

Cov Lus Qhia Txog Kev Kho Mob rau Cov Neeg Laus

Lus Qhia Dav Dav

Koj tuaj yeem koom nrog hauv kev npaj koj txoj kev kho mob los ntawm kev paub txog:

- koj yuav tsum tau txhaj cov tshuaj tiv thaiv
- kev kawm txog kev noj qab haus huv koj yuav tsum tham nrog koj tus kws kho mob
- kev tshuaj ntsuam thiab kev kuaj koj yuav tsum tau ua thiab thaum twg mam txog caij teem sijhawm.

Tag nrho uake, cov no yog hu ua kev pabcuam tiv thaiv. Nrog koj lub isalas pov hwm kev kho mob tham txog koj txoj cai them nqi li cas. Koj tus kws kho mob cov lus pom zoo kev kho mob tsis yog kev cog lus tias yuav them cov nuj nqis kho mob.

Cov Tshuaj Uas Pom Zoo Txhaj Los Tiv Thaiv

Cov tshuaj tiv thaiv yuav tiv thaiv koj ntawm feem ntau cov kab mob thiab muaj mob dias hau. Cov sijhawm pom zoo teem tseg yog:

Koob tshuaj tiv thaiv	Hnub nyoog / Ntau npaum li cas
Khaub thuas daus no.	<input type="checkbox"/> Rau txhua tus neeg txhua xyoo.
Kab Mob COVID-19	<input type="checkbox"/> Rau txhua tus, ib zaug. Qhov no yog thawj koob tshuaj uas yuav tau txhaj kom txwm 1- lossis 2-koob, thiab txhawb rau qee yam.
Tetanus Booster (Td lossis Tdap)	<input type="checkbox"/> Rau cov laus. Tom qab 1 koob tshuaj Tdap pib thaum muaj hnub nyoog 11 xyoos, yuav tau txhaj ib koob Td lossis Tdap txhua 10 xyoo.
Kab Mob Daim Siab B	<input type="checkbox"/> Rau cov neeg laus hnub nyoog 19 txog 59, thiab rau cov neeg laus hnub nyoog 60 thiab laus dua nrog cov kev pheej hmoo. Qhov no yog thawj koob tshuaj uas yuav tau txhaj kom txwm 3-koob.
Herpes zoster (RZV)	<input type="checkbox"/> Rau cov neeg laus hnub nyoog 50 thiab laus dua. Pib thaum muaj hnub nyoog 19 yog tias koj muaj teeb meem nrog koj lub cev tiv thaiv kab mob (immunodeficient lossis immunosuppressed.) <input type="checkbox"/> Qhov no yog thawj koob tshuaj uas yuav tau txhaj kom txwm 2-koob.
Mob ntsws o	<input type="checkbox"/> Rau cov neeg laus hnub nyoog 65 xyoos thiab laus dua. Pib thaum muaj hnub nyoog 19 yog tias koj muaj tej yam kev mob los yog tej yam kev pheej hmoo. Qhov no yog koob tshuaj uas yuav tau txhaj 1-zaug.

Qhia Kev Noj Qab Haus Huv

Cov ntaub ntawv hais txog cov ncauj lus hauv qab no raug pom zoo los pab koj ua lub luag haujlwm tseem ceeb hauv kev npaj koj txoj kev kho mob. Nug koj tus kws kho mob lossis cov neeg ua haujlwm pabcuam kom paub txog cov ntaub ntawv ntawm:

- Daim Ntawv Qhia Seb Xav Tau Kev Kho Mob Li Cas
- kev kho mob aspirin
- kev ua phem hauv tsev
- haus thiab tsav tsheb
- tiv thaiv kom txhob ntog
- khoom noj khoom haus

- kev tawm dag zog ntawm lub cev
- cov tshuaj muaj hormone tom qab cev qhuav tsis koj khaub ncaws
- tiv thaiv los ntawm ultraviolet (UV) hnuv ci
- kis kab mob sib deev
- txiav luam yeeb
- kev txawj daws teeb meem thiab txo kev ntxhov siab
- kev npaj lub cev yuav xeeb tub.

Kuaj Ntsuas thiab Tshuaj Xyuas

Kuaj Ntsuas thiab Tshuaj Xyuas yuav pab nrhiav tau cov teeb meem thaum ntxov thaum lawv kho tau zoo tshaj plaws.

Lub sijhawm pom zoo teev tseg yog nyob rau sab nraud.

