

Paub Txug Kheesxawj Zuag Qai Mivnyuas 101



Kheesxawj yog dlaab tsi?

Yog thaum cov noob nqaj luj hlub tsis zoo es tua tau hab ua tau rua cov noob nqaj zoo puag, yog le txhaj le ua tau rua ib tug tuabneeg tuag taug.

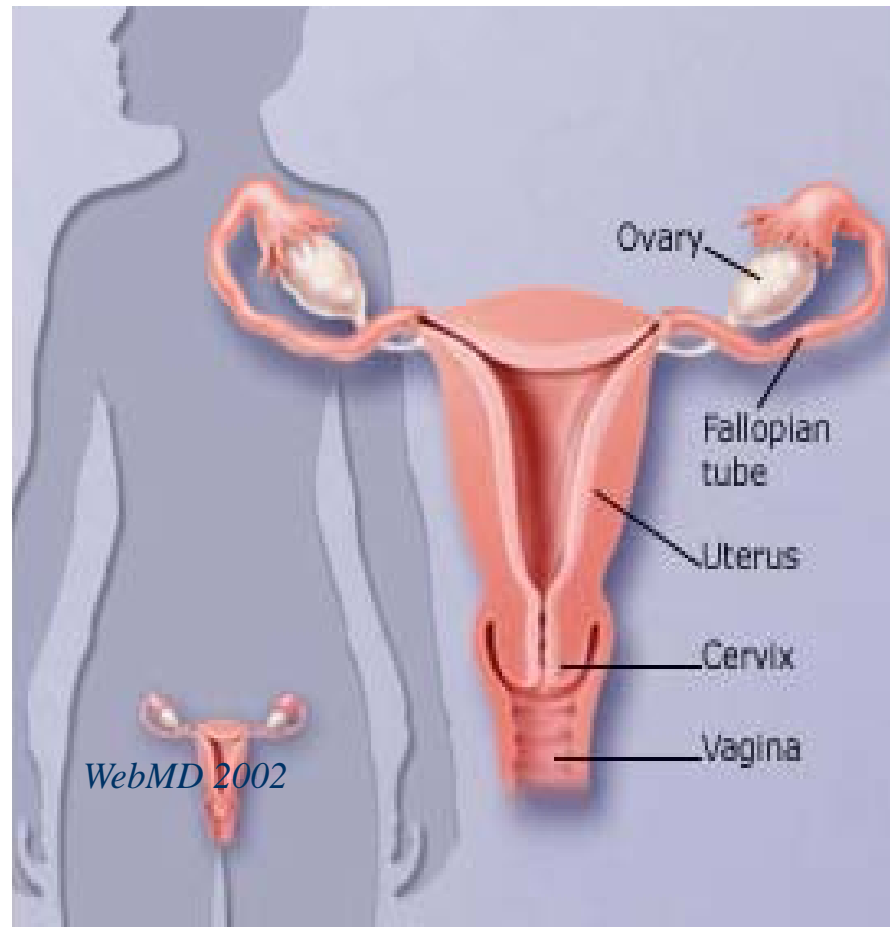


Kheesxawj zuag qai mivnyuas yog dlaab tsi?

- Thaum kheesxawj pib ntawm lub zuag qai mivnyuas, yaam kheesxawj nuav hu ua kheesxawj zuag qai mivnyuas. Lub zuag qai mivnyuas (ovaries) yog ib qho ntawm tug quaspuj qhov chaw xeeb tub. Ob lub zuag qai mivnyuas nyob rua ntawm ob saab ntsaag. Lub zuag qai mivnyuas luaj le lub noob txiv qaab tsog.

Quaspuj Lub Cev

- Qhov Paum
- Lub Ncauj Tsev mivnyuas
- Lub tsev mivnyuas
- Hlaab Zuag Qai
- Zuag Qai



Cov Ntsab Lug

- Yog tug mob kheesxawj thib ob nyob rua ntawm tug quaspuj qhov chaw xeeb tub kws muaj heev tshaaj nyob rua huv U.S
- Ib xyoos twg muaj txug le 24,000 tug quaspuj kws mob kheesxawj zuag qai mivnyuas.
- 70% ntawm cov quaspuj nuav thaum ntshav tau tug mob, twb mob nyaav heev lawm.
- Yog ib tug mob kheesxawj ntawm quaspuj lub cev kws khu tsis tshua tau zoo heev.
- Ib xyoos twg muaj txug 14,000 tau tuag.

Leej Twg Txhaj Le Yuav Mob Kheesxawj Zuag Qai Mivnyuas?

