

Kaa caawinaaya  
kahortaga **kansarka**  
**afka ilmo-galeenka**

[www.screeningservices.org](http://www.screeningservices.org)



Warqadan yari waxa ay ku siineysaa warbixin kaa caawin karta kahortaga kanserka afka ilmo-galeenka. Hoos ayaad u dhigi kartaa fursadahaaga aad ku heli karto kansarka afka ilmo-galeenka adigoo sameynaaya baadhitaanka joogtada ah ee afka ilmo-galeenka.

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“Dhamaan dumarka dagen Wales ayaa sameynaaya.”

Hadii aad u dhaxeyso 20 ilaa 64 sano waxa aanu saddexdii sanoba hal mar kugu marti qaadi doonaa tijaabada smear.

Qaybta 1.0 Maarso 09

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1 | Kaa caawinaaya kahortaga kansarka afka ilmo-galeenka

Kansarka afka ilmo-galeenka waa nooca kansarka ee ugu badan dumarka da'doodu ka yartahey 35, lakiin waxa uu saameyn kartaa dumar da'kasta leh.

Anaga (**Cervical Screening Wales**) ayaa uga masuul ah barnaamijka NHS-ta ee baadhitaanka afka ilmo-galeenka ee Wales.

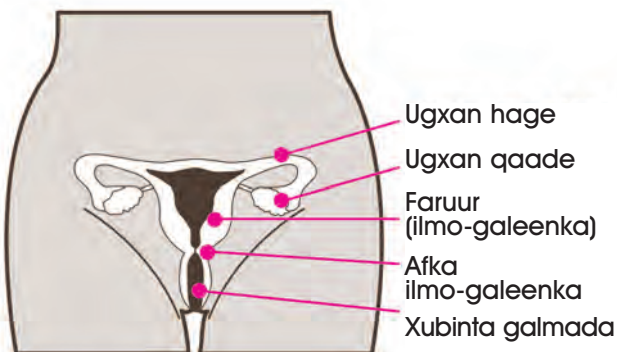
## Waxa ay tahey in aad ogaato

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- Baadhitaanka afka ilmo-galeenka waxa loo yaqaanaa 'tijaabada smear'.
- Tijaabada Smear ee afka ilmo-galeenka ma aha tijaabo kansarka lagu baadho. Waxa weeye ujeedadeedu in ay ka hortagto kansarka in uu sameysmo. Lakiin, marmarka qaarkood waxa ay sheegtaa kansarka.
- Tijaabada smear waxa lagu raadiyaa isbadaleda aan caadiga aheyn ee ay inta badan keenaan fayruska Pappiloma ee aadamaha ku dhaca (Human Pappiloma Virus ama HPV-ga).
- HPV-ga keena kansarka afka ilmo-galeenka ayaa la iskugu gudbiyaa galmada.
- HPV-gu waxa uu keeni karaa isbadal unugyada afka ilmo-galeenka oo sababi kara kansarka afka ilmo-galeenka.
- Gabdhaha da'doodu u dhaxeeyso 12 ilaa 13 sano ayaa tallaal la siin karaa ka difaaca noocyo ka mid ah HPV-ga. Gabdhaha ka weyn intaa ee ka yar 18 sano ayaa la siin doonaa tallaalka iyadoo barnamij gaadhsiin ah la adeegsanaayo.

## Xageebuu ku yaalaa afka ilma-galeenku?

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Afka ilma-galeenku waa meesha hoose ee ilmo galeenka (sidoo kalena loo yaqaan faruur). (Afka ilma-galeenkaagu waxa kale oo loo yaqaan 'qoorta ilmo-galeenka'). Afka ilma-galeenkaagu waxa uu ku xidhiidhsan yahey xaga sare ee xubintaada galmada.

## Kansarka afka ilmo-galeenka

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Unugyada aan caadiga aheyn ee afka ilma-galeenkaagu waxa ay isku badali karaan kansarka afka ilmo-galeenka.

Kansarka afka ilmo-galeenka waxa uu ku faafi karaa qaybaha kale ee jidhkaaga, lagu daro ilmo-galeenkaaga iyo mindhicirkaaga.

Qaar ka mid ah HPV-ga ayaa ah sababaha koowaad ee keena kansarka afka ilmo-galeenka ah. Hadii aad sigaarka cabto, waxa ay taasi kor u qaadi kartaa khatarta aad ku heli karto kansarka afka ilmo-galeenka.

