

KWE OBIWIN OMAGWIN NDAGKENJGAADEG NDA GKENDANPII GE MAAJTAAMBA WII NDA GKENMIGOOWIN

Ndagkendaan aanii pii ge zhi segba mino pii ge maajtaamba wii ndagkenmigoowiin

Niibna go kwewag maamkaadendmoog pi gkendmowaaad:

- Biinjna gaazhkaadhagoong omagwin bi nji-baamgad anji H.P.V. (enji maajtaamag maawndooshaamag dooskweyaabiinhsan zhiboomag aakziwin.)
- Ndagkenmigoong biinjna gaazhkaadhagoong mii go etgo waahzi gkendming ni-maajiishkaamag biinjna kwewing omagwin.

Mii aabdig genji daapnigaadegba wi wii gaazhkaadhagoong. Wiiba ni wii gkenjgaadeg ni maajiishkaamag H.P.V. zengkin wii ngo chigaademag. Gaawii go aapji gegoo zhi mooshchigaadeso, nihii dash wii go daa omagwaapnem go giishpin bwa nnaandwichigadeg.

Mkendaan go wi, omagwin zhi ndagkenmigoong naadmaagemgad gezhtootswan gegii wii waamndaman.

Wenesh wi doodooshensing ezhjiyaang ndagkenjigaadag?

Whenpanad wi gaazhkaadhagoong ndagkenjigaadeg wiibwaa debnaman biinjna biinjna kwewing omagwin. Gaazhkaadhagoong ndagkenmigoong ndowaamjigaade e-managing biinjna kwewing. Gaawii ga geyaabi ndagkenjigaadesno dinowan omagwinan enji maajiishkaad wii kwe endgwenh ji temgbna wii naapniwan, maage (H.I.V. yaashtoosmag mji aakziwinish).

Nyaadmaaged wa wiini mno bimaadsing en nokiid mii zhwe enji ndagkenmigoong pii gaazhkaadhagoong. Enkaazang nda gkenmigoong, nengaj biodegrade nsawzing wii waamjigaadeg biinjna kwewing. Gaazhkaadhagoong biinjna kwewing miidash oodi wii ndaawding enji ndagkenjigaadeg weweni wii zhiibaahaamndaming.

Aaniish biinjna gaazhkhagoong enji ndowendaagog?

Aabji maajiignoon wiimbgaanhsan enji kwewing biinjno abaci maajiignoon miinwaa ni aanjignoon, mii wi anji aakziwinish wii naapnewin mii enji menginggin eni nji managing. Pooch dash wiigo ninda wiimbgaanhsan ni mnagnoon pii ni -maajaamag wi wii naapnewin (H.P.V.). Giishpin dash bwa maajaamag, ndagkenjigaadeg wiimbgaanhsan wii gwekwendming endgwenh ji ndo wenddaagog wii nnaandwinigoong aabdig. Giishpin bwa paamenjigaadeg gmaamnig nso-bboon, mya naajging-gin wiimbgaanhsan bwaatmaach go daani maajiishkaamag biinjna kwewing omagwin.

Nishin na go gaazhkaadhagoong biinjna nsawzing?

Enh. Gaadash wiigo, gaawii go daa kchi gyek bi-desno. Daa bshi gwaamji gaadenoon go mya naaznaagkin wiimbgaanhsan. Ka aakmendaan mino aapiichin wii ndagkenmigoowiin enji kwiwyin. Naadmaagegad maanda wiiwiib wii debnigaadeg giishpin gegoo mya jiishkaamgadgwenh. Giishpin mye genealogy mskwi ezhi webnaman maage geyaabi gegoo webnaman, oo waabamm wa nyagdownmaad yaakzinjin, mswaa go giishpin shkaach gaazhi ndagkenmigoowiin gii nwaabmi naagog.

Nda yaan na go iidig genii biinjna gaa shkaadhagoong?

- Giishpin wiika gaabi wii pewne shagy daangshko daadwin, gna dwedaagwos ji ndagkenmigoomba maajaamag niizhtana shi bezhig pii nso bboonizing. Dgobdemag

noodkwe yaandig, daangningid maage aashtaa gonending.

- Piichin gda ndagkenmigo biinjna enji kwiwyin biinsh go niizhwaasmidna ni piitsiyin. Aabji nniizaanendaagwod go ji debni gaadegba biinjna enji kwewing omagwin mswaa go ni gchi piitsing.
- Gda boonta go pii niizhwaasmidna ni nso bbongizyin giishpin go naa gnegenh nsing mno naagog gaazhi ndagkenmigoowiin midaaso bboon mnig.
- Giishpin gaa bi maagoombane wi aanji giiswe odabwin, gda goonaa wa nyaagdo wenmaad yaakzinjin ka wiindmaak engwenh ji ndowendman geyaabi wii gaazhkaadhagoong nda gkenmigoong.

Aaniish aa'aapii ge ndagkenjigaadegba biinjna gaazhkaadhagoong?

