

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ရူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

တၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ တၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်အုၣ်ကိၤသး - 6

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

KAREN

<p>မံးစံးလိာ်မံးစံးဘးလဲၤစ့ၢ်ကိးဆူကသံၣ်သရၣ်လၢအးအိၣ်ဖျဲၣ်ဖိမ့တမ့ၢ်အကွၢ် ပိာ်မုၢ်တၢ်ဆါတဖၣ်အအိၣ်န့ၣ်လီၤ.နမ့ၢ်ပုၤပိာ်မုၢ်အယိ,ဘၣ်သ့ၣ်သ့ၣ် တၢ်ကဆုၤနဆူကသံၣ်သရၣ်တဖၣ်အံၤအအိၣ်လီၤ.အဝဲသ့ၣ်မ့ၢ်ပုၤစဲၣ်နီၤသ့ၣ်တဖၣ် လၢအကွၢ်ထွဲပိာ်မုၢ်သ့ၣ်တဖၣ်န့ၣ်လီၤ.</p> <p>ကသံၣ်သရၣ်တဖၣ်အံၤမၤစၢၤနၢၤသ့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ် နတချးအိၣ်ဖျဲၣ်ထီၣ်အခါအဂီၢ်လီၤ.နမ့ၢ်ကဟံးနဖိန့ၣ်တၢ်ဂ့ၢ်တဖၣ်အံၤအရူၣ် ဝဲၣ်မးလီၤ.တၢ်မ့ၢ်ကွၢ်ထွဲနၢၤဖဲန့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်</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>ကသံၣ်သရၣ်တဖၣ်အံၤမၤစၢၤနၢၤသ့ၣ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချတၢ်ဂ့ၢ်အဂၤလၢ အအိၣ်ထီၣ်န့ၣ်ထဲလၢပိာ်မုၢ်တဖၣ်အဂီၢ် အမ့ၢ်လုၢ်လၢဟဲမ့တမ့ၢ်လုၢ်လၢအိၣ်ပတုၣ် အတၢ်ဂ့ၢ်လီၤ.</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>ကသံၣ်သရၣ်လၢအစဲၣ်နီၤတဖၣ်:ကသံၣ်သရၣ်:သရၣ်မုၢ်ကွၢ်ပုၤဆါတဖၣ်အံၤ ကမၤစၢၤနၢၤလၢဟံၣ်ဖိယိဖိတၢ်တိာ်ကျဲၤအဂီၢ်သ့ၣ်လီၤ.ဟံၣ်ဖိယိဖိတၢ်တိာ်ကျဲၤန့ၣ် အရူၣ်ဝဲမ့ၢ် သိးနကဟံးန့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ်န့ၣ် လီၤအိၣ်ပုၤဂၤအဖိခိၣ်န့ၣ်လီၤ.</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>မံးစံးလံယုထာဝလၢကဟံးန့ၣ်အဖိထဲခံၣ်ဂီၢ်:သူဝဲဟံၣ်ဖိယိဖိအတၢ်တိာ်ကျဲၤလၢ အကသံၣ်သရၣ်တၢ်မၤစၢၤန့ၣ်လီၤ.</p>	<p>Mrs. Li has chosen to have just two children, and practices family planning with the help of her doctor.</p>

နကဟံးန့ၢ်နဖိပွဲၤဂၤန့ၢ်အိၣ်လၢနတၢ်ဆၢတဲာ်အဖီခိၣ်လီၤ.နအိၣ်တၢ်ယုထၢ
လၢနဖိတဂၤတၢ်အဘၢၣ်စၢၤနကဟံးအဆၢထဲလဲၣ်န့ၢ်နကၢ်ထီၣ်နဖိအသီ
ဖဲလဲၣ်တဂၤအခါဖဲလဲၣ်လီၤ.ဖဲနအိၣ်သ့ၣ်ညါဘၣ်ယးဟံၣ်ဖိယီဖိတၢ်တိာ်ကျဲၤ
န့ၢ်တဲသကိးတၢ်နကသံၣ်ကရၢၣ်သရၣ်မုၣ်ကွၢ်ပုၤဆါတဖၣ်တက့ၢ်.

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.