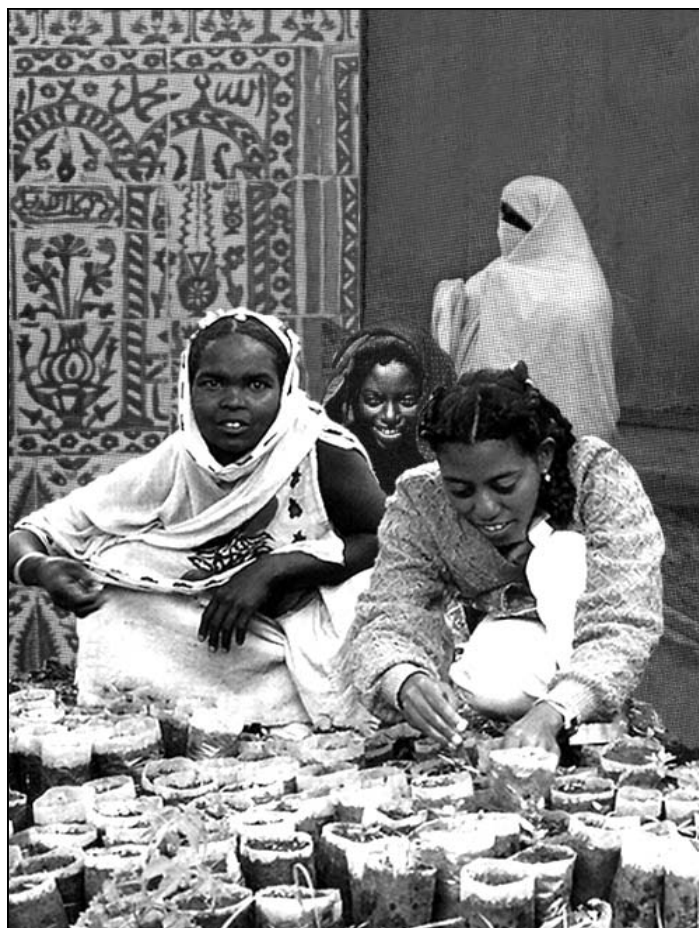


Wargalin ku socota haweenka bulshadeena:

Ilaali Caafimaadkaaga!

Wax ka baro burada ilmogaleenka:
Buro qoorta ilma galeenka iyo ilmagaleenka gudihiisa.



Wanaajinta caafimaadka bulshadeena
anagoo isla shaqaynayna.

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”.

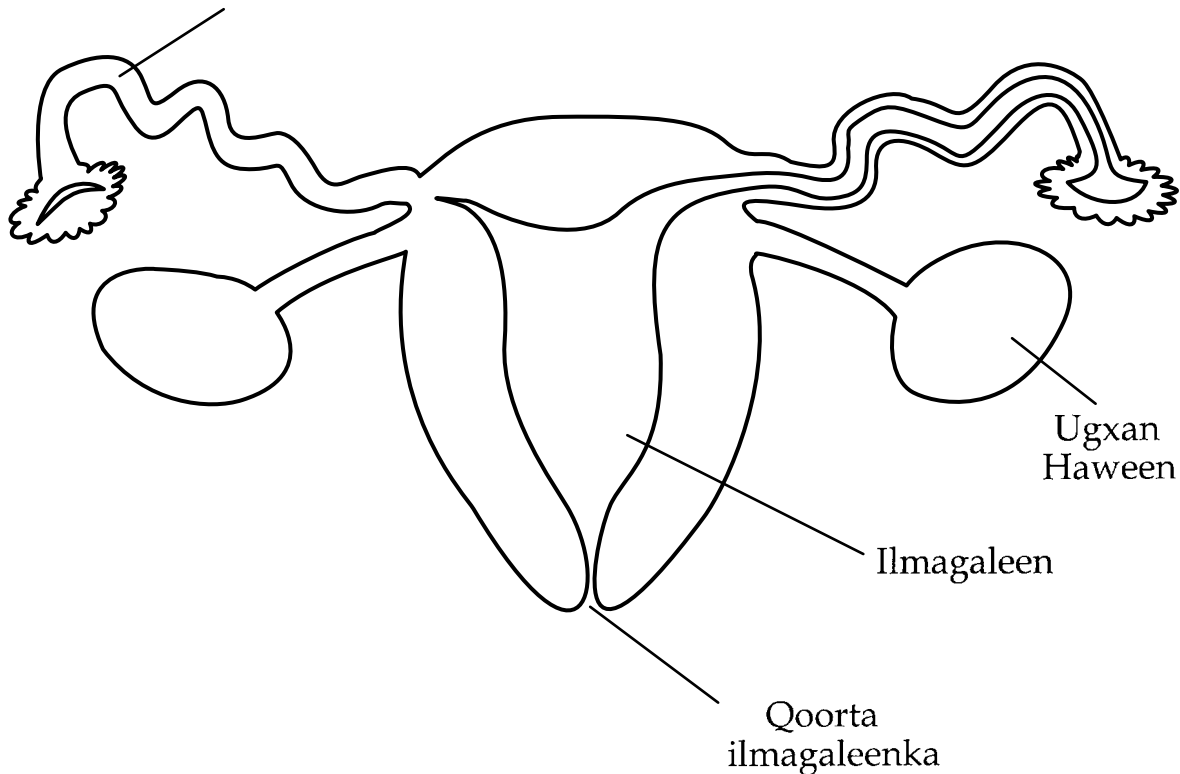
Waa maxay burada qoorta ilmagaleenka? “cervical cancer”

