

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).

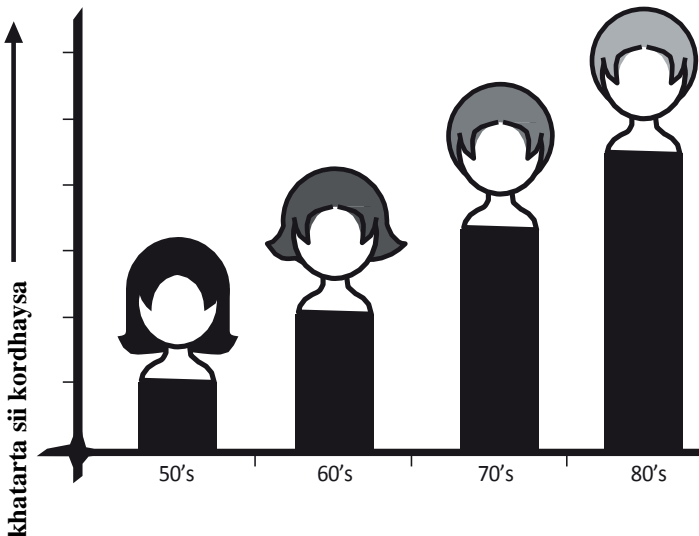
Wakhtiga xaadirka ah haweenka ka yar 50 laguma marti qaadayo baadhitaaka kansarka naaska maxaayeelay da'dan ka hooseeya:

- 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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