Kuaj ntsuas los sis tshuaj xyuas	Hnub nyoog 19 txog 39	Hnub nyoog 40 txog 64	Hnub nyoog 65 xyoos thiab laus dua
noj tshuaj aspirin txhua hnub (kom tiv thaiv mob plawv)		Rau cov neeg laus hnub nyoog 40 txog 70 xyoo uas muaj qhov nce ntxiv kev pheej hmoo rau lub plawv nres lossis mob hlab plawv txawg stroke, tsis muaj kev pheej hmoo nce ntxiv los ntshav, thiab tuaj yeem noj tshuaj aspirin txhua hnub rau 10 xyoo.	
ntshav siab	Cov neeg laus: kuaj txhua 2 xyoos yog tias koj cov ntshav siab qis dua 120 thiab qis dua 80 lossis kuaj		
qhov nruj/siab	txhua xyoo yog tias koj cov ntshav siab nyob nruab nrab ntawm 120-129 thiab qis dua 80.		
tag nrho thiab	Rau cov txiv neej laus dua 34 xyoos	Rau cov txiv neej laus dua 34 xyoos thiab cov poj niam laus dua 44 xyoos	
HDL cov roj cholesterol	txhua 5 xyoos.	txhua 5 xyoos.	
haus luam yeeb	Rau cov neeg laus nyob rau txhua lub hnub nyoog.		
teeb meem haus dej cawv	Rau cov neeg laus nyob rau txhua lub hnub nyoog.		
txoj hnyuv loj		Rau cov neeg laus pib thaum muaj hnub nyoog 45 xyoos.	
Khees Xaws Rau Hauv Txoj Hnyuv			
Mob Khees Xaws Hauv Ntsws	Rau cov neeg laus hnub nyoog ntawm 50 thiab 77 xyoo uas tsis muaj cov cim qhia lossis cov tsos mob ntawm mob ntsws khees xaws. muaj keeb kwm ntawm kev haus luam yeeb hnyav (qhov sib npaug ntawm 1 pob luam yeeb txhua hnub rau 20 xyoo lossis 2 pob txhua hnub rau 10 xyoo) lossis haus luam yeeb tam sim no lossis txiav tawm tsis hauv li 15 xyoo dhau los.		
mob khees xaws ncauj tsev menyuam	Yog tias koj yog ib tug poj niam uas tsis muaj cov tsos mob lossis cov tsos mob ntawm lub ncauj tsev menyuam thiab tsis muaj keeb kwm kuaj Pap pom txawv txav, lub sijhawm teev tseg pom zoo kuaj yog: <input type="checkbox"/> Hnub nyoog 21 txog 29: Tau kuaj Pap txhua 3 xyoos lossis kuaj HPV txhua 5 xyoos pib thaum hnub nyoog 25 xyoos (yog tias koj tus kws kho mob tau hais qhia) <input type="checkbox"/> Hnub nyoog 30 txog 65: Tau kuaj Pap txhua 3 xyoos lossis kuaj HPV txhua 5 xyoos lossis kuaj Pap thiab kuaj HPV txhua 5 xyoos <input type="checkbox"/> Hnub nyoog 65 xyoos lossis tshaj saud: Koj tsis tas yuav kuaj Pap mus ntxiv yog tias koj tau kuaj Pap tsis tu neuav txog hnub nyoog 65 xyoos los yog kuaj tau 3 qhov kev kuaj Pap zoo sib lawv liag lossis 2 hom kev kuaj ua ke tau zoo (Pap thiab HPV) dhau ntawm 10 xyoo dhau los. Qhov kuaj zaum kawg tsis pub dhau 5 xyoos.		

Kuaj ntsuas los sis tshuaj xyuas	Hnub nyooq 19 txog 39	Hnub nyooq 40 txog 64	Hnub nyooq 65 xyooq thiab laus dua
mob mis khees xaws (thaj duab kuaj mis)	<p>Yog tias koj yog ib tug poj niam uas muaj feem pheej hmoo rau mob mis khees xaws, lub sijhawm teev tseg tshuaj ntsuam yog:</p> <p><input type="checkbox"/> Hnub nyooq 25: Muaj kev ntsuas kev pheej hmoo rau mob mis khees xaws nrog koj tus kws kho mob.</p> <p><input type="checkbox"/> Hnub nyooq 40 txog 44: Yuav tsum xav txog kev thaj duab kuaj mis txhua xyoo nrog koj qhov kev txiav txim siab</p> <p style="padding-left: 20px;">qhia los ntawm kev txiav txim siab sib koom nrog koj tus kws kho mob.</p> <p style="padding-left: 20px;">Thaum lub sijhawm ntawv, lawv yuav piav qhia txog cov txiaj ntsig thiab kev puas tsuaj ntawm kev tshuaj ntsuam.</p> <p><input type="checkbox"/> Hnub nyooq 45 txog 54: Muaj kev thaj duab kuaj mis txhua xyoo.</p> <p><input type="checkbox"/> Hnub nyooq 55 thiab laus tshaj saud: Muaj kev thaj duab kuaj mis txhua xyoo lossis hloov mus kom muaj ib qho kev kuaj</p> <p style="padding-left: 20px;">txhua 2 xyooq. Txuas ntxiv kev thaj duab kuaj mis yog tias koj tseem noj qab nyob zoo.</p>		
mob prostate khees xaws		<p>African-American txiv neej los yog txiv neej muaj keeb kwm ntawm tsev neeg ntawm prostate khees xaws los yog</p> <p>lwm yam kev pheej hmoo yuav tsum xav txog kev tshuaj ntsuam ntawm hnub nyooq 45</p>	<p>Cov txiv neej hnub nyooq 55 txog 70 xyoo yuav tsum xav txog kev tshuaj ntsuam nrog lawv</p> <p>kev txiav txim siab qhia los ntawm ib qho kev sib koom</p> <p>kev txiav txim siab nrog lawv cov kws kho mob.</p>
kuaj qhov muag	<p>Rau cov neeg laus uas <u>muaj</u> ntshav qab zib: kuaj qhov muag txhua 1 txog 2 xyooq. Rau cov neeg laus uas tsis muaj ntshav qab zib, tau kuaj qhov muag li kev teev tseg rau hnub nyooq 65 xyooq thiab laus dua.</p>		
tshuaj ntxiv pob txha	<p>Kev pom zoo rau txhua tus poj niam nyob rau txhua lub hnub nyooq los tiv thaiv pob txha tawg (pob txha lov).</p>		
osteoporosis			<p>Rau cov poj niam hnub nyooq 65 xyooq thiab laus dua.</p>
chlamydia	<p>Rau txhua tus poj niam muaj kev sib deev muaj hnub nyooq 24 xyooq thiab hluas dua, thiab rau cov poj niam laus ntawm kev pheej hmoo kis tus kab mob.</p>		

Koj tus kws kho mob yuav xav muab lwm cov kev tshuaj ntsuam xyuas rau koj xws li vitamin D.