

Mawladuw matkhatarle ugâchzo

mabeyna dilâgâchso wâ hacir waqtibe yitkhâtarbozal ugâch

Ugâchzo	mawladuw yitkhatarbozal marfi Depo-ProveraTM or Depo – Ralovera, ("depo" baytibe yitawaqal)	idoch waldi foyze makhtar	mawladuw matkhatarle afbe yinasozal kinin	Zânasa kinin(Mini pill)
natijazo*	<ul style="list-style-type: none"> 94% 	<ul style="list-style-type: none"> Aman ugabe matnafa: 99% Zitlamada ugabe matnafa:93% 	<ul style="list-style-type: none"> Aman ugabe matnafa: 99% Zitlamada ugabe matnafa 99% 	<ul style="list-style-type: none"> Aman ugabe matnafa: 99% Zitlamada ugabe matnafa: 93%
Mininta azo?	<ul style="list-style-type: none"> Hakim aminta narsibe zisaxa marfi. progestronuw yimasli hormone halba Aqohuw kim waldin zaytinawaxkut yaqanahal azokutsow waldigar eqadbe zal miyuw yawadlahal, aboch waldi miyzo zaybokut yaqanahal. 	<ul style="list-style-type: none"> 'kulu ussulem Ahad qiyas' yimakhtar idoch waldi foyzebe yitgebalal. Karsibe mogdaw matkhatarle ishetbe hormonnach idoch foyzebe damwatarachzebe yitgafaralu. 	<ul style="list-style-type: none"> Hakimbe zitemara sintatic hormonach. .Aqohuw yaqanahal azokutsow waldigar katanbaribe zal miyuw yawadlahal, aboch waldi miyuw zaybokut yaqanahal 	<ul style="list-style-type: none"> Hakimbe zitemara sintatic yimaslizal hormonach halba. Waldigar katanbaribe zal miyuw razin yashama, aboch waldi miyzo waldigar zaybokut yitkhataral

		<ul style="list-style-type: none"> Hajis makhtaruw kulu harat satibe s yitnawaxal(ahad sâti dam istiborada beherle) 		
Aytaqesi waqtile yidalgal?	<ul style="list-style-type: none"> Mabeyna dilagazo – kulusâ abochbah matraasâ qaxab mogna yatkhishumel 12-14 satachle qalah yilal 	<ul style="list-style-type: none"> Mabeyna dilagazo – kulusâ abochbah matraasâ qaxab mogna yatkhishumel Shiishti satach beherle makhtaruw mocama hajis makhtar ahad sâti beherle mesab. 	<ul style="list-style-type: none"> Hacir mija -ayambe mansale qaxab mogna 	<ul style="list-style-type: none"> Hacir mija – ayambe ahad waqtibe mansauw atrisauu.
Fâydachzo	<ul style="list-style-type: none"> Matnafakhashuw ahad ussum yabijamel. xôt yaxabozalum matnafa yitfarakal. Alay dawachbah yitgachumel. Warhizax dam yikafitem aminta yiqanilem yifarkal. 	<ul style="list-style-type: none"> Ruhkhadle mêsab yitfarakal, fizbe khafifinta tampon mesab hesabinta. Warhizax Dam mawraduw khafif wa hichnaw yakhafahal. Mawlad nasibuw yinakamel. 	<ul style="list-style-type: none"> Wahrizax dam zaydejkutle matnafale yitfarakal. 	<ul style="list-style-type: none"> Isahad manta sababachle ostrojin mansaa zayfirakachle yinafal. Waldi xôt yaxabozal matnafa yitfarakal.
Alay sababach	<ul style="list-style-type: none"> Kulu waqtim 12 ilawa 14 satach mabeynabe aly qiyas dawa mansaa zalbakhunat, waqtibe alnasakhugir dilagazow yinaqsal Matnafa aqanankhugir awal atayzo margagable warhach yifajal. Ax ziqnatuw yanaqsile yifarkal. 	<ul style="list-style-type: none"> Wazana natu zalbal ussule yitemarumel, misalzole sijara yisachizalach 35 amatbe lay zitayachle. 	<ul style="list-style-type: none"> Karsi usxu natu(Endometrial) wa ovarian cancer natuw yanaqsile yiferkal. 	<ul style="list-style-type: none"> waqtibe matnasaa halba sababzom ahad ataybe masamatma mansa zaydilagle yifarkal, isahadgir almatkahal asxa yinabribahal
Man matnafaa yifarkal	<ul style="list-style-type: none"> Waladiw xôt taxabizat ay matnafale tifarkat lakin waldi sidisti amatbe tahay khanagir hay yinaqsile yifarkal. 	<ul style="list-style-type: none"> Waldi istiwalada beherle 21 ayam beherle matnafa yitfarakal. 	<ul style="list-style-type: none"> Wazana natu zalbal ussule yitemarumel, misalzole sijara yisachizalach 35 amatbe lay zitayachle. 	<ul style="list-style-type: none"> Isahad manta zalba ussule yitkahalamel, misalzole (xôt gofla “cansar”) wa isahad dawachbah yitkahalumel

* zitmalaha ugabe = aman ugabe tanafaogir natijazo amaninta.

* zitlamada ugabe = aman ugabe altinafaugir

Dibaya malumat

Abocha wa idoch matraabe yitgabaizal natu (STIs) condomit(condoms) yitkatarahal.

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Yitrakhabazalum <<http://healthtranslations.vic.gov.au/>>