

Caabuqyada Lagu Kala Qaado Galmada (STIs)

Sexually Transmitted Infections (STIs)

About STIs

Sexually transmitted infections (STI) are infections most often spread from person to person through sexual contact. These infections cause sexually transmitted diseases (STDs). There are more than 30 types of bacteria, viruses, or parasites that cause STIs.

Some of the more common infections are:

- Chancroid
- Chlamydia
- Genital herpes
- Gonorrhea
- Hepatitis
- Human immunodeficiency virus (HIV)
- Human papilloma virus (HPV or genital warts)
- Syphilis
- Trichomoniasis

How STIs happen

STIs are caused by germs that live on the skin or in body fluids like semen, vaginal fluid, or blood.

These germs can enter the body through the vagina, mouth, anus, and open sores or cuts. Some germs, like the ones that cause herpes or genital warts, infect a person through the skin of the genitals.

Macluumaadka STIs

Caabuqyada Lagu Kala Qaado Galmada (STIs) waa caabuq inta badan u kala gudba dadka oo lagu kala qaado galmada. Caabuqyadaas waxay sababaan cudurada lagu kala qaado galmada (STDs). Waxaa jira waxa ka badan 30 nooc oo ah bakteeriyo, fayras, ama jeermisyo sababa STIs.

Qaar kamid ah caabuqyada joogtada ah waxaa kamid ah:

- Caabuqa keena nabarada aagaga xubinta taranka
- Caabuqa Chlamydia
- Caabuqa Genital herpes
- Caabuqa Jabtada
- Cagaarshow (Hepatitis)
- Infekshanka fayraska ee yareeya-difaaca jirka ee dadka (HIV)
- Fayraska papilloma ee dadka ku Dhaca (HPV ama burooyinka xubnaha taranka)
- Caabuqa isfiilatada
- Caabuqa Trichomoniasis

Sidee STIs ku yimaadaa

STIs waxaa sababa jeermis ku dhex nool maqaarka ama dheecaanka jirka sida shahwada, dheecaan cambarka, ama dhiiga.

Jeermisyadaas waxay geli karaan jira ayadoo u maraaya cambarka, afka, dabada, iyo meelaha dhaawacyada ah ama meelaha boogaha ah. Jeermisyadaas, sida kuwa sababay xanuunka ama burooyinka xubinta taranka, waxay qof ka saameeyaan maqaarka gumaarka.

The germs pass from an infected person through contact with skin, blood, or body fluids. Sexual contact (oral, vaginal, anal) with an infected person is the most common way to become infected.

Facts about STIs

- STIs affect both men and women, but health problems from STIs tend to happen more often and be worse for women than men.
- Unprotected anal sex puts women at even greater risk of getting STIs than unprotected vaginal sex.
- In women, some STIs can spread and cause other serious problems.
- Most STIs can be treated. Some can be cured, but others cause life long disease.
- STIs can be spread even if there are no signs of infection. It can be hard to tell if someone has an STI.
- A pregnant or breastfeeding woman who is infected can pass the infection to her baby.
- STIs are not spread through casual contact, or by sitting on toilet seats, or by being in swimming pools.

Talk to your doctor or nurse if you have any questions or concerns.

Jeermisyadu waxay qofku ugu gudbaan taabashada maqaarka, dhiiga, ama dheecaan jirka. Xariirka galmada sida galmada (afka, cambarka, dabada) oo aad la sameyso qof xanuunsan ayaa ah qaabka ugu badan ee lagu kala qaado xanuunka.

Xaqiiqooyinka Ku saabsan STIs

- STIs waxa uu ku dhacaa labadaba raga iyo dumarka, laakiin dhibaatooyinka caafimaad darada ee STIs waxa uu ku badan yahay dumarka marka loo eego raga.
- Galmada dabada ee aan lahayn kahortag waxay kor u qaadaa halista dumarku ku qaadi karaan STIs marka loo eego galmada cambarka ee aan lahayn kahortaga.
- Dumarka, qaar kamid ah STIs ayaa faafi kara waxa ayna sababi karaan dhibaatooyin caafimaad oo daran.
- Inta badan STIs waa la daaweyn karaa. Qaar ayaa la daaweyn karaa, laakiin qaar kale waxay sababaan xanuun muddo dheer.
- STIs way sii faafi karaan xataa haddii aysan jirin astaamaha caabuqa. Way adag tahay in la oggaado inuu qofku qabo STI.
- Naag uur leh ama naasnuujisa waxay caabuqa usii gudbin kartaa cunugeeda.
- STIs kuma faafo taabashada kore, ama ku fariisashada musqusha, ama inaad barkad ku dabaalato.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabto wax su'aal ah ama walaacyo ah.

Signs of STI's

Signs may develop in a few days or they may not occur for months. Signs may not be noticed or there may be none. Often signs in women are the same as a yeast infection or urinary tract infection.

Common signs may include:

- Burning with urination
- Vaginal discharge
- Abdominal pain
- Blisters or open sores on genitals
- Warts
- Rash
- Bleeding between periods

Getting tested is the only way to be sure you are treated for the right infection.

