

# Dhufaanida Ninka

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## *Maxay tahay?*

Waa qalliin fudud oo ninka lagu sameeyo haddii uusan rabin in uu dhalo caruur danbe.

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

Haa. Qaliinkan ka bacdi, ninka xubintiisa galmadu wali waa xoogan tahay wayna sii daysaa minida marka galmada, laakiin minida kuma jiraan wax nooli mana bacrimin karto ugxanta haweeneyda. Habkan dhufaanida ninku ma saamaynayso awooda iyo rabintaanka uu ninku u leeyahay in uu galmoodo.

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

Haa, si aad u wanaagsan. Haddii ay 100 nin isku sameeyaan habkan dhufaanida, wax ka yar 1 haween ah ayaa uur qaada sanadka ninka lagu sameeyey habkan. Qalliinka ka dib, lammaanuhu waxay ku khasban yihiin inay isticmaalaan hab kale illaa ninku isku sameeyo baadhitaan si la hubiyo in biyihiisa ayna mini kujirin. Marka taas la hubiyo kadib looma baahna in ay isticmaalaan habkale.

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

Ninka waxaa lagu qali karaa rugta dhakhtarka ama rugta bukaan socodka.

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

Maya. Habkan dhufaanida ninku gebi ahaanba waa kama dambays. Waxaad habkan isticmaali kartaa oo kaliya haddii aad hubto in aadan ilmo dambe doonayn.

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

Maya.

### **6. Ma la isticmaali karaa habkan muddada naasnuujinta?**

Haa.

# Vasectomy

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## *What is it?*

A simple procedure for a man if he does not want to have more children.

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

Yes. After a vasectomy, a man's penis can still get hard and release fluid during sex, but the fluid does not contain sperm. A vasectomy does not affect a person's sexual desires or abilities.

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

Yes, very well. If 100 men have a vasectomy, less than 1 woman will get pregnant in the year after the procedure. After a vasectomy, a couple must use another child spacing method until the man has a test to make sure that there are no more sperm in the semen. Then no other method is needed.

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

A man can get a vasectomy in a doctor's office or at a clinic.

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

No. A vasectomy is essentially permanent. You should only use this option if you are sure you do not want to ever have more children.

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

No.

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

Yes.