

## **Qhov tseeb hais txog txiv neej kev noj qab nyob zoo Facts About Men's Health**

Kab mob plaww yog qhov loj uas tua cov txiv neej Asian thiab cov Pacific Islander nyob teb chaws USA.

Cov Asian thiab Pacific Islander suav tau ntau tshaj 1/3 tuag las ntawn kab mob plawv (American Heart association, 1998).

Cov txiv neej Hawaiian thiab Samoan, kab mob plawv yog qhov ua rau tuag thaum tus neeg pib muaj 25 xyos thiab muaj sib txuas zis los mus txog niaj hnuv no (American Heart Association, 1999).

Cancer yog qhov 2 ua rau cov neeg Asian thiab cov Pacific Islander tuag nyob USA (National Center for Health Statistics, 1996).

92 feem pua ntawn cov neeg los tsusa. 71 feem pua ntawn cov Cambodian thiab 65 feem pua ntawn cov nyab laj haus luam yeeb (Center for Disease Control, 1996).

## **Nyeem daim ntawv no nrhiav txog kev nyob zoo yuav ua li cas! Supporting Women's Health**

Tom qab uas nyeem tag cov ntawv no yuav tau hais txog poj niam kev kev noj qab nyob zoo thiab. Peb tsoom poj niam muaj kev txaus ntshai los ntawn kab mob mis thiab tsev menyuum cancer thiab lwm yam.

Pab peb cov poj niam, cov ntxhais, cov niam cov phauj, cov muam. Nrog lawv tham txog tej yam uas lawv xav paub, kawm txog poj niam kev ua Mammogram, clinical kuaj mis thiab kev ua Pap Smear.

Kom tsoom poj niam mus ntsib kws kho mob los yog cov nurse ntsuam xyuas lawv lub cev thiabtshawb txohg cov mob cancer, qhia rau lawv txog koj txoj kev txhawj txog lawv.

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**HMONG**

**men**

**EXTRA IMPORTANT a message for men in our community**

**Ib qhov tseem ceeb ntxiv. Cov xov xwm uas muaj rau peb tsoom txiv neej**

Ntau ntau zaus uas peb yuav tau txais kev pab tau los ntawm peb kev noj qab nyoob zoo. Tej zaum peb yuav ua hauj lwm ntau, pebxav tias yuav tsi muaj neeg quav ntsej tzog, peb xav tias yuav tsi muaj teeb meem rau peb, tab txawm muaj los nws yuav hdau mus. Peb yog tus txiv neej peb yuav tsum tau ntseeg txog qee yam thiab yuav tsum tau mob siab rau, peb yuav tsi xav pub kom muaj ib qhov kev nyuab siab rau peb tsev neeg txog peb qhov teeb meem. Lub caij uas peb hnov ntau yam xov xwm uas yog tsoom poj niam thiab menyuum yaus tab tob ntsib, peb yuav tsi hnov hais ntau txog txiv neej li cas los xij peb kev noj qab nyob zoo yogi b qhov uas peb yuav tau mob siab txog, tsi yog rau peb tab sis yog rau peb tsev neeg tiab peb tsoom pej xeem uas nrog peb nyob. Hauv daim ntawv no yog qhov uas yuav hais txog peb kev noj qab nyob zoo ntawm peb cov txiv neej. Txoj kev no muaj qee yam yooj yim heev thiab yuav ua rau muaj kev zoo siab. Xav txog kev noj qab nyob zoo tag kis yog yuav tau pib hnuv no.

### **Kev ua rau noj qab nyob zoo**

Cov qib quas nram no yuav ua rau muaj kev loj hlob thiab zoo nyob hauv koj lub neej.

- Ntsib kws kho mob txhua tshua xyoo.
- Yav tsum tau ntsuam xyuas txog mob cancer hnav ntim phev thiab txoj hnuv quav loj txhua txhua xyoo. Yog koj muaj 50 xyoo rov yav saud.
- Noj roj tsawg, noj nqajj rog tsawg, qab ntsev qis thiab kev pab tau zoo yog noj txiv hmab txiv ntoo thiab zaub 5 pluag ntawm 1 hnuv. Nco ntsoov “5 a day.”
- Ua exercise 30 feeb ntawn 1 hnuv twg. Xws li mus kev, caij nees zab, hdia, ua vaj zaub, ua luam dej, tsaj qab thiab ntaus golf. Yog koj haus cawv yuav tsum haus kom tsawg 1 zaug ntawm 1 hnuv xwb tseg kev haus luam yeeb los haus kom tsawg tej no thiaj li yuav pab kom muaj kev txaus ntshai tsawg los ntawm txoj kev mob plawv nres.

