A Royal Women's Hospital
**Well Women's Publication**

Women's Health Matters

## ܡܫܘܕܥܐ ܚܘܼ ܕܚܙܝܢ ܚܕ ܐܵܣܝܬܵܐ ܕ ܗܘܝܐ ܒܟܬܐ

ܠܗ ܒܝܫ ܒܥܒܕܐ ܦܠܚܬܐ ܕ ܒܟܬܬܐ ܐܝܬܠܗ̇ ܡܟܠܝܬܐ ܕ ܗܫܝܢܬܐ ܗܠ ܕ ܚܙܝܬܐ ܡܢ ܒܟܬܬܐ ܒܠ ܥܡܠܝ ܪܘܦܝܬܗܘܢ ܒܗܡܘܬܐ ܠܚܕ ܚܕܐ ܐܣܝܐ ܒܟܬܐ ܒܘܕ ܡܒܪܝܢܬܐ ܕܚܕ ܒܪܘܝܐ ܘ ܐܗܘܠܗ̇ ܐ ܠܐܣܝܐ ܘܡ ܐܝܬܡ ܕܗܘܝ ܗܝܡܢܬܐ ܒܠ ܗܫܝܢܬܐ ܕ ܕܘܒܬܐ ܕ ܡܪܒܝܬܐ (ܥܘܦܐ ܕ ܒܟܬܬܐ).
ܘܚܕܡܢܐ ܠܗܘܢ ܒܗ ܚܘܼܬܗܘܿܢ ܚܕܐ ܐܣܝܐ ܒܟܬܐ، ܐܢܐ ܠܗ ܠܒܢܬܐ ܐܚܪܢܐ ܐܘܐ ܡܟܝܪ ܠܐ ܗܘܐ ܡܬܡܢܝܢܬܐ.

ܐܝܟ ܦܘܪܫܢܐ ܗܘܐ ܐܘܐ ܦܬܚܐ ܕ ܡܕܒܪܢܘܬܐ ܠܡܣܘܪܕܐ ܡܣܘܕܝ ܠܗ ܒܠܗܘܢ ܒܟܬܬܐ ܠܐ ܡܬܚܙܝܢ ܕ ܚܙܝܢ ܚܕ ܐܣܝܐ ܕ ܗܘܝܐ ܒܟܬܐ.

ܗܘܠܐ ܕ ܐܣܝܘܬܐ ܡܘܕܥܢܐ ܐܢܐ ܒܚܕܐ ܐܘܪܚܐ ܗܠ ܕ ܡܫܪܝ ܢܝܫܦܘܬܐ ܥܠܝܡܬܐ ܘܡܠܝܘܬܐ ܗܠ ܒܠܗܘܢ ܒܟܬܬܐ ܕ ܒܗ ܗܘܕܝ ܠܗ ܒܝܫ ܒܪܘܢܐ. ܘܒܠܗܘܢ ܦܠܚܐ ܕ ܕܒܝܢ ܕ ܕܪܫܝܢܐ ܐܢܐ ܠܗ ܗܕܪܐ ܕ ܗܫܥܬܐ ܒܗ ܦܠܚܝ ܒܠ ܢܫܒܐ ܕ ܡܘܢܪܘܬܗܘܢ ܘܢܫܝܢܝ ܗܘ.

