



Fursad cusub oo ku saabsan raajada naasaha (mammografi)

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

Muddo ka hor waxaad heshay casuumad ku saabsan baadhitaan lagu samaynayo naasaha oo la isticmaalayo sawirka raajada ah (mammografi) oo ka timi Barmaamijka Raajada Naasaha. Waxannu hadda ku siinnaynaa fursad cusub oo aad ku isticmaali kartid adeegan.

Waddanka Noorway waxa dhammaan haweenka da'doodu tahay 50 ilaa 69 sanno ay si iskeed ah u helaan fursadda baadhitaanka naasaha ee la isticmaalo sawirka raajada, loona yaqaano baadhitaanka mammogaraafi ga, labadii sannoba hal mar. Ula jeedadu waxay tahay in kansarka naasaha la ogaado xilli hore, si ay u yaraato tirada haweenka ah ee u dhimanaya xanuunkan dartiisa.

Warqadii hore ee aad heshay waxa ku qornaa macluumaad ku saabsan baadhitaanka, iyo xaashixogeed oo ku saabsan faa'idooyinka iyo dhibaatooyinka la socda baadhitaanka mammogaraafi iga. Waa macluumaad faa'ido leh oo aad weli ka heli karto boggaga internetka ee aannu leenahay

Qofka raba balan: Balanta samayso sida ugu dhakhsaha badan, afar billood gudahood.

Haddii aanad rabin casuumadaha, waad noo soo sheegi kartaa si aan laguugu soo dirin waraaqo dambe. Isticmaal macluumaadka xidhiidhka ee ku yaala kor ama boggagayaga internetka.

Eeg bogga kan ku xiga si aad u akhrisato macluumaad ku saabsan Barmaamijka Raajada Naasaha, bixinta lacagta iyo arrimo kale.

Waad iska joojin kartaa in la kaydiyo macluumaadkaaga shakhsiyeed haddii ay caadi noqoto natiijada ka soo baxda Barmaamijka Raajada Naasaha.

Macluumaad kale oo ku saabsan arrintan iyo Barmaamijka Raajada Naasaha waxaad ka helaysaa boggaga internetka kreftregisteret.no/mammografi

Salaan wacan

Solveig Hofvind

Solveig Hofvind,
madaxa Barmaamijka Raajada Naasaha

Waa maxay Barmaamijka Raajada Naasaha, iyo sababta lagu siinayo fursadan?

- Waddanka Noorway waxa dhammaan haweenka da'doodu tahay 50 ilaa 69 sanno ay si iskeed ah u helaan fursadda baadhitaanka naasaha ee la isticmaalo sawirka raajada, loona yaqaano baadhitaanka mammogaraafiiga, labadii sannoba hal mar.
- Barmaamijka Raajada Naasaha waa adeeg dadweyne oo ikhtiyaar ah oo uu hogaamiyo Diiwaanka Kansarka ee Noorway.
- Mammogaraafiiga oo la joogteeyo ayaa ah farsamada ugu wacan ee xilligan lagu ogaan karo kansarka naasaha markuu marayo marxalad bilow ah, si ay u yaraato tirada haweenka ee u dhimanaya xanuunkan dartiisa.
- Baadhitaanka mammogaraafiiga waxa ka iman kara dhibaatooyin, sida khatarta ku saabsan in qofka laga helo oo laga daweyo cudur aan dhib ku noqoteen.
- Warqadii hore ee aad heshay waxa ku qornaa macluumaad kaa caawin kara inaad go'aansato isticmaalka fursadda iyo in kale. Macluumaadkaas si fudud ayaad uga helaysaa boggaga internetka. Isla markaana markale ayaad heli kartaa haddii aad nala soo xidhiidho.

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 mammogaraafiigu ma ku jiro nidaamka safarrada bukaanka.

Muddo intee leeg ayaad isticmaali kartaa fursaddan?

- Waa in balanta la samaysto afar billood gudahood.
- Haddii aannu kaa heli weyno jawaab, waxaad casuumad cusub heli doontaa labo sanno kadib, haddii aad weli jirto da'da loogu talagalay.

Ma rabtaa casuumado kale?

Soo ogeysii Diiwaanka Kansarka adoo isticmaalaya bogga internetka ama teleefonka 22 45 13 00 ama iimayl mammografi@kreftregisteret.no.

Waxannu u baahannahay magacaaga, ciwaankaaga iyo taariikhda dhalashada, iyo inaad noo sheegto in casuumadaha lagaa joojiyo in muddo ah ama weligeedba.

Iska dhaaf inaad e-boos ku soo dirto lambarka dhalashada iyo macluumaadka ku saabsan caafimaadka!