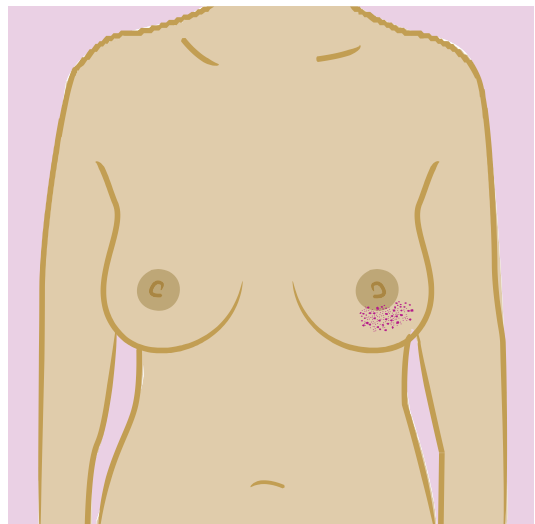
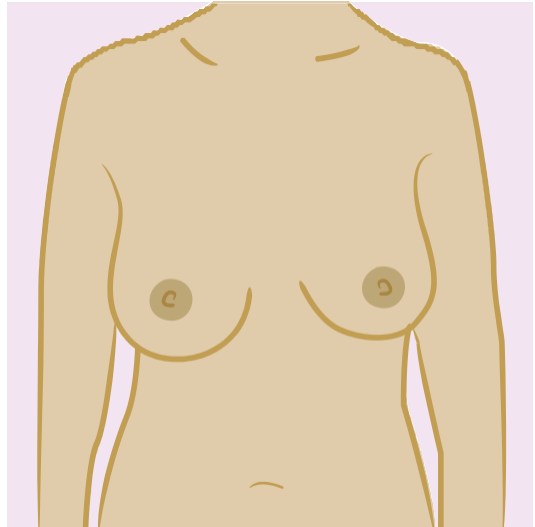


Mudansa saida mak hau tenke buka no sente?

Aparénsia

Mudansa ida iha tamañu ka forma hosi susun ida, liuliu hirak ne'ebé kauza hosi movimentu liman nian; kualkér namkurut, kafuak ka nameak iha isin; ka uat ne'ebé hamriik sai lahanesan baibain.



Kortezia ilustrasaun hosi Kuidadu Knnkru Susun

Kódigu pontu 5 ba konxiénte kona-ba susun

1. Hatene saida mak normál ba ita-boot
2. Hatene mudansas saida mak atu buka no sente
3. Haree no sente
4. Informa lailais kedas kualkér mudansa ba ita-nia KJ
5. Partisipa iha ezame-médiku susun nian hosi idade tinan 50

Ezame-médiku ba susun

Karik ita ho idade entre tinan 50 no 70, sei konvida ita atu tuir ezame-médiku susun nian nu'udár parte hosi Irlanda Norte programa ba ezame-médiku ba susun. Sei foti ita-nia naran hosi ita-nia KJ no sei haruka konvite ida ba ita atu mai hodi tuir mamograma ida (raiu-xís ba susun).

Karik ita ho idade liu tinan 70, ita sei la automatikamente hetan konvite atu tuir ezame-médiku susun nian. Tanba ne'e, ita sei bele dezenvolve nafatin kankru susun nian tanba risku no aumenta ba beibeik ho idade— kala baluk ida-tolu hosi kankru susun nian hotu-hotu mak akontese ba feto sira ho idade 70 ba leten. Ne'e-duni enkoraja atu ita marka rasik tempu konsulta ida hodi halo ezame-médiku kada tinan 3 liuhosi kontakta ita-nia sentru ezame-médiku lokál nian (haree pájina 10).

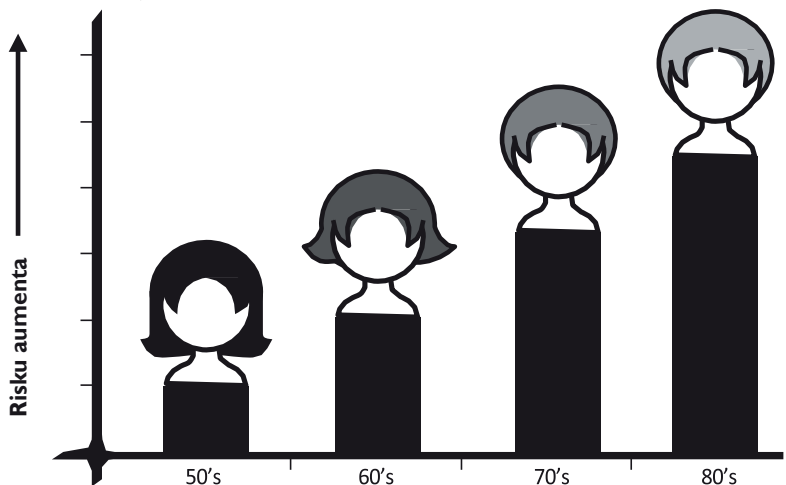
Iha momentu ne'e, la konvida feto sira idade menus hosi 50 atu tuir ezame-médiku susun nian tanba menus hosi idade ida-ne'e:

- risku atu hetan kankru susun nian ne'e ki'k liu;
- jeralmente feto sira iha tesidu susun ne'ebé mahar liu ne'ebé difikulta atu lee sira-nia mamogramas; no
- evidénsia la suporta programa ezame-médiku ida ba populasaun kankru susun nian ba feto sira ne'ebé ho idade joven liu

Ita bele dezenvolve kankru susun nian iha kualkér momentu. Ida-ne'e inklui tempu entre enkontru ba ezame-médiku susun nian. Karik ita preokupadu ho problema ida ho susun nian, ka iha istória família ida ho kankru susun, ita tenke kontakta ba ita-nia KJ.

Atu hetan informasaun liutan halo favór vizita www.cancerscreening.hscni.net

Ita-nia risku ba kankru susun nian aumenta bainhira ita sai ferik ba daudaun.



Sentrus ezame-médiku nian

Belfast Health and Social Care Trust (kobre mós South Eastern HSC Trust)

The Screening Centre

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

Northern Health and Social Care Trust

Northern Area Ezame-médiku ba susun and
Assessment Unit

Level A, Antrim Area Hospital
45 Bush Road, Antrim BT41 2RL
Tel: 028 9442 4425

Southern Health and Social Care Trust

The Ezame-médiku ba susun
Unit Lurgan Hospital
Sloan Street, Lurgan BT66 8NX
Tel: 028 3834 7083

Western Health and Social Care Trust

The Ezame-médiku ba susun
Unit Ground Floor, The Nurses'
Home Altnagelvin Area Hospital
Glenshane Road, Londonderry BT47 6SB
Tel: 028 7161 1443



Public Health Agency

12–22 Linenhall Street

Belfast

BT2 8BS

Tel: 028 9032 1313

www.publichealth.hscni.net

www.cancerscreening.hscni.net