

Taageeridda Caafimaadkaaga Xubinta Taranka Kadib Gudniinka Fircooniga (FGM)



Waa maxay FGM?

Gudniinka Fircooniga (FGM) waa dhaqanka lagu jarayo ama lagu saarayo qayb ka mid ah xubinta taranka dumarka, ama in la xiro iyadoo aanay jirin sabab caafimaad. FGM si caalami ah ayaa loogu aqoonsaday inuu yahay ku xadgudub xuquuqda aadanaha ee dumarka iyo gabdhaha, hase yeeshee weli waa dhaqan si caadi ah oo uga jira dalal qaarkood.

Gudniinka fircooniga ah (FGM) waxa sidoo kale loogu yeedhi karaa:

- gudniinka dumarka
- goyn
- jaritaan
- xirid

Fahanka Murqaha Sagxadda Xubinta Taranka (Pelvic Floor)

Murqaha sagxadda xubinta taranka waxay taageeraan kaadiheystada, ilmo-galeenka, iyo mindhicirka kadib gudniinka FGM, murqahaasi waxay noqon karaan kuwo adkaada ama si xad dhaaf ah u shaqeeya, taas oo keeni karta:

- Xanuun xilliyada galmada ama baaritaan la sameynayo
- Dhibaato kaadida ama saxarada
- Xanuun caloosha hoose ama miskaha ah
- Adkaansho ama gubasho siilka ah

Halkee baan ka heli karaa macluumaad dheeraad ah oo ku saabsan gudniinka fircooniga ah (FGM)?

Ururka Qorsheynta Qoyska ee Ireland iyo Hay'adda Adeegyada Caafimaadka waxay bixiyaan adeegyo daryeel iyo taageero oo loogu talagalay haweenka la guday.

Macluumaad dheeraad ah oo ku saabsan ururadan iyo gudniinka fircooniga ah (FGM) ayaad ka helaysaa halkan:

Ururka Qorsheynta Qoyska ee Ireland:

<https://www.ifpa.ie/get-care/free-fgm-treatment-service/>

Waxay bixiyaan adeegyo caafimaad iyo latalin bilaash ah (Telefoonka 0818 495 051)

Waxaad la hadli kartaa lataliyayaashooda si aad ugala sheekaysato xanuunka iyo dhaawaca aad soo martay, taageerada galmada, xiriirrada, iyo arrimo kale oo kugu saabsan.

ama websaydka HSE:

<https://www2.hse.ie/conditions/female-genital-mutilation/>

• Khayraadka iyo agabka kale ee waxtarka leh:

- Akidwa.ie Taleefan+353 (0)1 8349851
- Uur leh soona maray FGM:

Ingiriisi:

<https://tinyurl.com/2b272tz4>



Somali:

<https://tinyurl.com/3zk5v65m>

Carabi:

<https://tinyurl.com/29ewdz4r>



Neefsashada Caloosha

Neefsashada caloosha waa hab awood leh oo kaa caawinaya dejinta hab-dhiska neerfaha iyo murqaha sagxadda xubinta taranka.

Maxay tani muhiim u tahay?

Kadib gudniinka FGM, murqaha sagxadda xubinta taranka waxay u adkaan karaan sababo la xiriira nabarro, cabsi, ama xanuun. Marka aynu xanuun ama dhaawac soo marno, jirku si dabiici ah ayuu u adkeeyaa murqaha si uu isu difaaco, murqahaana waxa ka mid ah kuwa xubinta taranka.

