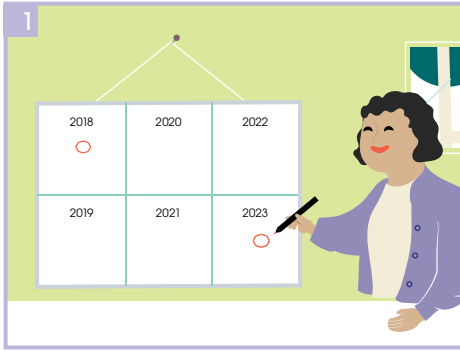
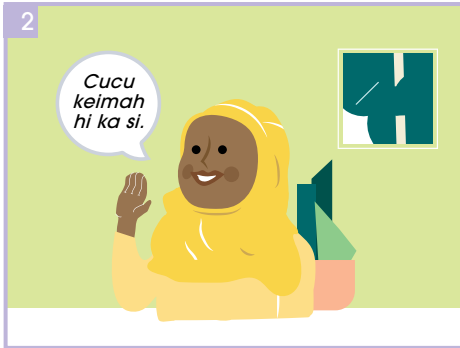


# Kum 5 fatin Nau-inn Hram lei Chekhlat Hneksaknak tuah

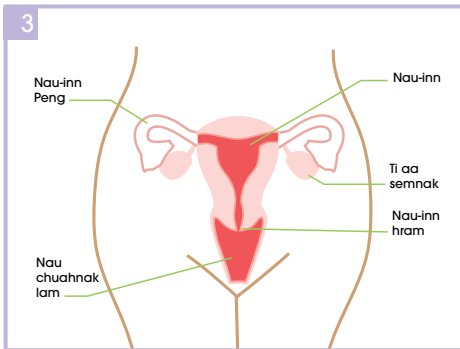




Kum nga fatin nau-inn hram lei chekhlath hneksaknak tuah.



Kum 25-74 kar minung na si i nupa sinak a tuah lengmangmi na si ahcur, Nau-inn Hram lei Chekhlath Hneksaknak tuah na herh.



Nau-inn Hram lei Chekhlath Hneksaknak nih na nau-inn hram lei ngandamnak a chek. Na nau-inn hram cu na nau chuahnak lam chungah a ummi a si. Na nau-inn/nau umnak aa awngmi a si.



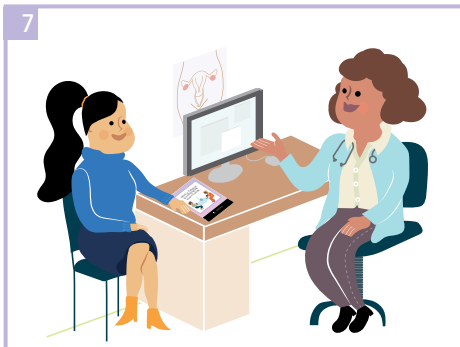
Nau-inn Hram lei Chekhlath Hneksaknak tuah dingah siibawi asilole sii saya/ma sinah kal na herh.



Bawmtu minung pakhat he kal kha naa thim khawh.



Siibawi aa manh hlan chung cu hngahnak khaan ah na tthut a hau lai.



Nau-inn Hram lei Chekhlrat Hneksaknak kong kha siibawi nih an chimh lai.



Tlawmpal te cu na tha an therh pah men lai asilole na ningzah pah men lai.



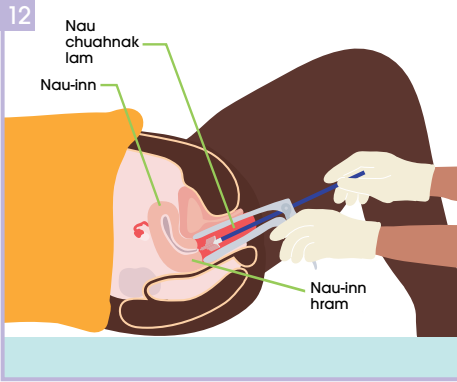
Nangmah nih na duh deuh lawngah bawmtu minung nih an umpi khawh lai. Na bit hruk lo in ihkhun cungah na ih a hau lai. Na tai tanglei khuhnak dingah puan pek na si lai.



Na siibawi nih na takpum a chunglei zohnak ah thilri a hman lai i cu thil cu speculum ti a si. A chunglei ah a luh fawi deuh seh tiin anal mi ahang a hman khawh men.



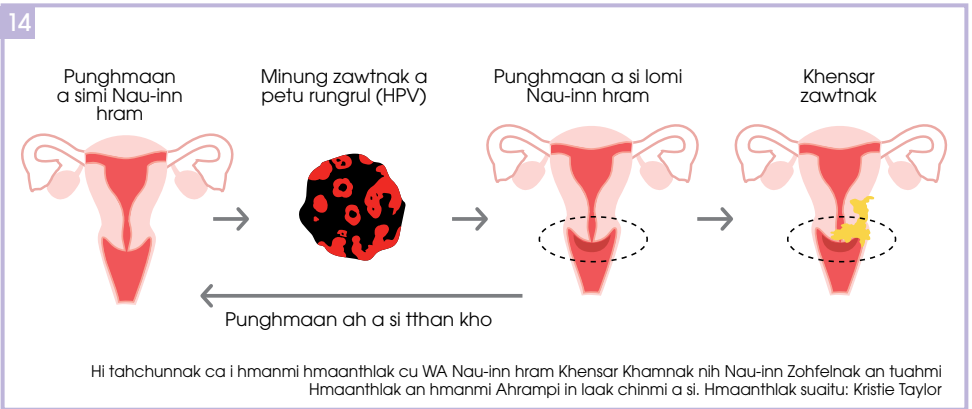
Thaw hman tein chuah le khelruh hrawng titsa ningcang tein umter kha a biapi tuk. Na sia a rem lo tuk ahcun hneksaknak tuahmi kha zeitik caan poh ah ngol khawh a si.



