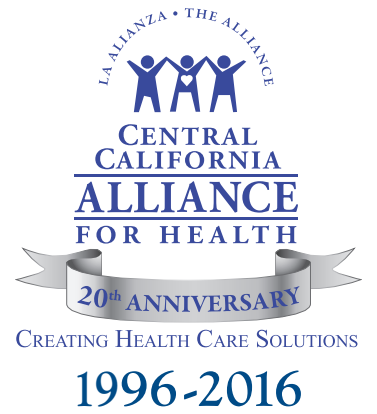


Ua tsaug koj tseem tso siab rau peb nrog koj txoj kev noj qab hauv huv tau 20 xyoo!

# nyob noj qab haus huv

Lub Rau Hli Ntuj 2016  
Phau 22, Tsab Xov Xwm 2

Ib daim ntawv xov xwm rau cov tswvcuab ntawm lub koom haum  
Central California Alliance for Health



## TXOJ KEV PAB CUAM KOM NOJ QAB HAUS HUV (HEALTHIER LIVING PROGRAM)

# Tswj koj tug mob kom zoo dua rau koj

**L**ub Alliance muaj cov hoob kawm **DAWB** hauv qhov Kev Pab Cuam Kev Noj Qab Haus Huv uas hais Lus Askiv thiab Lus Mev. Qhov kev pab cuam no yog los ntawm Stanford University's Chronic Disease Self-Management Program

(Lub Tsev Kawm Ntawv Qib Siab Stanford Qhov Kev Pab Cuam Tswj Tus Mob Uas Yuav Mob Mus Ntev) thiab muaj cov hoob kawm ib zaug txhua lub asthiv rau rau-lub asthiv. Koj tuaj yeem kawm cov kev paub kom tswj thiab saib xyuas zoo koj tus mob

lossis cov mob uas yuav mob mus ntev. Ib tug mob uas yuav mob mus ntev yog ib yam mob uas tswj tau tiam sis kho tsis tau—piv txwv li, kev mob ntshav qab zib, mob hawb pob, ntshav siab thiab mob plawv.

### Leej twg yuav tuaj kawm tau?

Alliance cov tub tswvcuab uas:

- Muaj hnub nyoog 18 xyoo rov saud
- Muaj ib tug mob uas yuav mob mus ntev
- Xav ua kom lawv txoj kev noj qab huas huv zoo zog tuaj thiab lub cev muaj zog tuaj thiab xav ntsib neeg tshiab
- Yog ib tug tsev neeg lossis ib tus uas saib xyuas tus tswvcuab uas nrog lub

Alliance uas muaj ib tug mov mus ntev

Cov tswvcuab uas tuaj kawm lub hoob kawm no rau rau-asthiv yuav tau txais:

- Ib phau ntawv muaj npe *Living a Healthy Life with Chronic Conditions (Nyob Ib Lub Neej Noj Qab Huas Huv nrog Cov Kev Mob Uas Yuav Mob Mus Ntev)*
- Ib daim CD muaj npe "Relaxation for Mind and Body (Kev So Hlwb thiab Lub Cev)"

Kuj yuav muaj cov tawb ntim khoom plig uas raug rho npe seb leej twg yeej thoob plaws cov hoob kawm.

**Kuv yuav cuv npe tau li cas?** Yog xav nrhiav cov hoob kawm uas nyob ze koj, thov hu rau **Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj** ntawm **1-800-700-3874, ext. 5580**. Peb yeej nyob ntawm no tos pab koj!

» **COV LUS TSEEM CEEB HEEV:** Lub Chaw Pab Cuam Tswvcuab yuav tsis ua haujlwm rau cov hnub thiab sijhawm uas lawv qab ntawm no vim tias peb yuav muaj cov rooj sib tham thoob plaws lub chaw haujlwm thiab thoob plaws lub tuam tsev haujlwm.

Lub Rau Hli Ntuj Tim 16  
Lub Cuaj Hli Ntuj Tim 15

Kaw txij thaum kaum ob moos tav su txog 4:15 p.m.  
Kaw txij thaum 12:15 txog 4:15 p.m.

