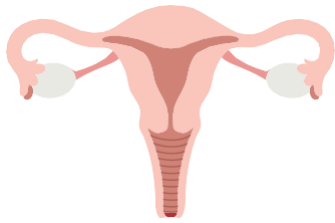


Barnaamijyada baaritaanka kansarka ee loogu talagalay dadka waaweyn

Barnaamijyada Baaritaanka Kansarka ee NHS ayaa gacan ka gaysan kara in xilli hore la ogaado in qofka uu qabo kansar ama halista kansarka, markaas oo ay fududahay in la daaweeyo.

England gudaheeda, waxaa jira afar barnaamijyo qaran oo baaritaanka kansarka ah oo bilaash ah: naaska, mindhicirka, afka ilmo-galeenka iyo sambabbada. In si otomaatig ah laguugu casuumo barnaamijyada baaritaanka ee NHS-ka markii aad u-qalanto, waxaad u baahan tahay inaad ka diiwaangashan tahay xarun GP.

Waxaad GP-gaaga ama xirfadlaha caafimaadkaaga kala hadli kartaa mid ka mid ah barnaamijyada baaritaanka.



Baaritaanka afka ilmo-galeenka

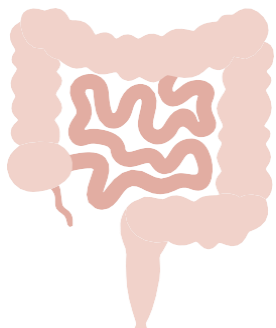
Baaritaanada afka ilmo-galeenka ee lagu raadinayo fayras loo yaqaano human papillomavirus (HPV). HPV wuxuu sababi karaa isbeddelo ku yimaada unugyada afka ilmo-galeenka taas oo isku bedeli karta kansarka ku dhaca afka ilmo-galeenka, sidaas darteed waa muhiim in la aado baaritaanka markii laguugu casuumo.

Yaa yaa loogu talagalay? Qof kasta oo qaba afka ilmo-galeenka oo da'doodu tahay 25-64, oo ay ku jiraan haweenka, dumarka isku bedelay rag iyo dadka aan labada jinsi midna isku aqoonsanayn ee markay dhalanayeen loo aqoonsaday inay yihiin dumar.

Immisa jeer? Shantii sanaba mar.

Sidee looga qeybqaataa? Qof kasta oo xarun GP uga diiwaangashan dumar ahaan oo da'doodu tahay 25-64 waxay si otomaatig ah u heli doonaan warqad casuumaad ah. Haddii aad u maleynaysid inaad marto baaritaanka afka ilmo-galeenka, la hadal GP-gaaga.

Booqo [nhs.uk/conditions/cervical-screening](https://www.nhs.uk/conditions/cervical-screening) si aad u hesho macluumaad dheeraad ah.



Baaritaanka kansarka mindhicirka

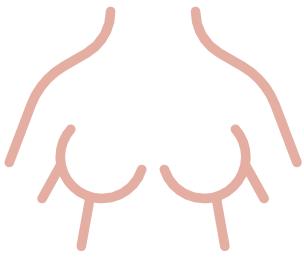
Baaritaanka Kansarka mindhicirka waa tijaabo/baaritaan aad ku sameysid guriga oo raadad dhiig ah looga raadinayo saxaradaada, taas oo noqon karta astaan lagu garto kansarka mindhicirka. Baaritaanka wuxuu gacan ka geysan karaa kahortaga kansarka mindhicirka ama in goor hore la ogaado markaas oo ay fududahay in la daaweeyo.

Yaa yaa loogu talagalay? Qof kasta oo da'doodu u dhaxayso 50 ilaa 74.

Immisa jeer? Labadii sanaba mar.

Sidee looga qeybqaataa? Qof kasta oo ka diiwaangashan xarun GP oo da'doodu u dhaxayso 50 ilaa 74 ayaa xirmada baaritaanka kansarka ee mindhicirka ee lagu isticmaalo guriga oo loo yaqaano FIT (baaritaanka kiimikooyinka saxarada) ku heli doona boostada.

Haddii aad 75 jir tahay ama aad ka weyn tahay, waxaad codsan kartaa xirmada baaritaanka guriga lagu isticmaalo labadii sanaba mar adigoo wacaya khadka caawinta kansarka mindhicirada oo ah **0800 707 6060**.



Baaritaanka naasaha

Baaritaanka naasaha waxaa lagu ogaan karaa kansarka naasaha ka hor inta aan calaamadaha ama astaamaha soo muuqan. Baaritaanka naasaha wuxuu isticmaalaa raajo, oo loo yaqaano 'mammograms/raajada naasaha', si loo raadiyo kansarrada aadka u yar ee aan la arki karin ama la dareemi karin.

Yaa loogu talagalay? Qof kasta oo jira 50 illaa 70 oo leh naaso, oo ay ku jiraan haweenka, dumarka isku bedelay rag, haweenka iyo dadka aan labada jinsi midna ahayn.

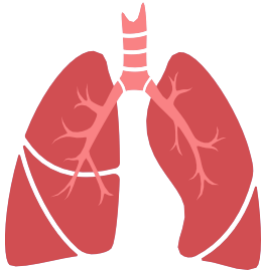
Immisa jeer? Saddexdii sanaba mar. Waxaad casuumaadda ugu horeysa heli doontaa inta u dhaxaysa da'da 50 iyo 53.

Sidee looga qeybqaataa? Qof kasta oo xarun GP uga diiwaangashan dhaddig ahaan oo da'doodu tahay 50 illaa 70 ay si otomaatig ah ayuu u heli doonaa warqad casuumad ah.

Haddii aad ka weyn tahay da'da 71 ama aad u maleynaysid inay tahay inaad maro baaritaanka naasaha, waxaad Adeegga Baaritaanka Naasaha ee London ka wici kartaa **020 3758 2024** si aad ballan u qabsato.

Booqo [nhs.uk/conditions/breast-screening-mammogram](https://www.nhs.uk/conditions/breast-screening-mammogram) si aad u hesho macluumaad dheeraad ah.

Baaritaanka Kansarka Sambabada



Baaritaanka kansarka sambabada ayaa kaa caawin kara in la ogaado kansarka sambabka goor hore, ka hor intaadan yeelan wax astaamo ah. Baaritaanka caafimaadka sambabka ayaa ku lug leh xog-waraysi taleefanka lagaaga qaadayo oo haddii loo baahdo, waxaa lagu marsiin karaa iskaanka CT.

Yaa yaa loogu talagalay? Dadka da'doodu tahay 55 sano illaa 74 ee sigaarka cabba ama sigaar cabbi jiray.

Immisa jeer? Labadii sanaba mar.

Sidee looga qeybqaataa? Haddii aad da'doodu tahay 55 illaa 74 iyo diiwaanka GP-gaaga uu muujinayo inaad sigaar cabto ama aad sigaar cabi jirtay, waxaad boostada ku heli doontaa warqad casuumaad ah.

Haddii aad u maleynaysid inaad maro baaritaanka sambabka, laakiin aadan helin warqad, Adeegga Baaritaanka Kansarka Sambabada ka wac **0800 652 9589**.

Booqo [nhs.uk/conditions/lung-cancer-screening](https://www.nhs.uk/conditions/lung-cancer-screening) si aad u hesho macluumaad dheeraad ah.

Haddii aad isbeddelo ka dareento jirkaaga, xitaa haddii aadan u qalmin baaritaanka kansarka, ama aad dhawaan martay baaritaanka kansarka, la hadal GP-gaaga.