ܒܠ ܐܣܝܐ ܡܘܣܟܢܐ ܗܠ ܦܠܚܬܐ ܐܝܬܠܗ̇ ܚܕܐ ܒܥܡܘܬܐ ܕ ܗܘܠܟܢܐ ܘܡܢ ܦܝܫ ܢܘܗܪܐ ܚܕ ܡܫܢܝܐ ܕ ܡܬܠܟܢܐ ܗܠ ܕ ܡܫܚ ܒܠܟܐ ܐܠܗܘܢ. ܐܝܬܡ ܕ ܚܕ ܐܣܝܐ ܒܦܫܝܢܐ ܐܠܗ ܡܪܝܐ ܕ ܥܕܝܢ ܦܠܚܬܐ، ܗܢ ܡܬܟܢܘܬܗܘܢ ܗܝܡܢܐ ܐܢܐ ܕ ܗܡܪܝ ܒܝ ܪܒܐ ܗܠ ܕ ܦܝܫܝ ܡܘܫܚܐ ܒܠܟܐ ܐܠܗܘܢ ܘܡ ܡܬܡܢܝܢܬܐ ܐܠܗ̇ ܕ ܢܫܘܬܗܘܢ ܗܘܝܐ ܠܗ ܡܢܝܚܐ. ܘܒܠܗܘܢ ܡܬܟܢܝܢܐ ܒܗ ܡܟܠܝ ܗܘ ܢܝܫܦܘܬܐ ܒܠܒܝܬܐ ܐܝܬܡ ܕ ܒܠܝ ܐܣܝܐ ܐ ܡܝܕ ܕ ܒܥܝܕܝ ܦܠܚܐ ܗܘܢ ܡܘܣܟܢܬܐ. ܘܐܘܐ ܡܬܟܢܘܬܐ ܐܠܗ̇ ܗܠ ܕ ܒܬܪܝܬܐ ܠܐ ܡܝܫ ܡܫܡܠܝ ܒܠܗܘܢ ܒܟܘܢܬܗܘܢ ܠܫܘܢܐ ܗܘ ܐܣܝܐ ܕ ܠܐ ܐܠܗ ܡܘܣܟܢܐ ܠܗ ܗܕܪܐ ܕ ܗܫܥܬܐ ܗܠ ܕ ܡܫܚ ܒܠܟܐ ܐܠܗܘܢ.

ܒܠܗܘܢ ܐܣܝܐ، ܐ ܗܘܝ ܕܒܪܢܐ ܡܢ ܢܫܒܝܬܐ، ܘܗܪ ܗܘܝܢ ܘܐ ܒܠܗܘܢ ܐܠܘܦܐ ܦܝܫܐ ܐܢܐ ܡܘܠܟܐ ܕ ܡܬܒܝ ܐܝܬܡܪܐ ܘ ܗܘܝܝ ܘܥܡܠܝ ܒܗ ܡܕܒܪܢܘܬܐ ܕ ܕܝܢܘܟܘܢ ܒܚܕܐ ܐܘܪܢܘܬܐ. ܘܠܗ ܕ ܐܝܬ ܗܘܡܪܐ ܒܦܝܫܐ ܐܢܐ ܡܘܠܟܢܐ ܦܪܝܫܝܬܐ ܠܦܪܡܘܢܐ ܘ ܗܡܘܪܐ ܥܠܝܡܘܬܐ ܕ ܚܕܡܢܐ ܒܟܬܬܐ ܕ ܡܬܗܘܢܝܬܐ ܐܠܗ̇ ܕ ܗܘܝܠܗܘܢ ܒܘܕ ܡܬܝܢܬܐ ܕ ܐܗܒܪܐ ܐܢܐ ܒܡܪܘܬܐ ܘܐܘܪܐ ܘܢܫܒܐ.
ܘܒܠܗܘܢ ܐܣܝܐ ܐ ܗܘܝ ܐܘܪܐ ܡ ܢܫܒܝܐ ܡܘܠܟܢܐ ܐܢܐ ܗܪ ܗܘ ܗܘܠܟܢܐ، ܒܘܕ ܐܘܐ ܡܬܗܘܢܐ ܐܢܐ ܠܗ ܗܪܪܝܗܘܢ ܠܡܬܪܘܒܐ ܡܬܦܟܘܢ ܚܝܫܦܘܬܐ ܐܝܠܝܬܐ.