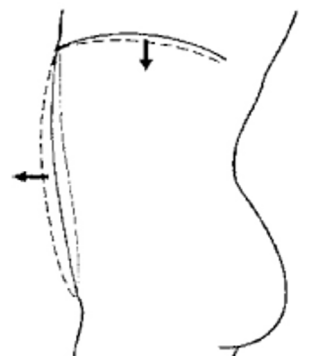
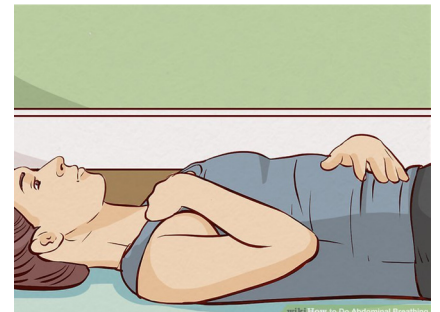
Waqti ka dib, murqahaasi waxay sii ahaan karaan kuwo adkaada, taas oo keeni karta:

- Xanuun joogto ah oo miskaha ah
- Raaxo-darro inta lagu jiro galmada
- Dhibaato dhanka kaadiheeysta ama xilliga saxarada ah

Neefsashada caloosha waxay caawisaa in dib loogu tababaro murqahaas iyadoo la tusayo nasashada iyo iskalabixinta, taasoo yareyneysa xanuunka isla markaana soo celinaysa raaxada.

Sida loo sameeyo:

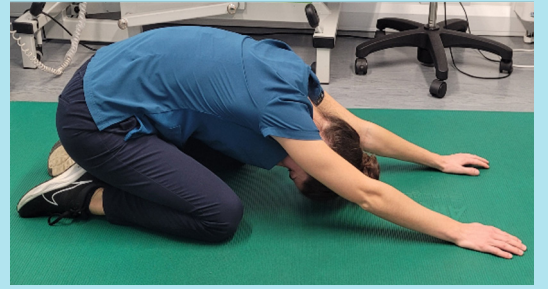
1. Fadhiiso ama jiif meel deggan oo raaxo leh.
2. Mid ka mid ah gacmaha saar laabta, tan kalena saar caloosha.
3. Si tartiib ah uga neefso sankaa, adigoo u oggolaanaya caloosha inay hawo ka buuxsanto, hana oggolaan laabta inay kor u kacdo. Calooshaadu waa inay ahaataa mid jilicsan inta aad jimicsiga sameyneyso. Ha riixin caloosha hana adkeyn.
4. Si tartiib ah u sii neefso oo ku celi dhowr jeer. Neef kasta markaad qaadanayso, sawiro murqaha xubinta taranka oo jilcaya oo nasanaya.
5. Ku celceli 5–10 daqiiqo, gaar ahaan kahor iskala bixinta ama markaad isticmaalayso qalabka ballaariya xubinta taranka.
6. Neefsashadan waxay kaa caawin kartaa in jirkaagu dareemo



Fidinta Fudud ee Lagu Yareeyo Adkaanta Murqaha Miskaha

1. Fadhiga Ilmaha

- Dib u fadhiiso oo jilbo jabso adigoo dhabarka saaraya ciribtaada.
- Gacmaha hore u fidi oo madaxa dhig dhulka.
- Si qoto dheer ugu neefso calooshaada muddo 1–2 daqiiqo ah.



2. Fadhiga Ilmaha Faraxsan

- Dhabarka u jifso oo jilbaha u laabo xagga laabtaada.
- Qabso oogada bannaanka ee cagahaaga, si tartiib ahna dhinac ilaa dhinac isu rux.



3. Fadhiga Raha ee Fidsan

- Dhabarka u jifso adigoo ciribaha isku haya, jilbahana u laabaya dhinacyada si ay lugahaagu u sameeyaan qaab “rah” ama dheeman ah.
- Madaxa saar barkin si uu u nasto.
- Miskaha fur oo debci.
- Si qoto dheer ugu neefso caloosha iyo miskaha muddo 1–2 daqiiqo ah.
- Had iyo jeer si tartiib ah u dhaqaaq, kana jooji fidin kasta oo keenta xanuun.



Duugista Nabarada & Dejinta Murqaha Xubinta Taranka

Kadib gudniinka FGM, nabarrada waxay sababi karaan adkaansho, raaxo-darro, ama dareen xanuun ah meelaha ku dhow. Duugis tartiib ah oo joogto ah ayaa ka caawin karta bogsashada iyadoo ka dhigaysa unugyada nabarraysan kuwo jilicsan oo aan xanuun badnayn.