## Puas xav tau kev thauj mus kho mob?

Kev thauj mus kuaj mob uas tsis mob hanyav rau cov menyuam yaus tau txais kev pab EPSDT

**Q**hov kev pab no yog los ntawm Medi-Cal qhov kev pab rau cov menyuam uas txais Cov Kev Soj Ntsuam Thaum Ntxov thiab Raws Sijhawm, Kev Nrhiav thiab Kev Kho (EPSDT, raws li sau hauv lus Askiv). EPSDT cov kev pab yog Medi-Cal cov kev pab cuam uas lawm tau ntxiv. Qhov kev pab no nrhiav thiab pab kho tej teeb meem kev noj qab haus huv rau menyuam yaus txij hnub yug mus txog 21 xyoos. Cov kev pab no yog rau cov neeg uas tau Medi-Cal xwb es tsis tau lwm yam kev pab them.

Nug koj tus kws kho mob lossis lub chaw kuaj mob txog cov kev pab cuam EPSDT. Tej zaum koj yuav tau txais cov kev pab no yog koj tus kws kho mob pom tau hais tias koj tsim nyog tau txais. Cov kev pab no tej zaum yuav muaj kev thauj mus kuaj mob uas tsis mob hanyav (nonmedical transportation; NMT). NMT pab xa koj mus thiab los ntawm cov kev teem kho mob rau EPSDT uas tsaug pab them los ntawm lub Alliance.

NMT yuav tsum tau txais kev tso cai ua ntej los ntawm Alliance. Thov hu **1-800-700-3874, ext. 5577**, ua ntej tsawg kawg yog tsib hnub ua hauj lwm (Monday txog Friday) ua ntej koj lub simhawj teem ntsib mus thov kev thauj mus kuaj mob uas tsis mob hanyav NMT. Los yog hu kom sai li sai tau yog koj muaj kev teem ntsib uas yuav tau mus ntsib ceev. Nyob ntawm seb koj qhov chaw nyob, tej zaum cov kev thauj mus NMT yuav siv tsheb tavxij (taxi), tsheb npav (bus) los yog lwm lub tsheb uas thauj rau zej zog lossis rau tus kheej.

**2** nyob noj qab haus huv



## Cov lus uas niaj zaus nug txog cov kev pab kho mob kev nyuaj siab lossis puas hlwb

**Q. Lub Alliance Medi-Cal cov tswvcuab puas txais tau cov kev pab kho mob kev nyuaj siab lossis puas hlwb?**

**A.** Tau, cov kev pab kho mob kev nyuaj siab lossis puas hlwb muaj kev pab rau Alliance Medi-Cal cov tswvcuab los ntawm Beacon Health Strategies. Nyob ntawm seb koj xav tau them kev pab twg, tej zaum koj yuav raug xa mus rau koj lub cheeb nroog cov kev pab kho mob puas hlwb (county mental health plan).

**Q. Cov kev pab twg siv tau?**

**A.** Cov kev pab hauv qab no siv tau:

- Kev kuaj thiab kev kho—rau tus neeg los yog pab pawg (txoj kev kho tswvyim rau kev puas siab puas ntsws)
- Kev mus ntsib tug kws pab tawm tswvyim daws kev nyuaj siab lossis puas hlwb
- Kev kuaj tswvyim los soj ntsuam tus mob kev nyuaj siab lossis puas hlwb
- Kev pab kho cwj pwm (behavioral health treatment) rau cov menyuam yaus uas ruam qauj uas lub hlwb dhia qeeb (Autism Spectrum Disorder, ASD, raws li sau hauv lus Askiv)

**Q. Kuv yuav txais tau kev pab li cas?**

**A.** Lub Alliance Medi-Cal cov tswvcuab siv tau cov kev pab raws li sau sab saud thaum koj hu rau Beacon Health Strategies ntawm **1-855-765-9700**.

**Q. Beacon puas muaj kev pab thum kev quav yeeb tshuaj?**

**A.** Tsis muaj. Medi-Cal cov kev pab thum kev quav yeeb tshuaj tsis muaj los ntawm Beacon. Cov kev pab no tsaug tswj los ntawm koj lub cheeb nroog kev pab kho mob puas hlwb. Beacon cov neeg uas haujlwm mamli qhia rau koj paub seb yuav thov cov kev pab no qhov twg.