ܚܕ ܗܡܙܐ ܡܢ ܡܬܒܐܠܬܘܗܝ ܠܗ ܒܝܫ ܒܪܝܘܐ ܦܠܚܢܐ ܕ ܝܬܐ ܐܠܗ ܠܡܬܠܘܦܐ ܐܣܝܐ ܘܡܬܠܕܢܝܬܐ ܘܦܠܚܐ ܐܚܪܢܐ ܕ ܢܘܫܬܐ ܠܗ ܕܟܠܝܕ، ܘܡܢ ܕ ܐܠܕܐ ܘ ܒܢܬܐ ܘܟܦܪܐ ܕ ܕܝܢܘܟܘܢ ܘܗܘܝܢ ܘܐ ܚܘܠܐ ܕ ܕܟܠܝܕ ܕ ܡܟܠܝ ܢܝܫܦܘܬܐ ܕ ܢܫܘܬܐ ܕܗܘܝܐ ܢܦܫܝ. ܘܐܝܬܡ ܕ ܒܥܕܡܢܐ ܐܠܗܘܢ ܕ ܗܪܘܝܘܢ ܦܠܚܐ، ܐܘܪܐ ܘ ܢܫܒܐ، ܘܐܠܘܦܐ، ܕܡܫܡܝ ܒܠܟܐ ܐܠܦܟܘܢ، ܗܡܘܪܐ ܐܠܗܘܢ ܕ ܗܘܝܐ ܣܒܝܬܐ ܕܒܠܗܘܢ ܐܣܝܐ ܕ ܗܘܝ ܡܘܠܟܢܐ ܒܡܬܒܪܘܬܐ.

A Royal Women's Hospital
**Well Women's Publication**

Women's Health Matters

ܐܝܟ ܥܡܪܢܝܬܐ ܠܐ ܗܘܐ ܡܣܡܟܢܝܬܐ ܕܡܫܬܠܚ ܐܘ ܗܝܡܢܘܬܐ ܕ ܚܕܐ ܐܣܝܬܐ ܒܟܬܐ ܝܠܗ ܕ ܐܢܝܐ
ܕܘܒܪ̈ܐ:

- ܕܘܒܪ̈ܐ ܕ ܡܒܪܘܚܐ
- ܗܘ̈ܪܐ ܕ ܒܘܡ̈ܠܐ
- ܡܒܪܕܢܘܬܐ ܕ ܡܕܪ̈ܟܐ ܡܠܝܘ̈ܢܐ

ܣܒܡܟܢ ܐܢ̈ܘܐ ܠܐ ܡܨܝ ܡܫܬܠܚ ܗܝܡܢܘܬܐ ܕ ܚܕܐ ܒܟܢܘܬܐ ܠܣܘܟܐ ܚܕܐ ܐܣܝܬܐ ܒܟܬܐ ܝܠܗ ܕ ܐܢܝܐ
ܐܒܚܢܘ̈ܬܐ:

- ܐܢ ܚܕܐ ܒܟܬܐ ܐܒܬܠܐ ܚܕ ܡܫܕܪܐ ܐܫܬ̈ܐ ܕ ܗܝܡܢܐ ܝܠܗ ܢܝܫܟܘܬܐ ܕ ܚܕ ܕܒܠ̈ܬܐ. ܘܗܘܐ ܒܬܘܟܐ ܝܠܗ ܡܢ ܐܒܚܢܘܬܐ ܕ ܣܒܡܟܢ ܡܢ ܐܫܬ̈ ܒܟ ܟܠܟܐ ܚܕܐ ܘܒܟ ܢܫܬ̈ܐ ܚܕܐ ܝܠܗ ܣܒܡܟܢ ܡܢ ܣܡܟ̈ܐ ܕܒܠ̈ܬܝܐ ܦܪܒܝܐ. ܘܐܢܝ ܐܫܬ̈ܐ ܒܪ̈ܟܐ ܒܟܪ̈ܬܐ ܒܐ ܗܡܝ ܐܒܪܘܐ. ܘܗܘ ܗܕܝ ܘܐ، ܒܐ ܐܬܐܒ ܒܟܢ̈ܬܐ ܐܒܡܢ ܕ ܐܣܝܒ ܚܕ ܐܫܬܐ ܕ ܗܘܝܠܗ ܐܘ ܡܗܒܪܘܬܐ ܠܣܘܡܟܐ ܡܢ ܗܝܡܢܘܬܗܘܢ ܦܪܒܝܐ ܕ ܗܘܝܐ ܗܕܒܪܐ.
- ܐܢ ܐܒܬܠܬܘܢ ܚܕܐ ܗܝܡܢܘܬܐ ܡܠܘܟܬܐ ܠܒܘܗ̈ܡܐ ܚܕܐ ܒܟܢܐ ܝܢ ܡܢ ܚܕܐ ܡܝܒܟܘܬܐ، ܡܬܡܨܝܢܬܐ ܝܠܗ ܗܘ ܐܫܬܐ ܕ ܡܘܣܟܢܐ ܝܠܗ ܝܠܗ ܗܕܪܐ ܕ ܒܫܡܫܬܐ ܗܘܝܐ ܚܕ ܐܒܪܘܐ.
- ܐܢ ܚܕ ܐܫܬܐ ܡܕܢܐ ܝܠܗ ܕܐܘܠ ܡܢ ܚܕ ܗܝܡܢܘܬܐ ܡܠܘܟܬܐ ܝܢ ܝܠܗ ܐܒܚܢܘܬܐ ܕ ܡܬܢܣܬܐ ܕ ܡܕܪܟܐ ܝܠܗ.
- ܐܦ ܣܒܡܟܢ ܝܘ̈ܪܐ ܒܐ ܡܨܝ ܕ ܡܫܬܠܚ ܗܝܡܢܘܬܗܘܢ ܡܢ ܚܕܐ ܐܫܬܐ ܒܟܬܐ، ܐܢܬܫܬܐ ܝܠܗ ܕ ܢܕܝܠܗܘܢ ܡܢ ܕ ܠܐ ܡܨܝ ܫܕܪܢ ܚܕܐ ܐܫܬܐ ܒܟܬܐ ܡܢ ܒܠܣܕܐ ܒܟܢܐ.

