



Hu mus teem caij mus kuaj ncauj tsev menyuam HNUB NO, ntawd koj tus kw kho mob los yog chaw kho mob hauv zog.

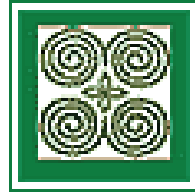
Kuv lub sij hawm mus kuaj ncauj tsev menyuam.

Hnub _____

Sij Hawm _____

Chaw _____

Xov Tooj _____



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*English Version: Pap Test for Older Women
Produced by NCI*

Illustration By: France Vu

Kev Kuaj Ncauj Tsev Menyuum Rau Cov Poj Niam Laus

**YOG IB QHOV KEV KUAJ
UAS ZOO RAU KOJ LUB
NEEJ**



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1. Kev kuaj ncauj tsev menyuam yog dab-tsi?

- ◆ Kev kuaj ncauj tsev menyuam yog ib qhov kev kuaj uas yuav nrhiav tau tus mob ua ntej nws ua kheesxawj. Qhov kev kuaj no kuj nrhiav tau kheesxawj ncauj tsev menyuam thaum ntxov, ces yuav kho tau zoo dua.

2. Puas muaj tseeb hais tias kuv muaj kheesxawj ncauj tsev menyuam es kuv tsis paub tias kuv muaj?

- ◆ Muaj tseeb– feem ntau yeej tsis hnov mob los yog tsis muaj kev pib pom li cas.

3. Yog kuv lub cev tsis ntaf lawm, kuv puas yuav tseem tau mus kuaj ncauj tsev menyuam?

- ◆ Feem ntau cov poj niam yuav tsum mus kuaj ncauj tsev menyuam. Qhov no yog nyob ntaf koj li lub hnuv nyoog thiab cov kev kuaj ncauj tsev menyuam yav tag los. Nrog koj tus kw kho mob tham seb qhov twg thiaj li zoo rau koj.

4. Yog kuv tau tsho tsev menyuam tawm lawm, kuv puas tseem yuav tau mus kuaj ncauj tsev menyuam?

Tom qab koj phais tsev menyuam lawm, koj tseem yuav tau mus kuaj ncauj tsev menyuam yog hais tias:

- ◆ Koj tsho tsev menyuam tawm (partial hysterectomy) qhov kev phais no tsho lub tsev menyuam tabsis tsis tsho lub ncauj tsev

- ◆ Koj tau tsho tsev menyuam thiab ncauj tsev menyuam (total hysterectomy). Qhov kev phais no yog siv los kho keesxawj ncauj tsev menyuam.

Koj yuav tsis tau mus kuaj ncauj tsev menyuam yog hais tias koj tau mus tsho tsev menyuam thiab ncauj tsev menyuam vim yog lwm yam kev mob. Nrog koj tus kw kho mob tham seb qhov twg yuav zoo rau koj.

5. Yog kuv tsis nrog txiv neej pw lawm, kuv puas tseem mus kuaj ncauj tsev menyuam?

- ◆ Cov poj niam uas tsis nrog txiv neej pw lawm los tseem yuav tau mus kuaj. Feem ntau mob kheesxawj ncauj tsev menyuam vim yog kis tau tus kab mob Human Papillomavirus (HPV) los ntaf kev sib dheev. Tus kabmob no nyob tau rau hauv yus lub cev mus lawm ntau xyoo.

6. Kev kuaj ncauj tsev menyuam yuav mus pes tsawg zaus?

- ◆ Peb lub xyoo twg mus kuaj ib zaus. Yog tias muaj 65 xyoo tsov saum, nrog koj tus kw kho mob tham seb koj puas tseem yuav tau mus kuaj. Koj thiab koj tus kw kho mob mam li txiav txim seb koj yuav kuaj pes tsawg zaus.

7. Kuv mus kuaj ncauj tsev menyuam qhov twg?

- ◆ Kw kho mob lub chaw kho mob
- ◆ Chaw kho mob loj
- ◆ Chaw kho mob hauv zos.

8. Kev kuaj ncauj tsev menyuam?

- ◆ Tus kw kho mob yuav hais kom pw ntafwm lub rooj kuaj mob. Tus kw kho mob yuav

siv ib tus ciaj mus tsua qhov chaw mos thiaj li yuav pom lub ncauj tsev menyuam. Tus kw kho mob mam li siv ib tug pas los nkaus cov noob nqaj seb puas muaj mob dabtsi. Qhov kev kuaj no yuav siv li 2 rau 3 feeb xwb.

9. Kev kuaj ncauj tsev menyuam tseem ceeb vim hais tias:

- ◆ Nws yuav pab nrhiav tau cov noob nqaj es hlav tsis zoo losis txawv txav es nws yuav ua tau kheesxawj.
- ◆ Nws yuav qhia tau tias koj pib mob kheesxawj ncauj tsev menyuam. Yuav kho tau zoo yog hais tias nrhiav tau tus mob thaum ntxov.

10. Medicare puas yuav pab them tus nqi?

- ◆ Medicare pab them kev kuaj ncauj tsev menyuam 2 xyoo twg ib zaus. Yog tias koj muaj kev kuaj ntxiv, tej zaus Medicare tseem yuav them thiab. Yog xav paub ntxiv txog Medicare kev pab them kev kho mob, mus saib nyob rau www.medicare.gov losis hu rau 1-800-MEDICARE (1-800-633-4227). Cov neeg tsis hnov lus hu rau 1-877-486-2048.

Yog xav paub ntxiv txog kev kuaj ncauj tsev menyuam, hu tau rau koom haum Hmong Women’s Heritage Association (916-394-1405).

Yog xav paub ntxiv txog kev kuaj ncauj tsev menyuam...

Mus saib National Cancer Institute’s rau ntafwd www.cancer.gov losis hu rau National Cancer Institute’s Cancer Information Service 1-800-4-CANCER (1-800-422-6237) Cov neeg tsis hnov lub hu rau 1-800-332-8615.