

# Waxa aad U baahan Tahay inaad Ka Ogaato Baaritaanka Kansarka Makaanka Afkiisa



- **Sanad kasta, ku dhawaad 12,000 haween ah oo ku nool Mareykanka ayuu ku dhacaa kansarka Makaanka**
- **Kansarka makaanka waa cudur aad looga hortagi karo waayo baaritaannada iyo talaalka looga hortagi kara caabuqa 'papillomavirus' ee aadanaha (HPV) ayaa la heli karaa.**

## 2 siyaabood oo loo baaro kansarka afka makaanka:

### Baaritaanka Dheecaanka

Baaritaanka Dheecaanku wuxuu raadshaa isbadellada ku dhaca unugyada afka makaanka oo noqon kara kansar haddii aan la dawayn.



### Baaritaanka HPV

Baaritaanka fayraska 'papillomavirus' ee aadanaha (HPV) waxaa lagu raadshaa fayraska sabab.

## Si looga hortago kansarka afka minka marka aad gaarto...

**21 jir**

bilow Baaritaanka Dheecaanka 3-dii sanaba mar.



**30 jir**

Haddii natiijooyinkaagu aysan wax cilad ah sheegin qaado Baaritaanka dheecaanka 3-dii sanaba mar ama qaado Baaritaanka Dheecaanka iyo baaritaanka HPV labaduba 5-tii sanaba mar.



**65+ jir**

Kala hadal dhakhtarkaaga in aad u baahan tahay inaad sii wado iyo in kale qaadashada baaritaannada kansarka afka makaanka.



**Talaalka HPV ayaa lagu talinayaa in la siiyo ragga iyo dumarka jira 9-26 sano si looga hortago caabuqa HPV, kansarka afka makaanka iyo kasarada kale.**

The human papillomavirus (HPV) is the main cause of cervical cancer. The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers.



HPV waa fayras badanaa dadka ku dhaca la iskuna qaadsiyo galmada. HPV ayaa sidoo kale keeni kara kansarka afka/dhuunta, dabada/futada iyo xubinta taranka ee ragga.

**Miyaadan haysan caymis? Waxaa laga yaabaa inaad u qalanto baaritaanka iyo qiimeynta caafimaadka BILAASHKA ah haddii:**

- ✓ aadan u qalmin caymiska Apple Health ama Medicare
- ✓ aaad jirto 40 ilaa 64 sano, ama kahor 40 haddii qoyskaagu leeyahay taariikh kansar
- ✓ aadan haysan caymis caafimaad

- ✓ dakhligaagu hooseeyo
- ✓ lacag badan caymisku kaaga goosto baaritaannada dabagalka ah
- ✓ Aad ku nooshahay Degmooyinka King, Kitsap, Clallam, iyo Jefferson

## Iska baar Kansarka Afka Minka

Hubi in aad u qalanto baaritaanka bilaashka ah adoo wacaaya Community Health Access Program (CHAP, Barnaamijka Helitaanka Caafimaadka Bulshada) oo aad ka wacayso

