Kaansarka naasaha ku dhaca in lagaa baaro ayaa ilaalin karta caafimaadkaaga

Haweenka, dadka Ruuxa Dheddig-laboodka leh (Two-Sprit people), dadka labeebka ah (trans) iyo dadka aan labada-jinsi toona ahayn (nonbinary) oo ay da'aadoodu tahay 40 ama ka weyn ayaa laga baari karaa kaansarka ku dhaca naasaha.

Iska baaridda kaansarka naasaha ku dhaca

Iska baaridda kaansarka naasaha ku dhaca iyadoo la adeegsanayo raajada naaska (mammogram) ayaa gacan ka geysan kara in waqti hore la oggaado kaansarka, xilligaasi oo ay daaweyntu leedahay fursad fiican oo ay ku shaqeyso.

Si lagaaga caawiyo go'aanka haddii iska baaridda kaansarka naasaha ay kugu habboon tahay, la hadal dhakhtarka qoyskaaga ama kalkaaliso caaafimaad oo xirfadle ah. Haddii ay da'daadu u dhaxeyso 40 ilaa 49, waxaad sidoo kale waci kartaa Health811.

Sida loo qabsado ballanta raajada naaska (mammogram)

Raajada naaska (Mammograms) waa mid ammaan ah, lacag la'aan ah waxaadna heli kartaa iyadoo aysan kaa soo dalban dhakhtarka qoyska ama kalkaaliso xirfale ah.

Booqo **ontariohealth.ca/breast-screening-locations** ama wac 1.800.668.9304 si aad goob u hesho.

Ontario Health
Cancer Care Ontario

Ma u baahan tahay macluumaadkan oo ah qaab fudud oo la adeegsan karo?
1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca.
Somali CQP-183613