

Human Papillomavirus (HPV, Caabuqa Lagu kala qaado Galmada)

Human Papillomavirus (HPV)

HPV is the Most Common STI

Human papillomavirus or HPV is the most common sexually transmitted infection (STI). HPV is a different virus than HIV and HSV (herpes). HPV is so common that most sexually active men and women get it at some point in their lives.

There are many different types of HPV.

Some types can cause health problems, including genital warts and cancers, but there are vaccines that can stop these health problems from happening.

Facts About HPV

- You can get HPV by having oral, vaginal or anal sex with someone who has the virus.
- HPV can be passed even when an infected person has no signs or symptoms.
- Anyone who is sexually active can get HPV, even if you have had sex with only one person.
- You also can develop symptoms years after you have sex with someone who is infected making it hard to know when you first became infected.
- In most cases, HPV goes away on its own and does not cause any health problems.

HPV waa Xanuunka ugu baan ee STI

Caabuqa Lagu kala qaado Galmada ama HPV waa caabuqa ugu badan ee lagu kala qaado galmada (STI). HPV waa fayras ka duwan HIV iyo HSV (Kooxaha Fayraska). HPV waxa uu inta badan ku badan yahay dumarka iyo raga sameeya galmada waxa uuna ku dhacaa isla waqti nolashooda kamid ah.

Waxaa jira noocyo badan oo kamid ah HPV.

Noocyada qaar kamid ah waxay sababi karaan xaalad caafimaad daro, oo ay kamid yihiin burooyinka xubnaha taranka iyo kansaradam laakiin waxaa jira tallaalo ka hortagi kara dhibaatooyinkaas.

Xaqiiqooyinka Ku saabsan HPV

- HPV waxaad ka qaadi kartaa galmada afka, xubinta taranka ama dabada oo aad la sameysay qof qaba fayraska.
- HPV waxaa soo gudbin kara qof aan lahayn caalamadaha ama astaamaha xanuunka.
- Qof kasta oo sameeya galmo waa uu qaadi karaa HPV, xataa haddii aad galmada la sameyso hal qof.
- Xataa waxaad yeelan kartaa calaamadaha sanado kadib markaad galmo la sameysay qof qaba xanuunka arrintaasna waxay adkeeynaysa inaad oggaato xiliga aad qaaday xanuunka.
- Inta badan xaaladaha, HPV si iskiis ah ayuu iskaga baaba'aa mana sababo wax xaalado caafimaad daro ah.

- When HPV does not go away, it can cause health problems like genital warts and cancer.
- Cigarette smoking doubles your risk of developing cervical cancer.

Lower Your Risk

Get vaccinated.

- HPV vaccines are safe and effective. They can protect males and females against diseases (including cancers) caused by HPV.
- All boys and girls ages 11 or 12 years should get vaccinated, but the vaccine can be given from age 9 to 26.
- If you are age 27 to 45 and have not been vaccinated for HPV, ask your doctor if getting the vaccine is right for you.

Get screened for Cervical Cancer.

- Routine screening for women aged 21 to 65 years old can prevent cervical cancer.

If you are sexually active:

- Use latex condoms the right way every time you have sex. This can lower your chances, but may not give full protection.
- Have sex only with someone who only has sex with you.

Talk to your doctor or nurse if you have any questions or concerns.

- Marka HPV uusan tagin, waxa uu sababi karaa xaalado caafimaad daro sida kansaro ama burooyinka xubinta taranka.
- Cabista sigaarka waxay si ay sii labo jibaartaa halistaada ku aadan qaadista kansarka makaanka.

Yaree Halistaada

Qaado tallaal.

- Tallaalka HPV waa badqab waxa uuna leeyahay waxtar. Dumarka iyo raga waxa uu ka ilaalin karaa xanuunada (oo ay kujiraan kansarada) uu sababo HPV.
- Dhammaan wiilasha iyo gabdhaha jira 11 ama 12 sano waa inay qaataan tallaal, laakiin tallaalka waxaa la siin karaa dadka jira da'da 9 illaa 26.
- Haddii aad jirto 27 illaa 45 sano aadana horey usoo qaadan tallaalka HPV, waydii dhaqtarkaaga in qaadashada tallaalka yahay wax kugu habboon.

Iska baar Kansarka Makaanka.

- Baaritaanada joogtada ah ee dumarka jira 21 illaa 65 waxaa looga hortagi karaa kansarka makaanka.

Haddii aad sameyso galmo:

- Isticmaal cinjirka galmada sida saxda marwalba aad sameyneyso galmada. Tani waxay yareyn kartaa fursadahaaga, laakiin waxaa laga yabaa inaysan ku siin ilaalin buuxda.
- Galmo la samee kaliya hal qof oo galmo kula sameeya.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aal ah ama walaacyo ah.