



75 sano ka dib... ma joojin doonaa mase waa sii wadi doonaa baarista naaska?

Waa kan macluumaadka qaarkiis si lagaaga caawimo inaad go'aan ka gaarto inaad joojiso ama sii wado is-baarida.

- Waxaa jirta caddaynta faa'iidada guud ee dumarka jira 50-74 oo joogto isaga baara naasaha. [*Ururka Caafimaadka Adduunka (WHO)*]
- Markaad gaarto 75 sanadood laguuma soo dirayo warqad ku xasuusinaysa inaad baaritaan iskaga samayso naaska.
- Ma jirto wax caddayn cilmiyeed oo dumarka ka weyn 75 sano oo ka qaybgelayey barnaamijka baarista kansarka naaska oo keentay dhibaato ka badan faa'iidada.
- Waxaanu kugula talinaynaa inaad aragto dhakhtarkaaga guud si aad ugala hadasho baarista naaska.
- Maadama khatarta kansarka naasku la siyaado da'da, haddaad iska dareento wax aan caadi ahayn sida buruq ama wax ibta ka imanaya, isbedel maqaarka, ama xanuun joogto oo cusub oo naaska, fadlan degdeg u arag dhakhtarkaaga.

Macluumaadka intaas ka badan fadlan wac 13 20 50.

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