

Soo koobida...

Kansarka naasku waa neoplasmka ugu badan ee dumarka Talyaaniga: qiyaastii hal buro oo xun Saddex waa kansarka naasaha, (AIOM, 2020). Waxaa habboon in lagu celiyo raajada labadii sanaba mar a laga bilaabo da'da 50. Dhammaan dumarka la casuumay waxaa la soo celin doonaa dhammaadka labada sano. Dhanka kale waa Had iyo jeer waxaa habboon in aad si xilliyo ah u hubiso naasahaaga adiga oo isbaaraya oo, haddii aad shaki qabto, la xiriir dhakhtarkaaga ama la xiriir lambarka lacag-la'aanta ah ee barnaamijka baaritaanka. Haddii aanad waligaa martiqaad ka helin ASL ama aanad waligaa ku biirin barnaamijka, waad wici kartaa Lambarka bilaashka ah ee ASL ee tixraaca si aad u codsato ballan.

Dhammaan xogta shakhsi ahaaneed ee la ururiyo waxay hoos yimaadaan xeerarka sirta iyo ilaalinta xogta. Kuwa haysta lagama maarmaanka ah, shahaadada caddaynta maqnaanshaha shaqada ayaa la bixin doonaa maalinta imtixaanka. Kuwa kale macluumaadka ama si aad ballan u dhigato, wac lambarka bilaashka ah ee ASL-kaaga.

*AIOM 2020

ASL	Screening	Numero Verde	Orari
Roma 1	Mammella Cervice Colon Retto	800 536 693	da Lun a Ven 8:00-17:00
Roma 2	Mammella Cervice Colon Retto	800 405 051	da Lun a Ven 8:00-18:00
Roma 3	Mammella Cervice Colon Retto	800 634 634	da Lun a Ven 8:30-17:00
Roma 4	Mammella Cervice Colon Retto	800 539 762	da Lun a Ven 9:00-13:00
Roma 5	Mammella Cervice Colon Retto	800 894 549	da Lun a Ven 9:00-13:00 e 14:00-17:00
Roma 6	Mammella e Cervice Colon Retto	800 430 264 800 160 622	da Lun a Ven 15:00-19:00
Viterbo	Mammella Cervice Colon Retto	800 840 359	da Lun a Ven 9:00-13:00
Rieti	Mammella Cervice Colon Retto	800 646 999	da Lun a Ven 9:00-13:00
Latina	Mammella Cervice Colon Retto	800 065 560	da Lun a Ven 9:00-13:00 da Lun a Gio 15:00-17:00
Frosinone	Mammella Cervice Colon Retto	800 003 422	da Lun a Ven 9:30-13:30

Per prenotare gli esami di screening scansionare il QR code
prenotascreeing.regione.lazio.it



Traduzione in Somalo curata da
Medici Senza Frontiere nell'ambito
del protocollo d'intesa con la
Asl Roma 2.

www.salutelazio.it

MAMMOGRAFIA

ABITUATI A CURARE TE STESSA



BARNAAMIJKA BAARITAANKA KANSARKA NAASAHA

BILAASH U AH DUMARKA DA'DOODU
U DHAXAYSO **50 ILAA 74**

Maxaad martiqaad uga heshaa ASL-kaaga?

Si loo xasuusiyo dhammaan haweenka da'doodu u dhaxayso 50 ilaa 69 in hore loo ogaado kansarka naasuhu waa suurto gal ah iyada oo loo marayo fulinta joogtada ah ee raajada bilaashka ah 2dii sanaba mar. Ujeedadu waa Muujinaya joogitaanka xitaa burooyin aad u yaryar, oo aan si kale loo aqoonsan karin, si loo ilaaliyo daacadnimada naaska iyo, marar badan, badbaadinta nolosha.

Xitaa dumarka da'doodu u dhaxayso 45 iyo 49 waxay qaadan karaan raajada bilaashka ah labadii sanaba mar: ma heli doonaan warqad martiqaad ah laakiin waxay waydiisan karaan dhakhtarkooda tixraac gaar ah oo ka reeban. Taa baddalkeeda, haweenka da'doodu u dhaxayso 70 iyo 74 waxay awoodi doonaan inay wacaan lambarka bilaashka ah ee baaritaanka ASL oo ay weydiiyaan Si aad u sii waddo haysashada mammogaraamkaaga bilaashka ah iyada oo loo marayo Barnaamijka Baadhitaanka.

Barnaamijka Baaritaanka waxaa lagu bixiyaa lacag la'aan, laga bilaabo naasaha ilaa baaritaannada dabagalka ah iyo daaweyn kasta oo laga yaabo inay lagama maarmaan noqoto.

Haddii aanad waligaa martiqaad ka helin ASL ama aanad waligaa ku biirin barnaamijka, waxaad wici kartaa lambarka U dir lacag la'aan ASL tixraaca si aad u weydiisato ballan.

Waa maxay mammografi?

Mammography waa raajo naasaha, waa baaritaanka ugu gaar ah, ugu xasaasisan uguna waxtarka badan ogaanshaha hore ee kansarka naasaha.

Ma xanuun baa?

Maya, dumarka qaarkood cadaadinta naasaha lagama maarmaanka ah waxay noqon kartaa mid aan raaxo lahayn dhowr daqiiqo.

Ma imtixaan halis ah baa?

Maya, raajada dhijitaalka ah ee isticmaala qiyaasaha raajada ee aad u hooseeya ayaa loo isticmaalaa baaritaanka.

Ka dib marka mammogramka la sameeyo?

Haddii ay dhacdo natiijo caadi ah, Xarunta Baarista waxay soo dirtaa isgaarsiinta natiijada si toos ah guriga oo leh warqad laba sano ka dib waxay soo diri martiqaad cusub si ay ugu celiso mammografi. Marka, dhanka kale, baaritaanno kale ayaa sidoo kale loo baahan yahay (tusaale, ultrasound) si loo gaaro ogaanshaha dhabta ah, ASL waxay kula xidhiidhaa qofka telefoon si ay si degdeg ah u habayso ballanta.

Haddii ay dhacdo natiijo aan ficnayn oo baadhistan ah, Xarunta Baadhista waxay kula xidhiidhi doontaa qofka telefoon si ay ugu yeedho si loo maro, had iyo jeer lacag la'aan, ultrasound qoto dher. Wixii macluumaad

dheeraad ah e daawaynta xigta, haddi loo baahdo, waxa si toos ah iyo had iyo jeer u bixiya lacag la'aan ASL tixraac.

Ma ku aamini karaa?

Mammograms waxaa si gaar ah u qiimeeya laba khabiir oo shucaac ah oo akhriya kumanaan imtixaan midkiiba sanadka, sida looga baahan yahay talooyinka Yurub.

Dhakhaatiirta shucaaca ee ka shaqeeya Barnaamijyada Baaritaanka waa inay ka qaybqaataan barnaamijyada tababarka sii wad, u heellan dhaqdhaqaaqa naaska ugu yaraan 50% dhaqdhaqaaqooda oo akhri ugu yaraan 5,000 mammograms sanad walba.

Nidaamyada oo dhami waxay raacaan tilmaamaha qaranka iyo Yurub waxaana la mariyaa xakamaynta tayada.

