

# Xaqiiqda Cudurada Galmada (STD)

STD Summary-Som

## Warbixinta Cudurada Galmoodka oo Kooban

### CALAAMADAHA LAGU GARTO

Arag Dhakhtarkaaga ama tag Xarunta  
Caafimaadka haddii aad isku Aragto  
Calaamadahan

#### *Haweenka:*

- Xubinta taranka haweenka oo yeesha dheecaan aan caadi ahayn ama ur
- Hareeraha xubinta taranka haweenka oo laga dareemo gubasho ama cun cun
- Dhiig aan ahayn kii caadada oo ka yimaada xubinta taranka haweenka
- Xanuun laga dareemo sinaha (pelvis) waqtiga galmada
- Xanuun joiogta ah, sababtiisana la aqoon oo laga dareemo sinaha

#### *Ragga:*

- Malax ama dheecaan kale oo ka yimaada xubinta taranka ragga

#### *Ragga iyo Haweenkaba:*

- Finan, buruqyo ama nabarro ka soo baxa dusha ama agagaarka xubnaha taranka, afka ama dabada
- Gubasho iyo xanuun la dareemo marka la kaadinayo ama la saxaroonayo
- Calaamado u eg kuwa hargabka loo yaqaan Flu-ga, oo wata qandho, qarqaryo iyo xanuun
- Gumaarka (meelaha ku wareegsan xubnaha taranka) oo barara

#### **Xusuuso:**

- In cudurro badan oo kuwa galmoodka ahi ayna muujin wax calaamado ah
- Waqtiyo kalena calaamaduhu way baab' aan laakiin cudrku weli waa ku jiraa qofka
- Dadka qaarkii waxay rumaysan yihiin in haddii dhakhtarkoodu dhiig ka qaado marka lagu jiro booqashdooda caadiga ah ee dhakhtarka laga baarayo cudurada galmoodka. Tani waxay noqon kartaa mid aan sax ahayn. Dadku waa inay kala hadlaan dhakhtarkooda cudurada galmada haddii ay khatar ugu sugah yihiin inay qaadaan
- Waxa dhici karta in cudurada galmada aan la baarin xilliyada haweenka loo samaynayo baaritaanadooda caadiga ah ee xubnaha taranka (routine gynecological exams). Ragga iyo Haweenkuba waa inay kala hadlaan dhakhtarkooda cudurada galmada haddii ay khatar ugu sugan yihiin inay qaadaan

### ISU GUDBINTA

Cudurada Galmada Badankood Waxa Fidiya:

- Galmada caadiga ah
- Galmada aan caadiga ahayn
- Iyadoo la wadaago cirbadaha loo adeegsado daroogada la isku duro, kuwa loo adeegsado biraha jirka la suro (body piercing) ama kuwa loo isticmaalo taatuuga (tattooing)
- Hooyo cudurka qabta oo u gubisa ilmaha dhalanaya

### DHIBAATOYINKA KA YIMAADA CUDURKAN

Haddii Aan la Daaweeyn Cudurada Galmada, Qaar ka mid ahi Waxay:

- Ahaan karaan kuwo xanuun badan khatarna ah
- Xubnaha taranka u keeni karaan waxyeello aan laga kabsanin
- Ragga iyo haweenkaba u keeni karaan madhalaysnimo
- Ku fidi karaan dadka ay galmadu ka dhaxayso ama wadaaga cirbadaha
- U gudbi karaan ilamaha dhalanaya, iyagoo u horseedi kara dhibaatooyin culus, iyo xataa dhimasho
- Keeni karaan, wadna xanuun, kala goyyada oo xanuuna (arthritis) indhabeel, maskaxda oo waxyeelowda ama dhimasho

### KA HORTAGGA

Talooyin ku Saabsan Sida loo Yareeyo Fiditaanka Cudurada Galmada:

