

ድህነት ብልጽግና ጥሂናቸውን መፍትሔ ምህባላቸውም አብ ሓድሽ ገዛቸውም

ክንክን ጥሂናን/ መድሕን ጥሂና - 6

Safe, Smart and Healthy – Keys to Success in Your New Home

Medical Care and Health Insurance - 6

TIGRINYA

<p>ወ/ሮ ሊን ወ/ሮ ባን ናብ ብዛዕባ ፍሉይ ሕክምና ንደቂ አንስተዮ ዚምልከት ዝሰልጥኑ ሓካይም ይኸዳ። ደቂ አንስተዮ፣ ናብዞም ከምዚ እም ዚኣመሰሉ ሓካይም መሰነይታ ወይ ሪፈራል ሒዞን ክራኢያ ይኸእላ።</p> <p>እዞም ሓካይም እዚ እም ኣብ ግዜ ጥንሲ፣ ናይ ወሊ ዳዊ ክንክን ክትረኽባ ክሕጉዙኽን ዚኸእሉ እዮም። እንተድኣ ቆልዓ ክህልወክን ኮይኑ እዚ ኣዚዩ ኣድላዩ እዩ። እንተድኣ ክንክን ወላዲት ረኽብክን እቲ ሕጻን ዝጠዓዩ ይኸውን።</p>	<p>Mrs. Li and Mrs. Ba also go to an <b>obstetrician</b> or <b>gynecologist</b>. If you are a woman, you may be referred to one of these doctors. They are experts in taking care of women.</p> <p>These doctors can help you when you are pregnant, providing prenatal care. This is very important if you are going to have a baby. Your baby will be healthier if you have prenatal care.</p>
<p>እዞም ሓካይም እዚ እም ብፍላይ ንጓል አንስተይቲ ንኸኣታት ጥዕንኣ ጥራይ ዚምልከት ከም ጽጌና (ናይ ኣዴታታ ክራኢያ ከሎ ወይ ክጠፍኣ ከሎ) ኣዚያም ክሕግዝዎ ይኸእሉ።</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>እዞም ሰብ ሞያ ጥዕናን፣ ካልኣት ሓኻይም፣ ኣለይቲ ጥዕና፣ ብዛዕባ ምምጣን ስድራቤት ክሕግዝኹን ይኸእሉ። ምምጣን ስድራቤት ኣዚዩ ጠቓሚ እዩ። ከመይሲ ኣብ እተዳለኻሉ ግዜ ጥራይ ጥንሲ ክትሕዝ ይከኣል። ከምኡውን ክንድቶም ክህልውኻ እትደልዮም ቆልዑ ጥራይ ይህልውኻ።</p>	<p>These health professionals, and other doctors and nurses, can help you with <b>family planning</b>. Family planning is important so you will only get pregnant when you are ready, and can have only the number of children that you <i>want</i> to have.</p>
<p>ወ/ሮ ሊ ክልተ ቆልዑት ክህልውዎ ወሰነት። ምምጣን ስድራቤት ብሓገዝ ሓሲም ተዘውትሮ ኣላ።</p>	<p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.</p>

ክንድይ ቆልዑ ክህልውኹ ማለት፣ ንሰኺ  
እትምድብዮ እዩ። ኣብ መንጎ ሓደ ቆልዓ ዘሎ  
ፍልልይ ናይ ግዜ ፣ ምስቲ ዚቅጽል ጥንሲ  
ዚውሰኖ፣ ንሰኺ ባዕልኺ ኢኺ። እንተድኣ  
ሓበሬታ ብዛዕባ ምምጣን ቤተሰብ ደሊኺ ኣብ  
ዝኾነ ግዜ ንሓኪምኪ ወይ ኣላይት ሕመማት  
(ኅርሰ) ኣማክርዮም።

How many children you have is *your* decision. You have a choice about how much time to wait between one child and your next pregnancy. Talk to your doctor or nurse any time you want information about family planning.