

Maxaan kaloo aan sameynayaa?

Xittaa haddii aad raajo naas leedahay, OgaanshahaNaas SA waxay haweenka oo dhan ku dhiiragelineysaa inay ahaadaan 'Digtooni Naas'. Haddii aad ku dareento isbedello aan caadi aheyn naaskaaga, ballan ka sameyso dhakhtarkaaga caadiga ah isla markiiba. Xasuusnoow, ogaanshaha goor hore aad ayuu muhiim u yahay!

Halkeen ka heli karaa ogaanshaha raajadda naaska?

Xaruumaha caafimaad ee OgaanshahaNaaska SA waxay ku yaalaan:

- > **Arndale**
Centro Arndale, Shop 29 C facing Hanson Road, Kilkenny
- > **David Jones Rose Clinic**
Lower Ground Floor, Adelaide Central Plaza, 100 Rundle Mall, Adelaide
- > **Adelaide (Frome Road)**
Gate 4 or 5, University of SA Campus, opposite the Dental School
- > **Christies Beach**
107-109 Dyson Road, Christies Beach
- > **Elizabeth**
GP Plus Health Care Centre, 16 Playford Boulevard, Elizabeth
- > **Hyde Park**
292-294 Unley Road, Hyde Park
- > **Marion**
Suite 6 Marion Medical Centre, 199 Sturt Road, Seacombe Gardens

OgaanshahaNaaska SA xittaa waxay qabaa qeybo Ogaansho socoto ah, kuwaasoo booqda goobaha baadiyaha labadii sannoba mar.

Si aad u sameysato ballan, wac 13 20 50.

Warqad dhakhtar soo gudbin ayaa loo baahan yahay, turjumaan lacag la'aan ahna waa diyaar. Koox ballan qorayaal ahna xittaa waa u diyaar, haweenka kuwa raba inay kaga qeyb galaan sidii koox.

For more information

BreastScreen SA
SA Health
Telephone: 13 20 50
www.sahealth.sa.gov.au/breastscreen
bssaenquiries@health.sa.gov.au

If you do not speak English, request an interpreter from SA Health and the Department will make every effort to provide you with an interpreter in your language.



www.ausgoal.gov.au/creative-commons

© Department of Health and Ageing, Government of South Australia. All rights reserved. Printed March 2014. 13037



Macluumaadka Ogaanshaha Naaska ee haweenka



Kansarka naaska waa kansarka ugu caansan ee haweenka lagu sheegay, tobankiiba hal haweenay ah ee Koonfurta Awstareeliya ayaa lagu sheegay kansarka naaska ka hor da'da ah 75 sanno.

Kansarka naaska lagama hortagi karo laakiin haweeneyda difaaceedda ugu wanaagsan waa ogaanshaha goor hore.

Kansarka Naaska-Xaqaa'iqda

Kansarka naaska waa koox unugyo aan caadi aheyn, kuwaasoo sii wadaaya inay koraan ayna sii kordhaan. Ugu dambeyntiina unugyadaan waxaa laga yaabaa inay ku sameeyaan naaska barar. Haddii aan laga saarin kansarka ama la xakameeyn unugyadda kansarka laga yaabee inay ku faafaan qeybaha kale ee jirka sababi karaanna dhimasho. Ogaanshaha kansarka naaska ee waqtiga hore waxay horumarineysaa fursadaha daaweynta guul dhan.

Arrimaha qatarta ugu weyn ee ku horumaraayo kansarka naaska waa haweenayda iyo da' noqoshadda. In ka badan 75% ee kansarka naaska ayaa lagu sheegay haweenka da'doodu tahay 50 sanno iyo ka kor.

Ogaanshaha Naaska SA waxay siineysaa ogaansho lacag la'aan ah mammograms (raajadda naaska) haweenka 40 jirka ama ka kor aan ku laheyn calaamooyin naaska. Dhammaan haweenka, qaas ahaan kuwa da'doodu tahay 50 illaa 69 jir waxaa lagu dhiiri gelinayaa inay lahaadaan ogaansho lacag la'aan ah mammogram labadii sanno mar.

