

Kansarka mindhicirka waa neoplasma labaada ee haweenka iyo kan saddexaad ee ragga gudaha Talyaaniga (AIOM, 2020). IS ku celi tijaabada dhiiga saxarada si joogto ah labadii sanaba mar laga bilaabo da'da 50. Dhammaan Dadka la casuumay waa la soo celin doonaa dhammaadka labada sano. Waxaa lagugula talinayaa inaad la tashato dhakhtarkaaga jiritaanka calaamadaha sida isbeddellada joogtada ah ee caadooyinka mindhicirka; joogitaanka dhiiga Indhaha ayaan u caddeeyey; Dareenka qulqulka malawadka ee joogtada ah ka dib daad-gureynta, beddelka shuban iyo caloool istaag. Haddii aanad waligaa martiqaad ka helin ASL ama aanad waligaa ku biirin barnaamijka, waa Waa suurto gal in aad wacdo lambarka bilaashka ah ee tixraaca ASL 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

A word cloud featuring various Swahili terms related to cervical cancer. The words are arranged in a circular pattern, following the shape of a stylized woman's silhouette in the background. The words include: 'Fayooba', 'Baaris', 'Dysplasia', 'Caaf', 'Xiidma', 'Dheefshiidka', 'Kansarka', 'Haweenka', 'Dhiigga sixirka', 'Fayoobaanta', 'Kahortagga', 'Ogaanshaha', 'Mindhicirka', 'obaaan', 'sixirka', 'weenka', 'anshaha', 'naadka', 'Dheefshiidka', 'Ragg', and 'Hubir'. The words are in various shades of blue and green, with some in white. The background is a light blue gradient with a dark blue silhouette of a woman's head and shoulders.

BARNAAMIJKA BAARITAANKA KANSARKA MINDHICIRKA

BILAASH U AH RAGGA IYO DUMARKA
DA'DOODU U DHAXAYSO **50 ILAA 74**



Maxaad martiqaad uga heshaa ASL-kaaga?

Si loo xasuusiyo ragga iyo dumarka da'doodu u dhaxayso 50 ilaa 74 in hore loo ogaado kansarka mindhicirka waa suurto gal, iyada oo loo marayo fulinta joogtada ah ee labadii sanaba mar ee baaritaanka dhiigga ku jira saxarada, tijaabo wax ku ool ah oo ka hortagga iyo ogaanshaha hore ee kansarka mindhicirka.

Hadafku waa in meesha laga saaro burooyin kasta goor hore, marka ayan geysan wax dhaawac ama dhibaa Sidan ayaan uga hortageynaa dhiblaaan waxaana kordhineynaa fursadaha daawaynta.

Barnaamijka Baadhista waxa lagu bixiyaa lacag la'aan, laga bilaabo imtixaanka SOF (Dhiigga Dahsoon ee Saxarada) ilaa imtixaanada baaritaan iyo daweyn kasta oo laga yaabo inay lagama maarmaan noqoto.

Haddii aanad waligaa martiqaad ka helin ASL ama aanad waligaa ku biirin barnaamijka, waxaad wici kartaa lambarka lacag la'aan ASL tixraaca si aad u weydiisato ballan.

Waa maxay baaritaanka dhiigga saxarada?

Waa shaybaadhka khaaska ah, oo leh hal muunad, kaas oo sidoo kale ogolaanaya aqoonsiga raadadka baro yaryar oo dhiig ah oo aan ka muuqan isha qaawan. Haddii dhiigani uu ka iman lahaa burooyin ama adenoma baarista walamadka dambe ayaa u oggolaan doonta in isla markiiba laga saaro.

Hawlwadeenka ASL ayaa ku siin doona boorso ay ku jirto tuubo tijaabo ah oo leh tilmaamo. Soo saar tuubo tijaabo ah oo ka soo qaad shandad oo muunad yar oo saxaradaada ah. Geli tuubada tijaabada, xidh oo ku celi bacda. Ku kaydi qaboojiyaha.

Waa inaad ku soo celisaa tuubada 3 maalmood gudahooda markaad ururinayso mid ka mid ah xarumaha ku qoran gadaasha kan buug-yaraha. Tuubada tijaabada sidoo kale waa laga soo qaadi karaa oo lagu soo celin karaa farmasiyo badan.

Imtixaanka ka dib?

Haddii ay dhacdo natiijo caadi ah (dhiig la'aan), Xarunta Baarista waxay soo dirtaa isgaarsiin natiijada imtixaan oo toos ah guriga oo leh warqad laba sano ka dib u soo dir martiqaad cusub ku celi tijaabada.

100 ka qof ee baadhista qaada, 5 ama 6 ayaa laga yaabaa inay tijaabiyaan inuu jiro dhiig saxaro ah sababo kala duwan (sida fissures, diverticula, iwm.) si kastaba ha ahaatee aad bay muhiim u tahay in la hubiyo in dhiiggu ka yimid iyo in kale burooyin kasta.

Haddii ay dhacdo natiijo xun oo baadhistan ah, Xarunta Baadhista waxay kula xidhiidhi doontaa qofka telefoon si ay ugu yeedho In mar labaad lacag la'aan lagu maro baarista walamadka qoto dheer ee isbitaalka tixraac (suurtogal ah, marka la codsado, sidoo kale hoosta suuxinta). Aragti kasta iyo daaweyn kasta kuwa xiga, haddi loo baahdo, waxa si toos ah oo bilaasha u bixiya Asl di tixraac.

Ma ku aamini karaa?

Tijaabada SOF (Dhiigga Dahsoon ee Saxarada) waa shaybaadh difaaca kiimikaad oo xasaasi ah oo isticmaala unugyada difaaca jirka gaar ah in lagu ogaado dhiigga dadka (anti-globin antibodies) si loo ogaado dhiigbaxa mindhicirka. Tijaabadani waxay kuu ogolaanaysaa inaad soo qaadatid hal muunad oo saxaro ah oo aan ahayn saddex sida kuwa kale looga baahan yahay imtixaan. Uma baahnid inaad raacdo cunto kasta.

Xarumaha wax-akhrinta ee baaritaanka dhiigga saxarada, ee ku jira shaybaarada falanqaynta waa in ay falanqeeyaan ugu yaraan 60,000 oo muunado saxaro ah sannadkii.

Nidaamyada oo dhami waxay raacaan tilmaamaha qaranka iyo Yurub waxaana la mariyaa xakamaynta tayada.

