

Waa maxay daryeelka aan u baahnay ka dib marka qalliinka maro?

Qalliinka ka dib meesha la qalay waa in si joogto ah loo nadiifiyo, waa inaad xafaadayahaaga umusha si joogto ah u beddesho oo sii wadato qaadashada xanuun baabi'iyayaasha markii aad u baahato

Maxaa dhici doona xiliga dhalashada ilmaheeyga?

Marka fooshu ku qabato, waxaad iman doontaa isbitaalka si aad ilmahaaga ugu umusho. Dhakhtarkaaga iyo umulisaada ayaa kaala hadli doona wixii habraacyo ah ee daruuri ah ama wixii farogelin ah. Fadlan su'aalo waydii. Isbitaalka ayaa turjumaan kara.

Waxay ku siin doonaan xanuun baabi'iyayaal si ay kaaga jebiyaan xanuunka foosha, iyo wixii qalliin xubinta taranka ah ee laga yaabo inaad u baahato marka ilmuhu dhalanayo.

Sidee buu ilmahaagu u dhalan doonaa?

Marka habraacan la maro, waxaanu rajaynaynaa inaad ilmaha si dabiici ah u umuli doontid, haddii aad sidaas doorbidayso. Fadlan weydii dhakhtarkaaga ama umulisaada wixii su'aalo ah ee aad ka qabto dhalashada ilmaha iyo umulitaanka. Isbitaalka ayaa kuu keeni doona turjumaan hadii aad ubaahato.

Meesha marnaba qalliin laguma xiri doono (toliinka xubinta taranka) umusha ka dib, tani waa ka sharci darro waddanka Ireland.

Maxaa dhici doona ka dib marka ilmahaagu dhasho?

Ka dib marka aad ilmaha umusho, waxa laga yaabaa in lagaa dalbado inaad soo laabato oo la kulanto dhakhtarkii qalliinka kuu sameeyay, si ay u hubiyaan inaad si fiican u bogsatay. Waxay kuu tilmaami karaan adeeg khaas ah oo loogu talagalay dumarka lagu sameeyay gudniinka fircooniga ah (FGM) kaas oo ku siin kara daryeel iyo taageero joogto ah.

Ka warran haddii aan u malaynayo in ilmahaagu khatar ugu jiro gudniinka fircooniga ah (FGM)?

Waddanka Ireland gudniinka fircooniga ah (FGM) waa ka sharci darro. Waa faldambiyeed khatar ah oo lagu mutaysan karo xadhig.

Hablaha yaryar iyo dadka ku nool waddanka Ireland waxa gudniinka fircooniga ah (FGM) ka ilaaliya Xeerka Caddaaladda Falmadbiyeeyada (Gudniinka Fircooniga ah) Xeerka 2012. Sidoo kale waa dambi in gabar yar la geeyo waddan kale si loogu sameeyo gudniin fircooni ah (FGM).

Haddii aad ka walwalsan tahay in ilmahaagu khatar ugu jiro gudniin fircooni ah (FGM), waa inaad la xiriirto shaqaalaha isbitaalka Rotunda ama mid kastoo ka mid ah kuwan soo socda:

- isteeshinka booliska ee xaafadaada
- shaqaalaha bulshada ee Tusla (Hay'adda Carruurta iyo Qoyska) u jooga xaafadaada

Halkee baan ka heli karaa macluumaad dheeraad ah oo ku saabsan gudniinka fircooniga ah (FGM)?

Ururka Qorshaynta Howlaha Qoyska ee Ireland iyo Hay'adda Fulinta Adeegyada Caafimaadka ayaa bixiya adeegyo daryeel iyo taageero loogu talaglaay dumarka la kulmay gudniinka fircooniga ah.

Macluumaad dheeraad ah oo ku saabsan ururadan iyo gudniinka fircooniga ah (FGM) ayaad ka helaysaa halkan: <https://www.ifpa.ie/get-care/free-fgm-treatment-service/> (Taleefan 0818495051) ama websaydka HSE: <https://www2.hse.ie/pregnancy-birth/support/female-genital-mutilation/>.

Bixiyahaaga daryeelka caafimaadka kala hadal wixii walaacyo ama su'aalo ah ee aad qabto. Waxay diyaar u yihiin inay ku taageeraan oo aad aamin ahaato muddada dhalimada iyo uurka.

Khayraadka iyo agabka kale ee waxtarka leh:

- [Akidwa.ie](https://www.akidwa.ie) Taleefan+353 (0)1 8349851
- <https://www.rcog.org.uk/media/fcdxjasm/patient-information-leaflet.pdf>
- <https://rotunda.ie/mental-health/>
- <https://rotunda.ie/knowledgebase/perineal-clinic/>



Xaashida Macluumaadka ee loogu talagalay Dumarka horay loogu sameeyay Gudniinka Fircooniga ah (FGM)

Macluumaadkan adiga ayaa laguugu talagalay haddii horay laguugu sameeyay gudniin fircooni ah ama xubintaada taranka la jarjaray (sidoo kale loo yaqaano FGM/C).

