

**Adeega Ka-qaybgelinta Bulshada  
HSE Dublin iyo South East**

Haddii aad jeclaan lahayd inaad hesho  
badeecooyin ama xiisado waxbarasho,  
fadlan nala soo xiriir.



**Ilmayl noogu soo dir:**  
[che.socialinclusion@hse.ie](mailto:che.socialinclusion@hse.ie)



Caafimaadka & Fayoqabka Dumarka

**Hagaha Caafimaadka  
Galmada iyo Taranka**



**HSE Dublin and South East Social Inclusion Service**

**HSE Dublin iyo South  
East Adeega Ka  
Qaybgelinta Bulshada**

Buug-yarahani waa qaybta waxbarashada ee dedaalkayaga sharafta dhiiga caadada lagu gaarsiinayo cidwalba.

**Period  
Dignity  
for all**

**Sida loo isticmaalayo  
buug-yarahan**

Fadlan fiiri linkiyadeena kuwaas oo ku geyn doona websaydyo ay ku qoran tahay macluumaad khaas ah iyo xogta xiriirka ee ururo aamin ah oo aad ka heli karto taageero dheeraad ah.



**Khayraadka  
dhanka onlaynka**

[www.hse.ie/eng/services/list/1/  
lho/dublinse/social-inclusion-/](http://www.hse.ie/eng/services/list/1/lho/dublinse/social-inclusion-/)

## *Xigashooyin*

Xigashooyin badan ayaa ku jira guud ahaan buugan kuwaas oo laga soo xigtay qaybaha kala duwan ee bulshadeena.

**FIKRADO ISKU DHAFAN**

# Shaxda Tasmada

## Soo Dhawoow

Hordhac 4

## Qaybta 1aad

Sharafta Dhiiga Caadada 5

## Qaybta 2aad

Meertada Dhiiga Caadada 7

## Qaybta 3aad

Uurka iyo Ilmo-qaadista 13

## Qaybta 4aad

Caafimaadka Galmada 16

## Qaybta 5aad

Baaritaan 18

## Qaybta 6aad

Oggolaanshaha iyo Xad-gudubyada Jinsiga ku Dhisn 20

## Qaybta 7aad

Fayo-qabka 25

## Qaybta 8aad

Adeega Ka-qaybgelinta Bulshada HSE Dublin iyo South East 26

# Hordhac

Adeegyada ka qaybgelinta bulshadu waxay u shaqeeyaan oo daryeelaan shaqsiyaad iyo qoysas u baahan xirfado iyo taageero takhasusle kuwaas oo laga yaabo inay dhibaatooyin kula soo kulmeen noloshoodii hore. Waxa naga go’an inaanu qaddarino dhammaan dadka aan la shaqeyno iyo kuwa nala macaamilaba.

Waxa aanu la shaqeynaa kooxo kala duwan oo leh dhaqamo qani ah sida Codsadayaasha Ilaalinta Caalamiga ah, Yukreeriyiinta, dadyowga Traveller and Roma, dhibbanayaasha Tacaddiyada Galmada iyo Ka Faa’iideysiga Dhillaysiga iyo Tahriibinta Khasabka ah, Dadka Hoy La’aanta ah, Dadka isticmaala Maandooriyayaasha, iyo dadyowga LGBTQI+.

**Mashruucan waxa aanu diiradda saarayntaa dumarka iyo hablaha la kulma faqriga dhiigga caadada.**

Macluumaadka ku jira buug-yarahan waxa adeegsan kara gabdhaha iyo dumarka, iyo dadka jinsigooda beddelay iyo labeebka hela dhiiga caadada.

Dukumeentigani wuxu fiirin doonaa cimriga dumarka iyo hablaha yaryar, iyo qaar ka mid ah caqabadaha laga yaabo inay kula kulmaan guud ahaan noloshooda. Xogta ku qoran waxa laga soo uruuriyay macluumaad ay dabeecaan hay’ado arrimahan khibrad u leh sida HSE A-Z, Tusla iyo sexualwellbeing.ie

\*Nooc dhijitaal ah oo buug-yarahan ah oo wata linkiyo furmaya ayaa ku jira mareegta Social Inclusion.

*Waan dhibaatooday  
intaan ku jiray  
jaamacadda muddo  
dhowr sannadood  
ah waxana aan ku  
khasbanaaday inaan  
alaabo bilaash ah ka  
doonto kuleejka.*

**XUBIN SHAQAALE AH**

**FIKRADO ISKU DHAFAN**

# Sharafta Dhiiga Caadada

# Period Dignity for all

Sharafta dhiiga caadada waxay ka dhalatay caddaymo laga helay cilmibaarisyo caalami ah oo qiraya in dumar iyo gabdho badan uu saameeyo faqriga caadadu. Tani waxa loola jeedaa in aanay heli karayn lacag ama badeecooyinkii, agabkii nadaafadda ama waxbarashadii lagama maarmaanka u ahayd inay si sharaf leh u xushaan agabka iyo alaabada nadaafadda ee loo baahnaa 'todobaadka dhiiga caadada'. Waxyaabaha xaddida xorriyadan waxa ka mid ah dhaqaalo la'aan, takoor, xakamayn iyo ku amar-ku-taagleyn dhaknka qoyska ah iwm.

Caadooyin dhaqan iyo ceebayno ayaa badanaa saameeya nolosha dumar iyo gabdho badan oo qaar badan oo ka mid ah ayaa la iga ilaaliyaa helista macluumaadka noloshooda u muhiimka ah.

## Maxaanu ka qabanaynaa Sharafta Dhiiga Caadada?

Adeegyada Ka-qaybgelinta Bulshada ee HSE waxay bixiyaan alaabooyin, waxbarasho iyo wacyigelin, si ay u taageeraan oo u dhiirigeliyaan dumarka iyo gabdhaha guud ahaan intay ku jiraan sannadooda dhalmada si ay u heli karaan aasaasiyaadkooda.

HSE, iyo Hay'adaha kale ee Dowladda waxay bilaabeen inay agabka dhiiga caadada oo **bilaash** ah siiyaan ciddii u baahan. Waxa aanu sidoo kale siinaynaa waxbarasho bilaash ah ciddii xiisaynaysa, si aanu kor ugu qaadno fahamka oo meesha uga saarno dareemada taban ee ku hareeraysan todobaadka caadada!

**Haddii aad jeclaan lahayd inaad hesho badeecooyin ama xiisado waxbarasho, fadlan nala soo xiriir:**



**Ilmayl noogu soo dir:**  
[che.socialinclusion@hse.ie](mailto:che.socialinclusion@hse.ie)

Marka laga yimaado badeecooyinka ama agabka, waa muhiim in dumarka iyo gabdhuhu fahmaan isbeddelka jireed ee dhacaya iyo caqabadaha la socda korriinka min caruurnimo illaa qaangaarka. Fahamka isbeddeladan (iyo caqabadaha mararka qaar la socda) waxay hubinaysaa in dumarka iyo gabdhaha yaryari og yihiin halka ay taageero ka heli karaan, haddii wax dhibaato ah ay wajahaan. Waxa aanu jeclaan lahayn inaanu macluumaadkaas idinla wadaagno.

# Natiijooyinka Faqriga Caadada ee ku jira Sahanka Caafimaadka Ireland ee 2022



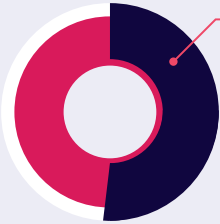
## 4-tii qof ba 1

ka mid ah ayaa wajaha nooc ka mid ah faqriga caadada.



## 10-kii qofba 1

ayaa la dhibtooda kharashka agabka caadada, ama isaga beddelay alaabooyinkii ay isticmaali jireen kharashka oo badan darteed.



## 51%

ka mid ah dumarka ayaa soo sheegay inay beddeleen hawlahoodii maalinlaha ahaa todobaadka caadada darteed.

## 30%



ayaa illaaway inay alaabo iyo agab ku filan u soo qaataan shaqada/dugsiga/kuleejka ama safar ay u baxeen. **14% dadka ka wayn 25 jir** ayaa sheegay inay isticmaaleen waxyaabo macmal ah oo aan loogu taligelin in loo adeegsado waqtiga caadada.



