



## IZIFO ZOMHLAZA EZIKHULU EZI-5 EMZANTSI AFRIKA

# #2 Umhlaza woMlomo wesiBeleko

### UBUSAZI?

Umhlaza woMlomo wesiBeleko ukwinqanaba lesi-2 lokuxhaphaka kwemihlaza echaphazela abantu basetyhini eMzantsi Afrika

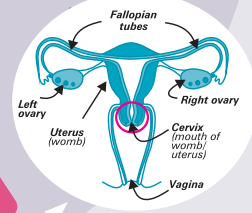


## Yenza ii-PAP SMEAR rhoqo

Umhlaza woMlomo wesiBeleko unganyangeka xa ubhaqwe ze waxilongwa kwangoko

I-Pap Smear = luhlolo lomlomo wesiBeleko oluthembakeleyo olunceda ekubhaqeni Umhlaza woMlomo wesiBeleko - kuhlolwa iiseli zomlomo wesiBeleko

Abantu basetyhini abaneminyaka eli-18 ukuya kuma-25 abakhe babelana ngesondo kufuneka benze i-Pap Smear qho emva kweminyaka emi-3, okanye emi-2 emva kokwabelana ngesondo okokuqala (leyo iza mva), ze umntu aqhubeka de afikelele kwiminyaka engama-70.



### Ii-Human Papilloma viruses (HPVs)

Phantse yonke imihlaza yomlomo wesiBeleko yenziwa yiHPV - intsholongwane exhaphakileyo eyosulela ngokudibana kwezikhumba zabantu, amanzi aphuma emzimbeni, nangokwabelana ngesondo.



### Iimpawu

- ➔ Ukopha kwilungu lobufazi ube ungekho sexesheni
- ➔ Ukuphuma kokungcola okungapheliyo kwilungu lobufazi
- ➔ Ukopha ngaphezu kwesiqhelo futhi ixesha elide xa usexesheni
- ➔ Ukopha kwilungu lobufazi okanye ukuqaqanjelwa xa usabelana ngesondo
- ➔ Ukuchama mpela
- ➔ Ukopha kwilungu lobufazi emva kokuba uyekile ukuya exesheni ngenxa yobudala

### Izinto Eziyingozi

- ➔ Ukungasebenzisi zikhuseli xa usabelana ngesondo
- ➔ Izifo ezosulela ngokwabelana ngesondo
- ➔ Ukwabelana ngesondo nabantu abaninzi nokwabelana ngesondo okungakhuselekanga
- ➔ Ukwabelana ngesondo okokuqala usemncinci
- ➔ Ukutyeba ube ungazilolongi kangako
- ➔ Ukusela utywala (kungakhokhelela ekubeni wabelane ngesondo ngendlela engakhuselekanga) nokutshaya

I-CANSA iyenza ii-Pap smear kumaziko ethu oncedo, ngamaxabiso afikelekayo