Waa maxay Gudniinka Fircooniga ah?

Gudniinka Fircooniga ah (FGM) waa dhaqan lagu jaro qaybo ka mid ah xubinta taranka haweenka ama lagu tolo xubnaha taranka ee haweenka iyadoo aanay jirin sabab caafimaad oo kalliftay (1). Gudniinka fircooniga ah (FGM) waxa adduunka looga aqoonsan yahay xadgudub xuquuqda aadamaha ah oo ka dhan ah dumarka iyo hablaha.

Gudniinka fircooniga ah (FGM) waxa sidoo kale loogu yeedhi karaa:

- gudniinka haweenka
- goynta xubinta taranka
- googoyn
- tolliin

Waddanka Ireland waa ka sharci darro ku dhaqanka gudniinka fircooniga ah ama in hablaha yaryar la geeyo waddan kale si loogu sameeyo gudniin fircooni ah (2).

Waa maxay saameynta gudniinka fircooniga ah (FGM)?

Gudniinka fircooniga ah wuu dhib badan yahay. In kastoo dumarka qaarkood aanay sheegan saamayn caafimaadka jirka ah oo muddo dheer, dumarka lagu sameeyo gudniinka fircooniga ah waxay la kulmi karaan (3):

- xanuun
- caabuqyo
- galmada oo lagu xanuunsado ama lagu dhibtoodo
- dhibaatooyin dhanka kaadida ah

Haddii lagu guday oo aad uur leedahay, waxa laga yaabaa inaad dhibaatooyin badan la kulanto markaad umulayso, khaasatan marka aad umulayso ilmahaaga ugu horreeya (4). Dumarka lagu sameeyay gudniinka fircooniga ah waxay sidoo kale la kulmi karaan dhibaatooyin caafimaadka maskaxda ah sida inay dhacdadii marba dib u soo xasuustaan, walwal iyo/ ama PTSD (cudurka walwalka dhibaatooyinka ka dib dhasha).

Maxaan sameeyaa haddii aan u malaynayo in gudniin fircooni ah (FGM) aan soo maray?

U sheeg dhakhtarkaaga ama umulisada haddii gudniin fircooni ah lagugu sameeyay (ama aad u malaynayso in lagu guday). Isbitaalka ayaa turjumaan ku siin kara markaad arrintan ka hadlaysaan. Kooxda waxaad kala hadli kartaa qaabka aad rabto inaad u dhasho iyo wixii walaacyo ah ee laga yaabo inaad qabto ee la xiriira gudniinka fircooniga ah.

Waa maxay dhibaatooyinka gudniinku uurkayga u keeni karo?

Dumarka lagu sameeyay gudniinka fircooniga ah (FGM) badankoodu uur iyo umul caadi ah oo caafimaad leh ayay maraan. Hase ahaatee, cilmibaarisyo waxay muujinayaan in dumarka lagu sameeyay gudniinka fircooniga ah (FGM) ay u badan tahay:

- In ilmaha lagu qalo
- Inay u baahdaan in la jeexo bannanka xubintooda taranka (bannaanka xubinta taranka) si looga caawiyo dhalmada
- Inay dhiig baxaan ka dib markay umulaan
- Inay isbitaalka muddo dheer sii jiifaan

Khatarahan dheeraadka ah dartood, waxa roon inaad noo sheegto haddii aad gudniin fircooni ah soo martay si lagu siiyo daryeelka aad u baahan tahay. Waxaanu sidoo kale kuu soo agaasimi karnaa taageero cilminafsi oo dheeraad ah haddii aad u baahato.

Waa maxay nooca daryeelka uurka ee aan heli doono?

Daryeelka uurka intiisa badan (booqashooyinka, raajooyinka iwm) wuxu noqon doonaa mid la mid ah ka dadka aan loo geysan gudniin fircooni ah. (5)

Caadiyan waxaad heli doontaa ugu yaraan hal booqasho oo aad ku tagayso xarun takhasus caafimaad oo ku taalla Rotunda oo khibrad u leh daryeelka dumarka lagu sameeyay gudniinka fircooniga ah xilliyada uurka iyo umusha (khaasatan haddii aad umulayso ilmihii kuugu horreeyay).

Way ku baadhi doonaan si ay u ogaadaan inaad u baahan tahay daawayn ama nooca daawaynta ee kugu habboon. Dumarka maray gudniinka fircooniga ah intooda badan uma baahdaan qalliin uurka khuseeya.

