

BreastScreen SA

Caring for women from ocean to outback

Somali



Ma ogtahay arrimaha ku saabsan ogaanshaha lacag la'aan ee kansarka naasaha?

Kansarka naasaha waa kansarka ugu caansan ee lagu sheego haweenka.

Haddii aad tahay haweenay da'deedu tahay 40 sanno ama ka weyn, waxaad xaq u leedahay in aad hesho ogaansho naaska oo lacag la'aan ah mammogram (Raajadda naaska) oo leh OgaanshoNaaska SA labbadii sannaba mar.

Ogaanshaha mammogram (raajadda naaska) hadda waa midka keliya ee xaqiijin sheybaar ahaaneyd oo sheegi kara kansarka naasaha goor hore, inta aysan calaamooyinka bilaabin inay soo if-baxaan.

Xaddiga dadka qaba Kansarka Naasaha way sii kordheysaa sannad kasta, maxaa yeelay ogaansha hore ee kansarka naasaha aad ayuu muhiim u yahay, sahlan tahay iyo daaweyn guullo badan laga gaaray.

Caafimaadka wanaagsan waa inuu ahaado mudnaantaada koowaad.

Ballan dhigid mar ah ee xarumaheena caafimaad waxay qaadanaysaa oo keliya 10 daqiiqo iyo shaqaalaha dhedig iyo taqasusayaasha radiographers-ka waxay xaqiijin doonaan waxaad la kulmeysa inay ahaato mid sahlan sida ugu haboon.

Inaad ballan dhigato ama aad ogaato macluumaad dheeri ah, naga soo wac 13 20 50. Haddii la codsadana turjumaan lacag la'aan ahna wuu jiraa.

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



Government
of South Australia

SA Health