Sababta Duugista Nabaradu Faa'iido u Leedahay:

- Waxay yareysaa dareenka xanuunka meelaha jilicsan
- Waxay ka sii daysaa adkaanta ama xannibaadda ka dhalata nabarrada
- Waxay dhiirrigelisaa nasasho iyo xiriir wanaagsan oo jirka ah
- Ku bilow isticmaalka saliid aan ur lahayn si ay u yarayso isliska. Marka unuggu uu noqdo mid raaxo leh oo deggan, waxaa laga yaabaa inaad mar dambe u baahnayn saliid.
- Si tartiib ah ugu duug agagaarka goobta nabarku ku yaal, adigoo raacaya tilmaamaha iyo talooyinka uu bixiyo dhaqtarkaaga jimicsiga jirka. Waxa ku jiri kara aagga u dhexeeya dabada iyo xubinta taranka (perineum), caloosha hoose, ama unugyada jilicsan ee ku wareegsan.
- Isticmaal dhaqdhaqaaqyo wareeg ah oo tartiib ah, adigoo si joogto ah ula soconaya neefsashadaada.
- Marnaba ha sameyn riixis aad xanuun ku dareemayso. Hubi in raaxo-darro kasta aysan ka badnaan 4 marka laga eego miisaanka xanuunka ee 10-ka ah. Waa in mar walba ay dareento mid la maareyn karo oo ammaan ah.
- Ku dar habkan neefsashada caloosha si uu uga caawiyo nasashada iyo sii deynta murqaha.



Qalabka Fidiyaha Siilka

Your physiotherapist may recommend using vaginal dilators as part of your recovery. These are smooth, medical-grade tools of gradually increasing sizes that are inserted into the vagina to help:

- Stretch tight or protected tissues
- Reduce discomfort or pain with penetration
- Desensitise the area gently
- Improve confidence and comfort over time

Sidee bay fidiyayaashu u caawiyaan?

Kadib FGM, murqaha sagxadda miskaha ayaa mararka qaarkood adkaada, badanaa iyagoo jawaab difaaca ah oo ka dhalata xanuun, dhaawac, ama nabar. Fidiyayaashu waxay murqahan ka caawin karaan inay bartaan sida loo siidaayo, taasoo u oggolaanaysa jirkaaga inuu si tartiibtartiib ah ula qabsado fidin ammaan ah oo la xakameeyey.

Waxay sidoo kale siinayaan jirkaaga iyo maskaxdaada waqti ay ku bartaan dareenka aaggaas, taasoo ka caawisa yaraynta cabsida ama raaxo-darrada inta lagu jiro baaritaannada caafimaadka, galmada, ama markaad samaynayso nadaafadda maalinlaha ah.

Talooyin ku saabsan isticmaalka qalabka fidiyaha siilka:

- Ku bilow kan ugu yar oo isticmaal saliid aan caraf lahayn.
- Ku tababar neefsashada caloosha ka hor iyo inta aad isticmaalayso si ay uga caawiso sii deynta murqaha.
- U oggolow qalabka fidiyaha inuu si tartiib ah u taabto dibnaha siilka, isagoo u sii socda duleelka siilka. Fidiyaha dhaqdhaqaaqa waad ka joojin kartaa oo waxaad si deggan u ruxi kartaa miskahaaga ama waxaad gelin kartaa oo soo saari kartaa fidiyaha una kaxayn kartaa dhinacyada.
- Si tartiib ah u shaqee, adiga oo raacaya xawaarahaaga. Marka hal cabbir uu kuu fududaado, u gudub cabbirka xiga, tani waxay qaadan kartaa daqiiqado ama bilo.
- Joogteynta: 3–7 jeer usbuucii, muddo qiyaastii 10 daqiiqo ah
- Ka dib isticmaalka, ku maydh biyo diirran iyo saabuun

**HORUMARKU MAR
WALBA TOOS MA AHA**

Progress



Is Not Always



Linear



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