Ongororo dzekuona gomarara richangotanga

Australia ine hurongwa hutatu hwekuongorora vanhu gomarara. Hurongwa uhu hunoshandisa ongororo dziri nyore dzinogona kuona kana paine zviratidzo zvichangotanga zvegomarara rematumbu, remazamu uye rechibereko. Kuona gomarara richangotanga kunoita kuti rive nyore kurapa, uye mukana wekurarama unenge wakakura zvikuru.

Ongororo idzi dzinoitwa kuvanhu vasina zviratidzo zvegomarara. Kana uine zviratidzo zvegomarara, udza chiremba wako nezvazvo.

Ongororo idzi nhatu dzinoitwa pachena kana uine kadhi (rechinguvana) reMedicare regirinhi kana kuti rebhuruu. Kana usina kadhi reMedicare, taura nachiremba wako kuti unzwe kuti ongororo idzi dzinoita marii.

Kuongororwa gomarara kunogona kukuponesa.

Kana uchida mamwe mashoko azere pamusoro pegomarara rematumbu, remazamu kana kuti rechibereko enda pawebhusaiti inoti

- cancersa.org.au
- breastscreen.sa.gov.au
- ncsr.gov.au

Kana uchida rubatsiro pashure pekunge waonekwa uine chirwere chegomarara, fonera **Cancer Council SA** panhamba dzinoti **13 11 20**.

Mashoko aya akagadzirwa neveCancer Council SA uye veBreastScreen SA, kuchitiwo mari dzekupurinda nekushandurira kumimwe mitauro dzichibhadharwa neveCountry SA PHN.

Breast Screen SA

Government of South Australia
SA Health

phn COUNTRY SA
An Australian Government Initiative

Cancer Council SA

Kuti uwane mashoko emahara* uye akavanzika pamwe nerutsigiro nezvegomarara, kubva Muvhuro kusvika Chishanu 9:00 mangwanani kusvika 5:00 manheru:

- fonera Cancer Council **13 11 20**
- tumiranai mameseji paindaneti pa **cancersa.org.au**
- tumira imeyiri pa **askanurse@cancersa.org.au**

Rubatsiro rwekuturikirwa mutauro rwunowanika pachena* pa **131 450.**

*Mutengo wekufona munyika

Akaongororwazve muna Kukadzi 2025

Shona | ChiShona

Cancer Council SA

Ongororo dzekuona gomarara richangotanga

Mashoko pamusoro pehurongwa hwemuAustralia hwekuongorora gomarara

Kuonekwa kwegomarara richangotanga

Mashoko uye rubatsiro

13 11 20

cancersa.org.au

Kutsvaga gomarara rematumbu richangotanga

Australia ine Chirongwa Chekuongorora Chirwere Chegomarara Munyika. Pachirongwa ichi panoshandiswa ongororo iri nyore yekuona zviratidzo zvichangotanga zvegomarara rematumbu, kazhinji kacho usati watomboona zviratidzo izvi. Kekuongororesa kacho kanotumirwa kumba kwako.

Zvizvarwa zvese zvemuAustralia zvinemakore ari pakati pe45 kusvika ku74 zvinofanira kuita ongororo yegomarara rematumbu kamwe chete pashure pemakore maviri ega-ega.

Vane makore 45 kusvika ku49: Tengai kekuongororesa gomarara rematumbu kenyu kekutanga paindaneti. Pashure pekudaro, munozongozviwanira kekuongororesa katsva aka pashure pemakore maviri ega-ega.

Vane makore 50 kusvika ku74: Muchatumirwa kekuongororesa gomarara rematumbu aka pashure pemakore maviri ega-ega pasina kutenga.

Cancer Council SA inokurudzira kuti:

- Mupedze uye mudzose kekuongororesa aka pakanongosvika muposvo.
- Muone chiremba wenyu kana muine zviratidzo zvegomarara rematumbu. Zviratidzo zvacho zvinosanganisira kubuda ropa kunobuda netsvina, kuona ropa muchimbuzi kana kuti patishu pashure pekuzvibatsira, kungonzwa kufufutirwa kana kuti manyoka pasina chikonzero chaicho, kana kuti kungonzwa kuneta pasina chikonzero chaicho.
- Muone chiremba kana mumhuri menyu muine nhoroondo yevamwe vakambobatwa negomarara rematumbu.

