

Wacyi gelinta Naaska

Raadinta isbeddelo



Breast  Screening

Wacyi gelinta naaska: raadinta isbeddelo

Kansarka naasku waa nooca aad ka loo yaqaan ee haweenka Waqooyiga Ireland 1-12 ah haween ah ayaa qaada kansarka ka hor da'da 75.

Kansarka naaska wuxu qofka ku dhici karaa da' kasta. Si kastaba, halista qaadistu waxay la sii korodhaa da'da. Kansarka naasku wuxu u badanyahay haweenka jira ama ka wayn 50. Haddii waqti hore la ogaado cudurka, dawayntiisu way fududaanaysaa.

Waa maxay wacyi gelinta kansarka naasku?

Wacyi gelinta naaska macnaheedu waa ogaanshaha naaskaaga iyo ogsoonaanta waxa uu yahay isbeddelka caaddiga ku ah.

Sideen u noqon karaa qof ogsoon naaska?

Waxaad noqon kartaa qof ka warqaba naasahaaga adoo eegaya, oo dareemaya, iyaga hab aad kuugu fiican, tusaale xamaamka gudahiisa, tuushka, ama lebisashada, samaynta tan caadi ahaan, tusaale mar bishii.

Xirfadyqaanada caafimaad in dheeraada kuma taliyaan hab la dejiyay oo lagu baadho naasahaaga. Waa muhiim in aad dareento dhammaan qaybaha naasahaaga, oo ay ku jirto caaradda naasahaaga iyo gudaha iyo hareeraha kilin-kiladaada.

Naaska Caadiga ah

Ilaa aad gaadho joogsiga dhiiga caadada, naasahaagu waxay dareemi karaan isbeddel maalmaha ka hor wakhtiga dhiiga caadada marka xubnaha caanaha-sameeyaa ay noqdaan kuwa firfircoon. Wakhtiga naasaha haweenka qaar waxa dhici karta in ay waynaadaan oo dareemaan soo kuusni iyo jileec, gaar ahaan meel udhow kilin-kiladooda,

Ka dib jarista qayb makaanka ah, naasahu caaddi ahaan waxay muujiyaan farqiyo kala gadisan bil kasta ilaa wakhtiga dhiiga caadadu ay joogsadaan.

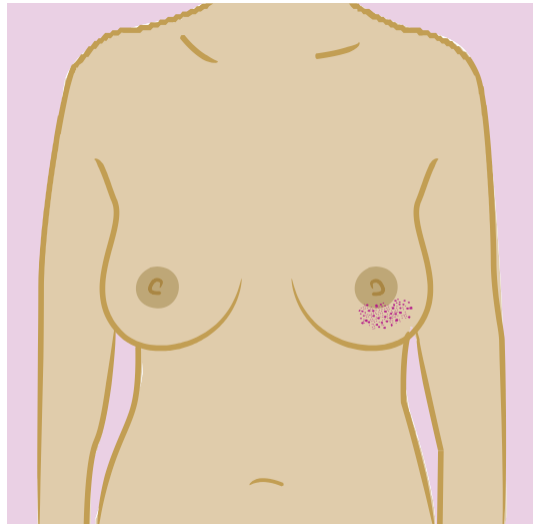
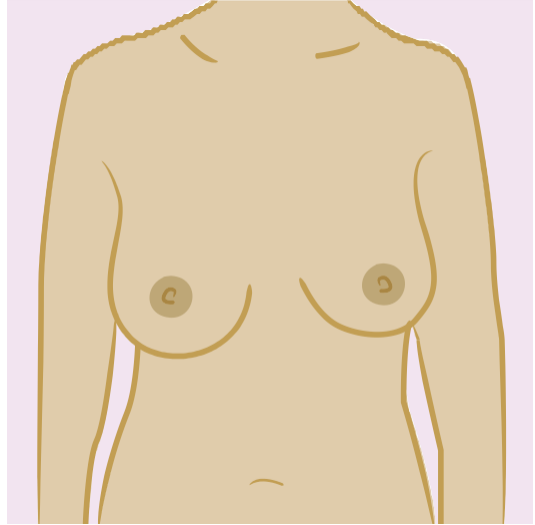
Daawaynta beddelka hormoonka (HRT) waxay ka dhigaan naasaha kuwa sii adkaaga oo sii yara jilca.

