

Cov Kheesxaws Uas Neeg Tsis Mob Coob

Koj puas paub?

Kheesxaws hauv lub qhov ntawm chaw mos, chaw mos, thiab txoj hlab qe menyuum yog cov kabmob kheesxaws uas neeg tsis mob coob.

Leej twg yog tus uas muaj qhov hais tias yuav muaj yam kheesxaws no?

Qhov koj yuav mob cov kheesxaws hais los saum no muaj ntau tuaj yog:

- koj muaj noob nyoog tshaj 50 xyoo lawm
- koj tau muaj kabmob kheesxaws ntawm ncauj tsev menyuum los yog lwm yam kheesxaws nyob ntawm cov chaw uas muaj feem txog kev muaj metub menyuum
- koj tau muaj yam kabmob hu ua HPV uas ua koj qhov chaw mos ua pob thiab hlab

T xoj kev uas yuav pab tau koj ntawm cov kabmob no yog yuav tsum ntshav kom tau tus kabmob thaum ntxov!



Kuv Yuav Ua Li Cas Thiaj Li Yuav Pab Tau Kuv Tus Kheej Ntawm Cov Kabmob Kheesxaws No?

M us ntsib koj tus kws khomob los yog cov neeg uas saib xyuas koj kev mobnkeeg kom muaj:

- kev ntsuam xyuas *pelvic exam* txhua txhua xyoo (uas muaj qhov ntsuam xyuas hauv lub qhov ntawm koj qhov chaw mos thiab koj txoj nyuv qhuav nyob ze ntawm qhov chaw tawm rooj)
- kev ntsuam xyuas *Pap* txhua txhua xyooj
- kev sib tham txog txhua yam uas yuav ua tau kom koj muaj tau kabmob kheesxaws ntawm zes qe menyuum, ntawm ncauj tsev menyuum, thiab ntawm tsev menyuum
- qhia kws khomob txhua yam txawv uas koj mloog tau los koj pom.

Kheesxaws ntawm zes qe menyuum nrhiav tsi tau yooj yim. Yog li ntawd, koj yuav tsum nrog koj tus kws khomob tham kom mee yog koj mloog tau tej yam txawv txav nyob ib ncig ntawm koj lub plab mog. Kws khomob yuav siv qhov kev ntsuam xyuas hu ua *ultrasound* thiab *CA-125* uas yog tso ntshav mus tshuaj xyuas saib koj puas muaj mob kheesxaws zes qe menyuum yog koj yog ib tus neeg uas ntxim yuav muaj yam kabmob no.

Yam Dabtsi Uas Kuv Yuav Ua Tau Los Pab Kom Kuv Tau Txais Kev Nojqab Nyobzoo?

- noj 5 pluag mov uas muaj txiv mab txiv ntoo thiab zaub txhua hnuv
- dhia ua si li 30 feeb los yog na thi txhua txhua hnuv
- txhob pub koj qhov hnyav nce los poob dhau qhov uas yuav ua kom koj tsi tau txais kev nojqab nyobzoo
- xyaum siv hnab thaum nrog txiv neej pw



Cov hnuv tseemceeb uas koj yuav tsum nco:

Hnuv no yog hnuv tim:

Hnuv yuav rov qab tuaj ntsib kws khomob dua:

Npe ntawm lub tsev khomob thiab xov tooj:

Yog xav paub ntxiv, hu rau los yog xyuas ntawm cov chaw *Internet* hauv qab no:

The Cancer Information Service (se habla español)
1-800-4-CANCER, <http://www.cancer.gov/cis>

National Ovarian Cancer Coalition
1-888-OVARIAN, <http://www.ovarian.org/>

Women's Cancer Network
1-800-444-4441, <http://www.wcn.org>

Yog xav tau daim ntawv uas yog luam rau cov neeg tsi pom kev uas siv cov ntawv Braille, cov kawsuab, siv cov ntsiaj ntawv loj los yog *computer disk*, hu xov tooj los sau ntawv mus rau the Office of Women's Health, P.O. Box 95899 MS0027, Sacramento, CA 95899-7413, phone (916) 440-7626, fax (916) 440-7636.



Arnold Schwarzenegger, Governor, State of California
S. Kimberly Belshé, Secretary, Health and Human Services Agency
Sandra Shewry, Director, California Department of Health Services

Daim ntawv feeb mee no muaj nyob hauv OWH qhov Web Site: www.dhs.ca.gov/director/owh.

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Mob Kheesxaws (Cancer) Ntawm Cov Chaw Muaj Feem Txog Kev Muaj Metub Menyuum...



Yam Uas Txhua Tus Poj Niam Yuav Tsum Paub