Aabdig go na gda yaan enji kwiwyin ji gaazhkaadhagoowiin enso nso bboon. Giishpin zhi mkaagoowin yaaman mya naajginggin wiimbahaanhsan, ka wiindmaag nyaagdownjged manj iidig pii waa miinwaa ndagkenjigaadeg miinwaa biinjna enji kwewing gaazhkhagoong maage giishpin ndo wendman ji-wiindmaagoowiin bekaanzid mshkikiinini wii waabmad.

Aapiish ge zhahaamba wii ndagkendming biinjna wii gaazhkhagoong?

- Zhisdoon ji waabmadba yaakzinjin nyaagdoowenmaad. Giishpin dash yaasig gegii wa nyagdo wenmig, nihiiing dash gdaazhi boozbiihige Health Care Connect zhiwe 1-800-445-1822 maage ontario.ca/healthcare connect.
- Aanind ge go gonda ezhahaad enji naagdownenji gaazwaad miinwaa oodi dinokiwwing etagin miinaawag oodi wii ndagkenjigaazwaad.
- Ge yaa bi wii ndagkenmindwaa yaakziig enji naadmagaazwaad gegii endnokiyyin, zhaan - ontario.ca/healthcare options

Nmi nezin na go iidig maanda biinjna gaazhkaadhagoong?	Enh	Kaa
Nmino bi maadis	✓	
Gaawii wiika nwiipesii		✓
Gaawii geyaabi nwiipesii	✓	
Gii bezhgo eta gaa wiipemag	✓	
Zhaazhi ngii boonis	✓	
Gaawii wiya nwen daaswinag wiika maanda naapnesiiwag	✓	
Noondash niizhtanata shi bezhig ndo nso bboongis		✓

Aaniish goshme gezhi nishingba wii zhiitaang biinjna gaazkhagoong?

- Gjitoon pii oodi wii zhaayin pii giizhigad aanjgiisweswan.
- Gego noodkweweke maage ji biiskowad baanhigazod wa aanji giisweng baaskowind, shoozhehiwan maage mshkikwan oodi nsawziyin niimdana shi nshwaaso dbagiiswaan mnig ji bwaa nda gkenmigoowiin.
- Giishpin ninda ezhbiigaadegin bwaa gshkitoowiin wii naagdoowiin, geyaabi go gdaa zhaa wii ndagkenmigoowiin.

Aaniish ezhwebak biijna shkwa gaashkaadhagoong?

Kwech go daa mno biigaade ndagkenmigoowiin gii gaashghagoowin kwe obiwning. Giishpin dash minwaabmi naaksinog gaazhi nda gkenmigoowiin **gaawii** go memkaaj gda yaanzhiin wi enji kwewing omagwin ka nda debnig nyaagdownemig giishpin gaa mkigaadegwenh weweni zhi naaksinog ji wiindmaag miinwaa ge zhichgemba, maage miinwaa jiho aanji gaashkaadhagoongba enji kwewing gmaamnig waani gizod giizis gaawii dash wiigo goshme niizh giizis. Gnima dash wiigo aabdig gdaho waabma, gnima dash gego aabdig gdaho waabma njida enaangzhed geyaabi wii ndagkenmigoong. Dinokiiwning kwe obiwning ndagkenmigoong enji nokiichigaadeg da nii ndawenahaan maajibiiganan zhiwe dinokiining kwewag e-yaajig wiikmi gaazwaad ji daapnigaazwaapa enji kwewing gaashkhigaadeg ndagkenjgaazwaapa, ji wiindmawndwaa gaazhi gkenjgaazwaad gii nda gkenmindwaa miinwaa da mko waamaawag pii miinwaa ge bskaabiyaad wii ndagkenmindwaa.

Aaniish gezhi naadmaadsowaamba ji debnazwaan enji kwiwyaan omagwin?

- Kwe obiwning gaazghagoong ndagkenmigoong.
- Ko aanji ndagkenmigo giishpin weweni zhi naaksinog gi daapnamaagowin wi gii gaashkagoowiin.
- Daapendmag H.P.V. jibwaa debnana temgad ge zhi bdakhagoomba. Wi H.P.V. mshkiki temgad ge debnammba gaawii gegoo nangdesno ge miingazwaapa nshwaaswi bemi yaajig kwezenhsag zhiwe dinokiining enji dbagaazwaad kino maage gamgong nikeya ezhi bimibdemgag. Mii ezhi ndowendaagog maadaag wii bdakhigaazwaad jibwaa maajii noodkwewewaad mii zhiwe eskaamgag H.P.V. aakziwin. Ge wii dash wiigo kwewag zhaazhi gaa maajii noodkwewejig daa debnanahaa go ji bdakhigaazwaapa. Mnwaabdad go maanda wiya bdakhigaazod ji bwaa debnang wi kwe obiwning etemgag omogwaapnewin gaa dash wiigo kina ninda. Niihii dash wiigo, giishpin giishpin wii bwaa debnana HPV wiigo, giishpin bdakhagowiin wii bwaa debnana H.P.V. geyaabi go gna ndwendaagwos ji gaashghagoomba biinjna enji kwiwyin.
- Gkendaan ezhi nniizaanag H.P.V. aakziwin maajtaamgag pii noodkwewaandiwaad aapji eshknigjiig. Miinwaa go gosh me ni nniizaanand enso aanjhad wa e-nood kweyaanad gewii go wa e-noodkweyaanad do-waadgenan gmaamnig gaa noodkweyaanaajin.
- Mshkwegaanhs nokaazan. Gaawii ninda kina mooshkin nokiimgasnoon mshkwegaanhsan wiibwaa debnaming H.P.V. aakziwin, , pooj dash wigo gnima daa temgad ji bwaa debnammba wi. Niihii dash wii go mshkwegaanhsan zhi mwaabdadoon wiibwaa debnaming wii naapnewin.