Ka dib joogsiga dhiiga caadada, hawsha xubinta caano-soo saarista way joogsataa. Waxaa badalmo naaska inta uu le'egyahay, wuu sii jilcaa, sii debcaa aadna uma kuusnaado.

Isbeddeladee ayaan raadiyaa oo dareemaa?

Muuqaalka

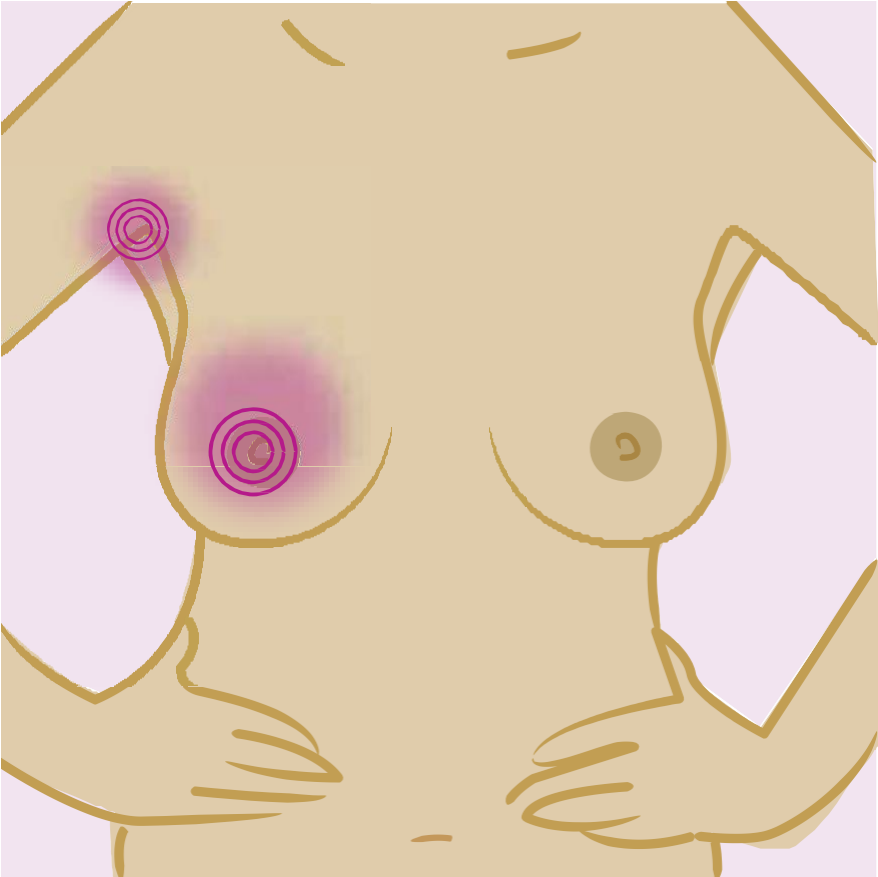
Isbeddelka inta uu leegyahay ama qaabka naasaha mid uun, gaar ahaan kuwa ay sababto dhaqaaqa gacantu; wax laalaabad ah, duubis harag ama casaansho maqaarka ah; ama xididada u soo baxa si aan caadi ahayn.



Illustrations courtesy of Breast Cancer Care

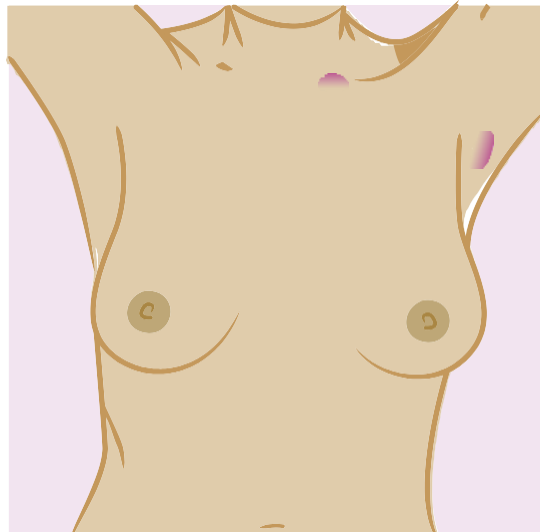
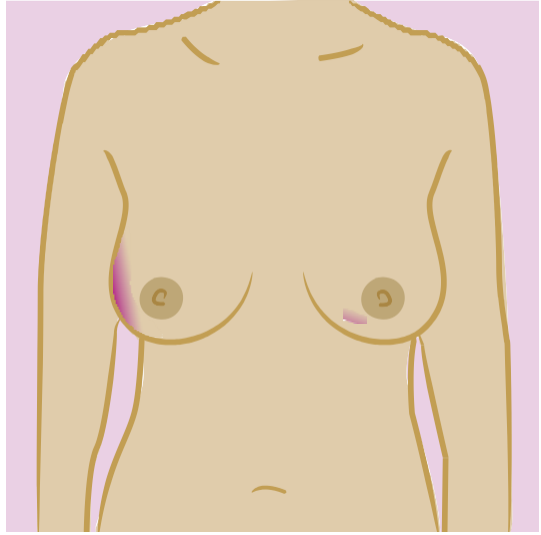
Dareenada

