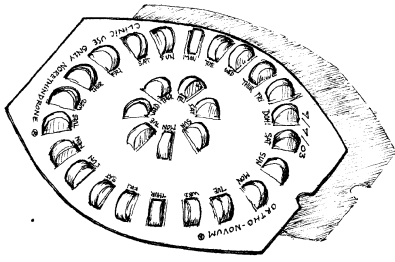


# Kiniini (Laga Qaato Afka)



## *Maxay tahay?*

Waa kiniini ka kooban 2 hormoon (Estrogen iyo Progesterin) oo ay dumarku liqaan maalin walba si uu uurka uga ilaalsho.

### **1. Habkani ma yahay mid aan waxyeelo keenayn?**

Haa. Dumarka badankood dhib kallama kulmaan qaarbaase culeyskoodu siyaadaa, naasuhu dekaamaan, madaxu xanuunaa, calooshuna xanuuntaa. Calaamadahaasi inta badan billo ka bacdi ayey iska baaba'aan. Kiniinigu wuxuu caadi ka dhigaa dhiig helida haweenka, wuxuuna yareeyaa kaarka ama dikaanka. Wuxuu kaloo yareeyaa in dumarka uu ku dhaco qaar ka mid ah kansarka.

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

Haa. Haddii 100 haween ahi isticmaalaan kiniinigan, 1 ilaa 8 ayaa uur yeesha sannadkii. Haweeneydu waa inay xasuusataa in ay hal xabo oo kiniini ah liqdo maalin walba isku xilli, xitaa maalmaha aanay u galmoonayn ninkeeda. Waxay haweeneydu ku xasuusan kartaa inay qaadato kiniiniga waqti ay wax u caadi ah ay samayso maalin walba sida marka aad cadayanayso oo kale. Waxaad kaloo ku buuxsan kartaa saacada taleefanka gacanta (cell phone) maalin kasta waqtigaas si aad ugu xasuusatid qaadashada kiniinigan.

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

Dhakhtarku waa inuu kuu qoro kiniinigan. Dabadeedna kiniiniga waxaad ka gadan kartaa rugta caafimaadka ama farmashiyaha.

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

Haa.

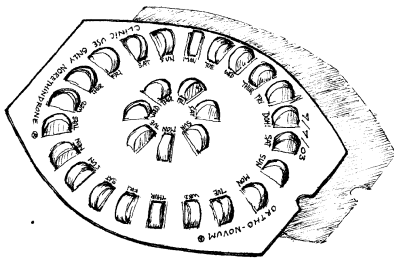
### **5. Habkani ma iga caawin karaa iska ilaalinta ku dhicidda cudurada galmada iyo jeermiskooda?**

Maya.

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

# The Pill (Oral Contraceptives)

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## *What is it?*

A pill that contains 2 hormones (estrogen and progestin) that a woman swallows every day to prevent pregnancy.

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

Yes. Most women do not have problems with the pill 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 pill can also make a woman's menstrual cycle more regular, and reduce cramps. The pill can lower the chances of a woman getting certain types of cancers.

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

Yes. If 100 women take the pill, between 1 and 8 of them will get pregnant in one year. The woman must remember to swallow 1 pill every day *at about the same time*, even on days when she does not have intercourse. It may help a woman to remember if she takes it at the same time she does a certain activity each day, such as brushing her teeth. She can also set her cell phone to beep the same time each day as a reminder.

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

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

### **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.