



BreastScreen
Victoria

Ka ballanso breastscreen.org.au
ama wac **13 20 50**



Wixii macluumaad dheeraad ah:
breastscreen.org.au



Wac **13 14 50** oo weydiiso in lagugu xiro
BreastScreen Victoria



Macluumaadka la turjumay:
breastscreen.org.au/translations

TTY 13 36 77 haddii aad dhib ka
qabto haddalka ama maqalka



BreastScreen Victoria waxay
aqoonsatay taageerada
Dawlada Victoria.

Caafimaadkaaga u hormari

Ballanso iskiriingareynta naaska



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Khatar miyaan ku jiraa?

1 hal 7dii dumar ah Victoria waxaa ku dhici doona kansarka naaska noloshooda.



Dumarka badidooda qaba kansarka naaska **ma laha** taariikh qoyseed ka cudurka.



Da'da ayaa ah qodobka khatarta ah ee ugu weyn qaadida kansarka naaska.



Iskiriingareynta naaska



waa **bilaash**.



wuxuu qaataa qiyaastii **10 daqiiqo**.



uma baahna inuu **dhakhtarku ku soo gudbiyo**.



waxaa bixiya **dumar raajadda yaqaan**.



waxaa laga helayaa rug caafimaad oo kuu dhow **Victoria oo dhan**.

Waa maxay iskiriingareynta naasku?

Iskiriingareynta naasku (mammogram) waa sawirka raajada naaska. Iskiriingareynta naaska waxay heli kartaa kansaro aad u yar in la arko ama dareemo. Dumar badan ayaa ka samatabaxa kansarka maanta mahad waxaa leh hore u ogaanshaha iyo daaweynta wanaagsan.

Miyaan u baahanahay iskiriingareynta naaska?

Hore u ogaanshuhu wuxuu badbaadiyaa nafo.

Da'daadu ma tahay 50-74?

Waa in lagu iskiriingareeyaa labadii sanno ee kasta.

40-meeyo ama 75 ma ka weyn tahay?

La hadal dhakhtarkaaga oo ogow haddii iskiriingareynta naasku sax kuu tahay.

40 ma ka yar tahay?

Iskiriingareynta naasku wax ku ool uma laha dumarka ka hooseeya 40 ka sanno.

Ahow qof ka warqada naaska

- Barro muuqaalka caadiga ah iyo dareenka naasahaaga. Arag dhakhtarkaaga haddii aad ogaatid isbedelo aan caadi ahayn.
- Weydii dhakhtarkaaga wax ku saabsan khatarta kansarka naaska iyo baahida iskiriingareynta.

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