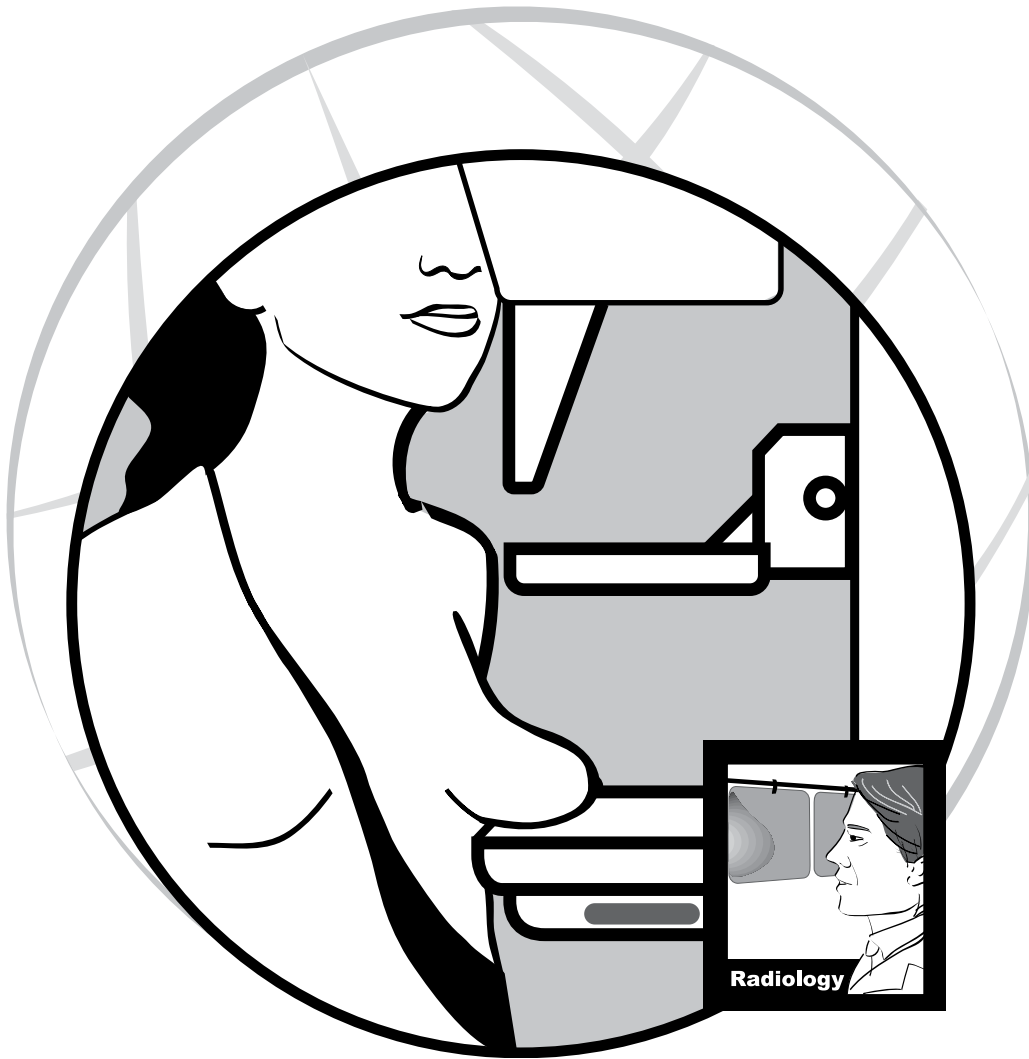


Woman's Guide to Mammography



Waa maxay buro? “cancer”

Waxaa jira noocyo badan, oo buro ah. Nooc kasta oo ka mid ah burada wuxuu kalifaa isbeddel unugeed iyo koritaan aan caadi ahayn. Sida ay u badan yihiin burooyinkaasi (cancer) waxay sameeyaan kurtun loo yaqaan “tumor”. Unugyo ka mid ah kurtunka “tumor” ayaa intay ka go’aan bay raaci karaan, sida dhiiga, oo waxay aadi karaan sida sambabada oo ay ku kori karaan. Xarafka buro khatar ah waa “malignant”. Laakiin burooyinkoo idili ma aha kuwo khatar ah. Haddii aysan buradu khatar ahayn waxaa loo yaqaan “benign”.

1st para from Cervical
no 2nd Para!
no gloss

What is a Mammogram?

Waa maxay mammogram?