**Q. Dabtsi yog qhov cia siab thaum kuv hu?**

**A.** Koj los yog ib tug neeg ntawm koj tsev neeg tuaj yeem hu rau Beacon Health Strategies thiab tham nrog ib tug kws tshwj xeeb kho mob kev nyuaj siab lossis puas hlwb tau. Lawv yuav nug koj ib co lus nug thiab mamli pab koj nrhiav ib tug kws kho mob ze ntawm koj.

**Q. Cov tswvcuab uas tau Cov Kev Pab Txhawb Hauv Vaj Tse (IHSS, raws li sau hauv lus Askiv) thiab Medi-Cal Access Program (MCAP) puas txais tau cov kev pab?**

**A.** Tau. Cov tswvcuab IHSS thiab MCAP siv tau thiab yuav txais kev pab los ntawm OptumHealth ntawm **1-800-808-5796**.

*Rau cov tswvcuab uas tsis hnov lus lossis hnov lus tsis zoo los yog hais lus*

# Cia lawv hnov koj cov lus hais!

**P**eb Pab Neeg Tawm Tswvyim Los Pab Tswvcuab sib ntsib plaub zaug tuaj ib xyoos. Cov tswvcuab hauv Pab Neeg Tawm Tswvyim yuav qhia rau peb tias peb ua haujlwm zoo li cas thiab seb peb yuav ua li cas los hloov kom peb cov kev pab zoo dua tuaj. Cov roj sib tham yuav yog tham hauv TV tom peb cov chav haujlwm nyob hauv Scotts Valley, Salinas thiab Merced. Alliance cov tswvcuab yuav txais tau \$50 nyiaj them pauj rau txhua lub roj sib tham.



Ib tus tswvcuab twg uas nrog Alliance los tau, tus niam txiv lossis tus niam qhuav txiv qhuav ntawm ib tug menyuam uas yog ib tug tswvcuab nrog Alliance yeej koom nrog Pab Neeg Tawm Tswvyim los tau. Yog tias koj tsis xav koom, koj tseem tuaj tau rau cov roj sib tham.

Yog tias koj xav paub ntau zog lossis xav paub seb lub roj sib tham tom ntej yog thaum twg, thov hu rau Lub Chaw Pab Cuam Tswvcuab ntawm **1-800-700-3874**.



## Hu rau peb rau cov kev pab

**Koj puas muaj lus nug txog koj li kev noj qab haus huv? Yog muaj, lub Alliance pab tau!**

Hu rau lub **Alliance Tus Xov Tooj Nug Kev Pab Los Ntawm Tus Kws Tu Neeg Mob DAWB** kom teb lus nug 24 teev ib hnub, 7 hnub ib asthiv, ntawm **1-844-971-8907**.

Koj puas xav tau kev pab tswj koj li kev noj qab haus huv? Hu rau Phab Tswj Kev Tu Xyuas Tus Xov Tooj ntawm **1-800-700-3874, ext. 5512**. Los yog tias koj xav tau lus qhia paub txog kev noj qab haus huv, thov hu rau Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm **1-800-700-3874, ext. 5580**.

Koj tuaj yeem nrog ib tug neeg twg hauv peb Pab Pawg Kws Tswj Kev Tu Xyuas tham tau txij 8 a.m. txog 5 p.m., hnub Monday txog Friday.



## Lwm cov kev fajseeb kho mob

**TEJ YAM UAS KOJ YUAV TSUM TAU PAUB**

Tej zaum koj kuj muaj lwm cov kev fajseeb kho mob (other health coverage; OHC) yog tias:

- Koj muaj kev fajseeb kho mob los ntawm koj lub chaw haujlwm, Covered California, koj tus txiv los yog koj tus pojniam lossis koj tus khub, lossis yog tias koj yuav kev fajseeb koj tus kheej
- Koj tsim nyog tau txais vim tias nws muaj ib yam dabtsi tshiab hauv koj lub neej, piv txwv tias koj yuav pojniam los yog txiv

Tej zaum koj qhov OHC kaw lawm yog tias:

