

64, xitaa haddii aad caafimaad qabto; Muhiim ma aha in la sameeyo imtixaanada waqtiyo gaaban. Dumarka oo dhan si xilliyo ah ayaa dib loogu yeeri doonaa xilliyadan. Si loo gaaro guul wanaagsan Imtixaanka waxaa lagu talinayaa in la dhawro xeerarkan: 48 saacadood waa in ay dhaaftay galmoodkii ugu dambeeyay iyo 3 maalmood oo ah isticmaalka douches ama kiriimyada siilka. Maalinta ballanku maaha inay ku beeganto socodka caadada ama saddexda maalmood ee soo socda ama hore. Labada imtixaanba waxa sidoo kale lagu samayn karaa gudaha uurka haddii uu u arko mid aan kala duwanayn by dhakhtarka dumarka ee soo jeedinayaa. Haddi aanad waligaa martiqaad ka helin ASL ama aadan weligii ku biirin barnaamijka, waxaa suurtagal ah in aad wacdo tixraaca ASL lambarka lacag la'aanta ah si aad u codsato ballan.

Dhammaan xogta shakhsi ahaaneed ee la ururiyo waxay hoos yimaadaan xeerarka sirta iyo ilaalinta xogta. Kuwa haysta lagama maarmaanka ah, shahaadada caddaynta maqnaanshaha shaqada ayaa la bixin doonaa maalinta imtixaanka. Kuwa kale macluumaadka ama si aad ballan u dhigato, wac lambarka bilaashka ah ee ASL-kaaga.

*AIOM 2020



ASL	Screening	Numero Verde	Orari
Roma 1	Mammella Cervice Colon Retto	800 536 693	da Lun a Ven 8:00-17:00
Roma 2	Mammella Cervice Colon Retto	800 405 051	da Lun a Ven 8:00-18:00
Roma 3	Mammella Cervice Colon Retto	800 634 634	da Lun a Ven 8:30-17:00
Roma 4	Mammella Cervice Colon Retto	800 539 762	da Lun a Ven 9:00-13:00
Roma 5	Mammella Cervice Colon Retto	800 894 549	da Lun a Ven 9:00-13:00 e 14:00-17:00
Roma 6	Mammella e Colon Retto	800 430 264	da Lun a Ven 15:00-19:00
	Cervice	800 160 622	
Viterbo	Mammella Cervice Colon Retto	800 840 359	da Lun a Ven 9:00-13:00
Rieti	Mammella Cervice Colon Retto	800 646 999	da Lun a Ven 9:00-13:00
Latina	Mammella Cervice Colon Retto	800 065 560	da Lun a Ven 9:00-13:00 da Lun a Gio 15:00-17:00
Frosinone	Mammella Cervice Colon Retto	800 003 422	da Lun a Ven 9:30-13:30

Per prenotare gli esami di screening scansionare il QR code
prenotascreening.regione.lazio.it



Traduzione in Somalo curata da
Medici Senza Frontiere nell'ambito
del protocollo d'intesa con la
Asl Roma 2.

www.salutelazio.it

PAP TEST

HPV TEST

LE ABITUDINI CHE FANNO BENE



**BARNAAMIJKA BAARITAANKA
KANSARKA ILMO GALEENKA**

BILAASH U AH DUMARKA DA'DOODU
U DHAXAYSO **25 ILAA 64**



Maxaad martiqaad uga heshaa ASL-kaaga?

Si loo xasuusiyo haweenka in ka-hortagga ay suurtagal tahay in si joogto ah loo fuliyo laba imtixaan oo fudud: ah Baaritaanka Pap test (saddexdii sanoba laga bilaabo 25 ilaa 29 sano) iyo HPV HR (shantii sanoba 30 ilaa 64 sano), kuwaas oo ay ku gartaan nabarrada afka ilmagaaleenka ee hore. Hadafka waa in la ogaado, haddii ay jiraan, nabarrada bilowga ah kuwaas Guud ahaan ma bixiyaan wax calaamado ah, si ay u daaweeyaan oo ay uga fogaadaan u koraankooda suurtagalka ah ee kansarka. Barnaamijka Baaritaanka waxaa lagu bixiyaa lacag la'aan, laga bilaabo baaritaanka Pap test iyo HPV ilaa imtixaannada dabagalka ah iyo daaweyn kasta oo laga yaabo inay lagama maarmaan noqoto. Haddi aanad waligaa martiqaad ka helin ASL ama Weligaa kuma biirin barnaamijka, waxaad wici kartaa lambarka bilaashka ah ee ASL si aad u weydiiso ballan.