ܐܢ ܐܒܬܠܬܘܢ ܚܕܐ ܐܟܠܢܘܬܐ ܦܪܒܝܬܐ ܒܘܕ ܣܘܗܬܐ ܕܣܕ ܐܫܬܐ ܐܒܪܘܐ ܝܢ ܒܫܟܐ، ܡܝܬܝܗܘܢ ܕ ܕܘܝܠܗܘܢ ܚܕܐ ܒܟܢܐ ܠܣܘܟܐ ܚܕ ܡܘܠܕܢܝܬܐ.

ܐܢ ܒܘܪ̈ܐ ܝܠܗܘܢ ܡܢ ܣܒܡܟܢ ܡܫܕܪܐ ܒܘܕ ܡܝܒܟܘܬܐ، ܝܢ ܐܢ ܐܒܬܠܬܘܢ ܡܣܬܟܡܬ̈ܐ ܒܘܕ ܐܒܪܣܬܐ ܕ ܡܫܘܕܪܬܐ ܕ ܡܝܒܟܘܬܐ ܘܝܢ ܒܘܕ ܡܘܠܟܢܐ ܕ ܒܐ ܡܕܒܠܬܗ ܦܠܚܢ ܘܡܠܦܢ، ܐܢ ܐܒܫܬ̈ܠܬܘܢ، ܕܕܘܟܘܢ، ܒܟ ܚܕ ܡܢ ܒܟܪ̈ܢܐ ܕ ܡܫܬܥܠܢ̈ܐ. ܘܒܟܪ̈ܢܐ ܕ ܡܫܬܥܠܢ̈ܐ ܗܘ̈ܢܐ ܚܢܐ ܠܗܘܕܐ ܝܠܗ ܥܕܝܢܐ ܕ ܒܠ ܕܐܒܝܒ ܕ ܗܘܝ ܡܫܕܪܐ ܕ ܡܬܡܨܝܢܬܐ ܝܠܗ ܕ ܗܘܝܠܗܘܢ، ܒܟ ܦܠܚ̈ܢܐ ܕ ܒܟܐ ܒܟܢܘܬܐ. ܡܚܒܪܘܢ ܡܢ 8345 2290 ܝܢ ܡܢ 8345 2000 ܘܒܫܪܘܢ ܕ ܗܡܘܫܒܝܘܢ، ܒܟ ܒܟܪܢܐ ܕ ܡܫܬܥܠܢ̈ܐ.

ܘܗܘ ܗܕܝ ܘܐ ܡܝܒܬܪܘܢ ܡܣܬܪܒܝܘܢ ܡܢ ܒܫܡܫܬ̈ܐ ܕ ܠܥܢܐ ܘ ܒܫܪܘܢ ܠܡܪܥܝܢܝܠܗ ܗܡܘܫܬܐ ܒܟ ܒܟܪܢܐ ܕ ܡܫܬܥܠܐ. ܡܚܒܪܘܢ 8345 3054.



THE ROYAL WOMEN'S HOSPITAL