Buro baa waxay ka soo baxdaa muruqa ilmagaleenka xira. Muruqaasna waxaa loo yaqaan qoor (cervix). Waxaa muhiim ah in la ogaado in burada ka soo baxda qoorta, 100% la daaweyn karo hadii waqti hore lagu helo baaritaanka pap (Pap test), burada ka soo baxda qoorta (cervix) waxay ka bilaabataa xuubka qoorta.

Xaggee bay ku taalaa qoorta ilma galeenku? (cervix)

Ilma galeenka (uterus) waa meesha ilmuhu ku koraan. Waxayna ka dambaysaa kaadi hayeenka. Waxay leedahay labo qaybood. Ilmuhu waxay ku koraan qaybta kore ee loo yaqaan “jir” (body). Qaybta hoose ee ilmuhu markay dhalanayaan sii maraan oo loo yaqaan “qoor” (cervix). Fiiri sawirka ilma galeenka.

Waa dhuun ama labada dhuumood oo ka soo baxa ilmagaleen siina maraan ugxaan bacrintay ama sperm = wax lulumo u eg oo ragga ka yimaada waqtiga falgalka.



Picture #1

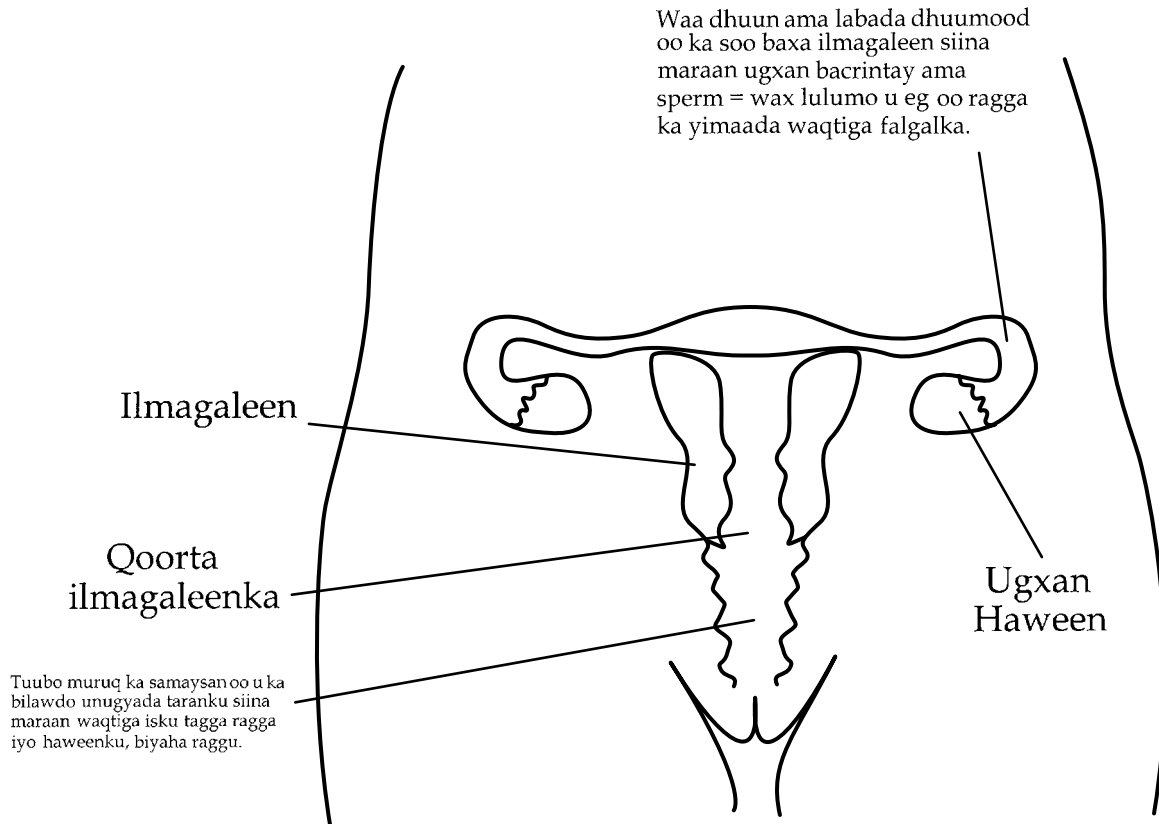
Cancer of the cervix (Burada qoorta ilmagaleenka) iskama soo baxdo hal mar, laakiin waxay ku bilaabataa isbeddel unugeed, taas oo isu beddesha cancer (buro). Waxayna qaadan kartaa sanooyin badan. Isbeddelkaasi ka dhaca qoorta ilmagaleenku ma keeno wax xanuun ah. Lamana ogaan karo ilaa haweenaydu is baarto, qas baaris (pelvic exam) ama baarista pap (Pap test). Ka hor tagidda ugu wanaagsani waa baarista pap (Pap test).

