

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -  
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub  
Daryeelka Caafimaadka / Caymiska Caafimaadka - 6**

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

**SOMALI**

<p>Marwo Li iyo Marwo Ba waxay sidoo kale u tagaan <b>dhakhtarka umulinta (obstetrician)</b> ama <b>dhakhtarka haweenka (gynecologist)</b>. Haddii aad tahay haween, waxa laga yaabaa in lagu guddiyo mid ka mid ah dhakhaatiirtaas. Waxay khibrad u leeyihiin daryeelista haweenka.</p> <p>Dhakhaatiirtaasi waxay ku gargaari karaan marka aad uur leedahay, iyaga oo ku siinaya daryeelka ka horeeya umusha. Taasi si weyn bay muhiim u tahay haddii aad dhali doontid. Caafimaadka ilmahaagu waxa uu sii wacnaan doonaa haddii aad heshid daryeelka ka horreeya umusha.</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>Waxa kale oo dhakhaatiirtaasi ay kaa gargaari karaan arrimo caafimaad oo kale oo kaliya haweenku la kulmaan, sida dhiigga caadada ama dhalmo-dayska.</p>	<p>These doctors can also help with other health issues that only women have, such as menstruation or menopause.</p>
<p>Xirfadleydaas caafimaadka, dhakhaatiirta iyo kalkaalisooyinka kale, waxay kaa gargaari karaan <b>qorsheynta qoyska</b> ee la xiriirta dhalmada (<b>family planning</b>). Qorsheynta qoysku waa muhiim si aad uur u yeelatid kaliya marka aad diyaar u tahay, oo aad yeelatid kaliya tirada caruurta ee aad <i>rabtid</i> inaad yeelatid.</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>Marwo Li waxay dooratay inay yeelato laba ilmo, waxana ay ku dhaqantaa qorsheynta qoyska ee la xiriirta dhalmada iyada oo gargaar ka hesho dhakhtarkeeda.</p> <p>Inta carruur ah ee aad yeelan doontid adiga ayaa <i>go'aankeeda iska leh</i>. Waxa aad ikhtiyaar u leedahay inaad go'aan ka gaadhid wakhtiga u dhexeeya hal ilmo iyo uurka ku xiga. La hadal dhakhtarkaaga ama kalkaalisada wakhti kasta oo aad rabtid war ku saabsan qorsheynta qoyska.</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>