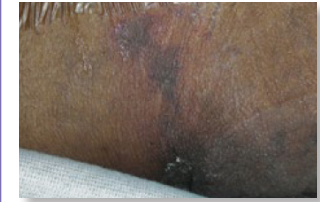
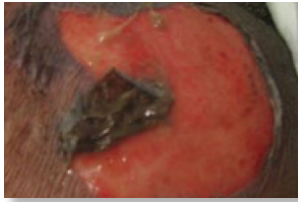
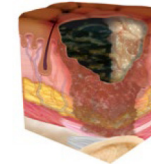
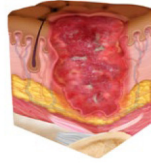
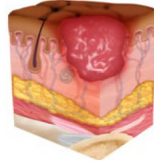
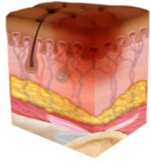


Marxaladeynta NPIAP Maqaarka Midowga Madow



Dhaawaca Cadaadiska Ee Marxaladda 1aad: Midab-doorsanka Maqaarka Dhawrsan ee Aan Isku-beddelin Cadaan Marka La Riixo

Maqaar dhawrsan oo leh midab doorsan aan cadaan isu-beddelin marka la riixo, kaas oo laga yaabo in uu ka duwanaado midabka madow ee maqaarka. Jiritaanka maqaarka guduud oo isu-beddela cadaan marka la riixo ama isbeddelka dareenka, heerkulka, ama adkaanta ayaa laga yaabaa in ay ka tan badiso isbeddellada muuqda. Isbeddellada maqaarka ka mid ma ahan midab-doorsan buluug-guduud ama bunnii; kuwani waxay tilmaami karaan dhaawaca cadaadiska nudaha qoto-dheer.

Dhaawaca Cadaadiska Ee Marxaladda 2aad: Luminta Maqaarka Qayb Ahaan Adag Oo Leh Maqaar Faydan.

Luminta-maqaarka qayb ahaan adag oo leh maqaar faydan. Salka boogta waa mid macquul ah, basali ama guduud ah, qooyan, wuxuunna noqon karaa mid dhawrsan ama dillaacsan oo dareeraha serum uu ka buuxo. Dufan ma muuqdo, nudayaasha qoto dheerna lama arki karo. Nude koraya, nude dhintay iyo nude qalalan ma jiraan. Dhaawacyadan waxay caadi ahaan ka dhashaan cimilada meel yar oo xun iyo dillaaca maqaarka miskaha iyo dillaaca ciribta.

Dhaawaca Cadaadiska Ee Marxaladda 3aad: Luminta Dhumuca-Buuxa Ee Maqaarka

Luminta dhumuca-buuxa ee maqaarka, ee laga arki karo dufanka ee boogta iyo nude koraya iyo geesaha boogta ee duuban ayaa badanaa jira. Nude dhintay iyo/ama nude qalalan ayaa la arki karaa. Qoto-dheeriga dhaawaca nudaha ayaa ku kala duwan goobta anatomi; goobaha cayilma mugga leh ayaa waxaa ka dhallan kara boogo qoto-dheer. Hoos u dhac iyo hoos u qodid ayaa dhici kara. Lakabka nudaha, muruqa, seedda, carjaw, isha jilibka ama laf lama soo bandhigo. Haddii nudaha dhintay ama kan qalalan aan caddeyn ilaa xadka luminta nudaha kani waa Dhaawaca Cadaadiska ee Aan Caddeyn.

Dhaawaca Cadaadiska Ee Marxaladda 4aad: Luminta Dhumuca-Buuxa Ee Maqaarka Iyo Nudaha

Luminta dhumuca-buuxa ee maqaarka iyo nudaha ee leh lakabka nudaha, muruqa, tahar, seedda, carjaw ama laf si toos ah looga arki karo nabarka. Nude dhintay iyo/ama nude qalalan ayaa la arki karaa. Geesas duuban, hoos u dhac iyo hoos u qodid ayaa badanaa dhaca. Qoto-dheerida waxay ku kala duwan yihiin goobta anatomi. Haddii nudaha dhintay ama kan qalalan aan caddeyn ilaa xadka luminta nudaha kani waa Dhaawaca Cadaadiska ee Aan Caddeyn.

Aan marxalad lahayn Dhaawaca Cadaadiska: Luminta Dhumuca-Buuxa Ee Maqaarka iyo Nudaha Ee Qarsoon

Luminta dhumuca-buuxa ee maqaarka iyo nudaha taas oo baaxadda dhaawaca nudaha ee gudaha boogta aan la xaqiijin karin iyadoo ay sababtu tahay in ay qariyeen nude dhintay ama nude qalalay. Haddii nudaha dhintay ama kan qalalan laga saaro, dhaawaca cadaadiska Marxaladda 3aad ama Marxaladda 4aad ayaa la muujin doonaa. Maqaarka qalalan ee xasillan (oo ah, maqaar dhawrsan, isku dheggan oo qalalan oo aan lahayn guduudasho aan caadi ahayn ama isbeddel) ee ku yaalla addinka xididdada xiran ama ciribta waa in aanan la jilcin ama laga qaadin.

Nude Qoto-dheer Dhaawaca Cadaadiska: Dhaawaca Cadaadiska Joogtada ah ee Midab-Doorsanka Buluug-Guduud, Buniga ama Guduudan Ee Qoto-Dheer Oo Aan Cadaan Isu-Beddalin Marka La Taabto

Maqaarka dhawrsan ama aan dhawrsanayn ee meel gaar ah ka qaba midab-doorsanka buluug-guduud- buni, guduudan ama kala go'a maqaarka sare oo muujinaya salka boog madow ama nabarro dhiig ka buuxa. Xanuun iyo isbeddel heerkul ayaa badanaa ka horreeya isbeddellada midabka maqaarka. Midab-doorsanka ayaa si kale ugu muuqan kara maqaarka midabka madow. Dhaawacan wuxuu ka dhashaa cadaadiska muddada dheer iyo/ama xooggan iyo xooggaga dillaaca ee halka ay iska galaan lafaha-muruqa.

Tallooyinka marxaladaha maqaarka midabka madow:

- Maqaarka qooy
- Ka baar isbeddellada midabka
- Taabo jirka si aad barar uga eegto.
- Weyddi in ay goobta xanuunayso
- Isticmaal iftiin aan toos ahayn si aad maqaarka u baarto