Waa maxay baaritaanka Pap ama cad qaadidda Pap?

Baaritaanka Pap (Pap test) waa baaritaan sahal ah oo aan xanuun lahayn waxaana la raadinayaa isbeddel aan caadi ahayn ayadoo laga raadinayo, qoorta (cervix), ama agagaarkeeda. Dabiibiyaha xafiiskiisa ama isbitaaladaa lagu baaraa ayadoo ka mid ah baaritaanka qaska (pelvic exam). Waxuu kale oo baaritaanku tusi karaa (infection) jeermi jirka soo galay, (inflammation) unug jiririceed asagoo barara, kulayl noqda, guduuta, xanuuna, ama (cancer) buro.

Waa maxay baaritaanka qasku?

Baaritaanka qasku waa baaritaan la baarayo xubnaha qaska gudihiisa sida ilma galeenka iwm. Sawir



Picture #2 (sawirka labaad)

Baaritaanku wuxuu ka bilawdaa in la balaariyo meesha siilku ka bilawdo si loo arko ilma galeenka qoortiisa.

Sidee la iskugu diyaariyaa baaritaanka (Pap)

Haweenku waxay samayn karaan baaritaankan, maalinta ugu horaysa ee ay caadada helaan, 10 ilaa 20 beri kadib. Ha dhaqdhaqan intaadan baaritaanka samayn.

Waa maxay waxyaalaha keeni kara burada qoorta ilmo galeenka (cervical cancer) ?

- ✓ Haweeney bilawda iskutag waqti hore
- ✓ Haweeney lahayd iskutag rag kala duwan
- ✓ Haweeney qaaday cudurada iskutagga lagu kala qaado
- ✓ Haweeney uu ka yimaado dhiigbax aan caadi ahayn ama dhacaan aan caadi ahayn

Haweeney kasta oo uu ku dhaco ama ku dhacay cuduradii kor lagu soo sheegay waxay u baahan tahay in ay is baarto, una tagto qolyaha caafimaadka.

Buro ilmogaleenka gudihiisa ah (Endometrial Cancer)

Burada noocaan ahi waxay ka soo baxdaa ilmogaleenka gudihiisa (fiiri sawirka #3) wuxuuna badanaa ku dhacaa haweenka ka weyn 60 sano.

Haweeney kasta ee jirta 40 sano, ama ka badan waxaa ku haboon inay samayso baaritaan, sanad kastaba hal mar.