- Iska ilaalinta galmoodka caadiga ama aan caadiga ahayn waa sida ugu fiican ee lagaga hortegi karo cudurada galmoodka badankooda
- Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay si aad ah wax uga tartaa ka hortagga faafitaanka HIV-ga oo ah fayraska keena AIDS-ka. Sidoo kale, isticmaalka saxda ah joogtadana ah ee bacda galmadu waxay yarayn kartaa khatarta cudurada kale ee galmoodka

# Xaqiiqda Cudurada Galmada (STD)

(ayaa weli sii socota)

STD Summary-Som

- Nabarada ku dhaca xubnaha taranka iyo infekshanka HPV waxay noqon karaan kuwo xubnahaasi kaga dhaca meelaha bacda galmadu (condom) ay dabooli karto. Waxay kaloo ku dhici karaan meelaha ayna bacda galmadu dabooli karin. Bacda galmada, marka loo isticmaalo si joogta ah saxna ah, waxay yarayn kartaa khatarta inaad qaaddo herpes-ka xubnaha taranka, waraabowga, chancroid, iyo HPV-ga kaliya marka bacdu ay ku daboolan tahay meesha cudurka qabta. Waxaa kale oo isticmaalka bacda galmadu yareeyaa khatarta qaaditaanka cudurada kale ee uu keeno HPVinfekshanku sida kansarka ku dhaca albaabka ilma-galeenka (cervix)
- Isticmaal bac galmo oo ku habboon markasta oo aad samaynayso galmo caadi ah ama aan caadi ahayn
- Isticmaal bacada galmada xataa haddii qofka aad galmada la wadaagto kuu sheego in aanu qabin cudurada galmada (dad badani maba oga ama maba rabaan inay toos uga hadlaan taariikhdooda ku saabsan cudurada galmada)
- Weligaa ha la samayn galmood qof looga shaki qabo
- eyo inuu cudurada galmada qabo
- Yaree tirada dadka ay galmadu idinka dhaxayso
- U tag dhakhrakaaga ama aad xarun caafimaad isla markiiba haddii aad iska shakido in cudurada galmada aad qaadday
- Ogeysii dadka ay galmadu idinka dhaxayso isla markiiba haddii aad qaaddo cudurada galmada
- Kula tali dadka ay galmadu idinka dhaxayso inay tahay inay is baaraan daawana qaataan
- Haddii aad tahay qof galmoodka sameeya, iska baar cudurada galmada sannadkii mar ama laba jeer
- Bacda galmada ee haweenka, waa kiish ka samaysan wax rabar oo kale ah (polyurethane pouch) oo la geliyo xubinta taranka haweenka, ayaa galmoodka loo isticmaali karaa marka aan la haynsan bacda galmoodka ragga

## DAAWEYNTA

Haddii Laga Yaabo inaad Cudurada Galmoodka Qaadday:

- Arag dhakhtar ama cid kale oo caafimaadka qaabilsan si lagu baaro laguuna daaweeyo haddii loo maleeyo inaad cudurka qaadday
- Raadso daaweeynta maadaama qaar badan oo ka mid ah cudurada galmada lagu daaweeyn karo antibiyootiko ama daawooyin kale
- Ha isticmaalin waxyaabaha aan daawada ahayn ee la isku dayo in cudurka guriga wax lagaga qabto (home remedies)

## WIXII WARAR DHEERAADA, LA XIRIIR:

Infectious Disease Epidemiology, Prevention and Control Division

Minnesota Department of Health

P.O. Box 9441

Minneapolis, MN 55440-9441

(612) 676-5414; (612) 676-5653 TTY

Khadka Teleefonka ee Qorshaynta Qoyska iyo Cudurada Galmada (STD) ee Minnesota (Minnesota Family Planning and STD Hotline) 1-800-783-2287 Teleefonka caadiga ah /TTY

Khadka Taleefonada Hay'adda Qaranka CDC Qaybta Qaabilsan Cudurada STD iyo AIDS (CDC National STD and AIDS Hotlines) 1-800-227-8922; 1-800-243-7889 TTY