

## Lus Sam Fwm

- ◆ Mus kuaj **ncauj tsev me nyuam** txhua xyoo tom qab koj muaj 21 xyoos los sis raws li koj tus kws kho mob hais.
- ◆ Mus kuaj hauv lub nrog cev chaw mos
- ◆ Txhaj **Tshuaj (VACCINATE)** (Hnub nyooog 9-26 xyoo)

## Tej Lus Tseeb

- ◆ Feem ntau neeg mob cancer ncauj tsev me nyuam los ntawm tus kab mob **HPV infection**. Yog tias tus kab mob HPV tsis txawj zoo, nws yuav txia tau mus ua kab mob cancer.
- ◆ **Tus neeg twg uas** muaj kev sib deev muaj feem tau tus kab mob HPV, **txiv neej** los yeej tau tib yam thiab.
- ◆ Yog siv **tshuaj kom txhob muaj me nyuam (birth control)** mus ntev li **5 lub xyoos** kuj ua tau rau tus poj niam ntawd muaj feem tau kab mob cancer ncauj tsev me nyuam.
- ◆ Yog tias koj mus kuaj ncauj tsev me nyuam tsis muaj teeb meem dab tsi ces koj tus kws kho mob yuav kom koj mus kuaj **3 xyoos ib zaug**; tab sis, yog muaj teeb meem, koj tus kws kho mob yuav kom koj mus kuaj ib xyoo ib zaug.

## Kev Pab Cuam

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Hmong Health, Inc.

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Wisconsin Well Woman Program

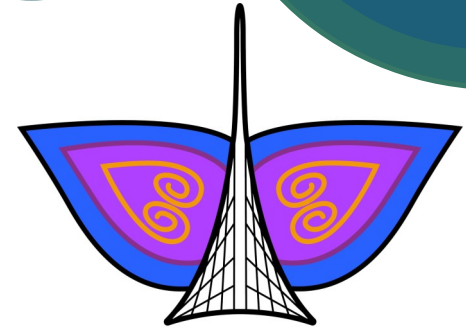
Prevent Cancer Foundation

American Cancer Society

[CDC.gov](http://CDC.gov)



Yog muaj lus nug los sis xav paub ntxiv, thov hu xov tooj rau peb cov **Community Health Workers**. Peb yuav zoo siab thiab txaus siab pab koj nrhiav cov kev pab cuam nyob rau koj lub zos.

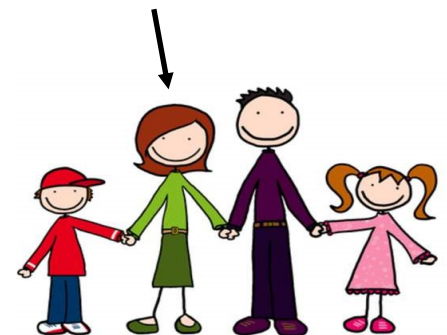


MILWAUKEE CONSORTIUM  
FOR HMONG HEALTH, INC.

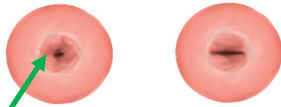
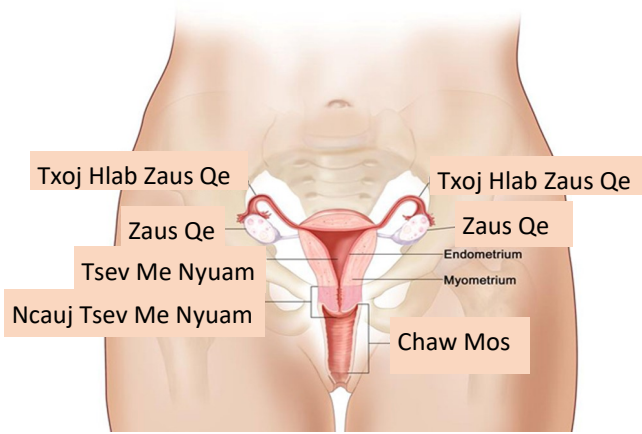
# Cancer Ncauj Tsev Me Nyuam



Yog Dab Tsi Thiab  
Yuav Ua Li Cas



# Ncauj Tsev Me Nyuam Yog Dab Tsi?



## Nws txoj hauj lwm yog dab tsi:

Lub ncauj tsev me nyuam yog **qhov thaiv** lub tsev me nyuam ntawm qhov chaw mos.

Nws **txawj qhib** thiab **rua** thaum leej niam **yug me nyuam** kom tus me nyuam tawm tau los.

Nws **qhib me me** thaum lub sij hawm tus poj niam **coj khaub ncaws** los sis **yaug cev**.

Nws **tiv thaiv** los sis **cia** kom tus poj niam suab tau me nyuam.

# Tej Yam Mob Qhia Tias Mob Cancer Ncauj Tsev Me Nyuam

- ◆ Tawm tej yam txawv hauv chaw mos (tsis yog yaug cev los sis koj khaub ncaws)
- ◆ Tawm paj los sis los ntshav me me tsis zoo li thaum koj khaub ncaws
- ◆ **Hnov mob** chaw mos thaum lub sij hawm sib deev
- ◆ **Mob chaw mos (Pelvic Pain)**

## Leej Twg Muaj Feem Tau Yam Cancer No Mob No

- ◆ Tus kab mob **Human Papillomavirus (HPV)** yog ib yam kho tsis tau li, uas kis mob rau cov noob nqaij nyob ntawm daim tawv nqaij, cheeb tsam ntawn chaw mos, qhov quav, qhov ncauj thiab caj pas. HPV ua rau nqaij hlav ua cos (**papilloma warts**) uas nws mam li zoo nws xwb. Muaj tshuaj txhaj rau cov me nyuam yaus.
- ◆ **Chlamydia infection** yog ib hom kab mob uas kho tau yog nrhiav tau ntxob thaum kuaj chaw mos. Tiam sis, yog tsis kho, yuav ua mob rau hauv qhov chaw mos, yuav xeeb tsis tau me nyuamm, ces yuav tig tau mus ua cancer.
- ◆ **Tsev neeg muaj keeb kwm mob cancer ncauj tsev me nyuam**

# Kev Tiv Thaiv

## Kuaj Ncauj Tsev Me Nyuam/ Kuaj Chaw Mos

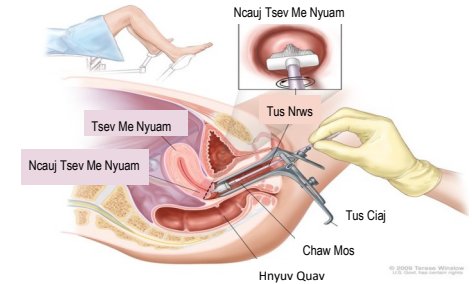


Fig. 17-10. Bimanual palpation of the uterus.

- ◆ **Koob tshuaj HPV:** (muaj ntawv qhia txog)
- ◆ **Siv hnab looj (condoms)** thaum sib deev
- ◆ **Tsis txhob deev ntau tus neeg**
- ◆ **Tsis txhob haus luam yeeb**
- ◆ **Dhia kom ib ce ntxhee (Exercises):** Yam tsawg yuav tsum dhia kom tawm hws li 2.5 xuab moo hauv ib vas thiv
- ◆ **Ceeb faj txog tej yam tsis zoo nyob puag ncig yus**