

# Cudurka Bacterial Vaginosis (BV)

## ASSALKA

BV waa xaalad dumarka ku dhaca kaaso wax ka badasha isu dheellitirka jeermiska ama baaktiiriyada ku nool gudaha xubanaha taranka ee dumarka. Waxa sababaya isu dheelitirka'aanta aad looma fahmin. BV maaha cudur galmada laysugu qaadsiiyo sida caadadu ay tahay – waa wax dumar kasta ku dhici kara, xita kuwa aan waligood galmoon. Laakiin waxaa xaqiiqa ah in dumarka galmooda ay ka halis sarreeyan in uu ku dhaco BV sababtuna ma ay cadda.

## CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dumarka qaarkood ma dareemaan calaamadaha iyo saansaanta xanuunkaan lagu garto
- Ur “mallay qurmay” ah ayaa xubanaha taranka ka imaanaya siiba galmada ka dib
- Dheecaan aan caadi ahayn ee siilka ka imaanaya – mid u eg caddaan ama dambas, biyo biyo ah ama xumbo
- Xanuun marka la kaadinayo
- Cuncun agagaarka siilka

## ISQAADSIINTA

Lama garanayo waxa isu dheellitirka'aanta sababaya kaaso BV laga qaadayo. Laakiin, dhaqamada qaarkood waxay kordhin kartaa halista ay dumarka u yihiin qaadista BV da sida:

- Lala galmoodo qof cusub
- Lala galmoodo dhowr qof
- Dhaqid gudaha ah iyadoo la isticmaalayo qalab

## CILLADAHA

- Dumarka uurka leh, BV marka uu ku dhaco waxa kordhaya ilmaha inay wakhtigooda ka hordhashaan ama culays yar ku dhashaan.
- Qabitaanka BV ga waxay sahashaa in la guddbiyo ama la qaado cudurka HIV ga xiliga galmada.

## KA HORTAGISTA

- Iska dhaafida galmada waxaa suurto gal ah iney yarayso khatarta ay dumarku u yihiin inuu ku dhaco BV.
- La yareeyo tirada dadka lala galmoodo.
- Si loo helo baktieeriyo “caafimaad qabta” ee saxaaxa, ha isticmaalin qalabka lagu dhaqo dumarka cawradooda.

## BAARITAANKA IYO DAAWAYNTA

- Baaritaan ha kaa qaadaan shaqaalaha caafimaadku haddii qaaditaan caabuq laga shakiyo.
- BV waxaa lagu daawayn karaa ayadoo daawo uu shaqaaalaha caafimaadu soo qoray la qaato.
- Ragga isu galmoodo uma baahna in isla markaa laga daaweyo.

OGOW: Marka BV lagaa daaweeyo in ay dhici karto in uu dib kuugu dhici karo.

### MACLUUMAAD DHEERAADA, LA XARIIR:

Minnesota Department of Health  
STD and HIV Section  
(Waaxda Caafimaadka Minnesota)  
(Qaybta STD iyo HIV)  
(651) 201-5414; (651) 201-5797 TTY  
[www.health.state.mn.us/std](http://www.health.state.mn.us/std)

Minnesota Family Planning and STD Hotline  
(Qorshaynta Qoyska Minnesota iyo Khadka STD)  
1-800-783-2287 Codka/TTY;  
(651) 645-9360 (Magaalada iyo Degaanada)  
[www.sexualhealthmn.org](http://www.sexualhealthmn.org)

American Social Health Association (ASHA)  
(Iskaashtada Caafimaadka Bulshada American ka - ASHA)  
[www.ashastd.org](http://www.ashastd.org)

CDC National STD and AIDS Hotlines  
(CDC National STD iyo Khadka AIDS ka)  
1-800-CDC-INFO; 1-888-232-6348 TTY  
[www.cdc.gov/std](http://www.cdc.gov/std)