

የተጠበቀ፣ አስተማማኝ እና ጤናማ-በአዲሱ አገር ስኬታማ የሚያደርግብ ቀልፎች
 የህክምና አንክብካቤ እና የጤና ዋስትና - 6

Safe, Smart and Healthy – Keys to Success in Your New Home
 Medical Care and Health Insurance - 6

AMHARIC

<p>ወይዘሮ ሊ እና ወይዘሮ ባ የፅንሰ እና የማህጸን ዶክተር ጋር ይሄዳሉ። ሴት ከሆኑ ከነኚህ ዶክተሮች አንዱ ጋር ሊመሩ ይችላሉ። ለሴቶች አንክብካቤ በማድረግ የሰለጠኑ ባለሙያዎች ናቸው።</p> <p>እነዚህ ዶክተሮች እርጉዝ በሚሆኑበት ጊዜ የቅደመ ወሊድ ምርመራ በማድረግ ይረዳዎታል። እርጉዝ ከሆኑ ይህ በጣም አስፈላጊ ነው።</p> <p>ቅድመ ወሊድ ክትትል የሚያደርጉ ከሆነ ልጅዎ ጤናማ ይሆናል።</p>	<p>Mrs. Li and Mrs. Ba also go to an obstetrician or gynecologist. 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>እነዚህ ዶክተሮች ሌሎች የሴቶች ብቻ የሆኑ የጤና ጉዳዮችን አንደ የወር አበባ ወይም ማረጋገጥ የመሳሰሉት ላይ እርዳታ ሊያደርጉልዎት ይችላሉ።</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>እነዚህ የጤና ባለሙያዎች እና ሌሎች ዶክተሮች እና ነርሶች የቤተሰብ ምጣኔ ላይ ሊረዳዎት ይችላሉ። የቤተሰብ ምጣኔ አስፈላጊ ነው ምክንያቱም ዝግጁ ሲሆኑ ብቻ ማርገዝ እና የሚፈልጉትን የልጆች ብዛት መወሰን ያስችልዎታል።</p>	<p>These health professionals, and other doctors and nurses, can help you with family planning. 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>ወይዘሮ ሊ ሁለት ልጆች እንዲኖርዋት መርጣለች ስለዚህም የቤተሰብ ምጣኔ በደክተርዎ እርዳታ ትከታተላለች።</p> <p>ምን ያህል ልጆች እንደሚኖሩዎ የመወሰን ስልጣኑ የእርሶዎ ነው። በልጅዎ እና በሚተገለጹ እርግዝናዎ መካከል ያለውን የጊዜ ልዩነት መምረጥ ይችላሉ። በጣንኛውም ጊዜ ስለ ቤተሰብ ምጣኔ መረጃ ሲፈልጉ ዶክተርዎን ወይም ነርሶዎን ያነጋግሩ።</p>	<p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.</p> <p>How many children you have is <i>your</i> 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.</p>

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