

ወደ OB / GYN ጉብኝት

በዲ.ኤስ.ኤ ውስጥ ሴቶች በየዓመቱ በሴቶች ጤና አጠባበቅ ልዩ ክህሎት ያለው ሀኪም (OB / GYN) እንዲጎበኙ ይበረታታሉ።

ቀጠሮ ሲይዙ በወንዶች ወይም በሴት ሀኪም እንዲታዩ መጠየቅ ይችላሉ።

በቀጠሮ ጊዜ እናቶች ከሴቶች ልጆቻቸው ጋር አብረው ሊሄዱ ይችላሉ።

ዕድሜያቸው ከ 15 እስከ 21 ዓመት ለሆኑ ወጣቶች እና ሴቶች ይህ ጉብኝት አብዛኛውን ጊዜ ስለ ጤንነታቸው እና ስለሚያደገው አካላቸው ጥያቄዎችን ለመጠየቅ እድል ይሰጣል።

የማህጸን ካንሰር ምርመራ ለማድረግ እድሜያቸው 21 እና ከዚያ በላይ ለሆኑ ሴቶች በየ 3-5 አመታት የፓፕ ስሚር ምርመራ ማድረግ ይመከራል። የፓፕ ስሚር ምርመራ አድርገው የማያውቁ ከሆነ ሀኪም ሂደቱን እንዲያብራሩላቸው ይጠይቁ።

እድሜያቸው ከ 22 እስከ 44 ለሆኑ ሴቶች፣ የቤተሰብ ምጣኔ እና የወላደነት አስፈላጊ ጉዳዮች ናቸው። ውስጣዊ የማህጸን ምርመራ እና የጡት ምርመራ ይደረጋል። ማሞግራምስ፣ የጡት ካንሰር ምልክቶችን ለመለየት የሚረዳው የጡት የጨረሮ (ራጅ) ፎቶ ለ 40 ዓመት እና ከዚያ በላይ ለሆኑ ሴቶች ይመከራል።

አስተርጓሚ ካስፈለግዎት፣ ምች ያልተሰማዎት ከሆነ፣ ወይም ስለ ጉብኝት ጥያቄዎች ካለዎት ሐኪምዎን ይጠይቁ።

ምች ካልተሰማዎት ወይም የእርስዎን ፍላጎቶች ካልተሟላ የተለየ ሀኪም ማየት ይችላሉ።

Using this Resource

This resource is meant to help women start a conversation with their health practitioners about their experience of Female Genital Cutting (FGC). For many women, this can be an uncomfortable topic. It may have been a physically and psychologically traumatic experience and may be embarrassing to talk about due to cultural norms. This resource allows women to inform their health practitioner about their medical history and concerns, in a less invasive way.

More information on caring for women and girls affected by FGC is available online from BRYCS Community Conversations.



COMMUNITY CONVERSATIONS
Collective Voices for Improving the Care and Reducing the Risk of FGC

Bridging Refugee Youth and Children's Services

3211 4th St NE
Washington DC, 20017
Email: info@brycs.org
www.brycs.org

Find us on @brycsinfo



BRYCS COMMUNITY CONVERSATIONS:

ከሃኪም ጋር

ውይይት ይጀምሩ

የሴት ልጅ ግርዛት ተገርዘው ላላፉት ሴቶች እና ልጃገረዶች

The Four Types of Female Genital Cutting

Type 1: partial or total removal of the clitoris (clitoridectomy)

Type 2: partial or total removal of the clitoris and the labia minora/majora (excision)

Type 3: narrowing of the vaginal opening through the creation of a covering seal (infibulation)

Type 4: other (e.g. pricking, piercing, incising, scraping and cauterizing the genital area)

Why is FGC practiced?

FGC is the collective term for a range of procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for cultural or other non-therapeutic reasons. It is often performed to mark a girl's passage into womanhood and full membership in her community as an adult. It can also be seen as a way to ensure a daughter's marriageability, and therefore her social and economic future, as certain types of FGC can be a physical indication and proof of virginity. Other communities perform it because they believe it is prescribed by their religion, however it is important to remember that the practice is not specific to one culture or religion. In many instances, individuals may not want to continue the practice, but the threat of being ostracized and pressure to conform to the ideals of family, community, and culture are stronger.

የሴት ልጅ ግርዛት እንደደረሰብኝ አምናለሁ ___ ::
(I believe I have experienced Female Genital Cutting ___.)

- ዓይነት 1:- የቁንጥርን በከፊል ወይም በጠቅላላ መወገድ (ክሊቶራይዲክቶሚ)
- ዓይነት 2:- በከፊል ወይም ሙሉ በሙሉ የቁንጥርን እና የውስጠኛው የብልት ስስ ከንፈር ትንሽ/ትልቅ ማስወገድ (መቁረጥ)
- ዓይነት 3:- የሴት ብልትን በማጥበብ ሽፋን በመፍጠር በሙሉ በመዝጋት (መስፋት)
- ዓይነት 4: ሌላ (ለምሳሌ፣ መውጋት፣ መበሳት፣ መገረዝ፣ የብልት አካባቢን መቧጠጥ እና በጋላ ነገር መጥበስ)

ከዚህ በታች ጥያቄዎች ወይም ስጋቶች አሉኝ:-
(I have questions or concerns about:)

- ህመም / አለመመቻት (Pain/discomfort)
- ሽንት መሸናት (Urination)
- የወር አበባ (Menstruation)
- የቅድመ ወሊድ እንክብካቤ (Prenatal care)
- እርግዝና (Pregnancy)
- ልጅ መውለድ (Childbirth)
- ወላድነት (Fertility)
- በግብረ ስጋ ግንኙነት ጊዜ እርካታ መቀነስ (Decreased satisfaction during intercourse)
- የተሰፋን ብልት የማስከፈት / የማስተካከያ ቀዶ ጥገና (Defibulation/Reconstructive surgery)

- አስተርጓሚ እፈልጋለሁ::
(I would like an interpreter.)
- ይህ ለእኔ ወደ OB / GYN የመጀመሪያ ጊዜ ጉብኝት ነው::
(This is my first visit to the OB/GYN.)
- የሴት ሀኪም / ነርስ እመርጣለሁ::
(I would prefer a female physician/nurse.)

Please prioritize confidentiality over education and training needs of medical students or colleagues.

Considerations and Cultural Sensitivity

Health practitioners should do their best to provide culturally competent care by learning about the cultural and historical roots of FGC, the different types, and the health and psychological consequences. Additionally, a referral to a more knowledgeable physician would be appreciated, if it is in the best interest of the woman.

Prenatal care and gynecological exams should include topics focused on the woman and the girl's health, not only FGC related topics. Be communicative with the female patient during a gynecological exam, letting her know the steps and procedures, as this may be her first time visiting an OB/GYN.

Are there laws against FGC?

It is illegal in the U.S. to perform or assist to perform FGC on anyone under the age of 18. The U.S. considers FGC to be a violation of human rights, gender-based violence, and a form of child abuse.

A woman or girl who has undergone FGC is **not at fault** and has not violated any U.S. laws. Federal law makes discrimination against anyone who has undergone these procedures illegal.

Health providers should learn the intentions of mothers of daughters regarding FGC and work collaboratively with families to prevent the practice in their communities.

If you suspect or have reason to believe that a minor has undergone FGC, mandatory reporting laws must be followed.