



Pib Koj Txoj Hau Kev mus rau Kev Noj Qab Nyob Zoo

MUAB KEV NOJ QAB NYOB ZOO UA QHOV
SAIB RAU NQI RAU KOJ LUB NEEJ.



Mus Kuaj Ncauj Tsev Me Nyuam Txog Kab Mob Khees Xaws

YAM KOJ YUAV TAU PAUB HAIS TXOG KOJ LI KEV MUS KUAJ NCAUJ TSEV ME NYUAM

Tsab xov los ntawm CalViva Health thiab lub Koom Haum Mes Kas Txog Mob Khees Xaws (American Cancer Society).



Kej Kuaj Ncauj Tsev Me Nyuam (Pap Test) yog dab tsi?

Kej kuaj Ncauj Tsev Me Nyuam tuaj yeem saib pom cov yam ntxwv mob khees xaws nyob rau qib pib. Ncau sij hawm ua kev kuaj no, koj tus kws kho mob yuav kuaj koj lub ncauj tsev me nyuam (cheeb tsam qis zog ntawm koj lub tsev me nyuam, los sis lub zes tsev me nyuam) rau cov hnoob nqaij uas txawv li ib txwm muaj.

Ua cas thiaj yuav tau mus ua kev kuaj Ncauj Tsev Me Nyuam?

MUAJ PEB YAM ZOO!

1

Rau koj kev noj qab haus huv!

Qhov kev kuaj Ncauj Tsev Me Nyuam yuav pab nrhiav tau qhov ncauj tsev me nyuam muaj mob khees xaws, ua ntej koj yuav pib hnov mob.

Nws yog ib qho tseem ceeb heev yuav tau los ua kev kuaj:

- tab txawm koj twb tsis hnov mob li los sis tsis muaj cov tsos mob li los xij,
- tab txawm koj ua neej nyob yam muaj kev noj qab haus huv, thiab
- tab txawm kab mob khees xaws yuav tsis muaj nyob hauv koj tsev neeg los xij.

2

Kom koj nyob kaj siab lug!

- Kev nrhiav pom khees xaws thaum ntxov yuav yog ib yam zoo.
- Koj qhov kev muaj feem cawm dim yuav siab zog yog tias nrhiav pom ua ntej lawm, thaum nws tseem me thiab kho tau yooj yim.

3

Rau koj tsev neeg!

- Yog tias nrhiav pom mob khees xaws ua ntej thiab pib kho, koj tuaj yeem yuav muaj kev noj qab haus huv zoo sai zog.
- Tsis txhob tos kom txog thaum koj hnov muaj mob.

Qhov 5-xyoos qib kev cawm dim rau mob khees xaws ncauj tsev me nyuam kev nrhiav pom ua ntej thiab yog qib tseem nyuam qhuav pib muaj yog 92%.¹

¹<https://www.cancer.org/cancer/cervical-cancer/detection-diagnosis-staging/survival.html>

Thaum Twg Koj Thiaj Yuav Tau Ua Qhov Kev Kuaj Ncauj Tsev Me Nyuam?

Sib tham nrog koj tus kws kho mob txog ntawm qhov uas koj yuav tau ua kev Kuaj Ncauj Tsev Me Nyuam npaum li cas. Nov yog lus qhia rau tib neeg feem coob:

21-29 xyoos

Mus txais kev Kuaj Ncauj Tsev Me Nyuam **txhua txhua** **3 xyoos.**

30-65 xyoos

Mus txais kev Kuaj Ncauj Tsev Me Nyuam thiab kuaj Mob Sawv Pob (HPV)² zaug **txhua txhua** **5 xyoos.**

! Txhua zaus uas koj hnov tias muaj qee yam hloov pauv los sis muaj qee yam hnyav siab txog ntawm koj lub ncauj tsev me nyuam, sib tham nrog koj tus kws kho mob.

Yam Yuav Tau Ua Ncua Sij Hawm Ua Kev Kuaj Ncauj Tsev Me Nyuam.

Kauj ruam thib ib yog los teem caij nrog koj tus kws kho mob lub chaw ua hauj lwm. Nov yog qee yam cim tseg rau hauv siab.

- Ncua sij hawm ua kev Kuaj Ncauj Tsev Me Nyuam, koj tsuas tau hle khaub ncaws txij lub duav rov nrao li ntawm 10-15 feeb.
- Koj tus kws kho mob xav kom koj muaj qhov xis nyob. Koj tuaj yeem tso tseg qhov kev kuaj tau txhua lub sij hawm.
- Koj qhov kev Kuaj Ncauj Tsev Me Nyuam yog tau txais kev pab them rau.



Teem sij hawm rau koj qhov kev Kuaj Ncauj Tsev Me Nyuam hnuv no. Hu rau tus xov tooj nyob sab nraum qab ntawm koj daim npav ID CalViva Health.

²Ua kev Kuaj Kab Mob Sawv Ua Pob (HPV) zaug seb puas muaj mob HPV, tus kab mob no yuav tuaj yeem tsim ua rau muaj mob khees xaws ncauj tsev me nyuam.



Tom Ntej Yuav Zoo Li Cas?

Yog koj paub tsis meej tias puas tau txog hnuv mus kuaj Ncauj Tsev Me Nyuam (Pap test), sib tham nrog koj tus kws kho mob hnuv no. Nws tuaj yeem pab koj txiav txim seb thaum twg mam ua koj li kev kuaj Ncauj Tsev Me Nyuam, thiab koj yuav mus txais qhov kev kuaj npaum li cas; nws yuav muaj qhov sib txawv uas saib raws koj lub hnuv nyoog thiab keeb kwm ntawm koj tsev neeg.



Yog koj paub tias txog sij hawm uas koj li kev kuaj Ncauj Tsev Me Nyuam lawm, teem sij hawm hnuv no! Yog tias koj xav tau kev pab teeb qhov kev mus cuag kws kho mob, hu rau tus naj npawb xov tooj nyob sab nraum qab ntawm koj daim npav ID tswv cuab CalViva Health.

Qhov ntaub ntawv no tsis yog tsim los hloov tam qhov kev saib xyuas kho mob tshaj lij. Thov nco ntsoov ua raws li koj tus kws muab kev saib xyuas kev kho mob cov lus qhia. Cov khoos kas thiab cov kev pab cuam yuav muaj kev hloov pauv.

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Thov ua raws cov kauj ruam no los teem sij hawm thiab nco ntsoov koj lub sij hawm mus cuag kev kuaj mob!

Kuv yuav hu kuv tus kws kho mob ntawm (_____) _____ - _____ los teem sij hawm ua kuv li kev kuaj Ncauj Tsev Me Nyuam.

Kuv li hnuv tim/sij hawm teem caij yog: _____

Muab qhov ceeb toom kom ras txog tso rau qhov chaw uas koj yuav pom txhua hnuv.