

Ka soo qayb gal baarista caadiga ah

- Waa in ay dumarku dhammaantood saddexdii sanoba mar iska soo qaadaan raajada naasaha (mammogram) laga bilaabo marka ay 50 jir gaaraan
- Haddii aad 70 jir ka weyn tahay weli waad isoo baari kartaa haddii aad la hadasho adeegga baarista naasaha ee xaafadaada ama takhtarkaaga weydiiso in uu ballan kuu habeeyo
- Waqtiga u dhexeeya ballamaha baarista ka warhay naasahaaga
- Haddii aad isbeddel isku aragto waqtiga u dhexeeya ballamaha baarista islamarka suurogalka ah ka wargeli takhtarkaaga ama kalkaaliyahaaga caafimaad
- Xusuusnow waxaad u baahan tahay in aad takhtar ka diiwaansanaato si baarista laguugu yeero. Hubi in uu Takhtarkaaga Guud hayo macluumaadkaaga waqtiga xaadirka ah



Si aad warbixin dheeraad ah u hesho...

Haddii aad su'aalo qabto la hadal takhtarkaaga, kalkaaliyahaaga caafimaad ama farmashiilahaaga ama la xiriir: Adeegga Baarista Naasaha (Breast Screening Service) ee xaafadaada London dhexdeeda

Barking, Havering, Redbridge and Brentwood

Victoria Centre, Pettits Lane, Romford, Essex, RM1 4HP

☎ 01708 504823/4/5

Central & East London

St Bartholomew's Hospital, West Wing, West Smithfield, London, EC1A 7BE

☎ 020 3465 6631

North London

Edgware Community Hospital, Deansbrook House, Deansbrook Road, Edgware, Middlesex, HA8 9DB

☎ 020 8951 4045

South East London

King's College Hospital, Breast Screening Administration, 4th Floor, Hambledon Wing North, Denmark Hill, London, SE5 9RS

☎ 020 3299 1964

South West London

St George's Hospital, The Duchess of Kent Unit, 205 Blackshaw Road, London, SW17 0BZ

☎ 020 8725 2723/4/5

West London

St Mary's Hospital, Praed Street, London, W2 1NS

☎ 020 8383 6644

Warbixin dheeraad ah oo ku saabsan baarista naasaha waxaa weliba la heli karaa haddii la booqdo bogga internet'ka ee baarista kansarka oo ah:

www.cancerscreening.nhs.uk

Si aad u hesho taageero iyo warbixin ku saabsan caafimaadka naasaha booqo bogga internet'ka ee Daryeelka Kansarka Naasaha (Breast Cancer Care) oo ah

www.breastcancercare.org.uk

ama soo wac khadka caawinta ee ah **0808 800 6000** (telefoonka qoraalka ee loogu talagalay dadka maqalka dhibaato ka haysato oo ah 0808 800 6001). Adeeg turjumaad ayaa luqad kaste u diyaar ah.

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NHS
Cancer Screening

Somali



Adiga iyo Naasahaaga

Waa maxay ka warhaynta naasuhu?

Qayb muhiim ah oo ka mid ah daryeelka jirkaaga. Barashada naasahaaga iyo habka ay isku beddelaan inta aad nooshahay.



Waa maxay kansarka naasuhu (breast cancer)?

Kansarka naasuhu waxuu yimaaddaa marka ay unugyada naaska ku jiraa u koraan si xad dhaaf ah. Haddii aanan la daawayn, korinta unugyadaan waxay ku faafi kartaa meelaha dhow ama jirka intiisa kale.

Maxaad naasahaaga uga war haynaysaa?

- Marka aad barato waxa adiga caadi kuu ah, waxaad si fudud u ogaan kartaa wax kastoo isbeddela
- Isbeddellada naasaha waxaa caadi ahaan hela adiga, ama lammaanahaaga
- 10kiiba 9 barrada naasaha laga helo ma aha kansar laakiinse wixii barar ah waa in uu Takhtarkaaga Guud (GP) baaro
- Soo helitaanka hore ee kansarka naasuhu waxuu micnaheeda yahay daawayn fudud oo guul dheeraad leh

Isbeddellada caadi u noqon kara naasahaaga?

- Dhumucyada ama qaababka kala duwan ee naasahaaga
- Timaha naasuhu yeeshaan
- Isbeddellada nololaha gudaheeda sida goorta baaluqitaanka, caadada, uurka iyo waqtiga caadadu joogsato
- Xanuunka naasuhu yeeshaan isbeddellada biloodlaha ah awgood, kuwaasoo ay ku jirto caadadaadu

Isbeddellada aad u baahan tahay in aan iska eegto?

- Isbeddellada ku yimaadda qaabka ama dhumucda naasahaaga
- Isbeddellada ku yimaadda sida caaradu u taagan tahay
- Firiirica ama cuncunka caarada hareeraheeda
- Dheecaanka ka soo daata caaradaada
- Isbeddellada ku yimaadda muuqaalka haragga naasahaaga
- Barar ama adayg naaska, hareerhiisa ama kilikishaada
- Xanuunka joogtada ah ee kaa haya qayb ka mid ah naaskaaga, hareerhiisa ama kilikishaada

Goorta la eego lana taabto:

- Ma jiro hab ama waqti sax ah ama qalad ah oo ay taasi leedahay
- Eeg oo taabo dhammaan qaybaha naaskaaga, hareerhiisa iyo kilikilooyinkaaga
- Soo hel hab aad naasahaaga caadi uga dhigan karto kaasoo aad oggoshahay

Raac xeerka shanta qodob ee ka warhaynta naasaha:

1. Ogsoonow waxa adiga caadi kula ah
2. Ogsoonow isbeddellada aad u baahan tahay in aad iska eegto
3. Eeg oo taabo
4. Isla markaaba takhtarkaaga ka wargeli wixii isbeddel ah
5. Marka aad 50 jir gaarto iska soo qaad baarista naasaha ee caadiga ah

