

Booqashadaada OB/GYN

Maraykanka, dumarka waxaa lagu dhiiri galiyaa inay booqdaan OB/GYN, dhakhtar ku takhasusay caafimaadka dumarka, sanad walba.

Waxaad dalban kartaa dhakhtar rag ama dumar ah markaad balanta qabsanayso.

Hooyooyinku way soo raaci karaan hablahooda wakhtiga balanta.

Hablaha dhawr iyo toban jirada ah iyo dumarka da'doodu tahay 15 ilaa 21, booqashadani waxay kala sheekeystaan caafimaadkooda waxayna fursad u helaan inay su'aalo ka waydiiyaan jidhkooda koraya.

Shaybaadhka kaansarka ee pap smear ayaa lagula taliyaa dumarka 21 iyo wixii kawayn inay galaan hal mar 3-5 sanoba si ay uga baadhaan kaansarka ilmo galeenka.

Hadii aanad weligaa galin shaybaadhka pap smear, ka dalbo dhakhtarkaaga inuu kuu sharaxo nidaamkiisa.

Dumarka 22 ilaa 44 jirka ah, qorshaynta qoyska iyo dhalmada ayaa macduuc muhiim ah. Shaybaadhka gudaha misigta iyo shaybaadhka naaska ayaa la sameeyaa.

Mammograms, sawirka raajiga ee naaska ayaa loo adeegsadaa si looga eego raad hore oo kaansarka naaska ah, waxaana lagula taliyaa dumarka da'doodu tahay 40 iyo wixii kawayn.

La socodsii dhakhtarkaaga hadii aad u baahan tahay turjumaan, ay jiraan wax aanad jeclaysanin, ama aad ka qabto su'aalo booqashadaada. Waxaad la kulmi kartaa dhakhtar kale hadii aanad weli jiraan wax aanad jeclaysanaynini ama aad u aragto in baahidaadii aan la buuxinin.

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

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BRYCS COMMUNITY CONVERSATIONS:

La Bilawga
Sheeko Dhakhtarka

Dumarka iyo hablaha
lagu sameeyay
Gudbiinka Fircooniga (FGC)

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.

Waxaan aaminsanahay in la i Guday

_____ . (I believe I have experienced Female Genital Cutting_____.)

- Nooca 1: qayb ama dhamaanba waxaa la iga jaray kintirka (sunna)
- Nooca 2: qayb ama dhamaanba waxaa la iga jaray kintirka iyo danbaha yar/wayn (cidhibtir)
- Nooca 3: Waxaa la yareeyay daloolka unuga galmada iyada oo dusha lagaga xidhay da-haadh (burburin)
- Nooca 4: waxkale (sida, dhajin, daloolin, jeexid, xoqid iyo gubid aaga xubinta taranka)

Waxaan qabaa su'aal ama tabasho ku saabsan: (I have questions or concerns about:)

- Damqasho/raaxo daro (Pain/discomfort)
- Kaadida (Urination)
- Caadada (Menstruation)
- Daryeelka dhalmada (Prenatal care)
- Uurka (Pregnancy)
- Dhalmada ilmaha (Childbirth)
- Bacriminta (Fertility)
- Galmada oo aanan jeclaysan (Decreased satisfaction during intercourse)
- Qaliin Joojin/Dib u hagaajin (Defibulation/Reconstructive surgery)

- Waxaan doonayaa turjumaan. (I would like an interpreter.)
- Tani waa booqashadaydii ugu horeysey ee OB/GYN. (This is my first visit to the OB/GYN.)
- Waxaan doorbidaa dhakhtar/kaaliye caafimaad oo dumar ah. (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.