Mob Kheesxaws Ncauj Tsev Menyuam (Cervical Cancer)…

Kuv Yuav Ceev Faj Txog Yam Dabtsi?

Kabmob kheesxaws ntawm lub ncauj tsev menyuam ntau zaus yuav tsi muaj yam qhia ntxov rau koj hais tias koj muaj mob. Yog li ntawd qhov tseem ceeb cov poj niam yuav tsum tau muaj qhov kev ntsuam xyuas hu ua *Pap* kom raws sijhawm. *Pap* yog ib qhov kev ntsuam xyuas uas kws khomob yuav tau muab cov tawv nqaij me me ntawm lub ncauj tsev menyuam coj mus tshuaj xyuas saib puas muaj mob dabtsi. Ntau zaus yog txog thaum muaj yam qhia hais tias mob kheesxaws lawm, tus kabmob twb huam mus thoob ib ce lawm. Yog li ntawd, koj yuav tsum qhia rau koj tus kws khomob sai li sai tau yog koj muaj tej yam li hauv qab no:

- Muaj tej yam txawv tawm hauv koj qhov chaw mos los (uas tsi yog koj coj khaub ncaws);
- Pom ntshav los yog los ntshav me ntsis uas tsis yog koj coj khaub ncaws;
- Los ntshav los yog mob lub sij hawm nrog txiv neej pw.

Tej yam li hais los saum no txhais tsi tau hais tias koj muaj kabmob kheesxaws. Lwm yam mob los kuj ua tau kom koj muaj tej yam li hais los saum no thiab. Yog li ntawd koj yuav tsum mus nrog koj tus kws khomob tham thiaj li yuav paub meej.

Dabtsi Ua Tau Kom Kuv Txoj Kev Yuav Mob Kheesxaws Ntawm Ncauj Tsev Menyuam Muaj Ntau Ntxiv?

Cov uas yuav ua tau koj txoj kev mob kheesxaws ntawm ncauj tsev menyuam muaj ntau ntxiv yog:

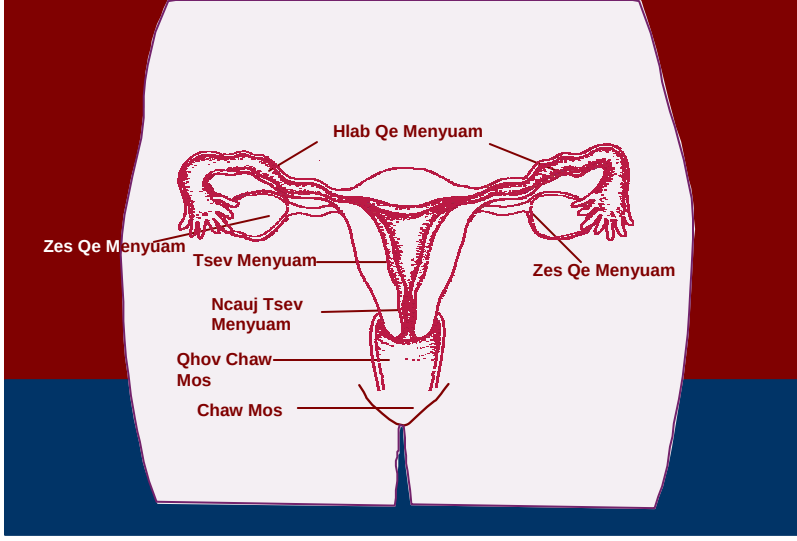
- Nrog txiv neej pw thaum tsi tau muaj noob nyoog txaus;
- Nrog tshaj li ib leeg txiv neej pw;
- Nrog ib tus txiv neej uas nws tau deev ntau ntau tus poj niam pw;
- Muaj ib yam kabmob hu ua (*human papilloma virus*) uas ua rau koj qhov chaw mos ua pob thiab hlav. Tsis yog txhua txhua tus poj niam uas muaj yam kabmob no yuav mob kheesxaws ncauj tsev menyuam;
- Haus luam yeeb;
- Muaj yam kabmob HIV (HIV yog yam kabmob uas ua tau neeg mob Ej (*AIDS*));

Yam Uas Txhua Tus Poj Niam Yuav Tsum Paub

- Muaj yam kabmob hu ua hawb pim (*herpes*) thiab (*chlamydia*). Hawb pim yog ib yam kabmob uas ua rau koj qhov chaw mos tawm hlwv (Cov kabmob no yog kis tau los ntawm kev sib deev, Asmesliskas hu ua *Sexualy Transmitted Diseases* log yog STD);
- Siv tshuaj txwv kom txhob muaj me nyuam los tau ntau xyoo lawm;
- Noj cov zaub mov uas tsis muaj txiv mab txiv ntoo thiab zaub txaus;
- Yog ib tus neeg rog;
- Muaj niam los yog ib tus viv ncaug uas mob kheesxaws ntawm ncauj tsev menyuam;
- Tsi muaj kev ntsuam xyuas *Pap* raws sij hawm.