## Waa maxay tijaabada smear?

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Tijaabada Smear waxa ay eegtaa caafimaadka afka ilmo-galeenka iyadoo muunad laga qaadaayo unugyada. Tijaabadan waa mid dhakhso badan oo dhib yar oo aan xanuun badneyn, laakiin dumarka qaarkood ayaa dhibsada. Haddii unugyo aan caadi aheyn la helo, waxa aad u baahan kartaa daaweyn si looga hortago in aad hesho kansarka afka ilmo-galeenka.

## Maxaa loo samynayaa tijaabadan smear?

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Sameynta tijaabada smear waxa ay caadiyan kahortagi kartaa ilaa 75% falalka kansarka afka ilmo-galeenka ahi in ay sameysmaan laakiin, sida tijaabo kasta oo baadhitaan ah, ma aha 100% in la rumeysto.

## Sidee ayaa loo qaadaa tijaabada?

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Anagaa kusoo casuumi doonaa marka aad joogto xiligaaga tijaabada smear ee aad u baahantey. Dhakhtar ama kalkaaliso joogta cusbitaalka degmada ama laanta caafimaadka-galmada ayaa sameyn kara tijaabadan. Qofka sameynaaya tijaabada ayaa xubintaada galmada galinaaya aalad la yidhaa speculum si uu u eego afka ilmo-galeenka. Waxa ay adeegsadaan burush yar oo ay ku soo qaadaan muunad unugyada ka mid ah oo kadibna loo diro shaybaadhka si mikiriskoobka hoostiisa loogu eego.

## Ayay tahey in uu samaysto tijaabada smear?

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- Waxa aan kugu soo casuumi doonaa tijaabada smear sadexdii sanaba hal mar hadii aad u dhaxayso 20 iyo 64. Hadii aad ka weyn tahay 64 waxa lagu sii doonaa tijaabada smear kaliya hadii aanad mid hore lagu samayn.
- Faraq uma dhaxeeyo hadii aad tahey bikrad (taas micnaheedu waa hadii aanad waligaa galmoonin) iyo hadii aad xidhiidh galmo-kala duwan ama mid isku mid ah aad leedahey. Waa in aad markasta oo aan ku soo casuumno u timaadaa si aad u sameeyo tijaabada.

## Tallaalka HPV-ga

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Tallaalka HPV-gu waxa heli kara gabdhaha da'doodu tahey 12 ilaa 13 taas oo ay ka helayaan Barnaamijka Tallaalida ee Dugsiga. Wixii warbixin dheeraad eek u sabsan tallaalka, soo booqo boga warbixinta tallaalada ee NHS-ta (wixi faahfaahin ah eeg boga 7).

Xataa hadii aad qaadatey tallaalka HPV-ga, waa muhim in aad timaado tijaabada smear hadii lagu soo casuumo.

## Kansarka afka ilmo-galeenka waxa uu badanaaba ku badan dumarka:

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- aan immanin tijaabada smear marka la soo casuumo
- la galmoodey rag badan oo kala duwan (ama la galmooda qof la soo galmooday dad kale)
- aan isticmaalin caaga la gashado, ama
- sigaarka caba.

## Sidee ayay gabadhu kaligeed isku caawin kartaa?

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Bilowga kansarka afka ilmo-galeenka ma laha wax calaamado ah sidaas daraadeed waa muhiim in aad sameyso tijaabada smear oo joogto ah. Waxa kaloo muhiim ah in aad dhakhtarka la xidhiidho hadii aad leedahey calaamadahan, xataa hadii aad heshay tijaabo smear oo caadi ah.

- Dheecaan aan caadi aheyn oo hoosta kaa yimaada
- Dhiig kaa yimaada xiliyada caadada dhexdooda
- Dhiig ama xanuun markaad galmoonayso ama aad galmooto ka dib
- Dhiig kaa yimaada xiliga aad caado goys tahey

Tijaabada smear –  
**same iyada.**

**Wixii warbixin ah ama talo ah, booqo bogagan soo socda.**

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**Cervical Screening Wales**  
[www.screeningservices.org/csw](http://www.screeningservices.org/csw)

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**NHS Cervical Screening**  
[www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk)

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**Tell Her**  
[www.tellher.com](http://www.tellher.com)

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**Jo's Trust**  
[www.jotrust.co.uk](http://www.jotrust.co.uk)

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**Warbixinta tallaalada ee NHS-ta**  
[www.immunisation.nhs.uk/hpv](http://www.immunisation.nhs.uk/hpv)

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**Cancer Research UK**  
[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

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**Beating Cervical Cancer**  
[new.wales.gov.uk/  
beatcervicalcancer/home](http://new.wales.gov.uk/beatcervicalcancer/home)