# Meertada Dhiiga Caadada

## Ugxaan-siidaynta

Marka dumarka dhalinyarada ah gaangaaraan, xilliga meertada nolosha ee ilmaha yari la kulmo isbeddelo hoormooneed oo muujinaya inay qaangaar noqdeen, waxay gabadhu bilowdaan inay ugxaan soo dayso. Markaas ayaa ukun qaangaartay ama bislaatay laga soo daayaa mid ka mid ah ugxaan-sidayaasha. Ugxaan-sidayaashu waa labada xubnood ee taranka dheddiga oo ku yaalla gumaarka/ makaanka korkiisa. Haddii ukunta la bacrimiyo intay hoos u soo raacayso tuubada falooobiyanaka, ilmo ayaa calool gala. Ukunka bacrinsantay waxay ku dhegtaa gidaarka makaanka/ ilmo-galeenka. Haddii ukuntaa aan la bacrimin, gidaarka ilmo-galeenka (dahaarka sare) wuu soo daata muddada lagu jiro todobaadka dhiiga caadada.

## Dhiiga (Todobaadka) Caadada

Todobaadka caadadu waa qayb ka mid ah meertada dhiiga caadada ee haweenka xilligaas oo dahaarka gidaarka ilma-galeenku soo daato. Dhacdadani waxay socotaa guud ahaan inta haweenku kuk jiraan xilliga dhalmada. Bil kastaba, gidaarka hoose ee ilmogaleenku wuxu isu diyaariyaa inuu quudiyo ilmo uur-jiif ah. Heerarka hoormoonada ostarajiin iyo borojestaroona ayaa kaalmo ka geysta adkeynta gidaarada ilmogaleenka. Haddii aanay bacrimini dhicin, dahaarka gidaarka ilmogaleenka, oo ay la socdaan dheecaan iyo dhiiga ka yimi siilka iyo afka siilka ayaa la soo daayaa muddada dhiiga caadadu socdo. Muddada dhiiga caadadu socdo celcelis ahaan waa inta u dhexaysa 2 iyo 7 beri. Qulqulka dhiiga caadadu wuxu badanaa ugu

xooggan yahay 2-da beri ee ugu horreeya. Celcelis ahaa meertada caadadu waxay qaadataa 28 beri iyadoo ugxaan-siidayntu dhacdo maalinta 14aad. Hase ahaatee dumar badan ayaa meertadooda dhiiga caadadu ka dheer tahay ama ka gaaban tahay intan. Meertada ama wareegu wuxu bilaabmaa maalinta koobaad ee dhiiga caadadu soo baxo wuxuna dhammaadaa maalinta ka horraysa todobaadka caadada ee cusub/ xiga. Xilliga dumarku ugu ilmo-qaadista badan yihiin waa maalmaha 12-16aad ee meertadood/wareegooda caadada.

Ma jirto waqti cayiman oo dhiiga caadadu ku bilowdo oo gabdhaha yaryari waxay isbeddelka jirka kula kulmaan da' kala duwan. Inta badan tani waxay dhici kartaa da'da u dhexaysaa 9 jir iyo 13 jir. In dhiiga caadadu bilaabo ka hor ama ka dib xilligan waa caadi laakiin waxay u baahan tahay in la baaro sababta. La tasho dhakhtarkaaga cudurada guud (GG.P) haddii aad qabto wax walaacyo ah.

*Dumarka waa in wanaag la dareensiyo intay ku jiraan xilliga caadada.*

**CODSADE ILAALIN CAALAMI AH**

**FIKRADO ISKU DHAFAN**



# Meertada Dhiiga Caadada socd.

## Alaabooyinka todobaadka caadada

Agabka ama alaabooyinka caadadu waxay uruuriyaan dhiiga la soo daayo xilliga dhiiga caadadu socdo.

Alaabooyinka ugu muhiimsan waxa ka mid ah;

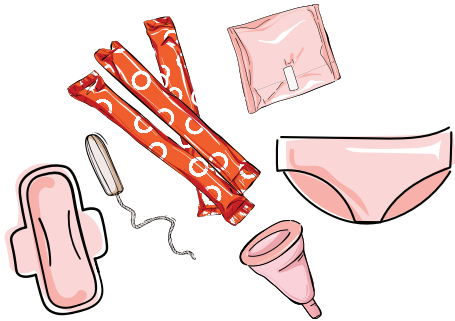
- **Xafaayadaha** - waxay ka sameysan yihiin waxyaabo nuuga dareeraha. Xafaayaduhu way kala cabbiro duwan yihiin, sidaas darteed waxaad xulan kartaa midda ku habboon heerka qulqulka dhiigaaga caadada, haddii u culus yahay ama haddii uu fudud yahay.
- **Taambuun** - waa tuubooyin yaryar oo cudbi ah oo la dhexgaliyo xubinta taranka haweenka. Waxa jira laba nooc oo taambuun - mid leh qalab caawiye gelineed ah iyo mid aan lahayn.
- **Koobabka dhiiga caadada** - waa agab kale oo loo adeegsan karo beddelka taambuunada iyo xafaayadaha. Koobku wuxu ka sameysan yahay silikoon (shay sida cinjirka oo kale ah) waxana la dhex geliyaa gudaha siilka. Koobabka caadadu dhiiga way uruuriyaan halkii ay ka nuugi lahaayeen. Xaafayadaha iyo taambuunada wa la tuuraa marka la isticmaalo laakiin koobabka dhiiga caadada waa la dhiiqi karaa si markale loo isticmaalo.
- **Hoos-gashiyada dhiiga caadada** – waa dhar hoosta la gashado oo xaafayad wata lana dhiiqi karo. Dumar badan ayaa isticmaala alaabooyinka dib loo adeegsan karo sida nigisyo kuwaas oo ay raaxo ku dareemaan.

## Culayska/Cudurka ka hor Dhiiga Caadada (PMT/PMS)

Isbeddelada hoormoonada ka hor dhiiga caadada dhaca waxay sababi karaan isbeddelo jireed iyo kuwo shucuureed. Kuwan waxa loo yaqaanaa PMS (cudurka caadada ka hor) ama PMT (culayska caadada ka hor). Astaamaha PMS way badan yihiin, laakiin astaamaha caadiyan la arko waxa ka mid ah;

- inaad dibiro dareento
- xadanto iyo jeleec naasaha ah
- xaaladda qofka oo isbebedesha
- cadho dhawaansho
- dhibco maqaarka ka so baxa iyo timaha saliid yeesha
- xiisaha galmada oo taga

Astaamahan way yaraadaan marka dhiiga caadadu bilaabmo waana ay baaba'aan dhowr beri ka dib. Dhammaan dumarka caadada hela ma yeeshaan PMS.



## Xanuunka dhiiga caadada

Xanuunka dhiiga caadada waa mid iska caadi ah wuxuna la socda meertada caadada haweenka. Dumarka badankoodu xilli noloshooda ka mid ah way la kulmaan. Caadiyan waa murqo xanuun daran oo laga dareemo ubucda hoose, kuna sii fidi kara dhabarka iyo bawdyaha. Kaarku wuxu mararka qaar noqdaa garaac xanuun badan. Mararka qaarna waa xanuun joogto ah oo si hoose loo dareemayo. Waa muhiin inaad la tashato dhakhtarkaaga haddii kaarka dhiiga caadadu kaa khalkhaliyo noloshaada maalinlaha ah maxaa yeelay way baari karaan dhibaatooyinka keenaya oo waxay kuu soo jeedin karaan qaabab aad ku yarayn karto xanuunka.

Wixii macluumaad dheeraada ah ee ku saabsan sida loo daawaynayo kaarka ku dhufo linkigan.



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/period-pain/](http://www2.hse.ie/conditions/period-pain/)



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/stopped-or-missed-periods/](http://www2.hse.ie/conditions/stopped-or-missed-periods/)

## Isbeddelada ku yimaada dhiigaaga caadada

Dhiigaaga ama xilligaaga caadadu wuxu isu beddeli karaa sababo dhowr ah muddada aad ku jirto xilliga dhalhada. Isbeddeladaas qaarkood waa caadi, hase ahaate waa inaad la tashato dhakhtarkaaga cudurada guud ama khiBradle kale oo caafimaad haddii aad wax isbeddel ah la kulanto;

- In dhiig kaa yimaado xilliyada u dhexeeya todobaadyada caadada, ka dib marka aad galmo sameyso, ama ka dib xilliga dhalmo-dayska
- Caadada oo aad waydo
- Wax kasta oo aan caadi ahayn oo ku welwel geliya

Dhakhtarkaaga cudurada guud ama khiBradle kale oo caafimaad ayaa baari doona sababta oo ku siin doona wixii talo caafimaad ah ee lagama maarmaan ah.