Waa maxay baaritaanka Pap smear?

Muunad unugyo maqaar ah oo laga soo qaaday luqunta ilmo-galeenka, oo lagu sameeyay spatula yar, si loo qiimeeyo. Wax isbeddel a had jiro Waxaa la fuliyaa saddexdii sanoba mar haweenka da'doodu u dhaxayso 25 ilaa 29.

Waa maxay baaritaanka HPV?

Muunad ka mid ah unugyada kore ee qoorta ilmo-galeenka, oo lagu sameeyay spatula yar, si loo ogaado joogitaanka suurtagalka ah ee fayraska papilloma. HPV (sidoo kale loo yaqaan HPV DNA test) waxa la sameeyaa shantii sanoba mar dumarka da'doodu u dhaxayso 30 ilaa 64 jir.

Waa maxay sababta laba imtixaan oo kala duwan?

Sababtoo ah cilmi-baaris cilmiyeed ayaa muujisay in baaritaanka HPV uu helo nabaro ka badan inta baaritaanka Pap tests. Waxtarkan ayaa si weyn loogu muujiyey haweenka da'doodu u dhaxayso 30 iyo 64 sano jir. Waan ognahay in caabuqa leh HPV aad ayuu u sarreeyaa ilaa 25 sano jir ka dibna si iskiis ah ayuu dib ugu noqdaa 80% haweenka. waxay sii socotaa ka dib da'da 30, waxaa la muujiyay in ay keeni karto nabarro kansar ah oo qoorta ilmo-galeenka ah. Dumarka Dadka da'da yar ee da'da baarista (25-29 sano) baaritaanka HPV wuxuu helaa infekshanno badan oo loogu talagalay inay iskood isaga baxaan, oo leh khatar sare oo ah baaritaanno iyo daweyn aan loo baahnayn. Sababtan awgeed, inta u dhaxaysa 25 iyo 29 da'da, baaritaanka Pap test

Miyay xanuun badan yihiin?

Maya, haweenka qaarkood furitaanka lagama maarmaanka ah ee malo-awaalku waxay noqon kartaa dhib dhowr daqiiqo.

Imtixaanka ka dib?

Haddii ay dhacdo natiijo caadi ah, Xarunta Baarista waxay soo dirtaa isgaarsiinta natiijada ee baaritaanka si toos ah guriga oo leh warqad una soo dirtaa martiqaad cusub si aad ugu celiso imtixaanka 3 ama 5 kasta sanado ku xiran da'da. Haddii ay dhacdo in baaritaanku uu yahay mid aan ficnayn oo loo baahan yahay baaritaanno kale waxaa lagula soo xiriiraa taleefanka si loogu martiqaado inay sameeyso, had iyo jeer lacag la'aan, colposcopy qoto dheer. Wixii

baaritaan dheeraad ah iyo daawaynta dambe, Haddii loo baahdo, si toos ah oo lacag la'aan ah ayaa loo ballansadaa oo bixiya Maamulka Caafimaadka Deegaanka ee tixraaca.

Ma ku aamini karaa?

Imtixaanada waxaa lagu akhriyaa hal xarun Cytology, oo khibrad u leh falanqaynta biomolecular. wuxuu baadhaa ugu yaraan 15,000 oo imtixaan sanadkiiba baadhista Pap smear iyo ugu yaraan 500 ee baadhista HPV-DNA. Dhammaan nidaamyada waxay raacaan tilmaamaha qaranka iyo kuwa Yurub waxaana la mariyaa kontaroolo tayada.

Soo koobida...

ansarka ilmo-galeenka waa kan shanaad ee ugu badan neoplasm ee haweenka ka yar 50 sano ee Talyaaniga, (AIOM, 2020). Waxaa lagugula talinayaa inaad si joogto ah ugu soo celiso baaritaanka Pap tests saddexdii sanoba mar, laga bilaabo 25 ilaa 29 sano iyo baaritaanka HPV kasta shan sano, laga bilaabo 30 ilaa