SO! Txhob pub kom muaj kev nyuab siab. SO. Xws li ua siab txias txias, nyeem ntawv, thiab txhob npau taws ua kom siab zoo zoo thiab yuav pab tau qee yam was nyob ncig koj. Yog koj nyiam tej no yuav ua tau los ntawm kev muaj tej pab coob coob yuav vua rau muaj kev lom zem tau.

### **Tej mob uas mob ntev ntev.**

Thaum peb laus zus peb yuav ntsib kev mob nkees ntawm peb lub neej txhua txhua hnuv, muaj qee yam mob yuav ua mob ntev, cov mob no yuav muaj xws li cancer, mob plawv, ntshav qav qab zib, thiab mob qij txha.

Cov mob uas yog mob plawv, ntshav muaj roj, ntshav siab, rog heev, ntshav qab zib, keeb kwm mob plawv, laus, haus dej haus cawv ntau thiab nyuaj siab ntau. Mus ntsib koj tus kws kho mob txhua txhua xyoo; yuav pab koj tswj koj kev mob nkees tau zoo. Qhov tseeb yog yuav tau muaj kev tiv thaiv koj kev mob nkees thiaj yuav tsi muaj tej mob zoo li no.

### **Cancer hnav ntim phev**

Hnav ntim phev yog qhov uas tswj fwm kom lub zais zis ua hauj lwm tau zoo thiab ua kom txoj kev sib pw ua niam txiv tau zoo. Qhov mob no nws tsi yooj yim uas yuav paub tau los ntawm yus tus kheej.

### **Kev tiv thaiv uas zoo**

Ntsuam xyuas txoj hnyuv quav loj (DRE) txhua txhua xyoo ntawm cov txiv neej uas muaj 50 xyoo rov yav saud kws kho mob yuav zuaj xyuas lub hnav ntim phev thiab txoj hnyuv loj, yog muaj qhov tawv tawv thiab ua pob ces qhov ntawd yog tab tom ua mob cancer. Mob cancer yuav kho tau yooj yim yog paub thaum ntxov, nrog rau noj haus xoo thiab ua exercise yuav ua rau koj noj qab nyob zoo.

### **Kab mob ntawm kev pw ua niam txiv**

Yam kab mob no yogi b yam uas sawv daws tsi xav hais txog. Licas los xij yuav tau txiav txim siab los hais txog. ( STD ) yog yam mob uas sib kis lost au ntawm kev sib pw us niam txiv, poj niam chaw xis, ua qhov quav thiab ua qhov ncauj. Xws li STD nrog rau HIV/AIDS, chlamydia, herpes, ua paug, human papilloma, syphilis. Qee yam STD yuav sib kis los ntawm roj ntsha. Kev ua kom muaj tsawg los ntawm cov mob STD nrog rau pw nrog coob coob tus, tsi muaj kev tiv thaiv thaum sib ua nrog poj niam lost xiv neej thiab siv koob txhaj tshuaj phem, Tus neeg mob yuav tsi paub tias nws muaj mob tab txawm nws twb kis tau mob lawm los yog, feem ntau ntawm cov mob no kho tau, yog koj mus ntsib kws kho mob koj yuav paub ntau ntxiv.

### **Kev tiv thaiv uas zoo**

Mus ntsib kws kho mob kom sib txuas zus txog STD. Hais rau koj tus hluv hais txog kev pw ua niam txiv nrog lwm tus yav hdau los thiab kev siv koob txhaj tshuaj yav hdau los. Yuav tau looj hnav thaum uas sib pw ua niam txiv, yog paub tsi tseeb txhob sib pw ua niam txiv.

Yuav tsum tau txiav txim siab txog txoj kev tiv thaiv no, thiaj yuav pab koj thiab koj tus hluv kom nyob muaj sia muaj zog.