*Markaanu yaryarayn waanu ka xishoon jirnay oo nalooga digi jiray in aan ka sheekayno dhiigeena caadada. Weli nidaamku waa la yaaban yahay inaanu si furan uga hadalno/doodno arrintan.*

**CODSADE ILAALIN CAALAMI AH**

**FIKRADO ISKU DHAFAN**

# Meertada Dhiiga Caadada socd.

## MARKAAD KU DHOWDAHAY DHIIGAAGA CAADADA EE U DAMBEEYA

### **Ka-hor dhalmadayska/dhalmadayska**

Dhiigaaga caadadu wuu socon doonaa illaa inta aad gaarayso xilliga dhalma-dayska. Dhalmadaysku guud ahaan waa waqtiga aadan helin dhiig caado muddo 12 bilood ah sababo da'da la xiriira dartood. Tani waaxy caadiyan dhacdaa markaad ku jirto da'da 40-ka dambe ama 50-ka dhexe. Dumarka badankoodu waxay yeeshaan astaamo xanuun markay ku dhowadaan dhalmo-dayska ama markay dhalmadays noqdaan. Muddada ay qaataan astaamahan xanuunka iyo illaa heerka ay daran yihiin dumarku waa ku kala duwan yihiin.



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/menopause/](http://www2.hse.ie/conditions/menopause/)

Astaamuhu waxay bilaabmi karaan 7 sannadood ka hor inta aanu dhiiga caadadu kaa joogsan. Astaamahan waxa loo yaqaanaa dhalmadayska hordhaca ah. Astaamuhu sidoo kale way sii jiri karaan ka dib marka dhiigaaga caadadu gebi ahaanba istaago. Astaamaha intooda badani waxay ku baaba'aan qiyaastii 4 sannadood ka dib dhiigaagii caadada u dambeeyay. Laakiin 1 ka mid ah 10-kii dumar ahba ayaa astamaha sii lahaadaa illaa 12 sannadood oo dambe.

### **Isbeddelada dhaca xilliyada ka horreeya dhalmadambayska.**

Waxa laga yaabaa inaad isbeddel ku aragto qaabka dhiigaaga caadada. Waxa laga yaabaa inaad bilowdo in dhiigaagu

caadada si aan caadi ahayn u cuslaado ama u fududaado. Inta jeer ee aad hesho dhiiga caadada ayaa sidoo kale saameyni soo gaarayso - waxa laga yaaba inaad dhiiga hesho 2 ama 3 todobaadba mar. Inaad dhiiga caadada waydo ayaa iyana badan - waxa laga yaabaa in aadan helin muddo bilo ah mararka qaarkood. Haddii dhiigaagu caadadu aanu joogto ahayn, waa inaad sidoo kale hubiso in aadan uur lahayn haddii aad galmo sameysay adigoo uur leh ama aan uur lahayn.



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/contraception-and-menopause/](http://www2.hse.ie/conditions/contraception-and-menopause/)

### **Astaamaha caadiga ah**

8 ka mid ah 10-kii dumar ahba ayaa astaamaha lahaada muddo ka hor ama ka dib marka caadadu ka joogsanayso. Saameyn daran ayay astaamahani dumarka qaarkood ku yeelan karaan. Haddii aad degdeg ku gaarto dhalmadayska, astaamahaagu way ka sii dari karaan. Tusaale ahaan, haddii dhalmadaysku ka dhashay daawaynta kansarka ama haddii ugxan-sidaha lagaa jaro.

Astaamaha caanka ah waxa ka mid ah:

- jir kulayl, dhidid habeenkii ah, hurdada oo ku dhibta, daal, tamar la'aan
- niyad-jab ama walwal
- dhibaatooyinka dhanka xasuusta iyo soo-jeedka ah, madax xanuun
- khalkhal dhanka wadno garaaca ah (garaaca wadnaha oo sarreeya, isbedbedelaya ama dhugdhug leh)

- Caabuqa kaadi mareenka oo soo laablaabta (UTIs) (caabuqa kaaji-haysta)
- murqo yaraan, kaar iyo xanuun dhanka kala goysada
- miisaan kor


Dhalmadaysku wuxu kordhiyaa khatarta lagu qaadi karo dhibaatooyin kale, sida lafaha oo khafiifa (lafo-jileec) sidaas darteed arrintan kala hadal dhakhtarkaaga.

### Marka ay tahay inaad caawimo raadsato

La hadal dhakhtarkaaga haddii ay astaamaha xanuunku si khaas ah kuugu adkaadaan. Way ku caawin doonaan waxayna kugula talin karaan daawooyin;




**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/menopause/menopause-treatment/](http://www2.hse.ie/conditions/menopause/menopause-treatment/)



**Waxa sidoo kale jira waxyaabo aad sameyn karto.**  
[www2.hse.ie/conditions/menopause/things-you-can-do/](http://www2.hse.ie/conditions/menopause/things-you-can-do/)

Haddii wax dhiig ah kaa yimaado ka dib dhalmadayska, la xiriir dhakhtarkaaga cudurada guud, sababtoo ah arrintani waxay u baahan tahay baaritaan.



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/postmenopausal-bleeding/](http://www2.hse.ie/conditions/postmenopausal-bleeding/)

### Sababaha dhiiga dhalmadayska ka dambeeya

Waxyaabo badan ayaa keeni kara dhiiga dhalmadayska ka dib yimaadda.

Sababaha ugu badan keena waa; **Cuncunka xubinta taranka (Atrophic vaginitis)** – xasaasiyad ku timaadda dahaarka gudaha ee xubinta taranka haweenka oo ka dhalata heerka ostarajinta ee hooseeya

**Cuncunka dahaarka ilmogaleenka (Endometrial atrophy)** – xasaasiyad ku timaadda dahaarka gudaha ilmogaleenka oo ka dhalata heerka ostarajinta ee hooseeya.

**Burooyinka ilmo-galeenka ama afka ilmo-galeenka** – soo-baxyo inta aan kansar ahayn

**Dahaarka ilmogaleenka oo adkaada** – dahaarka gudaha ee gidaarka ilmogaleenka oo adkaada waxana sababa buurnaanta, heerarka ostarajinta, ama inkastoo aanay badnayn, daawayn hoormooned (HRT)

Xaalado dhif ah, sababta dhiiga ka dambeeya dhalmadaysku wuxu noqon karaa kansar, sida kansarka ilmogaleenka ama ugxan-sidayaasha.



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/ovarian-cancer/](http://www2.hse.ie/conditions/ovarian-cancer/)

### **Xarumaha caafimaadka haweenka**

Xarumo u gaar ah caafimaadka dumarka oo ballan la'aan lagu tagi karo ayaa ka shaqeeya waddanka Ireland. Xarumahan, baaritaanada bukaanadu mari karaan waxa ka mid ah altarasoon, baaritaan tuubo lagu fiirinayo gudaha ilmogaleenka, iyo baaritaan loo adeegsanayo cad yar oo laga soo jaray gidaarka ilmogaleenka.

Rugaha caafimaad ee hadda shaqeeya waxay ku yaalliin Coombe, the National Maternity Hospital, Mayo, Cork, Galway, the Rotunda, Letterkenny, iyo Waterford. Xarumo caafimaad oo dheeraad ah ayaa laga furi doonaa waddan oo dhan.

Waddada aad u marayso xarumahan caafimaad waa inuu kuu sii gudbiyo dhakhtarkaag guud, ama waax isbitaalka ka tirsan (waaxda hooyada ama waax kale oo isbitaal). Haddii aad qabto walaacyo dhanka caafimaadka Dumarka ah, haka labalabayn inaad la xiriirto dhakhtarkaaga guud oo aad ka raadsato macluumaad ku saabsan adeega kuugu habboon ee aad heli karto.