Xanuun ama raaxo la'aan qayb ka mid ah naaska ama kilin-kiladaada, gaar ahaan hadduu cusub yahay xanuunkan marwalbana aad dareentid.



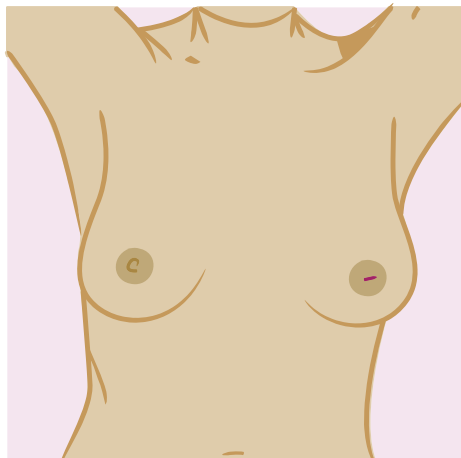
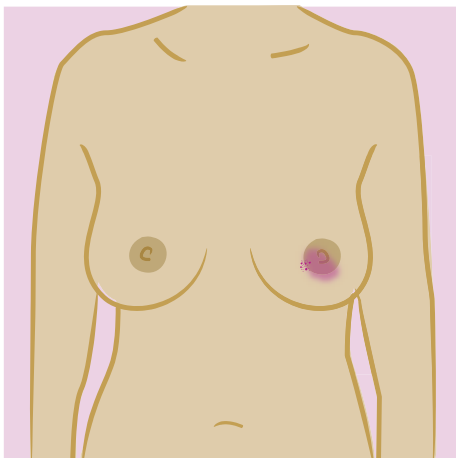
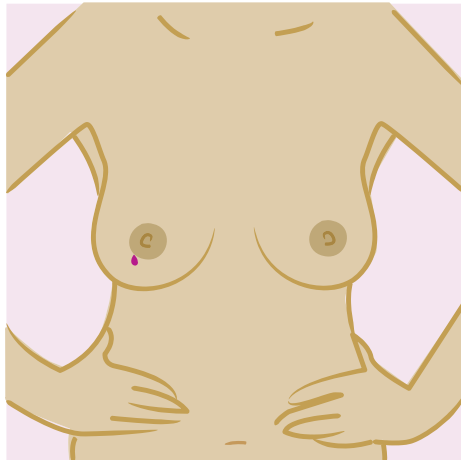
Barar kuusan

Wax kuusni ah ama in qaradu adkaato mid uun naasaha taas oo la dareemo in ay ka duwantahay naaska kale; wax barar ah ama kuusni kilin-kiladaada hoosteed ama meel ku wareegsan kalxanta.



Isbeddelka caaradda naaska

Caarada naaska soo jiidantay,
Qaabka oo bedelmay ama muujisa
caalamado Dhacaan ka imanayo,
dhiig bax, finan ama maqaar
qolofaystay, dhilmay.



Xeerka 5 qodob ah ee wacyi gelinta naaska

1. Ogow waxa caadiga kuu ah
2. Ogow waxa ay yihiin isbeddelada la raadiyo oo la dareemo
3. Eeg oo dareen
4. Si dag-dag ah ula socodsii dhaqtarkaaga wixi isbeddelo ah
5. Soo xaadir baadhitaanka naaska laga bilaabo da'da 50

Baadhitaanka naaska

Haddii da'daadu ay tahay 50 iyo 70, waxaa laguugu marti qaadi baadhitaanka naaska 3 sano oo kasta sidii qayb ka mid ah barnaamijka baadhitaanka naaska ee Waqooyiga Ireland. Magacaaga waxaa laga heli doonaa dhakhtarkaaga oo waxaa laguugu soo diri doonaa martiqaad si aad ugu timaado sawrika raajadda naaska (Sawirka naaska).