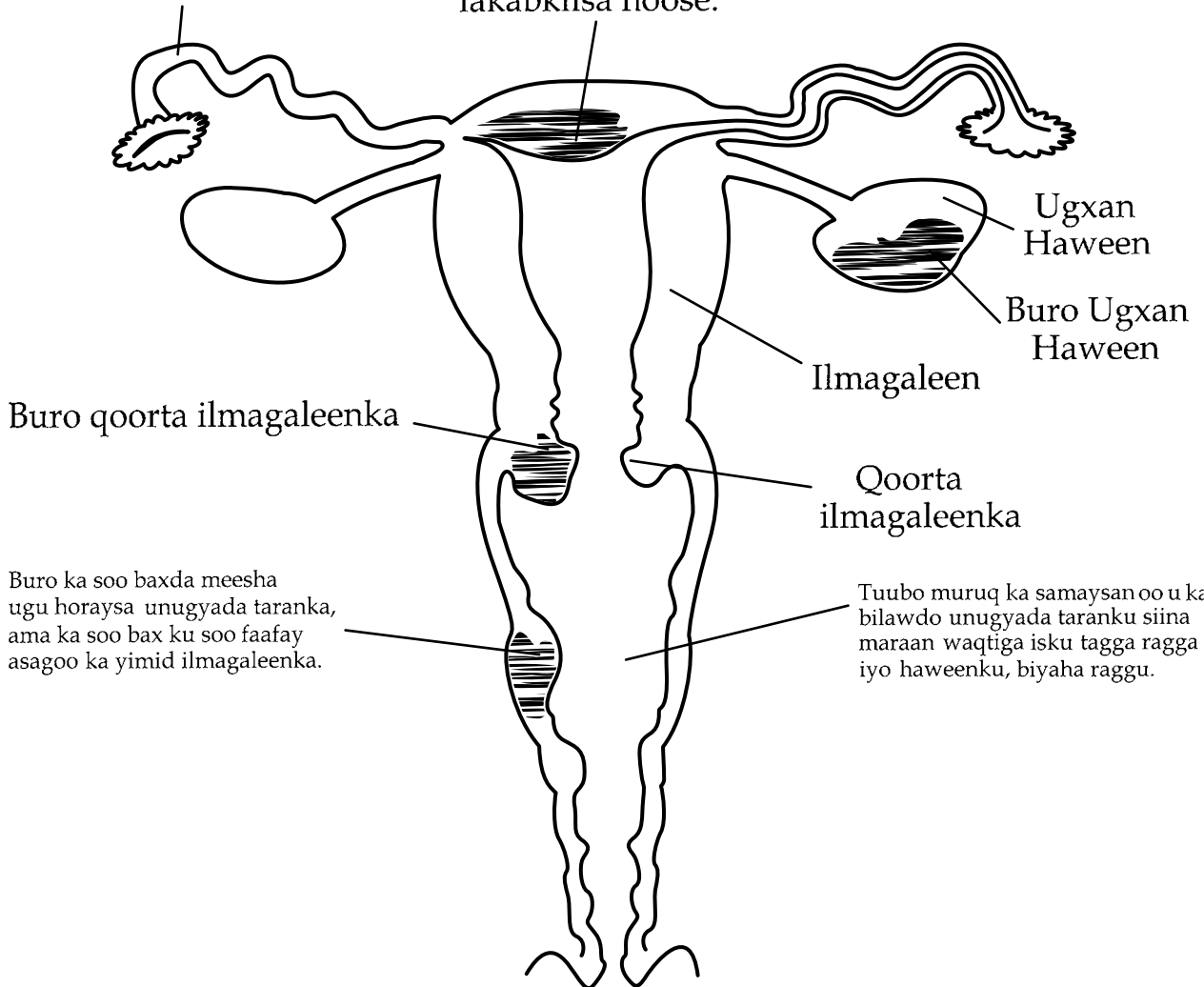
U tag dabiibiyahaaga (Doctor) hadii aad isku aragtid kuwa hoos ku qoran:

- ✓ Dhiigbax labo caado dhexdooda.
- ✓ Dhiigbax badan waqtiga caadada.
- ✓ Dhiigbax markay caadadu kaa joogsato.

Haddii aad khatar u tahay inay buro kaa soo baxdo, dabiibiyuhu ama (Doctor), wuxuu kaa qaadayaa unugyo yar asagoo ku eegaya wayneeyaha, raadinayana wax isbeddel ah ama noqon kara buro.

Waa dhuun ama labada dhuumood oo ka soo baxa ilmagaleen siina maraan ugxaan bacrintay ama sperm = wax lulumo u eg oo ragga ka yimaada waqtiga falgalka.

Buro ka soo baxda ilmagaleenka lakabkiisa hoose.