*Markay (walaalahay)  
waynaadeen fikirhoodii wuu  
isbeddelay oo hadda faham  
fiican ayay ka haystaan caadada  
oo kama qajilaan markay arkaan  
bogus tambuuno ah.*

**CODSAIDE ILAALIN CAALAMI AH**

**FIKRADO ISKU DHAFAN**

*Astaamaha xanuunka  
waxa meesha ka saaray  
dhakhaatiir rag ah. Waxa la  
iga helay cudurka dahaar  
maqaarku xad dhaafo -  
ka dib markaan bilo dhan  
xanuun la ildarnaa. Sababtu  
keliya waa inaan xaqiiqdii,  
xaqiiqdii ku doodday in  
kiiskayga si fiican loo baaro.*

**XUBNAHA BULSHADA LBTQ+**

**FIKRADO ISKU DHAFAN**

*Waxaan ahay qof fikir galmo debecsan, markaa si furan ayaanu caadada  
halkan uga hadalnaa. Goobaha dadka kala jinsiga duwan ku wada  
sheekaysanayaan arrinkani waa ku adag yahay laakiin inaad xaaas iyo  
gabdho leedahay oo agabka wadaagtaan dadkay isku soo dhawaysaa.*

**XUBNAHA BULSHADA LBTQ+**

**FIKRADO ISKU DHAFAN**

# Uurka iyo Ilmo-qaadista

## Uur-qaadista

Inaad garato xilliga aad uur qaadi karto (waqtiga aad ugu ilmo-qaadis dhowdahay) aad bay u adkaan kartaa. Ilmo-qaadistu waxay dhacdaa marka aad ugxanta soo dayso, taas oo ah 12 illaa 16 beri ka hor inta aanu bilbaabmin dhiigaaga caadada ee xiga.

Hase ahaatee, xawadu ama biyaha ragu waxay jirka ku sii jiri karaan dhowr beri ka hor intaan ugxanta la soo dayn. Ukunta waxa la bacrimin karaa 12 illaa 24 saacadood ka dib marka la soo daayo. Sidaas darteed, galmada aan ilaashanayn ee la sameeyo ka hor ama ka dib ugxan soo daynta labadooduba uur bay keeni karaan.

Uur ma qaadi kartid haddii aadan soo dayn ukun/ugxan. Farsamooyinka lagaga hortago uurka ee isticmaala hoormoonada qaarkood ayaa joojiya soo-daynta ugxanta. Tusaale ahaan, kiniinka uurqaadista ka hortaga, baqshada ama cirbadda lagaga hortago in uurqaadista.

*Waxaan dareemayaa in ragu bartaan oo ka war helaan meertada caadada keliya marka dumarkoodu uurgaadayaan.*

XUBIN SHAQAALE AH

**FIKRADO ISKU DHAFAN**

## Baaritaanada uurka

Qaabka ugu fiican ee aad ku ogaan karto inaad uur leedahay waa inaad isbaarto.

Qalabka la isku baaro waxaad ka gadan kartaa farreesiyo iyo subermaarketyo tiro badan.

Waxaad sidoo kale iska baari kartaa dhakhtarkaaga shaqsiga ama xarunta qorsheynta qoyska ee xaafadaada. Waxa laga yaabaa inaad bixiso lacag ama khidmad haddii aadan haysan kaar caafimaad.



### Khayraadka dhanka onleenka

[www2.hse.ie/pregnancy-birth/scans-tests/pregnancy-tests/](http://www2.hse.ie/pregnancy-birth/scans-tests/pregnancy-tests/)

[www2.hse.ie/pregnancy-birth/trying-for-a-baby/](http://www2.hse.ie/pregnancy-birth/trying-for-a-baby/)

[www2.hse.ie/pregnancy-birth/keeping-well/health-lifestyle/adjusting-to-pregnancy/](http://www2.hse.ie/pregnancy-birth/keeping-well/health-lifestyle/adjusting-to-pregnancy/)

## KA HORTAGGA UURKA AAN KU TALOGALKA AHAYN

### Ka hortagga uurgaadista

Haddii aad jinsi ahaan firfircoon tahay ama laga yaabo inaad galmo sameeyso, waa muhiim inaad isticmaasho nidaam uurka lagaga hortago si aad isaga uurka aan ku talagalga ahayn. Dhakhtarkaaga guud ama xarunta qorsheynta qoyska ayaa kaa caawin karta sidaad ku heli lahayd nidaamka ka hortagga uurka ee ku habboon baahiyahaaga caafimaadka iyo hab-nololeed.

# Urka iyo Ilmo-qaadista Socd.

## **Ka hortagga uurqaaista oo bilaash ah**

Agabka ka hortagga uurka oo bilaash ah ayaa u diyaar ah dumarka, gabdhaha, dadka jinsigooda beddelay iyo labeebka buuxiya shuruudaha ku habboon. Agabkan waxa farmeesiyada ka qaybqaadanaya lagaga qaadan bilaa warqad dhakhtar. Uma baahnid inaad u tagto dhakhtarkaaga si uu agabka ka hortaga uurka kuugu qoro.



**Khayraadka dhanka onlaynka**  
[sexualwellbeing.ie/sexual-health/contraception/free-contraception/](https://sexualwellbeing.ie/sexual-health/contraception/free-contraception/)

## **Ka hortagga Uurqaadista ee Degdega ah**

- Ka hortagga uurqaadista degdega ah waa nidaam ka hortag gurmada ah. Waxaad ka hortagga uurqaadista degdega ah isticmaali kartaa si aad uga hortagto uur aan ku talagal ahayn ka dib markaad galmo sameysay adigoo aan sameyn wax ka hortag uurqaadiseed ah, ama haddii nidaamkii ka hortaga uurka ee aad isticmaasho fashilmo (tusaale ahaan, haddii kondhomku idinka siibto ama kiniiniga ilowdo).
- Laba nooc oo ka hortagga uurka ah ayaa midkood dooran kartaa: Kiniiniga kahortagga uurka ee degdega ah (ECP), kiniinigan wuxuu leeyahay laba nooc, mid la qaadan karo 72 saacadood gudahood ka dib markaad galmada sameysay, iyo mid la qaadan karto illaa 120 saacadood ka dib. Duubka (sidoo kale loo yaqaano IUCD-ga galmada ka dib) oo la adeegsan karo illaa 5 beri galmada ka dib.

## **TAAJERADA UURKA AAN KU TALAGALKA AHAYN ADEEGYADA**

Uurka aan ku talagal ka ahayn wuxuu kugu dhalin karaa werwer iyo walaac. Waxa laga yaabaa inaad dareemo xooggan oo iskhilaafsan kala kulanto uurkaaga.

**My Options** waa taleefan wicitaankiisu bilaash yahay oo HSE maalgelisay. Macluumaad iyo talo ceebayn ka maran ayuu siiyaa qofkasta oo si aan ku talagal ahayn uur u qaada.

Websaydka My Options wuxuu sidoo kale leeyahay:

- Qayb wadasheekaysi oo lagu bixiyo taageero iyo macluumaad
- Helista adeeg foolka-fool ah
- Qayb laga sii qabsado ballama talobixinta

Taleefankan caawintu wuxuu ku siin karaa macluumaad iyo taageero khusaysa dhammaan ikhtiyaarada kuu furan:

- taageerooyinka siiwadista uurka
- adeegyada ilmo soo riditaanka



**Taleefanka bilaashka ah ee My Options**  
**1800 82 80 10**



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/services/unplanned-pregnancy/support-services/](https://www2.hse.ie/services/unplanned-pregnancy/support-services/)

## Daawaynta caawiya uurqaadista ee HSE bixiso

Daawayn takhasusle oo kaa caawinaysaa inaad uurqaado ayaad ka heli kartaa xarumaha uurqaadista ee gobolada ee HSE.

