



Fariimaha Ka-warheynta Naasaha

Kansarka naasahu waxaa laga helaa dumarka African Amerikaanka ah oo badan.

1. Ogoow Khatartaada

- La hadal qooyksaga** si aad u ogaatid tariikhda caafimaad ee reerkiina
- Kala hadal Dhaqtarkaaga** halista shaqsiyadeed ee kaaga aadan kansarka naasaha

2. Is baar

- Weydii Dhaqtarkaagu** nooca baarida kugu haboon ee aad u baahan tahay
- Mammogram** isa saar sanad kasta laga billaabo da'da 40-ka sano, xitaa haddii aad caadi dareensan tahay
- Dhaqtarka hakaa baaro naaska** ugu yaraan sedexdii sano kasta, mar qura laga billaabo da'da 20-ka sano , iyo sanadka kasta laga billaabo da'da 40-ka sano
- Iska diiwaan geli** is xussuusinta baaritaanka goobta internetka komen.org/reminder

3. Ogoow Waxa Caadiga Kuu Ah

- Ballan ka sameeso Dhaqtarkaaga hadii aad aragtid nooc kasta oo isbedellada soo socda ku yimaada naaskaaga.
 - Buro, buruq adkaatey naaska gudhiisa ama kil kasha hoosteeda
 - Barar, kuleyl, gaduud iyo madoow naaska la soo derista
 - Is badalka naaska ku yimaada xaga xajmiga ama qaabkaba
 - Naaska oo diisma ama soo ururo/laabmo
 - Cun cun, ibta oo faruurac iyo qolof xanuun yeesha
 - Ibtu naaska oo hoos u jiidanta ama naaska intiisa kale
 - Ibtu oo ka yimaada dheecaan cad ama dhiid dhaqsi ah
 - Xaanuun hal meel ah oo aan kaa tagayn

4. Xulo hab-nololeed Caafimad leh

- Joogtee culeyskaaga caafimaadeed
- Ku darso Laydinta jirka nolosha joogtada kuu ah
- Xadid cabitaanka aalkolada
- Xadid qaadashada hormooniska dhalmo-gowska ka dib la isticmaalo
- Naaska nuuji ilmaha, hadii aad kari kartid

Waxii aqbaar dheeri ah booqo xarrunteena internetka ama waco telefoona joogtada ah ee daryeelka naasaha u qaabilsan.

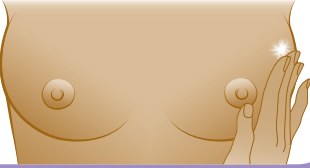
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Ogoow Waxa Caadiga Kuu Ah

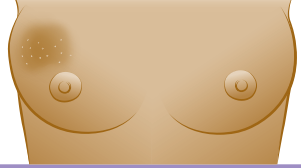
Calaamada kansarka naasaha gala isku si uma ahan haweenka oo dhan. Waxaa muhiim ah in aad ogaatid sida caadiga ee uu naaskaagu u eg yahay ama uu dareemo. Hadii aad dareento wax isbedal ah, arag oo la xariir Dhaqtarkaaga.

Isbedelada la doonayo in la sheego waxaa ka mid ah:

- Buro, buruq adkaatey naaska gudihiisa ama kil kasha hoosteeda



- Barar, kuleyl, gaduud iyo madoow naaska la soo derista



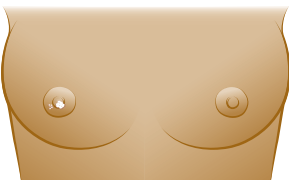
- Is badalka naaska ku yimaada xaga xajmiga ama qaabkaba



- Naaska oo diisma ama soo ururo/laabmo



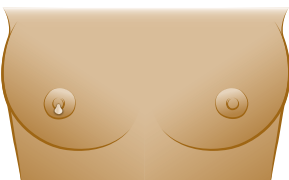
- Cun cun, ibta oo faruurac iyo qolof xanuun yeesha



- Ibta naaska oo hoos u jiidanta ama naaska intiisa kale



- Ibta oo ka yimaada dheecaan dhaqsi ah



- Xaanuun hal meel ah oo aan kaa tagayn