Waa maxay ogaanshaha mammogram?

Ogaanshaha mammogram waa raajo (sawir nambarro ah) ee xuubka gudaha ee naaska haweenayda. Ogaanshaha mammogram waa fikirka ugu fiican ee lagu garanaayo kansarka naaska goor hore lagana yaabee in uu sheego kansarka ku jira naaska ka hore adiga ama dhakhtarkaaga inta aadan dareemin.

Sidee ogaanshaha mammogram u shaqeeyaa?

Naaska si taxadir leh ayaa loo dhigaa raajadda korkeeda wayna isku 'cadaadineysaa' dhawr ilbiriqsiyo inta raajadda la qaadaayo. Naaskiiba labo raajo ayaa laga qaadaa, mid kor midna dhinaca. Isku riixid ama 'cadaadis' ee naaska waxay muhiim u tahay sawir waadax ah qaadistiisa iyo xaddiga ugu yare ee shucaac la istimaalo. Isku riixidda laga yaabee inaad dareento cariiri iyo raaxo darro, laakiin waxay idlaaneysaa dhawr ilbiriqsiyo humaag kastaba.

Maxaa dhacaya Marka aan booqdo OgaanshahaNaaska SA?

Mar haddii aad sameysato ballantaada, OgaanshahaNaaska SA waxay kuu soo diraayaan foom "Su'aalo qoraal shaqsiyeed iyo ruqsad Ogaansho" kuwaasoo ah inaad buuxiso aadna la timaado maalinta ballantaada.

Maalinta raajadda naaskaaga, waxaa lagula talinaa inaad xerato labo shey, sida goono ama surwaal iyo shaati hanna isticmaalin boolbaro ama barafuun tan oo saameyn ku yeelan karta tayada humaagga raajadda la qaadaayo.

OgaanshahaNaaska SA way fahansan yihiin in haween badan ay dareemayaan walaac ka hor raajadda naaska, sikastaba ha ahaatee, dhammaan shaqaalaha xarumaha OgaanshahaNaaska SA waa dhedig xasaasina ah una xushmad badan baahidda haweenka.

Marka aad u timaado ballantaada OgaanshahaNaaska SA

Waan ku soo dhaweyneynaa, foomkaaga ruqsadda waa la eegi doona lagaagana jawaabi doona su'aalo kastood qabto. Fadlan imaaw10 daqiiqo ka hor si aad waqti ugu hesho tan.

Waxaa lagu tusayaa qolka dharka leyskaga bedelo laguna weydiin doona inaad iska bixiso dharkii kore. Waad weydiin kartaa cambuuradda halka mar la gashto.

Radiographer, dhedig ah ayaa ku geyneyso qolka raajadda si loo sameeyo raajadda naaska kuna weydiineysaa dhawr su'aalo. Waxaa la qaada raajo naas kasta kaddibna inaad baxdo waad u fasaxantahay.

Ballantaada ogaansho ka dib, raajadaada waxaa eegaaya labo dhakhtar taqasusayaal ah (Radiologists) waxaadna ku heleysaa natiijadda tijaabadaada fariin ahaan 14 maalmood gudahooda. Mararka qaar haweenay ayaa dib laagu soo yeeri karaa tijaabooyin dheeri ah sida raajo, codsi-qaas ah iyo imtixaanid naas haddii ay jiraan wax aan caadi aheyn raajadaaddii. Tani ma aha marksata micnaheeda in aad qabto kansarka naaska. Haddii aya lagama maarmaan tahay kalkaaliso la talin ee OgaanshahaNaaska SA ayaa ku soo waceysa si ay kaala munaaqashooto arrin tan.

Maxaa haddii aan farac u leeyahay kansarka naaska?

Haweenka laga bilaabo da'da 40 oona leh farac xoogan ee kansarka naaska waxay xaq u leeyihiin sannad kasta ogaansho naaska oo lacag la'aan ah. Naga soo wac 13 20 50 si aan ugu munaaqashoona xaaladahaaga shaqsi si loo xaqiijiyo haddii aad xaq u leedahay.