Dhakhtarkaaga uurqaadista ee xarunta jooga wuxu daawaynahan kugula talin karaa haddii:

- adiga iyo lamaanahaagu aad uurqaadin waydaan ka dib markaad martaan daawayno kale.
- baaritaano muujiyaan inaad daawayntan u baahan tahay



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/fertility/treatment/](http://www2.hse.ie/conditions/fertility/treatment/)

*Dhakhtar baan u imi,  
markaa waxa la aaminsanaa  
in arrinta dhalmada aanay  
i khusayn (sababtoo ah  
nin baan ahay) Waxaan ku  
khasbanaaday inaan xuso.  
Taas beddelkeed, walaashay  
oo toosan, arrinkan waa  
lagala hadlay.*

XUBNAHA BULSHADA LBTQ+

**FIKRADO ISKU DHAFAN**

## Noocyada daawaynta

Noocyada daawaynta takhasuslaha ee aad ka heli karto xarumaha caawinta uurqaadista ee gobolada waa:

- **IVF** - waa marka ugxanta iyo xawada ama manida la isku bacrimayo laabka dhexdiisa si loo abuuru uurjiifyar (embryo). Uurjiifka ugu fiican ayaa loo xushaa in lagu rido ilmogaleenka hooyada. Haddii ay jiraan uurjiifyo yaryar oo fiican oo kale, waa la qaboojin karaa si mustaqbalka loo isticmaalo.
- **In Maninda Toos Loogu Duro Ukunta (Intracytoplasmic sperm injection, ICSI)** - waa nooc IVF ah oo biyaha ama xawada toos loogu durayo ukunta.
- **In Manida Ilmogaleenka Lagu Shubo (IUI)** - waa qaab manida si farsamaysan loogu shubo ilmogaleenka. Manida ayaa lagu soo diyaariyaa laab waxana lagu ridaa ilmogaleenka.

*Waxaan ogahay in dumar badan oo aan rag qabin jeclaan lahaayeen carruur, Sidoo kale rag badan oo aan dumar qabin ayaa goysas raba, waalidnimo waa xuguug cid kasta oo muhiim ah.*

XUBNAHA BULSHADA LBTQ+

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# Caafimaadka Galmada

## Xanuunada Galmada La Isugu Gudbiyo

Xanuun Galmada La Isugu Gudbiyo (STI) waa xanuun laga qaado qof xanuunka qabay oo aad xiriir galmo la sameysay.

## Sidee baan isaga ilaaliyaa xanuunada galmada la isugu gudbiyo (STI)?

Xanuunada STI-ga badankooda waxay ku gudbaan marka laba qof yeeshaan noocyada galmada ee kala duwan iyadoo aanay xirnayn cinjirka galmada (kondhom). Xanuunada STI qaarkood waxa lagu kala qaadaa taabashada maqaarka.

Inaad kondhom si sax ah u isticmaasho markasta oo aad galmo sameynayso waxay yareyn doontaa khatarta aad ku qaadi karto STI.

Haddii adiga ama lamaanahaagu aad isku aragtaan wax astaamo caabuuq ama xanuun ah, nabaro ama finan ku yaalla xubnaha taranka, wax galmo ah ha sameynina, xitaa galmada afka, illaa aad baaritaan martaan oo la idin daawaynayo.

 **Khayraadka dhanka onlaynka**  
[www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/](http://www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/)

## Waa inaad iska bartaan cudurada STI.


Haddii aad lamaane cusub noqoto, waxa idiin fiican inaad labadiinuba iska bartaan xanuunada STI. Waxa laga yaabaa in aadan lahayn wax astaamo ah, ama aadan ka warqabin inaad qabto cudurada STI.

Haddii lagaa helo xanuunada STI, waa muhiin inaad dhammeysato daawaynta iyo in lamaanahaagu sidoo kale isna baaritaan maro oo, haddii ay lagama maarmaan noqotona, la daweeyo isna ka hor inta aydaan wax galmo dambe ah yeelan.

Haddii aad isku aragto astaamaha cudurada STI ama u baahan tahay taageero degdeg ah, waa inaad la xiriirto xarunta cudurada STI ee xaafadda ama dhakhtarkaaga guud. Si aad u hesho xarunta cudurada STI ee HSE ee kuugu dhow booqo:

 **Khayraadka dhanka onlaynka**  
[www.sexualwellbeing.ie/sexual-health/hse-sti-services-in-ireland.html](http://www.sexualwellbeing.ie/sexual-health/hse-sti-services-in-ireland.html)

Agab aad cudurada STI iskaga baari karto adigoo guriga jooga ayay sidoo kale ka heli kartaa HSE.

 **Khayraadka dhanka onlaynka**  
[www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/](http://www.sexualwellbeing.ie/sexual-health/sexually-transmitted-infections/sti-testing/home-sti-test/)

## Galmada aaminka ah

Cinjirka galmada ayaa lagu taliyaa in la isticmaalo si looga hortago cudurada galmada la isugu gudbiyo intooda badan iyo cudurka aydhiska (HIV) haddii si sax ah loo isticmaalo.

Kondhomka korka laga xirto wuxu daboolayaa qooraha waxana loo adeegsan karaa galmada noocyadeeda kala duwan.

Kondhomka gudaha waxa la dhexgeliyaa xubinta taranka haweenka waxana loo adeegsadaa galmada dhinacaas.

Cinjirka afka waa cinjir afargees ah oo la dhexgeliyo xubinta taranka haweenka ama dabada loo si loo adeegsado xilliyada galmada afka.

Haddii aad isticmaalo qalab galmo, hubi in aydaan wadaagin, idinkoo aan si sax ah u dhaqin markaad isu dhiibaysaan, markasta xirta cinjir cusub.

## Xiriirada Labeebka, Qaniisiinta iyo Dumarka aan Caadiga ahayn

Linkiga hoose wuxu sharraxayaa mawduucyo kala duwan oo la xiriira xiriirada iyo halwaha galmo ee Xiriirada Labeebka, Qaniisiinta iyo Dumarka aan Caadiga ahayn. Waa kayd dukumeentiyo iyo cinwaano loogu talagalay nolosha galmo iyo xiriirada dadkaas.



### La soo deg kaydka

[www.sexualwellbeing.ie/for-professionals/supports/resource-for-working-with-lesbian-bisexual-queer-women/](http://www.sexualwellbeing.ie/for-professionals/supports/resource-for-working-with-lesbian-bisexual-queer-women/)



Khayraadka dhanka onlaynka  
[www.linc.ie/health/](http://www.linc.ie/health/)

## Kaydka loogu talagalay waalidiinta/daryeelayaasha

Websaydka [www.sexualwellbeing.ie](http://www.sexualwellbeing.ie) waxa ku jira macluumaad muhiim ah oo khuseeya galmada iyo xiriirada oo loogu talagalay waalidiinta/daryeelayaasha. Waxa ku jira tiro buugaag ah oo loogu talagalay waalidiinta iyo carruurta iyo dhalinyarada jira 4-18, iyo muuqaalo loogu talagalay waalidiinta haysta carruur yaryar.



Khayraadka dhanka onlaynka  
[www.sexualwellbeing.ie/for-parents](http://www.sexualwellbeing.ie/for-parents)

*Waan ka xishoodaa inaan (raga) ku dhaho xirta cinjirka, markaas mararka gaar waan iska daynaa.*

XUBIN SHAQAALE AH

FIKRADO ISKU DHAFAN

# Baaritaan

## Baaritaanka afka ilmogaleenka

Baaritaanka afka ilmogaleenka waa baaritaan bilaash ah oo lagu eegayo caafimaadka afka ilmogaleenkaaga. Afka ilmo-galeenka waa afka makaanka.


Maaha baaritaan lagu ogaanayo kansar, waa baaritaan lagu eegayo inaad khatar ugu jirto kansar.

Haddii aad leedahay af ilmo-galeen, waad qaadi kartaa kansarka ilmogaleenka. 9-ka mid ah 10 kii qof ee qaada kansarka ilmo-galeenka waxa sababa nooc ka mid ah fayraska babilomafayras ee aadamaha (HPV). HPV waxa lagu kala qaadaa wixii xiriir galmo ah ee u dhexeeya nin iyo gabadh.

HPV-ga aan tegin waxa loo yaqaanaa HPV joogto ah. Noocani waxay muudo ka dib isbeddelo ku sameyn karaan unugyada afka ilmo-galeenka.

Laakiin HPV keligii ma sababo kansarka afka ilmo-galeenka. Waad qaadi kartaa kansarka afka ilmo-galeenka haddii aadan weligaa galmo sameyn.

Laga soo bilaabo da'da 25, waa inaad baaritaanka afka ilmogaleenka onlayn ahaan isaga diiwaangeliso oo qabsato ballanta baaritaanka afka ilmo-galeenka.

 **Khayraadka dhanka onlaynka**  
[www2.hse.ie/conditions/cervical-screening/why-go/what-cervical-screening-is/](http://www2.hse.ie/conditions/cervical-screening/why-go/what-cervical-screening-is/)

## HPV

Tallaalka HPV waxa lagu qaataa guud ahaan barnaamijyada dugsiga.

