwm



Tus neeg haus luam yeeb lub ntsws

- Cov xim ntshiv nqaij tsaus
- Cov hnab pa me me ua tsis tau hauj lwm
- Vim hais tias lawv tawg lossis “nruj/su”

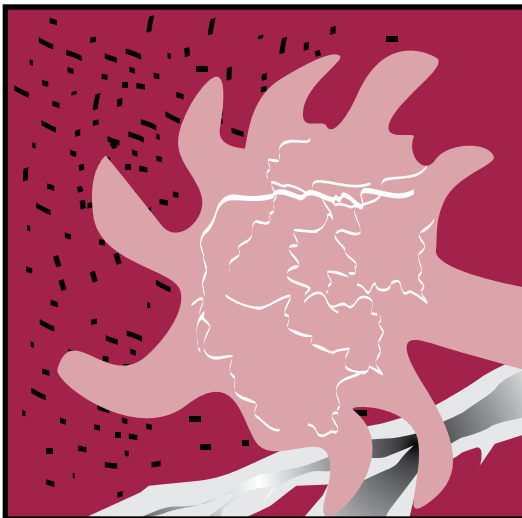
Thaum koj tau qhov hawb pob lawm, nws yuav kho tsis tau. Txhua txhua pa yeej yuav ua pa txomnyem. Koj lub ntsws yeej nqus tsis tau cua txaus mus yug lwm cov nqaij ntawm lub cev. Qhov uas tsis muaj cua txaus rau lwm cov nqaij thiab tej haujlwm uas me me los ua nyuaj kawg nkau li. Lub plawv sib zog ua haujlwm heev li ces yeej mus tsis taus ntxiv lawm. Vim li no tej zaum neeg thiaj tuag los ntawm mob hawb pob.

Cancer Yog Dabtsi?

Koj lub cev ua los ntawm ntau ntau vam lub noob nqaij. Cov noob nqaij tshiab hlaw tuaj hloov cov qub noob nqaij. Cancer yog ib yam uas hloov txawv ntawm cov noob nqaij hlaw tuaj.

Tej zaum cov noob nqaij “mob” hlaw tuaj sai sai thiab mus ua ib lub qog hu ua tumor. Yog hais tias kuaj tau lub qog thaum ntxov, ces tseem yuav kho tau. Daim duab no qhia tau hais tias cancer ntawm lub ntsws zoo li cas.

Ib Lub Cancerous Tumor



Lub Cancerous Tumor

Cov tumor nyiag zaub mov thiab lub zog ntawm tagrho koj lub cev. Lawv muaj peevxwm hlab loj tuaj kom txaus nres kev ua hauj lwm tseemceeb ntawm koj lub cev. Yog cheem tsis tau kev hlab loj tuaj, ces cancer yuav tua koj.

Ib qho uas mob ntsws cancer ua raug kev tuag, nws muaj peevxwm nkaum ntau ntau xyoo (kuaj tsis pom). Muaj ntau zaug, txog thaum uas nrhiav tau ces cancer twb kis mus thoob tej pobtxha, pajhlwb, los yog lwm qhov hauv nrog cev lawm. Thaum ntawd cancer twb hlab loj tau ntev lawm uas yuav luag qeeb dhau qhov yuav nres tau nws.

Mob ntsws cancer tsis yog tib qho cancer vim haus luam yeeb xwb. Cov neeg txawj ntse (Scientists) tau pom tias kev haus luam yeeb yeej yog txuam yuaj mus rau cancer qhov ncauj, qa, txoj hlab nqos zaub mov, zaiszis, raum, qog plab (po daj), thiab lwm qhov nqaij (organs) vim hais tias tus haus luam yeeb muaj peevxwm ua kev puastsuaj rau tus tsis haus luam yeeb kev noj qab nyob zoo vim cov pa luam yeeb thij ob kuj muaj cov tshuaj lom uas tus haus luam yeeb nqus pa.

Tuam Txhab Ua Luam Yeeb

Ntau xyoo dhau los cov tuam txhab ua luam yeeb tau sib zog ua haujlwm kom kev haus luam yeem zoo li muaj ximxoo, nyaum heev, ntxim muaj meejmom, thiab zoo nkauj heev. Lawv ua li no kom txhawb koj mus siv koj cov nyiaj yuav luam yeeb. Luam yeeb (tus npusli loj thiab tus yeeb nkab) mas qiasneeg, tsw ntxhiab, thiab tuag tau. Cov tuam txhab ua luam yeeb tsis qhia nej tej ntawd.

