

# TALLAALKA HPV (Human Papillomavirus)

## WAXAAD U BAAHANTAHAY IN AAD KA OGAATO

### 1 Waa maxay HPV?

**Genital human papillomavirus (HPV)** Waa jeermiga ugu badan dalka Marayknaka ee cudurada galmada la isugu gudbiyo.

Waxaa jira 40 nooc oo ah HPV. Qiyaastii 20 milyan oo qof ayaa Maraykanka qaba, iyadoo qiyaastiina 6.2 milyan oo kale ay qaadaan sannad walba. HPV wuxuu ku fi daa galmada.

Infakshannada HPV badankood ma keenan astaamo, iyagaana iska baaba'a. Laakiin HPV waa muhiim maadaama uu keeni karo kansarka kafa (kansarka gala minka afkiisa) ee dumarka. Sanad walba Maraykanka gudihisa qiyaastii 10,000 oo dumar ah ayuu ku dhacaa kansarka kafa iyada oo ay 3,700 u dhintaan cudurka. Waa waxa 2aad ee ugu weyn ee keena u dhimashada kansarka dumarka aduunka oo dhan.

HPV waxaa kale oo lala xiriiriyaa in uu keeno dhawr nooc oo ah kansaro ku dhaca rag iyo dumarka oo aan aad caan u ahayn. Waxuu kale ee uu keeni karaa ka soo baxyo gala xubnaha taranka ragga iyo dumarka iyo mid gala dhuunta neeftu marto xaggeeda sare.

In ka badan 50% ragga iyo dumarka galmada sameeya ayuu ku dhacaa HPV mar uun inta ay noolyihiin.

Ma laha daawo infakshanka HPV, balse waxaa la daawayn karaa waxyaabaha uu keeno.

### 2 Tallaaka HPV – Maxaad isu tallaalaysaa?

**Tallaalka HPV** waa tallaal naban (aan noolayn) kaasoo dadka ka difaaca 4 nooc oo waaweyn oo infakshanka HPV ah.

Waxaa ka mid ah 2 nooc oo keena 70% kansarka kafa iyo 2 nooc oo keena qiyaastii 90% honqoraha ka soo baxa xubnaha taranka. **Tallaalka HPV wuxuu ka hortegi karaa honqoraha kasoo baxa xubnaha taranka iyo kiisaska kansarka kafa badankood.**

Difaaca laga helo tallaalka HPV waa mid muddo jira. Haseyeeshee, dumarka la tallaalay waxay wali u baahan yihiin in laga baaro kansarka kafa waayo tallaalku ma difaaco dhamaan noocyada HPV ee keena kansarka kafa.

### 3 Yay tahay in laga tallaalo HPV goormana?

#### Tallaalada Jadwalka la Dejiyey lagu Qaato

- Tallaalka HPV ee jadwalka la dejiyey lagu qaato waxaa lagu taliyaa in la siiyo gabdhaha jira **11–12 sano**. Waxaa laga yaabaa in dhakhaatiirtu tallaasho gabdho da' doodu ayba illaa iyo 9 sano tahay.

#### Maxaa tallaalka HPV loo siiyaa gabdho da' daan jiray?

Waxaa muhiim ah in gabdhuhu ay qaataan tallaalka HPV inta aysan galmadooda ugu horaysa samayn – waayo fayraska HPV lama kulmin. Gabdhahaan, tallaalku wuxuu 100% ka difaaci karaa cudurka uu keeno 4 nooc ee HPV-ga ee loogu talagalay tallaalka.

Haseyeeshee, haddii gabar ama naag uu ku dhacay nooc ah HPV ah, tallaalku ka difaaci maayo cudurka uu keeno noocaasu.

#### Ka-Daba gaynta Tallaalka

- Tallaalka waxaa kaloo in la siiyo lagu talinayaa gabdhaha iyo dumarka **13 – 26 sano** jirka ah oo aan markay yaraayeen tallaalka qaadan.

#### Tallaalka HPV waxaa loo qaataa sidii 3-tallaal oo xiriirsan:

tallaalka 1aad: Hadda

tallaalka 2aad: 2 bilood ka dib tallaalka 1aad

tallaalka 3aad: 6 bilood ka dib tallaalka 1aad

Lagu talin maayo tallaallo dheeraad ah (oo lagu xoojinaayo)

Tallaalka HPV waxaa lala qaadan karaa isla mar tallaalada kale.

### 4 Gabdhaha ama dumarka qaarkood waa in aysan qaadan tallaalka HPV ama waa in ay sugaan.

- Qof kasta oo weligii cadaanyo naftiisa halis gelisa ay kaga kacday qamiirisada (yeast), **wax kasta oo kale oo ku jira tallaalka HPV**, ama tallaal hore ee HPV waa in uusan qaadan tallaalka. U sheeg dhakhtarka haddii qofka la tallaalayaa uu qabo wax cadaanyo ba'an/daran ah.
- **Dumarka uurka leh** waa in aysan qaadan tallaalka. Tallaalku wuxuu u muuqdaa in uu amaan u yahay hooyada iyo ilmaha uur ku jirka ah labadoodaba,

laakiin wali daraasad ayaa ku socota arintaas. In lagugu tallaalay HPV adigoo uur leh **ma** aha sabab aad uurka u soo rido. Dumarka nuujinaayaa in ay tallaalka qaataan waa ammaan.