Caabuqa ka dhasha HPV wuxu sababi karaa kansarka:

Ilmo-galeenka, dibnaha xubinta taranka ee haweenka (aagga ku hareeraysan duleelka siilka), siilka, dabada, hunguriga (qayb cunaha ka mid ah oo ku taalla gadaasha dambe ee afka), guska.

Caabuqa HPV wuxu sidoo kale sababi karaa finan ka soo baxa xubnaha taranka ee gabdhaha iyo wiilasha labadaba. Hay'adda Caafimaadka Adduunka (WHO) waxay sheegtay in tallaalka HPV uu aad aamin u yahay. Haddii aad su'aalo ka qabto tallaalka HPV, la tasho xirfadle caafimaad oo aad aaminsan tahay ama dhakhtarkaaga guud.

 **Khayraadka dhanka onlaynka**  
[www.hse.ie/eng/health/immunisation/pubinfo/schoolprog/hpv/](http://www.hse.ie/eng/health/immunisation/pubinfo/schoolprog/hpv/)

*Da'da 25, ayaan ku qaatay baaritaankayga afka ilmo-galeenka. Dhakhtarku si aad u fiican buu iila dhaqmay.*

**XUBIN KA TIRSAN BULSHADA TRAVELLER**

**FIKRADO ISKU DHAFAN**

## Macluumaadka baaritaanka naasaha

Baaritaanka naasuhu wuxu kaalmo ka geystaa in kansarka naasaha isagoo marxalad hore maraya la ogaado. Haddii goor hore la ogaado, way fududahay in la daaweeyo fursadda lagaga soo kaban karona way fiican tahay.

Baaritaanka naasaha waa sawir maamogaraam ah kaas oo ah raajo naasaha la saarayo, waxana loo adeegsadaa in lagu ogaado kansarka naasaha marka uu aad u yaryahay ee aan la arki karayn ama la dareemi karayn. Baaritaanka naasaha waxa lagu maraa xarunta Baaritaanka Naasaha ama unug baaritaan oo guurguura; ama dhakhtarkaaga guud ayaa kuu gudbin kara qaybta Naasaha ku takhasustay ee isbitaalka xaafadda.

Waxaad heli doontaa warqad ay la socdaan natiijooyinkaagi 3 todobaad gudahood ka dib markaad baaritaanka naasaha marto. Dhakhtarkaaga ayaa sidoo kale heli doona natiijooyinkaaga.

Inta badan, natiijo caadi ah ayaa soo baxda oo wax kansar ah lama helo, hase ahaatee haddii buro kuusan la arko, haddba sida daawaynta loogu dhakhsado ayay bukaanadu u soo reeyaan. Waxa aad loogu talinayaa inaad talo caafimaad raadsato haddii aad wax walaacyo ah qabto.

Dhammaan dumarka jira da'da u dhexeysa 50 iyo 69 ee ka diiwaangashan barta Baaritaanka Naasaha waxa lagu martiqaadaa inay kansarka iska baaraan 2-dii sannadood mar. Hase ahaatee, haddii aad naasahaaga ku aragto wax isbeddelo ah (sida burooyin, maqaarka oo curduduubma, iwm.) waa inaad la xiriirto dhakhtarkaaga ama xirfadle kale oo caafimaad.

Hubi, cusbooneysiis ama ku biir diiwaanka baaritaanka naasaha;



Khayraadka dhanka onlaynka

[www2.hse.ie/breast-screening](http://www2.hse.ie/breast-screening)

*Baaritaan iyo is-qiimeyntu aad bay muhiim u tahay. Kansarka naasaha ayaa igu dhacay anigoo 42 sannadood jira. Waxaan ahaa hooyo leh laba carruur ah, oo inaan horay u ogaaday oo isaga daaweeyay ayaa naftayda badbaadisay.*

XUBIN SHAQAALE AH

**FIKRADO ISKU DHAFAN**

# Oggolaanshaha iyo Xad-gudubyada Jinsiga ku Dhisn

## DA'DA SHARCIGA EE OGGOLAANSHO BIXINTA

### Waa maxay da'da sharciga ee qofku oggolaansho ku bixin karo?

Sharcigu wuxu leeyahay qofku waa inuu jiro 17 sannadood si uu u oggolaan karo inuu sameeyo ficil galmo la xiriira. Tani waxay la macno tahay in qofka yar ee jira 17 sannadood wax ka yar aanu sharciyan qaangaar ahayn oo aanu bixin karin idan uu ku sameyn karo galmo xataa haddii ay rabaan.

Da'da idan bixintu waa isugu mid dhammaan dadka, loomana eego jinsiga ama fikirka galmo.

Wixii macluumaad dheeraada ah ee ku saabsan tafaasiisha sharcigan, waxaad ka akhrin Xeerka Ciqaabta (Dambiyada Galmada) 2017 ee ku saabsan idan bixinta iyo dambiyo galmo oo kala duwan oo kale.

Waa dambi wayn in qof kaas ilmaha si uun uga masuul ahaa, ama uga masuul ah, uu la sameeyo ficil galmo la xiriira qof yar oo jira wax ka yar 18 sannadood (loomana eegayo in da'da sharciga ah ee idanbixintu tahay 17 jir).

Liiska dadka ilmaha ugu jira boos masuuliyadeed oo dhammeystiran waxay ku qoran yihiin sharciga, waxana ka mid ah, tusaale ahaan, xubnaha qoyska, daryeelayaasha, macallimiinta, iyo tababarayaasha ciyaaraha.

In aadan bixin idin galmo waxa loola jeedaa in aadan oggolaan inaad ficilkaas sameeyso ama lagugu sameeyo. Tani waxay noqon kartaa luuqad hadal toosa ah sida inaad tidhaahdo 'maya', ama **tilmaan ama ishaaro**.

Haddii aad khamro cabtay ama maandooriye isticmaashay, waxa laga yaabaa in aadan idan bixin karin.



### Khayraadka dhanka onlaynka

[www.sexualwellbeing.ie/sexual-health/sexual-consent/](http://www.sexualwellbeing.ie/sexual-health/sexual-consent/)

### Dirista qoraalada galmada ka hadlaya iyo sawirada qaaqaawan

Waa sharcidarro in qof sawirro anshax xumo ah oo galmo muujinaya u diro qof ka yar 17 jir, ama inuu sawirada ama filimad galmada tuso qof ka yar 18 jir.

Sidoo kale waa sharci darro inaad sii faafiso, daabacdo, ama ku hanjabto inaad faafinayso ama daabacayso, sawirro anshax xumo ah oo aad ka qaaday qof kale iyada oo aanay kuu idmin - da' kasta qofkaasi ha noqdee.



### Khayraadka dhanka onlaynka

[www.sexualwellbeing.ie/sexual-health/sexual-consent/online-sexual-activity-and-consent/](http://www.sexualwellbeing.ie/sexual-health/sexual-consent/online-sexual-activity-and-consent/)

## Tacaddiyadda Galmada iyo Kufsigu

**Kufsigu** waa marka qof idan la'aan lagu khasbo in la geliyo dabadiisa ama afkiisa ama siilkiisa xubin jirka ka mid ah ama shay kale oo uu hayo ama wadwado qof kale.

**Tacaddiyada galmada** waa fal tacaddi ah oo galmo la xiriir leh ama galmo dhiirigelisay. Waxa ka mid ah gacmo-gacmaynta, xoog ku dhunkashada qof kale ama ficil kasta oo kale oo galmo la xiriira ee aan wax-gelini ku jirin.



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/services/satu/](http://www2.hse.ie/services/satu/)

Haddii tacaddi galmo lagu geystay, ama lagu kufsaday, khaladka adigu ma lihid. Tacaddiyada galmada iyo kufsigu waa dembiyo, ciddii kasta ha geysto ama meeshay doonaan ha ka dhacaane. Ha ka biqin inaad caawimo dalbato.

**Haddii aad khatar degdeg ah ku jirto ama u baahantahay gaargaar degdeg ah, wac 112 ama 999.**



**Khayraadka dhanka onlaynka**  
<https://www2.hse.ie/services/satu/where-to-get-help/>

## Dhakhtarkaaga

Waxa laga yaabaa inaad kalsooni dheeri ah ku dareento inaad la hadasho dhakhtarkaaga. Iyagaa kuu sii gudbin kara daryeelka aad u baahan tahay.

