

# KANSARKA MAKAANKA

ee lagu qaado Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

## ARRIMAHA KHATARTA KEENA

- Sigaar
- cabista HPV (Caabuqa caabuqa lagu kala qaado galmada)
- Laciifnimada nidaamka difaaca jirka

## ASTAAMAHA IYO CALAAMADAHA



Dhiig bax aan caadi ahayn



Dheecaan aan caadi ahayn oo ka yimaada xubinta taranka



Xanuun laga dareemo miskaha ama xanuun kale inta galmada la sameynaayo

## HABRAACYADA BAARITAANKA

Ayadoo lagu saleynaayo tallooyinka kooxda Hawlgelinta Adeegyada Ka Hortagga ee Maraykanka (United States Preventive Services Task Force, USPSTF):

- Dadka qaba kansarka makaanka ee jira 21-29: Baaritaanka muunada suufka 3 dii sanaba mar
- Dadka qaba kansarka makaanka ee jira 30-65: Baaritaanka muunada suufka 3 dii sanaba mar ama baaritaanka HPV 5 tii sanaba mar, ama labada baaritaanka oo hal la wada sameeyo 5 tii sanaba mar
- Dadka qaba kansarka makaanka ee jira 65 iyo kuwa kasii wayn: Lama qaadaayo baaritaan haddii taariikh ahaan baaritaankaagu caadi ahaa

## KAHORTAGA

- Hel talaalka HPV Iska dhaaf
- sigaar cabista
- Samee galmada badqabka ah
- Samee jimicsi maalin kasta
- Cun cuntooyin caafimaad leh
- Samee baaritaanadaadii ugu dambeeyay

## WAAN KU CAAWIN KARNAA:

- Raadi dhakhtar kansar
- Hel dookhyada tijaabada caafimaadka ama iska diiwaangeli
- Ku xirnoow adeegyada laga heli karo isbitaalada UMN iyo rugaha caafimaadka
- Hel khayraadka loogu talagalay bukaanada, qoysaska, iyo daryeel bixiyaasha

**Wac (612) 624-2620 ama iimayl u dir [ccinfo@umn.edu](mailto:ccinfo@umn.edu)**

*Iskaan mari Ilaha Xiriirka  
Bulshada iyo Ka qaybgalka*



umncancer



MasonicCancerCenter



UMNCancer