



**Kheesxawj Zaus Qe
Menyuam...**

**Nws Hais Lus Ntxhi,
Yog Li Ntawd
Mloog Zoo.**

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Hmong Women's Heritage Association



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xav kom koj paub txog ...

Cov Keb Pib Mob Kheesxawj Zaus Qe Menyuum Yog Li Cas:

- Plab tsam tsam
- Mob ob sab ntsag thiab lub plab mog
- Tsis qab los noj zaub mov, noj me ntsis xwb tsau tsau nplab lawm
- Muaj teebmeem txog kev tso zis (zoo li phee dim zis los yog ib sij tso zis)

Cov Keb Pib Mob Es Muaj Tsawg:

- Qaug zog/lub zog ntaug, Mob plab kem, Mob nrob qaum, Tso quav tawv, Coj khaub ncaws tsis raws caij, Mob thaum nrog txiv neej pw

Yog cov kev pib mob no mob tshaj li ob asthiv, nug koj tus kws kho mob seb koj puas yuav tau mus ua cov kev sojntsuam xws li kev kuaj chaw mo thiab plab mog, xoo fais fab qhov chaw mos, los yog kev kuaj ntshav CA-125.

Cov Kev Muaj Feem Mob Kheesxawj Zaus Qe Menyuum Yog:

- Los ntawm caj ceg
- Koj los koj tsev neeg tau muaj kheesxawj mis, los yog kheesxawj zaus qe menyuum, los yog kheesxawj ntawm txoj hnyuv laus thaib hnyuv nplos qho quav
- Pib muaj rau thaum neeg laus zuj zus
- Cev tsis tau xeeb tub los yog yug menyuum dua ib zaug li

Cov Ntsiab Lus

- Txhua tus pojnim yeej muaj feem mob kheesxawj zaus qe menyuum
- Yeej muaj kev pib mob— tiamsis paub tsis meej, ntev mus yuav mloog tau cov kev pib mob no mob loj zuj zus.
- Yog tias nrhiav tau tus mob kheesxawj zaus qe menyuum thaum ntxov, feem ntau yuav kho tau zoo dua.
- Kev kuaj ncauj tsev menyuum (pap test) yeej kuaj tsis tau kheesxawj zaus qe menyuum

Cov kev pib mob kheesxawj zaus qe menyuum thaum ntxov yeej tsis hnov mob loj, lawv mob twj ywm; lawv hais lus ntxhi, yog li ntawd mloog zoo.

Yog xav paub ntxiv txog tus mob kheesxawj zaus qe menyuum hu rau:

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(916) 394-1405
www.hmongwomenheritage.org



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