Tuubo muruq ka samaysan oo u ka bilawdo unugyada taranku siina maraan waqtiga isku tagga ragga iyo haweenku, biyaha raggu.

Picture #3

Halista keeni karta buro, ilmagaleenka gudihiisa
(Endometrial Cancer)

- ✓ Haweenka ay ku adagtahay in ay uur yeeshaan
- ✓ Haweenka loo sheegay inaysan ukumo samayn karin.
- ✓ Haweenka culayskoodu aadka u badan yahay.
- ✓ Haweenka qaata (estrogen) = hormon haweenka, in ka badan labo sano ayagoon la qaadan (progesterone) = “hormon howeeneed oo la sii daayo waqtiga, haweenku uurka leeyihiin”.
- ✓ Haweenka dhaxalka u leh buro ilmagaleenka gudihiisa (endometrial cancer)

Waxaa muhiim ah in la ogaado in aysan buro diggin!

Sidaa daraadeed ayay (Pap test) baaritaanka pap iyo baaritaanka hoose ay aad u muhiim yihiin.

Xasuuso: (Pap test and pelvic exam) baaritaanka pap iyo baaritaanka hoose waa midda kaliya oo aad ku ogaan kartid buro waqti hore.

Tilmaame

Benign: Waa eray badanaa loo isticmaalo ka soo baxa aan buro ahayn oo aan nolosha khatarta u ahayn.

Cancer: Eray guud ahaaneed oo loo isticmaalo unug fida, ama u kora si aan caadi ahayn.

Cervix: Qaybta hoose ee ilmagaleenka, waana muruq furma markay ilmuhu soo baxayaan.

Genital Wart (chlamydia): Cudur isku tagga lagu kala qaado oo keena ilmo la'aan, ragga iyo dumarkaba.

Endometrium: Waa lakabka hoose ee ilmo galeenka.

Malignant: Unugyo bureed ku faafi kara jirka intiisa kale.

Pap Test: Baaritaan sahal ah oo lagu sameeyo dabiibiyaha (Doctors) xafiiskiisa ama isbitaalka marka hoosta haweenka la baarayo si loo raadiyo isbeddel unugeed oo aan caadi ahayn. Agagaarka qoorta ilmagaleenka iyo qoorta laftigeedaba. Waxaa kale oo la heli karaa jirro, ama barar ku yimid jirrada owgeed ama buro.

Pelvic Exam= Baaritaan dabiibiyuhu, (Doctor) uu baarayo unugga taranka asagoo baaraya wax aan caadi ahayn. Waqtiga baaritaanka, dabiibiyuhu wuxuu isticmaalaa qalab loo yaqaan (speculum) oo fidisa hoosta haweenka si loo arko qoorta ilmagaleenka iyo agagaarkeedaba.

Risk Factor= (Waxyaalaha khatarta keeni kara):
Waxyaalaha qofka jirro u keeni kara.

Tumor= Kurtuno unugyo ka samaysan oo isku aruuray oo aan caadi ahayn.

Uterus (womb)= ilmagaleen.

Cervix= Qoorta ilmagaleenka

Cervical Cancer= Buro qoorta ilmagaleenka.

Fallopian Tube= Waa dhuun ama labada dhuumood oo ka soo baxa ilmagaleen siina maraan ugxaan bacrintay ama sperm = wax lulumo u eg oo ragga ka yimaada waqtiga falgalka.

Endometrial Cancer= Buro ka soo baxda ilmagaleenka lakabkiisa hoose.

Ovary= Ugxaan Haween.

Uterus= Ilmagaleen.

Vagina= Tuubo muruq ka samaysan oo u ka bilawdo unugyada taranku siina maraan waqtiga isku tagga ragga iyo haweenku, biyaha raggu.

Vaginal Cancer= Buro ka soo baxda meesha ugu horaysa unugyada taranka, ama ka soo bax ku soo faafay asagoo ka yimid ilmagaleenka.

Original Text by:

Niccu Tafarroodi, Ph.D.
Donald Whipple Fox

Original Text Edited by:

Katherine Levin, Ph.D.
Katherine is a native of St. Paul, Minnesota. Her field of expertise is writing and editing cancer prevention literature targeted at ethnic, immigrant, and underserved English-speaking communities.

Original Text 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:

Abdullahi Omar Mohammed, M.D.
Abdullahi is a native of Somalia. He holds medical degrees in both Somalia and the U.S. His languages are Somali, English, Russian, Swedish.

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STAY HEALTHY
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