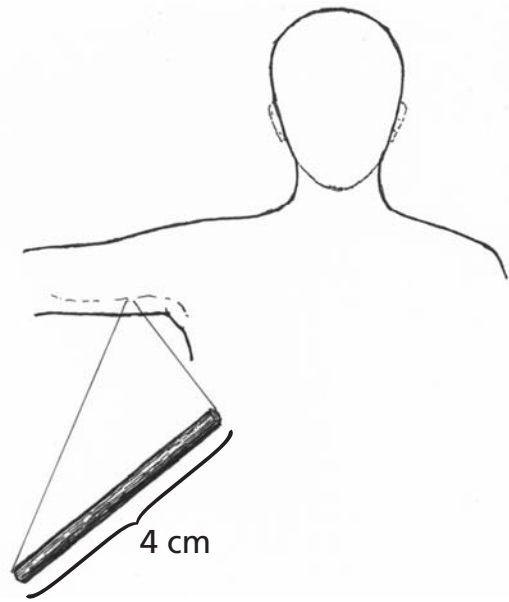


# Hoormoonka La Isku-Abuuro



## *Maxay tahay?*

Hoormoonka la isku-abuuro waa ul caag ah oo jilicsan (oo qiyaastiisu la'eg tahay usha tarraqa) lana geliyo hoosta jirka gacanta haweeneyda. Waxay siideysaa hoormoon qiyaas yar oo urreysiga joojiya.

## **1. Habkani mid aan khatar lahayn miyaa?**

Haa. Hoormoonkan aad buu aamin u yahay. Dhibaato uma leh dumarka badankooda, laakiin qaarbaa laga yaabaa in ay ku naaxaan ama madax-wareer ku dhaco. Hoormoonku wuxuu beddeli doonaa hannaanka dhiig-bixidda caadada. Waxaa laga yaabaa in haweeneyda xilligeeda caadadu uuna caadi noqon, ama caadadu ka joogsan karto. Tani waa mid aan khatar lahayn, xilliyada caadaduna wey soo noqon doonaan marka ay joojiso isticmaalidda hoormoonkan. Haddii ay haweeneyda dhibayso is-beddelka dhiiga caadada, waxay wici kartaa kal-kaaliyaheeda caafimaad ama dhakhtarkeeda. Waxaa kalloo laga yaabaa in ay yareyso kaarka dhiigga caadada.

## **2. Habkani si wanaagsan ma u shaqeeyaa?**

Haa, si aad u wanaagsan. Haddii 100 dumar ah helaan la isku-abuuraha, wax ka yar 1 ayaa uuraysata sannadkii. Ushani waxay meesheeda ku jiri kartaa ilaa iyo 3 sano.

## **3. Sidee baan u heli karaa habkan?**

Dhakhtarka ayaa meesha kaa marin daawada xanuunka celisa kadibna hormoonka kuugelin jirka dhexdiisa, waa in lagu sameeyo xafiiska dhakhtarka ama rugta caafimaad.

## **4. Uur ma qaadi karaa haddii aan joojiyo isticmaalidda habkan?**

Haa. Waxay qaadan kartaa dhawr bilood inta aad ku uuraysan kartid marka hoormoonkan la saaro.

## **5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?**

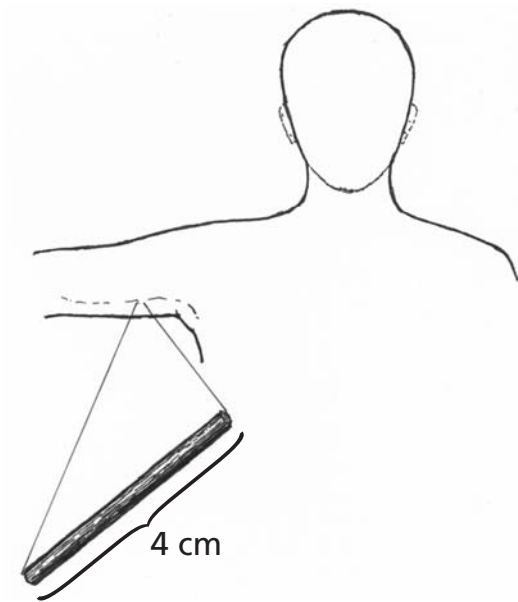
Maya.

## **6. Ma la isticmaali karaa muddada naas nuujinta?**

Haa, 6 toddobaad ka dib marka aad ilmo dhashid.

# Hormone Implant

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## *What is it?*

The hormone implant is a soft plastic rod (about the size of a matchstick) implanted under the skin of a woman's arm. It gives out a low dose of a hormone to prevent pregnancy.

### **1. Is this method safe?**

Yes. The implant is very safe. Most women do not have problems, but some may gain weight or get headaches. The implant will change the pattern of menstrual bleeding. A woman may have irregular periods, or her periods may stop. This is safe, and periods will return after she stops using the implant. If a woman is bothered by changes in bleeding, she should call her nurse or doctor. The implant may also reduce menstrual cramps.

### **2. Does this method work well?**

Yes, very well. If 100 women get the implant, less than 1 will become pregnant in a year. The rod can be in place for up to 3 years.

### **3. How can I get this method?**

The doctor will numb the skin and then put the implant under the skin at the doctor's office or clinic.

### **4. Can I get pregnant after I stop using this method?**

Yes. It may take several months to get pregnant after the implant is removed.

### **5. Will this method protect me from sexually transmitted infections and diseases?**

No.

### **6. Can this method be used during breastfeeding?**

Yes, 6 weeks after giving birth.