- Gegwaa zgaswaake miinwaa jibwaa yaayin enji zgaswaanng. Sema nokaazyin ni niimziimgad wi etemgag kwiwing aakziwin wii bwaa debnigyiin enkiimgag, mii dash wi aanmziimgad wi kwiiyaw wii mii gaadang gegoo aakziwin jibwaa bi-biindgeshaagyiin.
- Weweni wiisnin; naagdoon (Canada Food Guide).
- Aabji bimaajin, gego niiskendnge miinwaa weweni ka nweb wi mino bi-maadsiiyin.

Aanish maanda omagwin ezhi debnaming?

- Aanind H.P.V. enji naapng kwe odabwining omagwin. H.P.V. ngoweyaangadoon aakziwan mekigaadegin zhiwe dbishko ninwag miinwaa go kwewag.
- H.P.V. ni aashtosemgad nji baamgad zhiwe bezhig wa bemaadsid oodi miinwaa wiya ni-noodkweyaanaad.
- Aanind go bemaadsid bi nkwehkaan wi H.P.V. bi piichi pi-maadsid. Gash wiigo gegoo zhi manaajganesiim miinwaa gaawii gii gkenziinahaa bemaadsijig yaamwaad H.P.V. aakziwin. Niihii dash wiigo maanda aakziwin wiin go ni maajaamgad megwaach go ni niizho bboongag.
- H.P.V. aakziwin mii zhiwe enji maaj taamgag wiimbgaanhsing wiini aandsemgag zhiwe kwe odabwining. Aanind go kwewag, wiimbgaanhsan wii ni nishing pii aakziwin ni maajaamgag. Nangwodnong, manj iidig gaawii gkenjgaadesno, anji wi H.P.V. aakziwin enji tmgag wiwing gchi gbehiinh. Gmaamnig ninda nso-bboon, bwaatmaach daani zhihoomgad omagwin giishpin ninda, ni-manaadag wiimbgaanhsan miinwaa gnmaa miinwaa ji nnaandwichigaadegba.
- Aanind kwewag H.P.V. aakziwin **gaawii** debnazii nahaa kwe odabwining omagwin.

Wegnesh maanda Ontario enjkwewing ndakenmigoong yaawang?

Mii ezhi ndo wendaagog Ontario (Dinokiining) Cervical (Odabwin) Cancer (Omawin) Screening (Ndagkndming) Program enkiimgadeg oodi omagwin Cancer Care (naagdowendaagog) Ontario (Dinokiining) miinwaa zhiwe go wii naadmaagmgag ji bwaa miinwaa noondaash nbowan wii teg nji kwe obiwning. Gonda enkiimg daniindaawenahaan mizinhignan dinkiining kwewag wiikmindwaa gaazkhadoog biinjna nsawzing ji wiindmawndwaa gaazhi mkigaadenig gii ndagkenmindwaa miinwaa ji zhahaad wii ndagkenmindwaa. Giishpin bwaa ndowendman ji debnana niwenh mzinhignan Ontario Cervical Screening Program, please call 1-866-662-9233.

Ge kendaagog miinwaa begdingaadesnog Dinakwning gii bgidingaademgad wii nokiitming miinwaa waazhi nokiitming omagwin naagdowendming Dinokiinwan Omagwin ndagkndming enji kinwaadendaagwag.

Geyaabi nda gkendming:

- Geyaabi wii ndagkendming enji kwewing omagwin ndagkenjgaadeg maage Dinokiiwning enji kwewing omagwin ndagkenjgaadeg nokiiichigaadeg 1-866-662-9233.
- Geyaabi ndagkendming ezhi bimiikaagoong maanpii kazhi giigid waanji naadmaagoowiin Dinokiiwning niining 1-877-234-4343, TTY 1-800-387-5559.
- Ndagkendaan pii ge nishingba wii nda gkenmigoowiin. Kwe daapnan ji ndagkenmigoomba temgag enji bi miikigaadeg Ontario.ca/screenforlife.

Gaazhkaadhagoong biinjna ndagkenmigoong kwe odabwining wiimbaansing ni aandsemgag zhiwe ni debnaming H.P.V. aakziwin. Kwe odabiwning omagwin daa gshkichigaade wii ngaasdoong naagdoong ninda wiimbgaanesan eni shi aandsemgag miinwaa ni nnaandwichigaadeg giishpin ndo wendaagog.

Visit Ontario.ca/screenforlife