- Cov quaspauj kws laug zog yuav muaj feem ntau dlua le cov hluas
- Muaj le 90 feem pua ntawm cov quaspauj muaj kheesxawj zuag qai mivnyuas yog cov muaj 40 xyoo rov sau, cov coob tshaaj yog cov twb muaj 55 xyoo hab laug tshaaj.

Cov Kev Muaj Feem Mob Kheesxawj Zuag Qai Mivnyuas?

- Muaj feem ntau thaum laug zuj zug, feem ntau yog nyob rua lub caij kws tsis coj khaub dluag lawm.
- Koj tsev tuabneeg muaj ib leeg twg tau mob kheesxawj zuag qai mivnyuas los yog kheesxawj mig.
- Koj tau mob kheesxawj mig dlhau lug lawm
- Tsis tau yug dlua mivnyuas los yog muaj tsis taug mivnyuas
- Mob lub tsev menyuam (endometriosis).

Cov Keb Pib Mob Yog Le Caag?

- Yeej muaj kev pib mob—tsis yog ib tug mob kws yuav tsis hnov mob dlaab tsi.
- Cov quaspuj kws mob kheesxawj zuag qai mivnyuas feem ntau muaj cov kev pib mob nuav ntau dlua le cov quaspuj kws tsis mob:
 - Muaj teebmeem txug kev tso zig
(zoo le pheej dlim zig los yog ib sij tso zig)
 - Tsis qaablus noj zaub mov, noj miv ntsiv xwb tsau nplaab lawm
 - Tsaam plaab
 - Mob ob saab ntsaag hab lub plaab mog
- Cov kev pib mob nuav nwg mob tsis txawj zoo, kws ua rau puab lub cev hloov lawm ntau.
- Muaj kev pib mob kheesxawj zuag qai mivnyuas yuav laug txhua hnuv hab mob le ob los peb aasthiv.


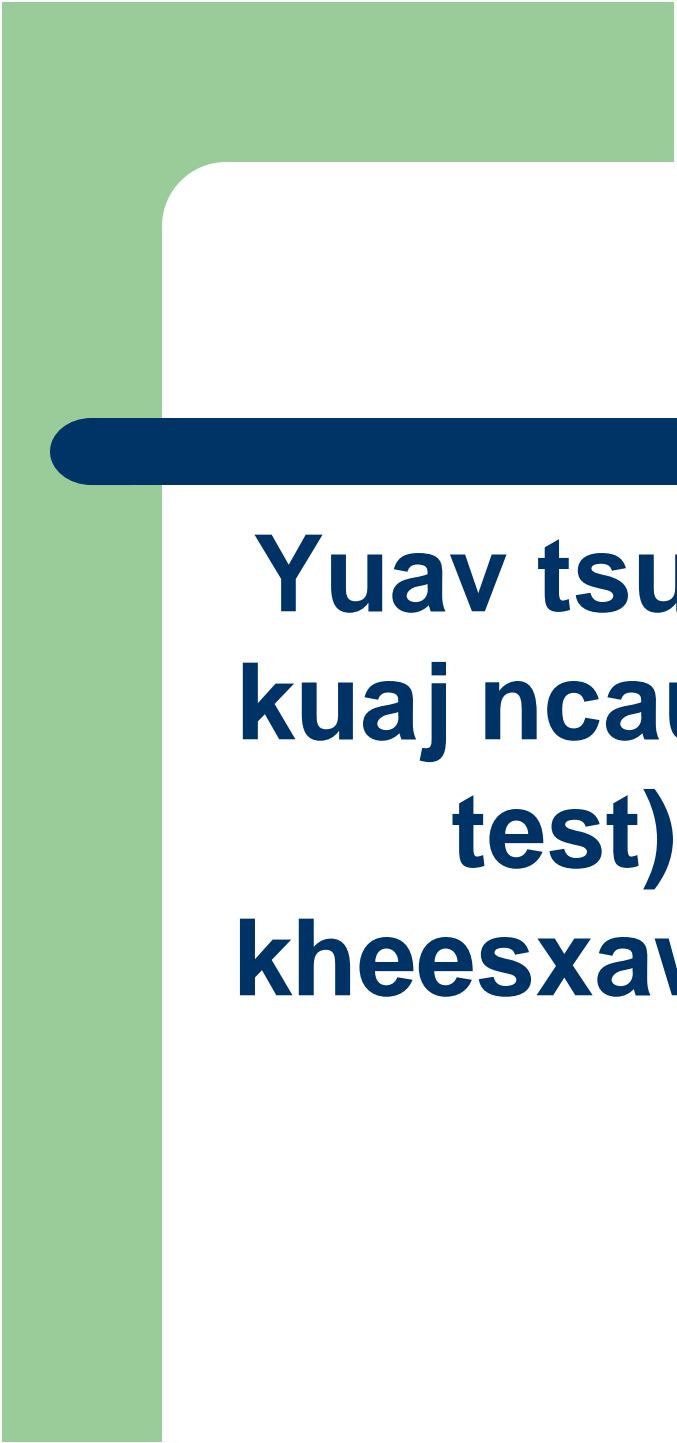
Cov Keb Pib Mob Yog Li Cas?

