



## Ma doonaysa inaad ka qaybqaadato barnaamijka raajada naasaha?

(This letter contains important information about breast cancer screening. For more information in English and other languages: [www.kreftregisteret.no/en/mammography](http://www.kreftregisteret.no/en/mammography))

Norway waxaa ay xaqq gaar ah usiisay haweenka da'dooda u dhaxaayso 50 ilaa iyo 69 sano in loo diro raajada naasaha (mammografi ) labaadi sanaba mar. Taas oo ulajeedkeedo tahay in la ogaado kansarka oo marxalad hore maraaya, oo sidaas lagu yareeyo dhimashada kansarkaas naasaha gala. Mammografi waa barnaamij deeq dadweeyne ah oo ay hogaaminayso xarunta diwaangelinta kansarka. Ka qayb qaadashadu waa ikhtiyaar.

### Waqtiga casuumada:

### Goobta:

Haddi aadan doonaynin in aad ka qaybqaadato fursadaan /dalabkan ama aad rabtid in aad baddashid saacadda:

Fadlan soo sheeg haddii aadan imaan karin, si dadkale waqtigaaga uga faa`idaystaan.

Markaad go'aansanaysid in aad isticmaashid fursaddaan, waxaan kugula talineynaa in aad akhriso waraaqaha xaqiiqda ee ku lifaaqan / lasocda.

Soo rogg waraaqda si aad uga akhrisatid, lacag bixinta, diyaarinta, iyo macluumaadka la xariira baaritaanka.

Sidoo kale fi iri / eeg [kreftregisteret.no/mammografi](http://kreftregisteret.no/mammografi)

Salaan wacan

*Solveig Hofvind*

Solveig Hofvind,

madaxa Barmaamijka Raajada Naasaha

## **Wac**                      **Hadii aad:**

- Soo martay raajada naasaha lixdii (6) bilood oo lasoo dhaafay.
- Aadid daaweeyn ama baaritaan qalliinka kansarka naasaha kadib. Haddii aad ballan la leedahay dhaqtarkaaga in qayb ka mid aah baaritaanka raajada naasaha ay qabilsanyihiin, uma baahniid inaa so wacdid.
- Aad isticmaashid kursiga cuuryanka ama leedahay naafooyin, ama baahi kale oo fududeeyn ubahaan.

## **Bixinta lacagta iyo kharashka safarka**

- Qiimaha oo karoon ah
- Lacagtu kuma jirto nidaamka kaadhka bilaashka (frikort).
- Waxannu doorbidaynaa inaad ku bixiso kaadhka baanka. Waxa kale oo la heli karaa faktuura (jiiro).
- Waa inaad iska bixiso kharashka safarka. Baadhitaanka mammogaraafigu ma ku jiro nidaamka safarrada bukaanka.

## **Siddee isku soo diyaarinaysa?**

- Ha soo marsan powder/ boolbire ama kareemo qaybta naasaha iyo kilkilaha malinta baaritaanka.
- Powder iyo kareemada waxay adkayn karaan qiimaynta sawirrada.
- Fadlan ka fogow carafta udgoon/ isticmaalka barafuunka malinta baritaanka waxay xasaasiyo ku kicinkarta shaqaalaha raajada.

## **Siddee aad natijada / jawaabta u helaysa?**

- Qof walba wuxuu helayaa jawaab qoraal ah
- Sidda caadiga ah waxay qaadataa 2–4 isbuuc.

## **Ka hortagga diwangalinta**

**Diwaanka kansarka:** Waxay diwaan galiyaan macluumaadka la xariira baaritaan kaaga si waafaqsan diwaangalinta kansarka. Macluumaadka waxa loo isticmaala qorshaynta iyo diritaanka casuumaddaha, xaqiijinta, qiimeynta iyo baaris cilmiyeedka barnaamijka kansarka.

Waxaad xaq u leedahay in aad ka hortagto kaydinta macluumaadkaaga shaqsiyeed (Magaca, ciwaanka iyo lambarka dhalashada) oo la xariira baarista kansarka, najiidada caadiga ah waxaa kaydiya diwaanka kansarka.

Warbixinta ku saabsan xuquuqda iyo sidda aad uga hortaggi karto kaydinta, waxaad ka heli karta boogageena websaydka ee ah: [krefregisteret.no/mammografi](https://krefregisteret.no/mammografi)

## **Haadii aadan doonaynin casuumaad?**

Nagu soo wargali websaydkeena, ama kala xariir diwaanka kansarka telefonka ah: 22451300 ama iimaylka: [mammografi@krefregisteret.no](mailto:mammografi@krefregisteret.no)

(iimaylka ha ku dirin lambarkaga dhalashada iyo macluumaadkaga caafimaadkag).