## Haddii aad ka yartahay 14

Haddii aad ka yartahay 14, caawimo ayad heli kartaa;



**Khayraadka dhanka onlaynka**  
[www2.hse.ie/services/child-forensic-services/cafmas/](http://www2.hse.ie/services/child-forensic-services/cafmas/)

## Xarumaha Xasaradaha Kufsigu

Haddii tacaddi galmo lagu geystay waqti uun noloshada, Xarunta Xasaradaha Kufsigu ayaa ku caawin kara.

Waxay bixiyaan talo iyo taageero ku habboon xaaladaada.



**Taleefan bilaash ah**  
1800 77 88 88 (khadka caawinta 24-saac)



**Khayraadka dhanka onlaynka**  
[www.rapecrisishelp.ie](http://www.rapecrisishelp.ie)

# Oggolaanshaha iyo Xad-gudubyada Jinsiga ku Dhisn

socd.

## NOOCYO KA MID AH RABSHADAHA JINSIGA KU XIRAN

### Gudniinka Fircooniga ah (FGM)

Gudniinka fircooniga ah waa jarista ama dhaawicista qaybaha sare ee xubinta taranka haweenka iyadoo aanay jirin sabab caafimaad. Dhaqankan wuxu salka ku hayaa sinnaan la'aanta jinsiyada, isku day lagu xakameynayo halwaha galmo ee dumarka iyo dahirin. Caadiyan waxa bilaaba oo hawsha qabta dumarka, iyagoo u arka sharaf, kana baqaya in hablahooda ama hablaha ay ayeeyada u yihiin haddii kale la faquuqi doono. Badana waxa lagula kacaa hablaha yaryar ee jira da'da u dhexaysa sabiga iyo 15 sannadood. Waxay caadadani leedahay cawaaqib dhanka caafimaadka jirka ah oo mararka qaar dhimasho keena. Ururka Qorsheynta Qoyska dad Ireland (IFPA) ayaa bixiya Adeega Daawaynta FGM oo bilaash ah.



**Khayraadka dhanka onlaynka**  
[www.ifpa.ie/get-care/free-fgm-treatment-service/](http://www.ifpa.ie/get-care/free-fgm-treatment-service/)

### Ka ganacsiga dadka ee galmada la xirira/dhilaysiga

Ka ganacsiga dadku waa in la raro ama la xereeyo dad la soo qafaashay ama la soo khiyaameeyay iyadoo nolol fiican loo ballan qaaday, ama iyaga oo isleh ikhtiyaar kale oo dhaama ma haysataan.

Ka ganacsiga dadka ee galmada looga faa'iidaysto waxa ka mid ah dhilaysiga,

carruurta galmada looga faa'iidaysto, guurka khasabka ah ama duubista filimada anshax xumada ah.

HSE waxay leedahay koox ku takhasustay dadka Galmada Loo Adeegsaday, Dhilaysiga iyo Dadka Shaqaale ahaan looga Faa'iidaystay.



**Khayraadka dhanka onlaynka**  
[www.hse.ie/eng/services/list/5/sexhealth/whp/](http://www.hse.ie/eng/services/list/5/sexhealth/whp/)

### Dhilaysiga

Dumarka jirkooda ka ganacsada ee Ireland waxay la kulmaan caddaalad darro dhanka caafimaadka ah iyo caqabado ka soo foodsaara helitaanka daryeelka caafimaad ee ku habboon.

Cilmibaaris ayaa muujinaysaa in dhilaysigu ama ka ganacsiga jirku saameyn dhinacyo badan ku leeyahay caafimaadka dumarka, iyo caafimaadkooda galmo, taran iyo maskaxeed iyo faydaqabkooda guudba.

Xitaa ka hor inta aanay gelin suuqa dhilaysiga, dumarku waxay intooda badani waxajahayeen nolol dhibaato badan hadhaysay, sida faqri, kala tag qoys, ama hubanti la'aan dhanka sharciga ah, in aanay haysan hoy deggan, luuqadooda Ingiriisida oo liidata, iyo rabashado ay noloshoodii hore kula soo kulmeen.

Marka hawsha dhexgalaan, nolosha halwadka ah ee dumarka, faquuqa bulsheed iyo cadaadiska joogtada ah ee horay u socoshada iyo lacag sameyntu wuxu u muuqdaa mid uga sii daraya nugeylkooda, badanaana wuxu ku adkeeyaa inay si fiican ula shaqeeyaan halwaha taageerada ee la siinayo. Sidoo kale waxa cad in la kulanka macaamiishoodu uu u geysto dhibaato jireed iyo mid maskaxeed labada oo uu ku rido culeys iyo cadaadis daran, iyadoo islamarkan arrintani saameyn wayn ku yeelanayso xiriiradooda shaqsiga ah.

Istaraatiijiyadda Saddexaad ee Dowladda ka gaartay inaan ‘Sinnaba Loogu Dulqaadan’ Rabashadaha, Jinsiga Ku Dhisan, Galmo iyo Kuwa Qoyska (DSGBV) taas oo la daahfuray 2022 waxay dhillaysiga si cad ugu qeexaysaa inuu yahay rabshad jinsi ku dhisan (GBV).



#### La soo deg kaydka

Eeg Mashruuca ‘Ka Hortagga Dhibaataada’ oo ah Cilmibaaris HSE ka sameysay adeegyada caafimaadka dumarka iyo Ka faa’iidaysiga Galmada <https://serp.ie/wp-content/uploads/2023/02/Confronting-the-Harm-FINAL.pdf>

#### Filimada anshax xumada

Filimada anshax xumada badankooda waxa loo sameeyaa ragga, aad bayna ugu durugsan yihiin galmada nolosha caadiga ah, badanaana waxa ku jira dabeecado rabshad iyo bahdil wata. Guud ahaan filimadaasi waxay bartilmaameedsadaan koox dad ah – khaasatan dumarka, dadka aan caddaanka ahayn, iyo dadka naafada ah iyo LGBT+. Waxa la hayaa caddayn muujinaysa in dhalinyara daawata filimaanta anshax xumada ah ay galmada ka aaminaan fikir iyo filasho aan macquul ahayn. Tani waa mid khusaysa dhammaan jinsiyada.

Ragga dhalinyarada ahi waxay dareemaan in laga rabo inay rag adag, awood badan noqdaan markay galmada ku jiraan, iyaga oo aan wax tixgelin ah siinayna dareenka iyo raaxada lamaanhooda. Dadka lagu bahdilayo filimada anshax xumada qudhoodu farriinta qaldan ayay qaadan karaan oo waxa laga yaabaa inay si fudud u aqbalaan ka faa’iidaysiga iyo dabeecadaha bahalnimada ah una qaataan wax caadi ah.

Daawashada xad-dhaafka ah ee filimada anshax xumada ee da’ kasta, laakiin khaastan da’da dhalinyaranimadu, waxay dhalin kartaa dhibaatooyin dhanka galmada dhabta ah.



### Ilmo-soo-ridista khasabka ah

Tan waxay u dhici kartaa sababo bulsho, dhaqaale ama siyaasadda hal ilme keliya oggol oo dambilayaashuna waxay noqon karaan xubnaha qoyska, kuwa maamula suuqa ka ganacsiga galmada ama maamulka dowladda.

### Rabshadaha Sharafta Ku Dhisan (HBV)

HBV waa kelmad lagu sharraxo rabshadaha ama dhibaatooyinka ay qofka u geystaan xubnaha qoyskooda ama bulshada qaraabada la ah. Waxa dhiirigeliya inay dadkaasi is dareensiyeen in loo baahan yahay in dib loo soo celiyo sharaftii qoyska ama bulshadu lahayd ka dib marka la aamino in dhibbanuhu si uun u sharaf dilay. Waxa laga yaabaa in qofku diiday guur lagu khasbayo, sameeyay galmo gogol dhaaf ah ama madaxbannaani noocuun ah muujiyay. Sida badan dhibbanayaasha rabshadaha sharaf-raadinta (HBV) waa dumar ama gabdho yaryar, laakiin ragna waa noqon karaan. Rabshadaha HBV waxay badanaa keenaan dhaawac jireed khatar ah, googoyn ama dhimasho.