Haddii aad ka da' wayntahay 70, si toos laguuguma marti qaadi doono. Si kastaba, weli waxaa kugu dhici kara kansarka naaska maxaayeelay khatartu waxay la korortaa da'da – Saddex meelood meel kanasarada naaska waxay ku dhacaan haweenka ka wayn 70. Sidaas awgeed waxaa laguugu dhiiri gelinayaa in aad samaysato ballankaaga baadhitaanka 3 sanadood oo kasta adoo la xidhiidhay xarunta baadhitaanka kuugu dhow (eeg bogga 10).

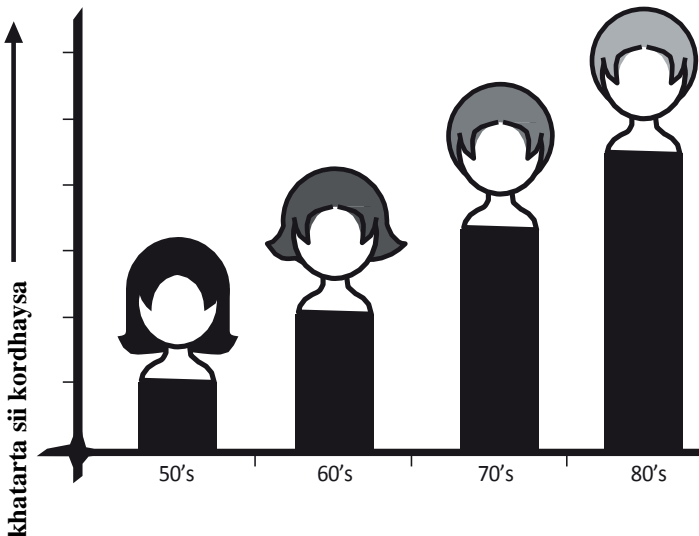
Wakhtiga xaadirka ah haweenka ka yar 50 laguma marti qaadayo baadhitaaka kansarka naaska maxaayeelay da'dan ka hooseeya:

- Halista Kansarka naasku way ka hoosaysaa;
- Haweenku guud ahaan waxay leeyihin nuddo ka cufnaan badan kaas oo ka dhiga sawiradooda naaska mid aad u adag in la akhriyo; iyo
- Caddayntu ma taageerto barnaamijka baadhitaanka dadwaynaha ee kansarka naaska ee haweenka ka dhalinta yar

Wuxu kugu dhici kara kansarka naaska wakhti kasta. Tan waxaa ka mid ah wakhtiga u dhexeeya ballamaha baadhitaanka naaska. Haddii aad ka walaacsantahay dhibaato naaska ah, ama aad leedahay taariikh qoys oo kansarka naaska ah, waa in aad la xidhiidhaa dhakhtarkaaga.

Wixii xog dheeraada ah fadlan booqo
www.cancerscreening.hscni.net

Halistaada kansarka naasku waysii korochaa markaad sii waynaato.



Xarumaha Baadhitaanka

Hay'ada Caafimaadka iyo Daryeelka Bulshadda ee Belfast
(sidoo kale daboolaysa Hay'ada South Eastern
HSC)

Xarunta Baadhitaanka

12-22 Linenhall Street, Belfast BT2 8BS
Telefoonka: 028 9033 3700

Hay'ada Caafimaadka iyo Daryeelka Bulshadda ee Waqooyi

Baadhitaanka Naaska Qaybta waqooyi iyo Qaybta
Qiimaynta
Level A, Antrim Area Hospital 45
Bush Road, Antrim BT41 2RL Tel: 028
9442 4425

**Hay'ada Caafimaadka iyo
Daryeelka Bulshadda ee
koonfureed**

Qaybta baadhitaanka naaska
Cusbitaalka Lurgan
Sloan Street, Lurgan BT66 8NX Tel:
028 3834 7083

Hay'adda caafimaadka iyo Daryeelka Bulshada Galbeed

Qaybta baadhitaanka naaska
Ground Floor, The Nurses' Home
Altnagelvin Area Hospital
Glenshane Road, Londonderry BT47 6SB
Tel efoonka : 028 7161 1443



Public Health Agency

Public Health Agency

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