- Thandizo la khansa ya khomo la chibelekero ndi la ulere m'zipatala za boma ndi zipatala zina za mishoni.

- kwa amene anapezeka ndi kachirombo ka HIV, ayenera kuyezetsa chaka chirichose, ndipo kwa amene alibe kachirombo ka HIV ayenera kuyezetsa pakatha zaka zitatu zirizonse.

- Kuunika khansa ya khomo la chibelekero ndikosapweteka komanso sikutenga nthawi yayitali,kayezetseni.

Ngati mukufuna kudziwa zambiri,funsani azaumoyo a mdera lakwanu kapena chipatala chilichonse chomwe mulinacho pafupi.

Uthengawu wakonzedwa ndi kusindikizidwa ndi mgwirizano wa Amayi wolimbana ndi matenda a khansa wotchedwa Women's Coalition Against Cancer ( WOCACA) ndi thandizo la ndalama lochokera ku bungwe la Amplify Change.

**Ntchito yopititsa mwayi wofikira thandizo labwino la khansa ya khomo la chibelekero m'Malawi.**

Mgwirizano wa Amayi wolimbana ndi matenda a khansa,wotchedwa **Women's Coalition Against Cancer (WOCACA)** ndi bungwe losapanga phindu la matenda a khansa,lotsogozedwa ndi amayi ndi asungwana,limene idalembetsedwa pa 20 May, 2013.

Zolinga za bungwe la **WOCACA** ndi kuonetsetsa kuti pali kuperekedwa kofanana kwa thandizo lokhudza moyo ndi ubereki mwaufulu,komanso thandizo la matenda ena osapatsirana makamaka kwa amayi ndi asungwana akumudzi.

Bungwe la **WOCACA** likugwira ntchito ya matenda a khansa yotchedwa : **Kupititsa patsogolo mwayi wofikira thandizo la pamwamba la matenda a khansa ya khomo la chibelekero m'Malawi ndi thandizo lochokera ku bungwe la Amplify Change**.

Bungwe la **WOCACA** likugwira ntchito imeneyi pamodzi ndi Unduna wa zaumoyo.

Mukafuna kudziwa zambiri,alembereni / afikireni pa keyala iyi:

**The Executive Director,**
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# Tidziwe za khansa ya khomo la chibelekero

## Mawu oyamba

Unduna wa za Umoyo ndi chiwerengero cha anthu wakhala ukuona anthu ochuluka odwala matenda a khansa omwe akumafika ku zipatala zosiyanasiyana. Khansa ndi matenda omwe amagwira chiwalo chilichonse ndipo wodwala akapanda kupeza msanga thandizo loyenera matendawa amafalikira ku ziwalo zina.
Mwamitundu ya khansa yonse, khansa ya khomo la chibelekero ndi yomwe ili patsogolo komanso ndi yomwe ikupha amayi ambiri. Khansa ya khomo la chibelekero imayamba ndi kachirombo kotchedwa Human Papilloma Virus (HPV).

## Kodi khansa ya khomo la chibelekero ndi chiyani?

Izi ndizilonda zosapola zomwe zimagwira khomo la chibelerekero. Ngati amayi salandira thandizo msanga,khomo la chibelekero limawonongeka ndipo kuwonongekako kumafalikira ku ziwalo zina.

## Zizindikiro za khansa ya khomo la chibelekero ndi ziti?

- Mayi amene ali ndi khansa ya khomo la chibelekero saonetsa msanga zizindikiro mpaka matendawa atakula.
- Mayi amataya magazi akangotha kugonana.
- Kutaya magazi kwa mayi amene anasiyakusamba.
- Kutaya magazi kwa mayi nthawi imene sakuyenera kusamba.
- Kutulutsa chikazi chochuluka chosintha mtundu,komanso chafungo.
- Kumva kupweteka mchiuno,mwendo ndi msana.

## Nanga khansa ya khomo la chibelekero imafala bwanji?

- Tizilombo toyambitsa matenda a khansa ya khomo la chibelekero timafala pogonana.

## Kodi angatenge khansa ya khomo la chibelekero ndani?

Aliyense yemwe anayamba mchitidwe ogonana angathe kutenga tizilombo toyambitsa khansa ya khomo la chibelekero. Ngakhale kuti wina aliyense angatenge tizilombo toyambitsa khansa ya khomo la chibelekero,ndi akazi okha omwe angadwale khansa ya khomo la chibelekero. Mayi yemwe ali ndi tizilombo toyambitsa khansa ya khomo la chibelekero samva kupweteka pena paliponse.

## Ndi zinthu ziti zomwe zimapereka chiopsezo kapena kuthandizira kuti mayi adwale khansa ya khomo la chibelekero?

- Kusinthasintha anthu ogonana nawo
- Atsikana akayamba mchitidwe ogonana akadali achichepere.
- Kugonana ndi amuna kapena akazi omwe amagonana ndi anthu ambiri.
- kudwala pafupipafupi matenda opatsirana pogonana.
- Uchembere oposa maulendo asanu.
- Kutsika kwa chitetezo cha mthupi pa zifukwa zina monga HIV ndi Edzi.
- Kusuta fodya.

## Kodi tingapewe bwanji khansa ya khomo la chibelekero?.

- Kulandiritsa katemela wa khansa ya khomo la chibelekero kwa ana azaka 9.
- Kuyezetsa khansa ya khomo la chibelekero kuyambira pamene mayi wafika msinkhu wobereka.
- Kukhala ndi mwamuna kapena mkazi wogonana naye mmodzi.
- Kupewa mchitidwe ogonana tili achichepere.

## Uthenga woonjezera.

- Amayi onse ali pa chiopsezo chokhala ndi khansa ya khomo la chibelekero posatengera kuti ali ndi HIV kapena ayi.
- Amayi omwe ali ndi HIV ali pa chiopsezo chochuluka chokhala ndi khansa ya khomo la chibelekero.Tiyeni tikayezetse khansa ya khomo la chibelekero ndi yochizika ikazindikirika msanga.

Amayi a msinkhu wobereka kayezetseni khansa ya khomo la chibelekero kuti mudziwe ngati muli ndi khansayi kapena ayi ndi kulandira thandizo loyenera.