### Guurka khasabka ah

Guurka khasabka ah waa marka qofka lagu khasbo guur aanay oggolayn ama aanay idinkiisa bixin. Dhibbanayaasha guurka khasabka ah badankoodu waa dumarka dhalinyarada ah iyo hablaha yaryar laakiin ragga dhalinyarada ahna waa wajahi karaan sidoo kale. Xubnaha qoyska ama bulshada ayaa badanaa tacaddigan ku kaca. Waxa badanaa lala xiriiriyaa afduub iyo qofka oo loo wareejiyo waddan ama goob kale.



#### Khayraadka dhanka onlaynka

[www.tusla.ie/services/domestic-sexual-gender-based-violence/](http://www.tusla.ie/services/domestic-sexual-gender-based-violence/)

[www.womensaid.ie/services/helpline.html](http://www.womensaid.ie/services/helpline.html)

[www.hse.ie/eng/about/who/primarycare/socialinclusion/domestic-violence/guidance-and-resources-dsgbv.html](http://www.hse.ie/eng/about/who/primarycare/socialinclusion/domestic-violence/guidance-and-resources-dsgbv.html)

**One in Four** - Taageero iyo barnaamijyo loogu talagalay dadka waawayn ee haysta carruur la kulmay tacaddi galmo, qoysaskooda, iyo dadka ku lug yeeshay dhaqamo galmo oo dhibaato leh.




#### Khayraadka dhanka onlaynka

[www.oneinfour.ie](http://www.oneinfour.ie)

# Fayoqabka

## Jinsiga

Aqoonsiga jinsi iyo fikir galmo waa qayb ka mid ah shaqsiyadda qofka. Fikir galmo waa wax qofku xusho waxana qofku xulan karaa noocyada midkood, hadba sida uu doorbidayo. Dadkha khaniisiinta ah ee LGBT+ waxay la kulmi karaan handadaada iyo cawaanadad. Handadaadan iyo cawaandadan waxay ka dhici karaan meelkasta. Tusaale ahaan, fasalka dhexdiisa, goobta shaqada, garoomada ciyaaraha ama guriga. Tani waxay saameyn kartaa caafimaadka maskaxdaada. Haddii aad la kulanto tacaddi ama cawaandad, qof la tasho. Saaxiib, xubin qoyska ah, qof aad wada shaqeysaan ama la taliya ama dhakhtarkaaga la tasho.



**Khayraadka dhanka onlaynka**  
[www.2.hse.ie/mental-health/life-situations-events/bullying-harassment/bullying-harassment/](http://www.2.hse.ie/mental-health/life-situations-events/bullying-harassment/bullying-harassment/)

## Khadka LGBTI+

Adeeg bilaa canaan ah oo sir ah. Wuxu dhegaystaa, oo talo iyo macluumaad siiyaa khaniisiinta iyo qoysaskooda ama asxaabtooda.



**Taleefan**  
1800 929 539



**Khayraadka dhanka onlaynka**  
[www.teni.ie](http://www.teni.ie)

## Belong To

Taageero loogu talagalay khaniisiinta da'da yar (23 iyo ka yar) oo qoyskooda.

## Spunout.ie

Waxay taageeraan dadka labeebka ah, kuwa ku dhashay xubnaha ragga iyo dumarka oo iswata ama leh labada dhaqanba.

## Shabakaadda Sinnaanta Dadka Jinsigooda beddelay ee Ireland (TENI)

Waxay taageeraan dadka jinsigooda beddelay, kuwa aqoonsigooda jinsi ka duwan yahay jinsigii ay ku dhasheen.



**Khayraadka dhanka onleenka**  
[www.lgbt.ie](http://www.lgbt.ie)  
[www.belongto.org](http://www.belongto.org)  
[www.spunout.ie/lgbti/gender-identity/what-is-intersex](http://www.spunout.ie/lgbti/gender-identity/what-is-intersex)

## Dhibaatooyinka xiriirada

Mararka qaarkood xiriirka labada qof ka dhexeeya ayaa cadaadis u keeni kara dadka. Waxaad dareemi kartaa in lagugu cadaadinayo inaad noqoto qof aadan ahayn, ama inaad sameyso wax aadan hubin. Tani waxay culaays saari kartaa caafimaadkaaga maskaxeed. Sameynta xiriir cusubi wuxu kugu adkayn karaa inaad waqti ku filan u hesho asxaabtaada iyo qoyskaaga. Markaad bilowdo xiriir cusub waa muhiim inaad sii haysato oo ku raaxaysato xiriirka aad asxaabtaada la lahayd iyo kii qoyskaba. Kala taga iyo burburka xiriirku wuxu sidoo kale si wayn u saameyn karaa caafimaadka shucuureed/maskaxeed. Wuxu dhalin karaa dareemo kala duwan. Waxa laga yaabaa inaad dareento: cadho, muruqo, mustaqbalka ka shakido, kelinimo iyo faquuq. La xiriir dhakhtarkaaga cudurada/xirfadlahaaga caafimaad oo raadso talo iyo taageero.

# Adeega Ka-qaybgelinta Bulshada HSE Dublin iyo South East

## Yaanu nahay?

Adeegyada Ka Qaybgeilinta Bulshada ee HSE Dublin iyo South East (he HSE Dublin and South East Social Inclusion Service) waxay agab iyo alaabo siiyaan barnaamijyada u adeegaya bulshooyinka la faquuqay iyo kuwa wajaha faqriga caadada.

Si aad u ogaato alaabooyinka dhiiga caadada ee bilaashka ah ee aad heli karto, iyo sida aad u dalbanayso, la xiriira xafiiska maxaliga ah ee Adeega Ka Qaybgelinta Bulshada ee HSE.



**Ilmayl noogu soo dir:**  
[che.socialinclusion@hse.ie](mailto:che.socialinclusion@hse.ie)

## AdeegyadaKa Qaybgelinta Bulshada ee Kale

### Adeega Caafimaadka Dumarka iyo Kooxda Ka-hortagga Ka Ganacsiga Dadka



**Khayraadka dhanka onlaynka**  
[www.hse.ie/eng/services/list/5/sexhealth/whp/](http://www.hse.ie/eng/services/list/5/sexhealth/whp/)

### GMHS

Adeegyada caafimaadka galmada ee loogu talagalay ragga.



**Khayraadka dhanka onlaynka**  
[www.hse.ie/eng/services/list/5/sexhealth/gmhs/](http://www.hse.ie/eng/services/list/5/sexhealth/gmhs/)

## Kooxda Adeega Ka-qaybgelinta Bulshada HSE Dublin iyo South East

Community Healthcare East, Daryeelka Aasaasiga ah

### Kooxda Mashruuca Sharafata Caadada:

Linda Latham  
*Agaasimaha Kalkaaliska, Madaxa Mashruuca*

Eimear Costello  
*Madaxa Maamulka*

Elaine Pardy  
Shauna Quilty  
*Maamulka*

## Kooxda Adeega Ka Qaybgelinta Bulshada:

Lee Collins  
*Maamulaha Adeega Ka Qaybgelinta Bulshada:*

Dr. Niamh Marrinan  
*Dhakhtarka Takhasuska Cilminafsiiga ee Guud*

Ifechukwu Onyeka-Patrick  
*Maamulka*

*Qajilaad ma jirto  
sababtu waa maxay?  
Ceeb ma jirto. Yaa loo  
yaxyaxayaa? Ma waxaan  
ka yaxyaxaa inaan  
dhiiga caadada helayo,  
maya!! Waxay la socotaa  
dheddignimada.*

**CODSADE ILAALIN CAALAMI AH**

**FIKRADO ISKU DHAFAN**

## **Khayraad, Tixraacyo & Mahadnaq**

CHO 5, khaasatan shaqaalaha Kalkaalinta waxaan uga mahadcelinaynaa sida deeqsinimada leh ee ay noola wadaageen xogta faqriga agabka caadada.

HSE A-Z ee macluumaadka

John Hopkins Medicine 2024

Qoraalada iyo xogta la soo xigtay ee la isticmaalay:

Barnaamijka Caafimaadka Galmada ee HSE

TUSLA DSGBV oo aanu isticmaalnay xogtooda oo xiganay websaydkooda xogtiisu dhammeyska tiran tahay.