● Muaj ntau yaam kev pib mob kws ntau tug quaspuj mob kheesxawj zuag qai mivnyuas tau pav, taamsis cov quaspuj kws tsis mob kheesxawj zuag qai mivnyuas los kuaj muaj cov kev pib mob zoo ib yaam nkaus le nuav hab:

- Qaug zug/lub zug ntaug
- Mob plaab kem
- Mob nruag qaum
- Tso quav tawv
- Coj khaub dluag tsis raws caij
- Mob thaum nrug txiv neej pw

Kev Kuaj Ntshav Tug Mob

- Kev kuaj chaw mo hab lub plaab mog
- Xoo fais fab qhov chaw mog
- Yog tas ntshav tau ib yaam kws paub tsis meej yuav tau siv cov kev kuaj nuav:
 - Kuaj ntshav hu ua CA-125
 - CT Scan los yog MRI
 - Biopsy-hlais ib qhov nqaj moog kuaj



**Yuav tsum tau paub tas, kev
kuaj ncauj tsev mivnyuas (pap
test) yeej kuaj tsis tau
kheesxawj zuag qai mivnyuas!**

Kev Khu Rua Kheesxawj Zaus Qe Menyulam :

- Phais
- Siv fais fab tua
- Nkaug los yog noj tshuaj (chemotherapy)

PHAIS

- Laparotomy: txav dlaim tawv nqaj kws npug lub plaab mob
- Yuav tshu:
 - Ob lub zuag qai mivnyuas hab txuj hlaab zuag qai
 - Lub tsev mivnyuas
 - Dlaim pluag nqaj tsog kws dlai ntawm lub plaab (omentum)
 - Cov qug lim kua dlej
 - Ib qhov nqaj ntawm lub ntsaag hab lub plaab mog

Siv Fais Fab Tua

- Siv fais fab lug tua cov noob kheesxawj
- Siv pab tswj kuam txhob hnov mob hab lwm yaam teebmeem.

Kev Mob Tshwm Sim Tom Qaab Siv Radiation Therapy

- Xeev sab hab ntuav
- Thoj plaab
- Quav muaj tshaav
- Dlaim tawv nqaj lab, qhuav, hab mog

Nkaug los yog Noj Tshuaj Khu Kheesxawj

- Nkaug tshuaj rua txuj leeg, hab lub plaab mog los yog noj ntawm ncauj.

Kev Mob Tshwm Sim Tom Qaab Siv Kev Khu CHEMOTHERAPY:

- Xeev sab hab ntuav
- Tsis qaab lus noj mov
- Hle plaub hau
- Mob qhov ncauj los yog chaw xis
- Muaj feem kis tau mob
- Nkeeg los yog saab

Yuav Ua Le Caag Kuv Txhaj Le Tsis Muaj Tug Mob Kheesxawj Zuag Qai Mivnyuas?

Yeej tsis muaj ib txuj kev paub tseeb tas yuav tiv thaiv tau kheesxawj zuag qai mivnyuas.

Taamsis muaj qee yaam le ntawm nuav yuav paab tau:

- Twb tau noj tshuaj kuam tsis txhob muaj mivnyuas tshaaj le tsib lub xyoo.
- Twb tau txav hlaab zuag qai, tshu ob lub zuag qai mivnyuas tawm, los sis phais tsev menyaum tawm.
- Twb yug dlua mivnyuas.

Kheesxawj Zuag Qai Mivnyuas — Yaam Koj Yuav Tau Ua

- Tshawb saib koj puas muaj feem mob kheexawj zuag qai mivnyuas.
 - Mus rua www.wcn.org hab teb ib cov lug nug.
- Kawm txug cov kev pib mob
- Yog ntshav tau tas muaj tug mob kheesxawj zuag qai mivnyuas.
 - Yuav tsum moog ntsib ib tug kws khu mob kws khu tug mob kheesxawj ntawm quaspuj lub cev (gynecologic oncologist) ua ntej koj yuav moog phais.