Sikana QR code kuti:

- **Utenge kekuongororesa kako kekutanga kana kuti kutsiva kekare.**
- **Utsvage mashoko mumutauro wako.**

Kutsvaga gomarara remazamu richangotanga

BreastScreen SA inoita ongororo yepachena ye-mammogram kutsvaga gomarara remazamu richangotanga. Mammogram i-x-ray yemazamu.

Nzira iyi yekuongorora mazamu pachishandiswa x-ray inoshandisirwa vakadzi vane makore 40 zvichikwira, zvikuru sei vane makore ari pakati pe50 kusvika ku74.

Sikana QR code kana kufonera BreastScreen SA panhamba dzinoti 13 20 50 kuti ubhuke kuitwa x-ray yemazamu iyi pachena. Vanogona kukubhukira muturikiri vechikadzi pasina mubhadharo.

Vashandi vese ndevechikadzi. Hapadikanwi referenzi yachiremba kuti uongororwe.

Cancer Council SA neBreastScreen SA inokurudzira kuti:

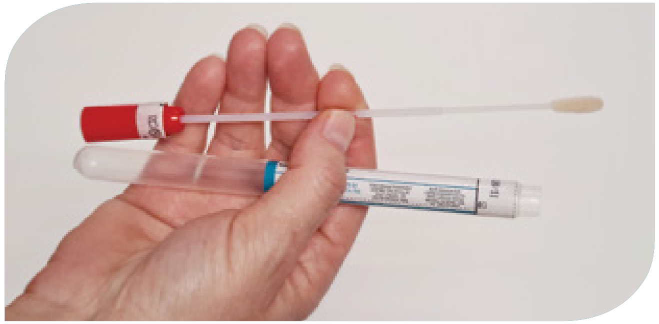
- Uitwe x-ray yemazamu pashure pemakore maviri ega-ega.
- Uzive zvakaita uye manzwiro emazamu ako izvo zvichakubatsira kuziva kana pakava nezvachinja paari. Kuchinja kwacho kunogona kusanganisira kuva nebundu, kubuda mvura panyatso, kana zvimwewo zvachinja zvaisavapo kare.
- Uone chiremba wako kana ukaona kuti pane zvachinja paari, ndokunge nzira iyi yekutora x-ray yemazamu isina kukukodzera.

Enda pawebhusaiti inoti breastscreen.sa.gov.au:

- Kuti uwane mashoko azere nezvekutorwa x-ray yemazamu.
- Kuti uwane mashoko mumutauro wako.

Sikana QR code kuti:

- **Ubhuke paindaneti kuzoitwa x-ray yako yemazamu.**



Kutsvaga gomarara rechibereko richangotanga

Kubayiwa jekiseni rinodzivirira hutachiona hwehuman papillomavirus (HPV) nekugara uchiongororwa chibereko kunomisa gomarara rechibereko.

Vakadzi nevanhu vane chibereko vane makore 25 kusvika ku74 vanofanira kuita ongororo pashure pemakore mashanu ega-ega pachipatara. Unogona kusarudza kuita ongororo iyi wega (kuzvitora wega), kana kuti chiremba kana mukoti anogona kukuongorora.

Cancer Council SA inokurudzira kuti:

- Unge wakabayiwa jekiseni reHPV. Nhomba yacho ndeyepachena kuvanhu vane makore 12 kusvika ku25. Wana nhomba iyi kufamasi kana kuti kuchipatara. Vana vari muGore rechi-7 vanobayiwa nhomba iyi kuchikoro.
- Uitwe Ongororo Yechibereko kubvira uine makore 25.
- Paunoronga kuti uzoonekwa, kumbira kuti uzowanirwa muturikiri kana uchimuda. Unogona kukumbira chiremba kana mukoti wechikadzi kana uchida.
- Kuona chiremba wako kana une chero zviratidzo zvegomarara rechibereko. Zviratidzo izvi zvinosanganisira kubuda ropa panguva isiri yaunoenda kumwedzi kana kuti kurwadziwa pakuita bonde.

Sikana QR code kuti uwane mashoko azere nezvekuongororwa gomarara rechibereko, kusanganisira nzira yekuzviongorora wega.