Kuv Yuav Ua Li Cas Thiaj Li Yuav Pab Nrhiav Tau Tus Kabmob Kheesxaws Ncauj Tsev Menyuam Kom Ntxov?

- Cov poj niam uas nrog txiv neej pw los yog muaj 18 xyoo rov saum yuav tsum tau muaj txoj kev ntsuam xyuas hu ua *pelvic exam* txhua txhua xyoo.
- Com poj niam uas nrog txiv neej pw yuav tsum muaj txoj kev ntsuam xyuas *Pap* txhua txhua xyoo 3 xyoos tom qab uas nws nrog thawj tus txiv neej pw los yog thaum nws muaj 21 xyoo, nyob ntawm saib ob lub sij hawm no lub twg los txog ua ntej. Tej zaum koj tus kws khomob yuav qhia hais tias tsi tas yuav muaj txoj kev ntsuam xyuas *Pap* txhua txhua xyoo yog hais tias koj muaj noob nyoog tshaj 30 xyoo thiab lwm yam nyob hauv koj lub cev ua hauj lwm zoo.
- Txoj kev ntsuam xyuas *Pap* yuav pom tej yam uas qhia hais tias yuav mob kheesxaws. Yog paub thiab kho ntxov yuav txwv tau tus kabmob kheexaws ncauj tsev menyuam kom ploj mus.
- Lub sij hawm koj muaj koj qhov *pelvic exam*, kws khomob yuav xyuas saib koj cov khoom nyob ib ncig ntawm koj lub plab mog puas loj, me, los zoo li cas. Qhov *pelvic exam* yuav pab kws khomob paub txog lwm yam kabmob uas poj niam muaj, tabsis yuav qhia tsis tau hais tias saib koj muaj kheesxaws ncauj tsev menyuam los tsi muaj. Yuav kom paub, koj yuav tsum muaj qhov kev ntsuam xyuas *Pap*.



Kho Kabmob Kheesxaws Ncauj Tsev Menyuam Yuav Kho Li Cas?

Muaj ntau txoj kev uas kws khomob yuav siv los kho kabmob kheesxaws ncauj tsev menyuam. Yog qhov kev ntsuam xyuas *Pap* pom cov tawv nqaij ib ncig ntawm lub ncauj tsev menyuam txawv thiab zoo tsis xws cov tawv nqaij uas tsis muaj kabmob lawm, kws khomob yuav muab qhov ntawd hlais tawm los yog muab tshuaj tua qhov ntawd kom txhob chiv mus ua kheesxaws. Txoj kev yuav siv los kho yuav los ntawm tus kabmob saib nws huam mus txog li cas hauv lub nrog cev lawm.

Kev kho tej zaum yuav siv li ib los yog ob peb txoj kev hauv qab no:

- Hlais tawm;
- Siv hluav taws xob hlawv;
- Txhaj tshuaj hle plaub hau.

Txhua tus pojniam uas nrog txivneej pw los yog muaj 18 xyoo yuav tsum muaj txoj kev ntsuam xyuas *pelvic exam* txhua txhua xyoo.

Qhov Kuv Tseem Yuav Muaj Txoj Sia Nyob Muaj Ntau Npaum Li Cas Tom Qab Muaj Kabmob Kheesxaws Ncauj Tsev Menyuam Lawm?

Yog nrhiav tau thiab kho ntxov, nws yuav kho tau xwb. Niaj hnub no muaj cov poj niam uas muaj txoj kev ntsuam xyuas *Pap* coob zuj zus. Qhov no pab kws khomob nrhiav pom kabmob kheesxaws ncauj tsev menyuam ntxov zuj zus. Yog li ntawd, muaj kev ntsuam xyuas *Pap* txhua txhua xyoo yuav yog txoj hauv kev uas yuav nrhiav tau tus kabmob kheesxaws ntxov. Yog hais tias nrhiav tsis tau thaum ntxov, kheesxaws ntawm ncauj tsev menyuam yog ib yam kabmob uas kho nyauj heev.

- Ze li 9 leeg ntawm 10 tus poj uas mob yam kabmob no (85%) yuav nyob li 5 xyoo los ntev dua yog nrhiav tau tus kabmob ua ntej nws huam mus dhau ntawm lub ncauj tsev menyuam.

Qhia koj tus kws khomob yog koj muaj tej yam li hais los saum no. Nrog koj tus kws khomob tham yog koj muaj lus nug txog koj kev mobnkees los kev khomob. Koj tus kws khomob yuav qhia tau koj ntau yam txog kev mob kheesxaws ntawm ncauj tsev menyuam.

Tau Qhov Twg Los: California Cancer Registry (CDHS/CSS)
American Cancer Society Facts and Figures 2004.

Yog xav tau daim ntawv Feebmeej ntawm no mus luam tau nyob hauv California Department of Health Services Office of Women's Health web site: www.dhs.ca.gov/director/owh.

Arnold Schwarzenegger, Governor
State of California

S. Kimberly Belshé, Secretary
Health and Human Services Agency

Sandra Shewry, Director
Department of Health Services

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