(5) Barnaamijka Caafimaadka Dumarka iyo Sebiyada iyo Machadka Caafimaadka Uurka iyo Howlaha Taranka ee Dumarka (2019) HAGAHA CAAFIMAAD EE HEER QARAN ee Maaraynta Gudniinka Fircooniga ah (FGM). Ku diyaar ah: <https://www.hse.ie/eng/about/who/acute-hospitals-division/woman-infants/clinical-guidelines/> (La helay: 09.2024).

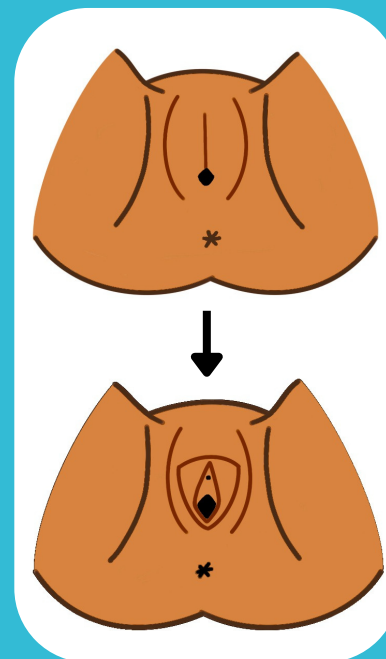
Waa maxay qalliinka aan mari doona gudniinka fircooniga ah (FGM) dartiis?

Dumarka gudniinka fircooniga ah lagu sameeyay intooda badani uma baahdaan qalliin. Iyadoo ku xidhan nooca gudniinka fircooniga ah ee aad martay, waxa laga yaabaa inaad u baahato in afka xubinta taranka qalliin lagu furo (waxa loo yaqaan furitaanka ama ballaarinta cambarka) si looga caawiyo ilmaha dhalashadiisa, khaasatan marka ilmahaaga koobaad dhalanayo (6).

Mararka qaarkood furitaankan waxa la sameeyaa inta aad uurka leedahay, laakiin badanaa waxa la sameeyaa marka ay fooshu kuu bilaabanto. Kabaabiso/suuxin iyo xanuun baabi'iyayaal ayaa lagu siin doonaa. Qalliinkan waad mari kartaa xitaa haddii ilmaha lagugu qalayo.

Marka qalliinka la sameynayo, jeexdin yar ayaa lagu sameynaya si loo furo wadada afka xubinta taranka. Tolmo ayaa lagu dhejiyaa cidhifyada goynta si loo joojiyo dhiig baxa

Qalliinkaani waxa uu ka dhigan yahay in ay yartahay in aad lahaatid jeexjeex ama dhiigbax dheeraad ah xilliga dhalmada. Wuxu sidoo kale yareeyaa fursadda ilmaha lagugu qali karo (7,8).



(6) <https://ranzocg.edu.au/wp-content/uploads/2022/05/Female-Genital-Mutilation-FGM.pdf>

(7) Okusanya BO, Oduwole O, Nwachuku N, Meremikwu MM. Furitaanka afka xubinta taranka ee loogu talagalay ka hortagga ama daawaynta cilladaha ku yimaada dumarka la nool nooca III ee gudniinka fircooniga ah: qiimeyno iyo falanqeyno lagu sameeyay cilmibaarisyo horay u jiray. Int J Gynaecol Obstet. 2017;136 Suppl 1:13-20.

(8) Taraldsen S, Vangen S, Øian P, Sørbye IK. Khatarta dhaawaca dhalmadu ku keento xakamaha duburta ee la xidhiidha gudniinka fircooniga ah iyo xilliga furitaanka afka xubinta taranka haweenka. Acta Obstet Gynecol Scand. 2022;101(10):1163-73. Warqadan yar waxa diyaariyay Donal Mc Guinness, Dr Adri Kotze and Prof Maeve Eogan (Rotunda) iyadoo lala kaashanayo macluumaad ka yimid isticmaalayaasha adeega iyo saaxiibada hay'adaha xiriirka la leh.

(1) https://www.who.int/health-topics/female-genital-mutilation#tab=tab_1

(2) Xeerka Caddaaladda Falmadbiyeyada (Gudniinka Fircooniga ah) ee 2012 (<https://www.irishstatutebook.ie/eli/2012/act/11/enacted/en/html>)

(3) <https://www.hse.ie/eng/about/who/primarycare/socialinclusion/domestic-violence/fgm-handbook-3rd-edition-2021.pdf>

(4) Cilmibaarista Hay'adda Caafimaadka Adduunka ee Gudniinka Fircooniga ah iyo Saamaynta uu ku Leeyahay Caafimaadka Uurka iyo Dhalmada (2006). Gudniinka Fircooniga ah iyo Saamaynta uu ku Leeyahay Caafimaadka Uurka iyo Dhalmada: Cilmibaaris ay Hay'adda Caafimaadka Adduunka ka sameysay lix waddan oo Afrika ah. Lancet, 367:1835-1841. ([http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(06\)68805-3/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(06)68805-3/abstract))