

UBUSAZI NA?

Umhlaza wesibeleko
ngowona mhlaza
ubulala kakhulu
uchaphazela
abafazi

IINYANI ZOMHLAZA WESIBELEKO

1-9 kwiimeko ezili-10
zibangelwa yiHPV



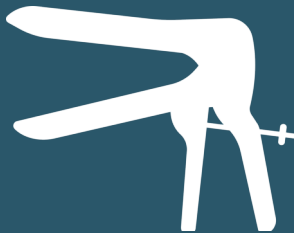
HPV

(intsholongwane
yepapiloma yabantu)
Intsholongwane eqhelekileyo
eyosulela ngokwabelana
ngesondo nanencindi
zomzimba.

NINI UKUYA KWI-PAP SMEAR



Amabhinqa
angaphezulu
kweminyaka eyi18
abaneHIV kumele
bahlole umlomo
wesibeleko qho emva
kweminyaka eyi3



Naliphi na ibhinqa
elinempawu zomhlaza
womlomo wesibeleko
kumele ahlole umhlaza
wesibeleko ngokukhawleza
kwisebe lezempilo
elikufutshane.



Amabhinqa
angenayo iHIV
kumele ahlole
emva kwenyaka
eyi10, ukuqala
kwiminyaka eyi30

Ubusazi na?

30-50

Ithanda ukuchaphazela
abafazi abaphakathi
kweminyaka 30 ukuya ku50

Yintoni iPap Smear?

IPap smear = ukuhlolwa /
uvavanyo oluthembekileyo
nokubonwa kwangoko
umhlaza wesibeleko, iswabhu
yeeseli zomlomo wesibeleko.

Iimpawu zomhlaza wesibeleko



Ukukhutshwa
kwevumba elibi &
Ukwehla
emzimbeni



Ukopa okanye
iintlungu xa
usabelana ngesondo

Ukopa
ngendlela
engaqheleka xa
usexesheni



Ukopa emva
kokuyeka ukuya
exesheni



**Hlola umhlaza wesibeleko unganyangeka
ngokufanelekileyo ukuba ufunyenwe kwaye
wabonwa kwangoko**