- Lawv muab koj hloov ntawm Covered California mus rau Medi-Cal
- Koj txoj haujlwm tag lawm lossis koj lub chaw haujlwm tso koj mus
- Koj cov sijhawm ua haujlwm tsis txaus los tsim nyog txais qhov kev fajseeb los ntawm koj txoj haujlwm
- Koj tsis them tus nqi them txhua

hli rau koj qhov kev fajseeb

- Koj muab koj phau ntawv tuav kev fajseeb ncuva tseg lawm

**Kuv yuav hu rau leej twg kom nej tau tej yam lus qhia txog kuv qhov OHC kom thwj?** Yog tias koj muaj Medi-Cal, hu rau Medi-Cal lub chav haujlwm uas nyob hauv koj lub cheeb nroog. Nws tseem ceeb kom koj qhia tej yam ntawm no rau lawv kom lawv thiaj li kho tau koj cov ntaub ntawv kom thwj. Koj yuav tau hu rau lub Alliance Lub Chaw Pab Cuam Tswvcuab thiab. Lawv yuav tau hu mus nug kom tseeb tias koj qhov OHC yeej kaw tiag tiag ua ntej lawv kho tau koj cov ntaub ntawv kom thwj.

**Vim li cas nws tseem ceeb kom kuv kho tej yam uas qhia txog kuv qhov OHC kom thwj?**

- Kom koj thiaj li tsis muaj teeb meem thaum koj mus ntsib koj tus kws kho mob lossis thaum koj mus nqa tshuaj hauv lub tsev muag tshuaj
- Li ntawd koj thiaj li tsis txais ib daim nqi los ntawm koj tus kws kho mob lub chav haujlwm

## Kev kuaj mob thaum rov-mus-kawm ntawv

**L**ub caij rov qab mus kawm ntawv yog ib lub sij hawm zoo los mus tham nrog koj tus menyuam tus kws kho mob kom paub tseeb tau hais tias koj tus menyuam rov mus kawm ntawv yam muaj lub zog zoo.

Kev kuaj mob yuav qhia rau koj tus kws kho mob paub txog kev loj hlob thiab kev kho mob thoob plaw. Kev kuaj kuj tseem pab tiv thaiv tej mob tom ntej thiab kom ntseeg tau tias koj tus menyuam tau txais tshuaj txhaj tiv thaiv kab mob raws sij hawm.

Muaj qee tus menyuam yuav tsum tau txais tej yam koob tshuaj ua ntej pib kawm ntawv. Piv txwv li, daim ntawv pov thawj txhaj ib koob tshuaj hnoos tam sim no yuav tsum tau txais ua ntej pib qib xya.

Nco ntsoov teem sij hawm kom ntxov, vim koj tus kws kho mob tej zaum yuav muaj hauj lwm ntau heev thaum ua ntej pib kawm ntawv. Sim hu tsawg kawg ib lub hli los yog tshaj ua ntej koj tus menyuam rov mus kawm ntawv. Nws yuav yooj yim duas los teem sij hawm kom haum rau koj lub sij hawm hauj lwm.



» **KOM PAUB NTXIV** txog tshuaj tiv thaiv kab mob, hu rau koj tus kws kho mob los yog mus hauv Internet rau **Cov Chaw Pab Tshwj thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention)** lub website [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

### Tshuaj ntxiv



Npe tshuaj	Kev Siv
Alkeran oral tablet 2mg	Tiv thaiv kab mob khees xaws
Etoposide oral capsule 50mg	Tiv thaiv kab mob khees xaws
Fluorouracil topical cream 5%	Tiv thaiv kab mob khees xaws
Fluorouracil topical solution 2%, 5%	Tiv thaiv kab mob khees xaws
Myleran oral tablet 2mg	Tiv thaiv kab mob khees xaws
Targretin topical gel 1%	Tiv thaiv kab mob khees xaws
Succimer (Chemet)	Kho kuab lom tuag
Electrolytes, oral maintenance solutions (Pedialyte, Oralyte)	Ntxiv dej rau lub cev
Auranofin (Ridaura)	Mob qib txha
Proparacaine HCl	Cov kuab pab kom qhov muag loog
Lidocaine Ophth.	Cov kuab pab kom qhov muag loog
Leucovorin Calcium (Wellcovorin, Citrovorum Factor, Folinic Acid)	Pab lub cev ua cov hlwb nqaj tshiab
Sodium chloride 2%, 5% Ophth. (Muro 128)	Cov kuab pab thaum qhov muag qhuav

