

Nabarada Saxaaxa Ka Soo Baxa/HPV

(laga qaado human papillomavirus - HPV)

CALAAMADAHA IYO SAANSAANTA XANUUNKA

- Dadka badankood calaamado ama saansaanta cudurkan ma dareemayaan
- Soo shaacbaxa muddo toddobaadyo ama bilo gudahood ka bacdi marka la qaado, ama maba ma soo shaacbaxo
- Buro jilicsan oo ku taala agagaarka saxaaxa ama dabada
- Cuncun aama kuleeyl ka yimaada agaarka cawrada
- Ay dhici karto inay jiraan nabro qarsoon oo ku dhaxyaalka cawrada ama dabada
- Honqorrada waxa ay ku baaba'ayaan ayada oo daawo la qaato, balse fayraska HPV uu sii jiri doono
- 90% ee kaysaska, HPV isksiisa ayuu isaga baa'baa 2 sano gudahood, marka laga joogo markii caabuqa la qaaday

ISQAADSIINTA

Honqorrada cawrada (nabro midabka dhiigga leh) waxaa laysku qaadsiia:

- Galmada siilka
- Galmada afka (dhif)
- Galmada dabada
- La taabto qofka caabuqan nabrihiisa
- Hooyada caabuqan ilmaha dhalanaya qaadsiisa (aad u dhif ah)
- Nabraha/HPV waxaa laysku qaadsiia xitaa ayada oo nabrahaasu aysan muqan sababto ah fayrus ayaa meelaha aan komdomka loo isticmalayn ku jiri kara

CILLADAHA

Haddii aan layska daawayn, honqorrada cawrada waxay saamayn karaan:

- In ay isaqaadsiyan dadka wada galmooda
- Hooyada caabuqan ilmaha dhalanaya qaadsiisa; waxay sababi karaan nabraha guduudan oo ilmaha dhashay cunuhiisa ka soo baxa (dhacdo aad u yar)

Fayrusyada qaarkood waxay sababi karaan baaritaan aan caadi ahayn ee Pap iyo halista ah in korodho kaansarka makaanka, laakiin noocani ma sababaya honqorrada la arki karo. Dumarka galmooda waa in ay yeeshaan baaritaanka sanadlaha ah ee Pap laga bilaabo 3 sano kaddib markii ugu horraysay ay galmoodeen. HPV waxa uu door ka qaadanaaya kaansarkaka dabada, afka/cunaha, guska iyo siilka.

Dhakhtar ka laga yaabee inuu sameeyo baaritaan khaas ah oo ku ogaanayo xanuunka kaansarka la xariira.

KA HORTAGISTA

- Waxaa jira laba tallaaf ee loogu talagalay dumarka da'da 9-26 jira ee ka ilaalinaya ka hortagista noocyada HPV ee kiisaska honqorrada cawrada hoose iyo kaansarka makaanka.

- Waxaa jira hal tallaaf ee loogu talagalay ragga da'da 9-26 jira ee ka ilaalinaya ka hortagista honqorrada cawrada hoose.
- Laga fogaado galmada siilka, afka, dabada waa sida ugu wanaagsan ee STD looga hortagayo.
- Komdomka caaga ah, marka sidii loogu tala galay iyo sida saxda ah loo isticmaalo, waxa uu yarayn karaa halista in HPV lagu qaado marka meelaha jirran lagu daboolo komdomka. Isticmaalka komdomka waxaa kale ee uu kaa dhawraya cudurrada HPV la xariira sida kaansarkaka makaanka (cervical).
- Isticmaalo mar kasta caaga komdomka marka galmada siilka/dabada la samaynayo.
- Komdomka caaga markasta la isticmaalo marka galmada siilka/dabada la samaynayo.
- Komdomka caagga guska lagu xirto u isticmaal galmada afka.
- Caag ku difaacayo (wax ilkaha difaaca ama komdom dhaxda laga gooyay) galmada afka, siilka ama dabada loo isticmaalo.
- La yareeyo tirada dadka lala galmoodo.

BAARITAANKA IYO DAAWAYNTA

- Baaritaan shaqaalaha caafimaad ha qaado haddii caabuq la tuhmo.
- Honqorrada waa la daawayn karaa, laakiin HPV daawa ma laha.
- HPV waa in uu dhakhtar kaa daaweeyo.
- Daawooyinka farmashiiyaasha laga soo gato ee lagu daaweeyo noocyada kale ee honqorrada waxay halis u yihiin nabraha xibanaha cawrada haddii la isticmaalo.

“Halis sare” noocyada HPV ee sababa kaansarka ma laha nabro gududaan ee la arki karo. Laakiin noocyada halista sare leh waa suurto gal inay ku ag yaalaan noocyada la arki karo.

Ugu dambayntii jirka ayaa iska saaraya fayruska haddii la daaweeyo iyo haddii kaleba.

MACLUUMAAD DHEERAADA, LA XARIIR:

Minnesota Department of Health
STD and HIV Section
(Waaxda Caafimaadka Minnesota)
(Qaybta STD iyo HIV)
(651) 201-5414
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

American Social Health Association (ASHA)
(Iskaashtada Caafimaadka Bulshada American ka - ASHA)
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