Naag kasta oo ogaata in lagu tallaalay HPV iyadoo uur leh waxaa lagu dhiiri gelinaayaa in ay wacdo 800-986-8999 **oo ah diiwaanka dumarka uurka leh ee tallaalka HPV qaata.** Warbixinta laga helo diiwaankaa baa caawini doonta sida ay ku noqdaan tallaalka dumarka uurka lehi.

- Dadka qaba jirro fudud wakhtiga tallaalka waa qaadan karaan tallaalka HPV. Dadka qaba **jirro dhexdhexaad ah ama jirro daran** waa inay sugaan inta ay ka bogsanayaan.

## 5 Waa maxay khataraha ka iman kara tallaalka HPV?

Tallaalka HPV uma eka mid keena dhibaatooyin kale oo halis ah.

Si kastaba ha ahaatee, tallaalka, sidi daawo kasta oo kale, wuxuu keeni karaa dhibaatooyin daran, sida cadaanyo daran oo uu kiciyo. Khatarta uu tallaalka kastaaba ku keeni karo waxyeelo aad u weyn, ama dhimasho, waa mid aad u yar.

Dhawr **dhibaato oo fudud** ayuu keeni karaa tallaalka HPV:

- Xanuun meesha la muday (qiyaastii illaa 8 qof 10 kiiba)
- Guduud ama barar meesha la muday (qiyaastii illaa 1 qof 4 tiiba)
- Qandha fudud (100°F) (qiyaastii illaa 1 qof 10 kiiba)
- Cuncun meesha la muday (qiyaastii illaa 1 qof 30 kiiba)
- Qandha dhexdhexaad ah (102°F) (qiyaastii illaa 1 qof 65 tiiba)

Astaamahaanu ma raagaan iyagaana iskood isaga baaba'a.

Cadaanyo nafta halis gelisa in uu tallaalka kiciyo waa dhif iyo naadir. Haddii ay dhacdo, waxay dhacaysaa dhawr daqiiqo illaa dhawr saacadood tallaalka ka dib.

Sida tallaalkada oo dhan, tallaalka HPV waa lala soconaayaa wixii aan caadi ahayn ama dhibaatooyin daran ah ee ka yimaada.

## 6 Ka waran haddii uu cadaanya daran kiciyo?

**Maxaan ku gartaa?**

- Xaalad kasta oo aan caadi ahayn, sida qandho badan ama dabecadda qofka oo isbedesha. Calaamadaha aad ku garan karto in uu cadaanyo ba'an kiciyay waxaa ka mid ah neefsashada oo

dhibta, codka oo xirma, xiiq-layn/dhuunyeerin, furuurac cuncun leh, midabka oo isbedela, tabardarro, wadnaha oo aad u garaaca ama wareer.

**Maxaan sameeyaa?**

- **Wac** dhakhtar, ama qofka isla markiiba dhakhtar u gee.
- **U sheeg** dhakhtar kaaga waxa dhacay, saacadda iyo maalinta sidaasi dhacday, iyo goortii la tallaalay
- **Waydii** dhakhtar kaaga, kalkaalisada caafi maad, ama waaxda caafi maadka si aad u wariso cadaanyada uu kiciyay tallaalka adigoo buuxinaaya foomka Vaccine Adverse Event Reporting System (VAERS).

Ama waxaad warbixintan ku gudbin kartaa bogga internetka ee VAERS ahna [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ama adigoo wacaya 1-800-822-7967.

*VAERS talo caafi maad ma bixiso.*

## 7 Sidee baan wax intaa ka badan u ogaan karaa?

- Weydii Dhakhtar kaaga ama kalkaalisa caafi maad. Waxay ku tusi karaan warqadda la socota tallaalka ama waxay kuu sheegi karaan ilo kale oo aad warbixin ka heli karto.
- Wac waaxda caafi maadka ee xaafaddaada ama maamul goboleedka (state)
- La xiriir Xarunta ka Hortagga iyo la Dagaalanka Cudurada (CDC):
  - Wac **1-800-232-4636 (1-800-CDC-INFO)**
  - Booqo bogga internetka CDC ee [www.cdc.gov/std/hpv](http://www.cdc.gov/std/hpv) iyo [www.cdc.gov/nip](http://www.cdc.gov/nip)



Department of Health and Human Services  
Centers for Disease Control and Prevention  
National Center for Immunization and Respiratory Diseases

Vaccine Information Statement (Interim)  
Human Papillomavirus (2/2/07) - Somali 42 U.S.C. § 300aa-26

Translation provided by the Minnesota Department of Health