

NUPHUNG THEIHNAK LEI NGANDAMNAK



NUPHUNG THEIHNAK CAAN KUAL, NUPHUNG THEIHNAK CAAN HNA LE MAH TEIN ZOKHENH NING KONG DIHLAK.

Nuphung theihnak cu zei dah asi?

- Nuphung theihnak caan kual cu nau pawl khawhnak caah timhcia in um dingah thla khat ah voi khat hrawng na pum chungah thlennak hna a dot dot in a um kha asi.
- Fa ah a cang dingmi tii pawl dingah na nauinn (nu nauinn) vampang i a tlang cu a thang.
- Nuphung theih caan timi cu caan kual chungah nau na pawl lo ahcun thi a chuakmi kha asi. Cucu na nauinn vampang ah a tlang a thang i a hung chuakmi asi.
- Nu tamdeuh hna nih kum 9 le kum 16 karlak ah ahmasabik nuphung theihnak an ngeih.
- Caan kel in thla khat voi khat in ni 4-8 chung nuphung theihnak na ngeih.
- Ahmasabik ni 1-2 chung cu fahnak na in khawh. Cucu na nauinn a tom i thi kha leng ah a nam chih kha asi.
- Nuphung na theih lioah na tuan kel rian dihlak na tuan khawh.

Nuphung theih caan ah hmanmi thil hna

- Thi denh hna
- Chiatha chung hrolhmi thil
- Nuphung theih lio hmanmi hrai
- Hmankhawhthanmi denh hna
- Hmankhawhthanmi chungnawh hna

Nu Chung I Ti A Semnak Hmun Ah Abomi Tete Umnak/Poly Cystic Ovary Syndrome (PCOS)

PCOS nih a sawh duhmi cu na chung i ti a semnak hmun ah a thangmi ti in a khatmi a fami kua tete hna a ummi kha an si. Cuc una nuphung theihnak a hlatteer khomi a um tawnmi pum chung thawnertu hang umtuning asi i fa-hrinkhawhlonak zong a chuahter khawh.

Nauinn Lenglei ah a Chuakmi a Ningcanglomi Titsa Zawtnak (Endometriosis)

Nauinn lenglei ah a chuakmi a ningcanglomi titsa zawtnak timi cu na nauinn tlang bantu kin titsa cu na pum thilri dang hna ah a than kha asi. Nauinn lenglei ah a ningcanglomi titsa nih na nuphung theihnak hna cu a tamter khawh i a fahter khawh, cun na tawtawkruh, pang ruh le atanglei deuh keng hna kha a fahter khawh i fa-hrinkhawhlonak zong a chuahter khawh. Nu 10% hrawng nih Nauinn Lenglei ah a Chuakmi a Ningcanglomi Titsa Zawtnak an ngeih.

A ningcanglomi nuphung theihnak hmelchunhnak hna

Hi hna hi na ngeih hna ahcun....

- Hlat ngai in nuphung theih asiloah nuphung theihnak a pih/ngol ahcun
- Na thi denh asiloah chiatha chung hrolhmi thil cu atuletu in asiloah cu naktlawm deuh in na thi a chuah tuk caah an thlenter lengmang, asiloah na thilthuam ah na thi hna cu a luan ahcun
- Nuphung theihnak cu a fah tuk caah inn ah um na hau asiloah sii na ei ko buah a that lo ahcun

....na sibawi asiloah nurse kha chim.

Thi Donghnak

Nu tambik hna cu kum 45 le 55 karlak ah an thi a dongh. Hihi thi dongh tiah auh asi. Thi Donghnak nih an pum cu tampi a hnursuan khawh. Na zawtlanghnak hna siamrem dingah tlopbulnak pawl a ngah.


Nuphung theihnak hna cu a um tawnmi asi i ningzah ding a um lo. Na tuah tawnmi naktam in na pum cu tawl na herh lo. Na thi denh asiloah chiatha hrolh thil cu a tlawmbik suimilam 3-4 ah thleng. Na pum ah a cang chuahmahmi kong chim cu ngandamnak asi. Na lungretheih asiloah biahalnak pakhat khat na ngeih ahcun nihin ah na siibawi sinah kal a thabik!

Tamdeuh theihhngalhnak le bawmhnak caah na GP na zohter khawh, asiloah Nu Ngandamnak caah jeanhailes.org.au ah Jean Hailes kha na pehtlaih khawh asiloah 9562 7555 kha chawn.

Holhlettu na herh ahcun, Translating and Interpreting Service (TIS) kha 131 450 ah chawn. Chawhnak dihlak hna cu alak asi i biathlithup ah chiah asi.



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