Testing

You can be tested for STIs by your doctor or at your local health department.

You can usually find a list of locations for nearby clinics and testing sites online. If you are not able to find any, call your local health department for places.

Many places offer free or low-cost testing.

Treatment

Medicine is used to treat most STIs. Bacterial infections, such as syphilis, chlamydia and gonorrhea, are 90% cured when all antibiotics are taken as directed. Viral infections, such as herpes and HIV, cannot be cured.

Calaamadaha STI's

Calaamadaha ayaa imaan kara dhowr bari kadib ama maba imaan karaan muddo dhowr billood ah. Calaamadaha waxaa laga yabaa inaan la arkin ama aysanba jirin. Calaamadaha dumarka badanaa waxay lamid yihiin kuwa caabuqa gumaarka ama caabuqa tuubada kaadida.

Calaamadaha joogtada ah waxaa ka mid noqon kara:

- Kaadi gubasho
- Dheecaan cambarka ka yimaada
- Calool xanuun
- Nabaro ama nabaro kasoo baxa xubinta taranka
- Burooyin
- Finan
- Dhiigbax mudda u dhaxeysa caadada

Inaad isbaarto ayaa ah qaabka kaliya ee lagu oggaan karo lagaagana daaweyn karo caabuqa saxda ah.

Baarida

Waxaa STIs kaa baari kara dhaqtarkaaga ama waaxda caafimaadka ee deegaankaaga.

Waxaad si fudud oonleen oga heli kartaa goobaha iyo xaruumaha baaritaanka. Haddii aad awoodi wayso inaad goob hesho, wac waaxda caafimaadka deegaankaaga si aad meel u waydiiso.

Meel badan waxay bixiyaan baaritaan lacag la'aan ah ama mid qiimo jaban.

Daaweynta

Daawo ayaa loo isticmaalaa si loo daaweeyo STIs. Caabuqa bakteeriyadan sida isfiilatada, caabuqa nabarada keena iyo jabtada, boqolkiiba 90% waa ay daaweys maan marka antibiyootikada loo qaato sida dhaqtarku usoo qoray. Caabuqyafa cambarka ee daran, sida fayraska herpes iyo HIV, lama daaweyn karo.

Treatment and medicine can be used to help relieve the signs and keep the disease from becoming worse.

If you are being treated for an STI, follow the instructions for your treatment and avoid sexual contact until you and your partner have been treated.

What happens if I don't get treated?

There are a number of problems that could happen if you do not get treated or do not finish your treatment. These may include:

- Increased chance for HIV infection
- Genital cancer
- Infertility or sterility
- Chronic illness such as hepatitis, cirrhosis (scarring of the liver), cancer or AIDS
- Pregnancy problems, such as miscarriages
- The mother can give an STI to her baby before or during childbirth
- Heart problems
- Problems affecting the brain and nerves, such as confusion, problems walking or blindness
- Death

Daaweyn iyo daawooyin ayaa la isticmaali karaa si loo xakameeyo calaamadaha loogana hortago cudurku inuu kasii daro.

Haddii lagaa daaweeyay STI raac tilmaamaha daaweyntaada iskana ilaali xariir galmo illaa adiga iyo lamaanahaaga aad is daaweysaan.

Maxaa dhacaaya haddii aanan helin daaweyn?

Waxaa jira dhowr wax oo dhici kara haddii aadan qaadan daawo ama aadan dhameyn daawadaada. Kuwaas waxaa kujiri kara:

- Inaad fursada aad ku qaadi karto HIV uu bato
- Inaad qaado kansarka gumaarka
- Inaad wax dhali wayso ama ma dhaleys noqoto
- Xanuun daran sida cagaarshoow, xanuunka beerka (nabaro ku dhaca beerka), kansar ama AIDS
- Dhibaatooyin uur, sida qoonmid
- Hooyadu waxay qaadsiin kartaa ilmaha STI kahor iyo kadib dhalmada
- Dhibaatooyin dhanka wadnaha ah
- Dhibaatooyin saameyn ku keena maskaxda iyo neerfaha, sida wareer, dhibaato dhanka socodka ah ama indho la'aan
- Dhimasho

STI Prevention

There are some things you can do to limit your chances of getting an STI, such as:

- Don't have sex.
- Have only 1 sexual partner.
- Use condoms correctly each and every time you have intercourse.
- Talk with your partner about STIs before having sex.
- Have a pelvic exam and have STI testing every year if you are sexually active.
- Avoid alcohol or drug use that could cause you to take risks.

Kahortaga STI

Waxaa jira waxyaabo aad sameyn karto si aad u yareeyso fursada aad ku qaadi karto STI sida:

- Inaadan sameyn galmo.
- Inaad 1 qof la sameeyso galmo.
- Inaad cinjirka galmada u isticmaasho si saxan mar kasta iyo xili kasta oo aad sameyneyso galmo.
- Kala hadal lamaanahaaga STIs kahor galmada.
- Samee baaritaanka miskaha iskana baar STI sanad kasta haddii aad sameeyso galmo.
- Iska ilaali aalkoolada ama muqaadaraadka kugu sababi kara halista.