

xiiqo dhakhso.

- Shaqada sambabadiisaa korodha.

Markuu qofku ka maqan yaha sigaarka sagaal bilood.

- Waxaa ka taga qufacii, hindhisadii, cabudhkii , daalkii iyo xiiqidii.

Marka qofku sigaarka ka maqan yahay hal sano

- Khatartii wadna xanuunka iyo cudurada habowlayaasha wadnaha ayaa kala badh noqota oo yaraata.

FAA'IIDOOYINKA AAYATIINKA DHEER EE JOOJINTA SIGAARK CABIDA

- Marku qofku ka maqan yahay sigaar cabida shan sano ilaa shan iyo toban sanadood waxay khatartiisa wadna xanuunku la mid noqotaa siada qof aan weligii sigaar cabin.
- Marka uu qofku sigaar cabida ka maqanyahay toban sano waxaa hoos u dhacda khatartii samabadiisu ku suganaayeen. Waxaa yaraada baqdintii looga qabay in hudhe kagalo afka, cunaha,kaadihayta, kelyaha iyo laab jeexii badnaa.
- Markuu qofkaasi ka maqanyahay shan iyo toban sanadood. Way dhamaatay khatartii halbowlayaashiisa iyo wadnahiisu. Wuxuu la mid yahay qof aan weligii sigaar cabin.

Ciwaanada laga helo wararkanWaco:

Toll-free Nation Quitline: 1-800-QUIT-NOW
America Cancer Society: 1-800-ACS-2345.
The Center for Disease Control and Prevention:
1-800-CDS-1311
Cosmetic Executive Women Cancer Information
Services 1-800-4-CANCER
America Heart Information Services
1-800-AHA-USA1
EEG:

U.S Government – www.smokefree.gov
National Cancer Institute – www.cancer.gov
American Lung Association – www.lungusa.org
American Heart Association –
www.americanheart.org

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Akhbaarta ku taala dhambaal kan waxa lag so xigtay:

World Health Organization (WHO)
The Center for Disease Control and Prevention (CDC):
The National Cancer Institute
American Lung Association
America Cancer Society
America Heart Services

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CONTACT INFORMATION:

riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org



Jooji sigaarka aad in badan noolaatideWaxyeelada sigaar cabidu caafimaadka gaadhsiiso!
(Stop Smoking! - Somali)



www.refugees.org
Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911

WAXYEELOOYINKA CAFIMAADKA EE SIGARKU KEENO

Sigar cabidu waxay keentaa cudurada sambabada dila (lung cancer). Sigaarka la cabayo waxaa ku jira 4,800 oo kimiko. 69 ka mida kiimikooyinka ayaa waxaa la hubiyay in ay keenaan cudurka hudhaha am goosatada ah (Cancer). Intaa wuxuu kusii darsaday sigaar ku wuxuu wax yeelaynayaa inta halbowle jidhkaaga ku taal iyo shaqaynta jidhka ee dabiiciga ah.

Ururaka caafimaadka ee caalamku wuxuu qiyaasay in 6.5 daqiqadoodba qof u dhito cudurada sigaarku keenay.

DHAKHTARADA MARAYKANKA EE WAX QALAA WAXAY SOO TEBIYEEN IN CABIDA SIGAAKU KEENTO DHIBAATOYINKAN HOOS KU XUSAN:

- Gumaarka cuduradiisa
- Burooyika madaxa kasoobaxa
- Indha hoosta ka qalala (cataract)
- Minka lingaxiisa oo hudhe galo (cervical cancer)
- Kelyaha ku fadhiista (Kidney cancer)
- Ganac oo ku caabuqa (Pancreatic cancer)
- Burooyina caloosha (pneumonia)
- Cidika o ku caabuqa (Periodontitis "gum disease")
- Acaloolsha oo hudhe galo (stomach cancer)
- Kaadi hayta oo hudhe galo (bladder cancer)
- Qanjidhada cunaha (Esophageal cancer)
- Cidibta cunaha oo ku bararta (Laryngeal cancer)
- Sambabada oo hudho galo (Lung cancer)

- Ciridka oogoosato iyo hudhe galo (oral cancer)
- Cunaha oo hudhe galo (Throat cancer)
- Sambabada oo qaada xanuun aan tegin (Chronic lung diseases).
- Xanuunada wadnaha iyo halbowlayaasha wadnaha.
- Dhasha oo kaa guura.
- Caruurta oo deg-deg kaaga dhimata.

KHARASHKA UU LEEYAHAY SIGAARKA CABITAANKIISU

Sanadkii 2006 dii qiimaha baakada sigaarka ahi dunidoo dhan waxa ka ahay \$4.35. qofaka caba baako sigaara maalin walba sanadkii wuxuu sigaar ku kharash gareeyaa \$1600.

Qofkaasi marku 20 sanadood cabayo baakadaa sigaarka ah wuxuu kharashkii su noqday \$32,000.

Cariga maraykanka sanad walba waxa daryeelka daawaynta dadka sigaarka caba ku baxda \$167 bilyan.

TARANTA DUMARKA IYO SIGAARKA CABIDIISA

Tijaabooyin caaimaad oo badan ayaa cadayey in dumarka sigaarka cabaa ayan dhakhso u uuraysan. Haday uuraystaana ay la kulmaan dhibaatooyin badan oo uurka ah. Waxaa kale oo la cadeeyay in caruurta ay dhalaan dumarka sigaarka cabaa ayka caafimaad daranyihiin caruuraha kale. caruurtaas oo ku dhasha miisaan aad u yar. Caruurtaasi markay dhalatana waay u dhintaan si deg-dega (Infant death).

(Cariga maraykanka sigaarku waa cudurka koowaad ee dila caruurta).

QOFAKA DUL JOOGA DADKA SIGAARYA CABKA AH

Qofaka la nool ama jooga meel sigaar lagu cabo waxaa loogu yeedhaa sigaaryacabka dahsoon (Passive smoker). Qof kaasi waxaa ku baxa qiiqa ka soo baxaya sigaarka dabadiisa ama beebka dabadiisa (pipe) isagoon u qastiyina wuxuu qaadanaayaa qiiqii. Sigaarka sidaa loo cabaa aad buu khatar u yahay. Sigaaryacabkaa dahsoonii wuxuu sanad walba dilaa 3,000 qof. Cariga maraykanka cudurada dila dadkaasi waxa u badan cudurka sambabada dila (Lung cancer) cudurkaas oo dilla dad lagu qiyaasay ka dila 3500 oo qof sanad walba. Sigaaryacanka dahsoon (secondhand smoke) caadiyan waxa cun-cuna indha, sanko iyo cunaha qufac xad dhaafa oo sambabada wax yeelana way leeyihiin.

Sigaaryacabka dahsoon (Secondhand smoke) wuxuu khaasan aad ugu sii xunyahay caruurta yar-yar. Waxaa ku dhaca dhagaha oo caabuqa, oofwareen xiiq iyo sambabo xanuun. Caadiyan ilmaasi wuxu yeesha neef aan tegin oo marwelba ku soo kacda.

FAA'IIDOOYINKA JOOJINTA SIGAAR CABIDA

Marka uu mooganyahay qofku 20 daqiqadood sigaarkiisi ugu dabeyey ayaa jidhku wuxuu bilaayaa is bedel wayn.

Afar iyo labaatn sacadood markuu ka maqan yahayna

- Wuxu ka badbaadayaa wadnaxanuunka soo booda

Laba asbuuc ilaa sadex bilaad markuu ka maqanyahayna

- Wareega dhiiga yaa si wacan u socda
- Awoodiisa socodka yaa badata oo uma