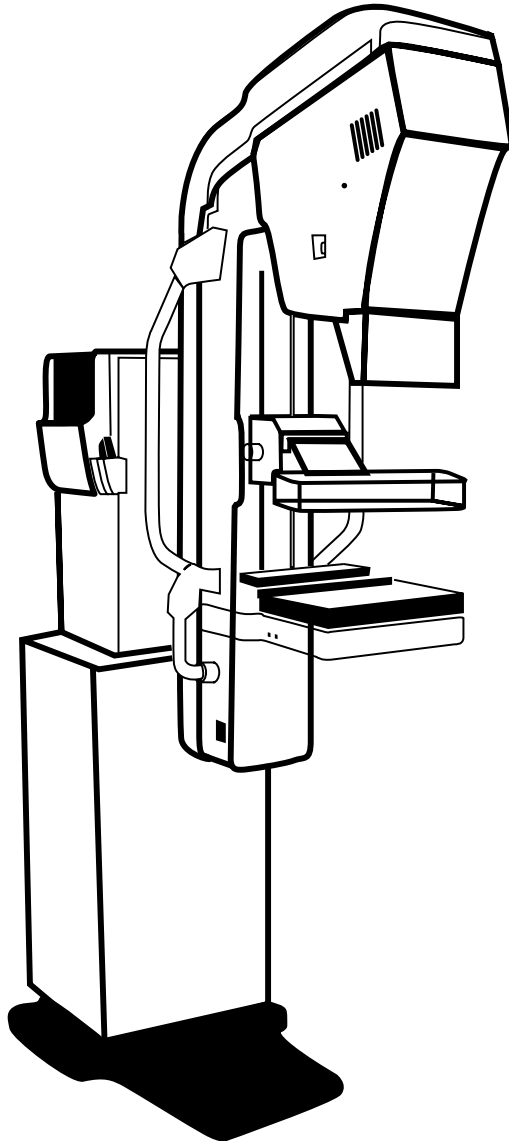
Waa sawir Laga Qaado naaska ayadoo la isticmaalayo falaarayn xawli ah si, loo arko ka soo bax I.W.M.

Markii Lagaa Qaadayo Mammogram, waxaad ag istaagaysaa Qalabka wax sawira waxaana ku caawinaya Qof Tababaran si sawirkaa Loo Qaado.

Naaskaaga waxaa La dhex dhigayaa. Laba caag waxay balaarinayaan Naaskaaga, si sawir fiican Loo Qaado.

Naaskaagana waxaa baari doona dabiibiye (Dhaqtar), ama kalkaaliso.

Sawir Qalabka wax lagu sawiro.



What is it like to get a Mammogram?

Waa sidee, hadii Lagaa Qaado Mammogram?

- Raajo Qaadiddu ma khatar baa?
Falaaraha xawliga ah ee la isticmaalayo waa kuwo aad u yar oo aan wax dhaawac ah keenayn.
- Ma xanuun baa?
Qalabka wax lagu sawirayo wuxuu isku keenayaa naaska si sawir fiican Loo helo. Dadka Qaarkood waxay yiraahdaan ma haboona Laakiin waxa uu sawirku socdo ba waa 30 second.
- Ma wax ku xishood gelin karaa?
Haweenka qaarkood baa xishood dareema. Kalkaaslisada ku caawinaysa baa Fahmi doonta hadii aad sidaa dareemaysid.
Waxaad ag istaagaysaa Qalabka wax lagu sawiro, kalkaalisada baa kugu caawini doonta dhigidda naaska saxan korkiisa. Kadibna saxan balaaran oo kale ayaa kor ka imaanaya, ilbiriqsiyo ka dib naasku waa balaartay si sawir fiican Loo helo.

Ma qaali baa?

- Mammogram ama (sawiridda naasku) wuxuu joogaa \$50 ilaa \$250 dollar.

Haddii ay qaali kula tahay inaad iska qaado sawirka naaska qiimo hoose ama mid Lacag La'aan ah baa jira.

Haddii aad caymis ku jirtid ayagaa kaa bixin.

Waxaa jira caymis dowladdu leedahay oo La yiraa "Medicare" oo ka bixiya sannad dhaaf, dadka jira 65 sano iyo inta ka weyn ba.

Ururka ka soo baxa ee aan caadiga ahayn ee maraykanka ama (American Cancer Society) ayaa warbixin kaa siin kara meel Lacag La'aan ah ama qiimo yar Telephone 1-800-227-2345.

- Maxaa dhici doona haddii cad aan caadi ahayn Laga helo naaskayga?

Burtuqyada naaska Laga helo kuligood ma aha cad aan caadi ahayn, sidaa daraadeed Dhaqtarkaaga ayaa qaar qaadi doona si uu u fiiriyo midkuu yahay.

Haddii uu noqdo ka soo bax aan caadi ahayn, Dhaqtarkaaga ayaa kala hadli doontaa sidii Loo daaweyn Lahaa.

Xasuuso haddii La helo waqti hore daaweyn tiisu way ka macquulsan tahay, hadii La helo waqti danbe.

Ururka ka soo baxa ee maraykanka ayaa kugu caawini kara wixii warbixin ah, kulana kulansiin kara haween kale oo qaba ama laga helay buro naaseed.

