

# Tus Kab Mob Khees Xaws Ncauj Tsev Me Nyuam



Tus kab mob khees xaws yog ib yam kab mob uas cov qe ntshav hauv lub cev tsis tuaj yeem tswj tau. Thaum tus kab mob khees xaws pib hauv lub ncauj tsev me nyuam, nws hu ua mob khees xaws ncauj tsev me nyuam.

## Kev txheeb cais



- Raws li Teb Chaws Mes Kas cov ntaub ntawv sau npe tus kab mob khees xaws, cov poj niam Nyab Laj muaj **qhov ntsuas tus kab mob khees xaws siab dua** li lwm pab pawg neeg los sis haiv neeg me.
- Raws li Lub Chaw Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv Pab Pawg Neeg Me, Cov poj niam As Mes Kas Samoan muaj **li ob npaug uas tau txais kev kuaj mob, thiab tuag los ntawm**, tus kab mob khees xaws ncauj tsev me nyuam thaum muab piv nrog Neeg Tawv Dawb uas tsis yog Neeg Hispanic.
- Kev kuaj mob khees xaws rau lub ncauj tsev me nyuam, lub mis, thiab mob khees xaws txoj hnyuv laus tau pom tias yuav pab txo qis kev ploj tuag. Txawm li cas los xij, hauv California, Cov Neeg Es Xias As Mes Kas feem ntau tshaj tawm **tus qhab nia kev ntsuas ntawm kev tshuaj ntsuam xyuas qis dua** lwm pawg neeg/haiv neeg me.
  - Cov Neeg Kaus Lim (35%) thiab Cov Neeg Nyab Laj (30%) Cov Neeg As Mes Kas nyob hauv California muaj **qhov ua tsis raws cai siab tshaj plaws** hauv tag nrho pawg neeg/haiv neeg me (Tseng, et al., 2010).
- Cov ntaub ntawv los ntawm Lub Lab Npauv Ntaub Ntawv Tsis Sib Xws Ntawm Lub Khoos Kas Chaw Saib Xyuas Kev Noj Qab Haus Huv (Health Center Program Uniform Data System, UDS) tau qhia tias Palau muab kev kuaj mob khees xaws ncauj tsev me nyuam rau **lawv cov neeg mob uas yog poj niam tsuas yog 36.73% nkaus xwb** nyob rau hauv xyoo 2020, yog muab piv nrog rau Pohnpei.

## Cov Cim thiab Cov Tsos Mob

Tej zaum yuav tsis muaj cov cim qhia los sis cov tsos mob tshwm sim thaum ntxov ntawm kev mob khees xaws ncauj tsev me nyuam, vim li ntawd nws yog ib qho tseem ceeb rau kev kuaj mob khees xaws ncauj tsev me nyuam. Mob khees xaws ncauj tsev me nyuam nyob rau theem siab dua tuaj yeem ua rau los ntshav tawm ntawm qhov chaw mos uas nws yog qhov tsis zoo rau koj, xws li los ntshav tom qab kev sib daj sib deev.

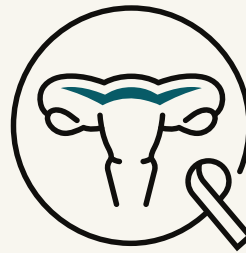
Yog tias koj muaj tej yam no tshwm sim, tiv tauj rau koj tus kws kho mob los sis mus ntsib lub chaw saib xyuas kev noj qab haus huv hauv zej zog.

## Yam Uas Muaj Kev Pheej Hmoo

Txhua tus poj niam muaj kev pheej hmoo rau tus kab mob khees xaws ncauj tsev me nyuam, tshwj xeeb tshaj yog cov poj niam hnuv nyooog 30 xyoo nce mus. Tus kab mob nqaij hlav ntawm daim ntawv nqaij hauv tib neeg (Human papillomavirus, HPV) yog qhov keev pom thiab tib neeg feem ntau tau txais qee lub sij hawm rau hauv lawv lub neej. Kev kis qee hom mob HPV ncuu sij hawm ntev yog qhov laj thawj tseem ceeb uas ua rau mob khees xaws hauv ncauj tsev me nyuam. HPV yog tus kab mob sib kis hauv kev sib daj sib deev (STI) uas pom ntau tshaj plaws thiab feem ntau ua rau tsis pom muaj tsos mob.

