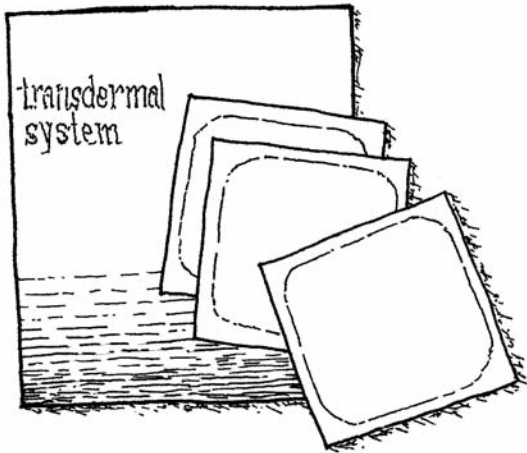


Bac La Isku Dhajiyo



Maxay tahay?

Waa bac dhuuban oo lagu dhajiyo jirka, kana samaysan hoormoono si ay haweenka uurka uga badbaadiso.

1. Habkani ma yahay mid aan waxyeelo keenayn?

Haa. Haweenka badiddoodu kallama kulmaan dhibaato bacdan la isku dhajiyo, laakiin haweenka qaarkood ayaa waxay dareemaan naasaha oo danqada, madax xanuun, ama calool xanuun. Xanuunadaasi waa joogsadaan billo yar ka bacdi. Waxay kaloo haweenka awood u siisaa wareega caadadooda oo jooqto noqda iyo kaarka caadada oo yaraada. Waxayna bacdani yareysaa in haweyneyda uu ku dhaco qaar ka mid ah kansarka.

2. Habkani ma u shaqeeyaa si wanaagsan?

Haa. Haddii ay 100 haween ahi qaataan bacdan, 1 ilaa 8 ayaa uur ka yeelata sannadkii. Haweenka isticmaala bacdan waa inay ogaadaan in ay isku dhajiyaan bac cusub asbuucii hal mar, ilaa sadex asbuuc oo isku xiga. Haweeneydu waa in ay joojiso isticmaalka bacda asbuuca afraad kadib waa in ay meertada dib usoo biloowdo: sadex asbuuc waa in ay asbuuc kasta isticmaasho bac cusub, asbuuca afraadna ay joojiso isticmaalka bacda.

3. Sidee baan ku heli karaa habkan?

Waa in dhakhtarkaagu kuu qoraa bacdan. Waxaana ka gadan kartaa rugta caafimaadka ama farmashiyaha.

4. Uur ma qaadi karaa haddii aan joojiyo isticmaalka habkan?

Haa.

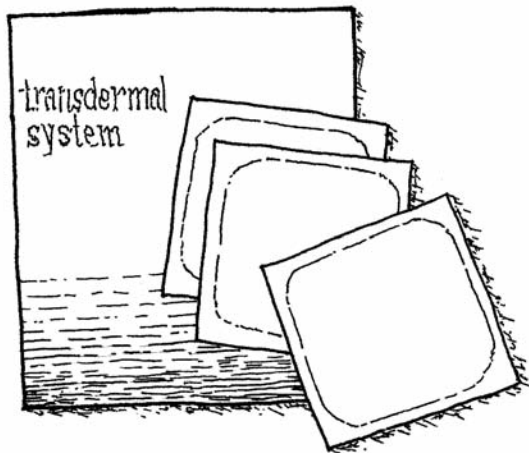
5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?

Maya.

6. Ma la isticmaali karaa habkan muddada naasnuujinta?

Maya.

Patch



What is it?

A thin, plastic patch that sticks to the skin and contains hormones to prevent pregnancy.

1. Is this method safe?

Yes. Most women do not have problems with the patch but some women gain weight, feel tenderness in their breasts, get headaches, or feel sick to their stomach. These symptoms usually go away after a few months. The patch can also make a woman's menstrual cycle more regular and reduce cramps. The patch can lower the chances of a woman getting certain types of cancers.

2. Does this method work well?

Yes. If 100 women use the patch, between 1 and 8 of them will become pregnant in a year. A woman using the patch must remember to place a new patch on her skin once a week for three weeks in a row. A woman does not use a patch during the fourth week. Then she repeats the cycle: three weeks with a new patch every week, one week with no patch.

3. How can I get this method?

A doctor has to write a prescription. The patch can then be bought at a pharmacy or clinic.

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

Yes.

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

No.

6. Can this method be used during breastfeeding?

No.