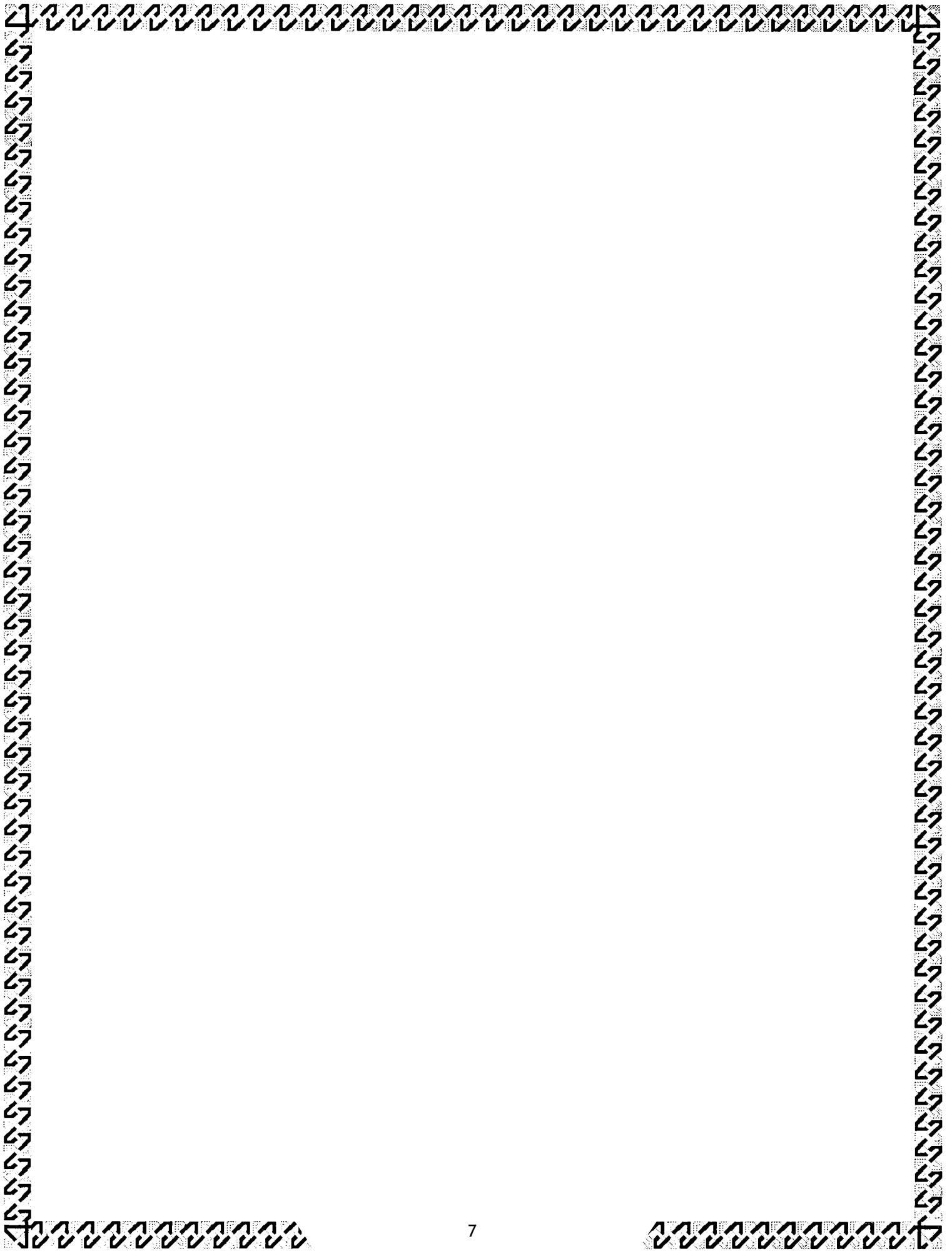
Wac 1-800-227-2345

Waa maxay ee ay iigu wanaagsan tahay in aan naas sawirid iska qaado?

- Helidda waqti hore buro naaseed waxay fakin kartaa noloshaada.
- Markaad sii waynaatoba Helidda burada naasku way sii kordhaysaa.
- In ka badan labo qaybood qayb waxuu ka soo baxu ku dhacaa haweenka ka wayn 50 sano iyo intii ka weyn.
- Haweenka ka soo buxu ka soo boxo wax dhaxal ah oo ay u Leeyihiin ma jirto.
- Helidda waqti hore micneheedu waxay tahay qalitaan yar.
- Iska qaadidda sawirka naaska waqti hore aad bay sahal u tahay.
- Iska qaadid sawirka naaska sanadkiiba mar waxay kuu dajinaysaa madaxaaga.

Waxaa haboon inaad iska qaado sawirka naaska Markii aad jirsato 40 sano. Aad bay muhiim u tahay inaad sanadkiiba mar iska qaado sawir naaseed Markii aad jirto 50 sano.

Helid waqti hore ka soo baxa naaska, waxay fakin kartaa noloshaada.



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A Woman's Guide to
MAMMOGRAPHY
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