Qhov no yog qhov tseeb: Haus luam yeeb mas yuav tsum nqus pa yeeb, hluav taws, thiab tshuaj lom mus rau hauv koj cov ntsws thiaj li muab tau cov nicotine, tshuaj lom uas muaj yees heev, mus rau koj lub cev. Cov tuam txhab ua luam yeeb yeej paub qhov tseeb! Lawv paub hais tias thaum twg koj muaj yees lawm ces nws nyuaj rau koj thum. Lawv tsis quav ntsej txog kev puas tsuaj ntawm koj lub cev los ntawm kev haus luam yeeb. Lawv tsuas txhawj txog koj cov nyiaj xwb. Muaj ib tug neeg tau hais tias yog kev haus luam yeeb tshwm rau ntawm koj cov nqaij es tsis puas rau koj cov ntsws – qhov uas peb tsis pom nws puas – yeej tsis muaj leejtwg xaiv haus li.

Kev txiav txim siab yog koj li.
Yog koj tsis haus luam yeeb, tsis txhob pib.
Yog koj haus, tsum tamsim no!

Haus Luam Yeeb Raug Mob Rau Cov Poj Niam

Nim no ntsws cancer tua cov pojniam ntau tshaj lwm yam cancer. Hauv 30 lub xyoo ua neeg tsis tib pojniam haus luam yeeb, kev tuag ntawm ntsws cancer rau cov pojniam nce 452%-ntau tshaj 4 npaug thiab ib nrab.

Yog koj xeeb tub lossis tab tom pib npaj lub cuab yig, koj yuav tsum tsis txob haus luam yeeb kiag li. Kev haus luam yeeb ua kom koj tus menyuum hauv plab hlob qeeb. Cov menyuum uas leej niam haus luam yeeb kwv yees ze li ib nrab pound sib dua cov menyuum uas niam tsis haus luam yeeb. Nicotine ua kom cua thiab ntshav khiav qeeb hauv koj lub cev, ces koj tus menyuum tau oxygen thiab kev loj hlob tsis txaus. Luam yeeb muaj carbon monoxide ib yam li roj av uas txo cov cua nyob hauv koj tus menyuum cov ntshav. Nws cuam tshuam koj tus menyuum kev txais thiab siv cov vitamins.

Cov pa luam yeeb ib ncig koj

Kev pheej hmoo ntawm cov kabmob los ntawm nqus cov pa luam yeeb tsis yog yuav raug rau tus haus luam yeeb xwb. Tus uas “tsis tuaj yeem haus” nqus tau cov pa luam yeeb tsawg tshaj tus txhob txwm haus vim hais tias cov pa luam yeeb mus sib tov xyaw cua. Tabsis muab ntsuas los muaj li ntawm 4,000 tus tuag los ntawm ntsws cancer txhua xyoo- ze li 3% ntawm kev tuag los ntawm mob ntsws cancer txhua xyoo yog cov tsis haus luam yeeb. Ib tug neeg kev txiav txim siab haus luam yeeb muaj peev xwm cuam tshuam kev noj qab nyob zoo ntawm cov tsis haus. Tus uas nqus tau pa luam yeeb xwb los cov pa luam yeeb ntawd yeej muaj khoom lom ntau ib ib

yam li tus haus luam yeeb nqus pa thiab. Qhov no yog ib qho uas cov neeg ntau zuj zus, hluas, laus, hais kom cov haus luam yeeb tawm mus haus lawm nraum zoov...txawm tias nws tseem los nag.

Thaum Koj Tso Kev Haus Luam Yeeb Tseg

Tomqab koj tso kev haus luam yeeb tseg lawm, koj cov ntshav siab poob qis yuav luag npaum li thaum ua ntej koj haus koj tus luam yeeb kawg. Ib xyoos tomqab tso luam yeeb tseg lawm, koj kev pheej hmoo ntawm mob hlab ntsha plawv yog ib nrab li thaum koj tseem haus luam yeeb. Kaum xyoo tomqab koj tseg luam yeeb, kev mob ntsws cancer tuag yog li ib nrab rau cov tseem haus. Kaum tsib xyoos tomqab tso luam yeeb tseg, kev pheej hmoo mob hlab ntsha plawv ces zoo ib yam li uas koj tsis tau haus luam yeeb li.

Original Text by:

Niccu Tafarodi, Ph.D.
Donald Whipple Fox

Edited by:

Katherine Levin, Ph.D.
Multicultural Committee Volunteer

Simplified by:

Rosemarie J. Park, Ph.D.
Rosemarie is a native of the United Kingdom. She is an Associate Professor at the College of Education and Human Development, University of Minnesota. Her area of work is in adult literacy and English language.

Illustrations by:

Nickdokht Torkzadeh
Nickdokht is a Native of Tehran, Iran. She is a Graphic Designer at the University of Minnesota where she earned her MA from the School of Architecture. Her field of work is design, layout and graphics for print and interactive media.

Translated by:

Deu Yang

Deu is a native of Laos. She is a case manager nurse and a health-consultant for the Hmong community. She has on also worked on "Healing of the Hearth."

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Hmong_s07-11