Na siibawi nih nau chuahnak lam din tein awn dingah speculum a hman lai. Hi hmanthlak nih zeidah a cang ti kha a langther. Na siibawi nih nan au-inn hram in sel pawl kha din tein hnawh dingah barat hmete a hman lai.



Cu sel pawl cu ti a ummi thawl hmete chungah ron a si lai i cheknak ah kuat a si lai.



Kan takpum hi sel pawl hmangin sermi a si. HPV rungrul nih nan au-inn hram i sel pawl kha a tthami in a tthalo mi ah a thlen khawh. HPV rungrul cheknak caah caan hman tein nau-inn hram lei chekhlak hneksaknak tuahnak nih na nau-inn hram sel pawl kha ttha tein a um ko ti kha a fianter.

15



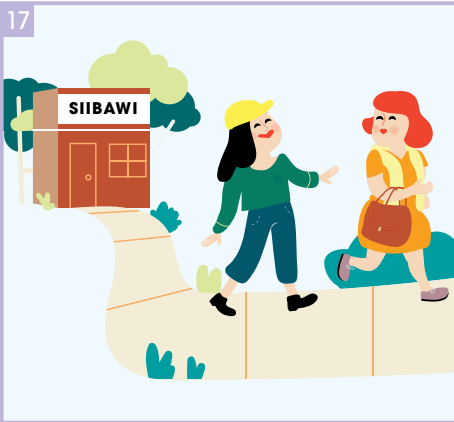
Nangmah bawmh dingah holhlettu asilole rianttuantu asilole na innchungkhar pakhat nih Mirang holh leh piak na hau men lai. Na siibawi nih naa cheknak a phi pawl kha an theihter te lai i zeitikdah na ton tthan khawh te hnga timi na hal khawh.

16



Cheknak nih HPV rungrul na ngei i/asilole na nau-inn hram sel pawl an ttha lo tiin a langhter ahcun zeidah tuah na herh timi kha na siibawi nih an chimh ko lai.

17



Na thil tuah a ttha tuk! Na ngandamnak kha nangmah tein naa zohkhenh cang.

## **SA Acozah sin in Kawpituhnak Nawl**

Caa chuahmi tlangtar chirchanh bu le laknak a hrammi theihternak tuah ko ahcun rianttuannak, cacawnnak asilole tinttaan tuahnak ca pawl ah cun download, piah, caa in chuah le a tharin chuah tthan khawh a si i hi thilri hi lam dang deuh in hman khawh a si.

### **Theihternak:**

Hi caa chuahmi cu lamhuhsak ca lawngah a si i pawcawmnak lei ruahnak cheuhnak ca bantuk ah tinhmi a si lo. Hi chung aa telmi thilri pakhat khat hmantthan a duhmi nih hman hlan deuh ah aa tlakmi ruahnak hal hmasa dingah forhfial nan si. Hi caa chuahmi ah aa telmi thilri cu ttha tein zohkhenh a si i hi chuah lio ah a tharhlaammi a si, SA Nau-inn hram Chekhlaknak Prokarem, SA Ngandamnak nih hi chuahmi chung i thilri a diknak asilole a tlinnak ah tavuan a ngei lo tiin a cohlan i hi zumhtlak thawngthanhmi in a tlaumi asilole a rawkmi a hung ummi caah cham dingin alnak fiang tein a chim.

## **Nau-inn Hram lei Chekhlath Hneksaknak tuah dingah khoika dah ka kal lai?**

- Na Siibawi
- GP lengah Ngandamnak lei Zohkhenhnak Hmun pawl
- SHINE SA Sekhaan pawl
- Nupawl Ngandamnak lei Zohkhenhnak Hmun pawl
- A hrampi Ngandamnak lei Zohkhenhnak Rianttuan piaknak pawl

## **HPV zawt khamnak sii kong i Thawngthanhnak:**

[www.hpvvaccine.org.au/](http://www.hpvvaccine.org.au/)

[www.cancerscreening.gov.au/cervical/resources](http://www.cancerscreening.gov.au/cervical/resources)

## **Rampumpi huap Nau-inn hram lei Chekhlathnak Min peknak:**

1800 627 701

## **Tam deuh hngalhnak caah pehtlaihna:**

SA Nau-inn hrm Chekhlathnak Prokarem  
(Cervix Screening Program)

PO BOX 6, Rundle Mall, Adelaide SA 5000

Email: [healthcervixscreening@sa.gov.au](mailto:healthcervixscreening@sa.gov.au)

[www.sahealth.sa.gov.au/cervicalscreening](http://www.sahealth.sa.gov.au/cervicalscreening)

## **Holhlehnak le Calehnak lei Rianttuannak pawl:**

13 14 50