Lwm yam tseem ceeb uas tuaj yeem ua rau koj muaj kev pheej hmoo:

- Muaj Tus Kab Mob HIV
- Kev Haus Luam Yeeb
- Siv cov tshuaj tswj tsis pub muaj me nyuam ntev txog tsib xyoos nce mus
- Tau yug peb tus me nyuam nce mus
- Muaj ob peb tus neeg ua khub rau kev sib daj sib deev



## Kev Pab Cuam Tshuaj Ntsuam Xyuas thiab Kev Tiv Thaiv

Qhov tseem ceeb tshaj plaws uas koj tuaj yeem ua tau los pab tiv thaiv tus kab mob khees xaws ncauj tsev me nyuam yog txhawm rau kom tau txais cov tshuaj tiv thaiv HPV thaum ntxov thiab tau txais kev tshuaj ntsuam xyuas tsis tu ncuu.

**Cov tshuaj txhaj tiv thaiv HPV** tiv thaiv hom kab mob HPV uas feem ntau ua rau muaj tus kab mob khees xaws ncauj tsev me nyuam, qhov chaw mos, thiab lub ncauj qhov chaw mos.

- Kev txhaj tshuaj tiv thaiv HPV tau pom zoo rau cov me nyuam yaus hnuv nyooog 11 txog 12 xyoos tab sis tuaj yeem pib tau thaum muaj hnuv nyooog 9 xyoos. Nws kuj tau pom zoo rau txhua tus neeg muaj hnuv nyooog siab txog 26 xyoo, yog tias lawv tsis tau txhaj tshuaj li.
- Kev txhaj tshuaj tiv thaiv HPV tsis pom zoo rau txhua tus neeg muaj hnuv nyooog siab dua 26 xyoo tshwj tsis yog pom zoo los ntawm lawv tus kws kho mob saib xyuas xub thawj.



Kev txhaj tshuaj tiv thaiv HPV los tiv thaiv qee tus kab mob sib kis HPV tshiab tab sis tsis tuaj yeem kho cov kab mob sib kis los sis cov kab mob uas twb muaj lawm. Koj yuav tsum tau txais kuaj mob khees xaws ncauj tsev me nyuam tsis tu ncuu, txawm tias koj twb tau txais tshuaj tiv thaiv HPV lawm.

Kev tshuaj ntsuam xyuas ob zaug tuaj yeem pab tiv thaiv kab mob khees xaws ncauj tsev me nyuam los sis pom nws thaum ntxov. Kevkuaj xyuas ob zaug ntawd tuaj yeem ua kom tiav hauv tus kws kho mob lub chaw hauj lwm, chaw kho mob, los sis chaw saib xyuas kev noj qab haus huv hauv zej zog.

- Kev kuaj uas siv tus pas ntxig (los sis Tus pas ntxig (Pap smear)) nrhiav cov kab mob ua ntej, hloov nqe ntshav ntawm lub ncauj tsev me nyuam uas yuav ua rau mob khees xaws ncauj tsev me nyuam yog tias lawv tsis kho kom raug.
- Kev kuaj HPV nrhiav tus kab mob vais lav HPV uas tuaj yeem ua rau cov qe ntshav hloov pauv.

USPSTF pom zoo kom kuaj mob khees xaws ncauj tsev me nyuam txhua 3 lub xyoos nrog rau kev kuaj mob tshawb fawb qe ntshav ncauj tsev me nyuam ib yam rau cov poj niam hnuv nyooog 21 xyoos txog 29 xyoos. Rau cov poj niam hnuv nyooog 30 xyoo txog 65 xyoo, USPSTF pom zoo kom kuaj txhua 3 xyoos nrog kev kuaj mob ncauj tsev me nyuam ib yam, txhua 5 xyoos nrog kev kuaj pom tus kab mob nqaij hlaiv hauv tib neeg (human papillomavirus) ib yam, los sis txhua 5 xyoos nrog kev kuaj hrHPV ua ke nrog kev tshawb fawb qe ntshav.

**Nrhiav Lub Khoos Kas Kev Ntshuaj Ntshuam Xyuas Uas Nyob Ze Koj:**  
[cdc.gov/cancer/nbccedp/screenings.htm](https://www.cdc.gov/cancer/nbccedp/screenings.htm)

## Cov Peev Txheej

- Pacific Island Cervical Cancer Screening Initiative: [piccsi.org](http://piccsi.org)
- American Cancer Society: [cancer.org](http://cancer.org)
- National Cancer Institute: [cancer.gov](http://cancer.gov)
- 'Imi Hale Native Hawaiian Cancer Network: [imihale.org/education\\_materials.htm](http://imihale.org/education_materials.htm)
- California State University, Fullerton: [wincart.fullerton.edu/cancer\\_edu/index.htm](http://wincart.fullerton.edu/cancer_edu/index.htm)
- Asian American Health Initiative: [aahiinfo.org](http://aahiinfo.org)
- Pacific Cancer Programs: [pacificcancer.org](http://pacificcancer.org)
- Asian American Cancer Support Network: [aacsn.org](http://aacsn.org)