# Yuav ua li cas yog kuv tau txais ib daim nqi?

**T**haum yog lub Alliance ib tug tswvcuab, koj yuav tsis tau them rau cov kev pab cuam uas tsaug pab them tias sim koj yuav tau them yog koj:

- Muaj Medi-Cal tus nqi uas Feem Tau Nrog Them (Share of Cost)
- Yog Alliance Care IHSS ib tug tswvcuab uas feem tau nrog them (co-payment)
- Mus ntsib ib tug kws kho mob uas tsis txais lub Alliance, tab sis koj qhia rau tus kws kho mob uas koj xav mus ntsib ntawv hais tias koj yuav them rau cov nqi kho mob ntawd

■ Muaj Medicare thiab Medi-Cal thiab:

»Koj them koj li tshuaj Medicare tus nqi feem tau nrog them

»Koj xaiv mus ntsib ib tug kws kho mob uas tsis txais Medi-Cal ua koj li kev fajseeb thib ob

Tiam sis tej zaum yuav muaj nqee zaum koj yuav tau txais ib daim nqi. Txhob cia li tsis lees paub. Ua raws cov kauj ruam no:

1. Hu rau tus xov tooj nyob hauv daim nqi thiab nug vim li cas lawv thiaj xa tuaj rau koj. Tej zaum lawv tsis paub yam kev fajseeb uas koj muaj.
2. Yog koj tsim nyog txais lub Alliance thaum koj tau txais cov kev pab, qhia rau tus kws kho mob hais tias koj yog ib tug tswvcuab ntawm lub Alliance thiab muab koj tus lej ntawd koj Daim Alliance ID rau lawv. Koj nrhiav tau tus lej no saum daim npav Alliance.
3. Hais qhia tus kws kho mob kom xa daim nqi tuaj rau peb.

Yog koj twb ua raws li no lawm tiam sis tseem txais ib daim nqi, hu rau Lub Chaw Pab Cuam Tswvcuab. Nco ntsoov kom koj tau:

- Koj tus lej Alliance ID
- Lub npe thiab tus xov tooj ntawd tus kws kho mob uas xa daim nqi tuaj rau koj
- Tus lej account uas lawv muab sau rau daim nqi
- Ntaub ntawv uas qhia txog (cov) kev pab uas koj tau txais thiab hnuv tim koj tau txais.
- Tus nqi tagnrho uas sau nyob hauv daim nqi

Peb yuav pab tsis tau koj yog hais tias koj tsis muaj cov ntsiab lus thiab ntaub ntawv no. Peb kuj yuav pab tsis tau koj yog tias daim nqi tshaj ib xyoos lawm.

## Yog hais tias koj muaj lwm qhov kev fajseeb.

Feem ntau, koj li lwm qhov kev fajseeb yog koj li thawj kev fajseeb. Qhov no txhais tau hais tias tus kws kho mob yuav xa daim nqi mus rau koj lwm qhov kev fajseeb ua ntej xa rau lub Alliance. Yog tias koj tau txais daim nqi thiab muaj lwm qhov kev fajseeb, saib kom paub tseeb hais tias tus kws kho mob twb xa daim nqi mus rau koj lwm lub qhov kev fajseeb ua ntej lawm.

## Yog hais tias koj tau txais kev pab them cov nqi kho mob uas tau siv ua ntej tsis tau yog ib tug tswvcuab rau Medi-Cal.

Muaj tej zaum cov kws txais kev pab los ntawm Medi-Cal txais kev tsim nyog tau txais tom qab lawv txais kev pab kho mob. Kev tsim nyog tuaj yeem rov qab mus pab them rau cov kev pab uas tau muab. Qhov no hu ua kev pab them cov nqi kho mob uas tau siv ua ntej tsis tau yog ib tug tswvcuab. Yog hais tias koj yog lub Alliance Medi-Cal ib tug tswvcuab uas tau txais kev pab them cov nqi no, nws yog koj lub luag hauj lwm uas yuav



tau qhia rau koj tus kws kho mob paub tias koj muaj Medi-Cal. Tus kws kho mob yuav tau xa daim nqi mus rau Medi-Cal Hauv Lub Xeev kom them rau cov nqi kho mob uas tau siv ua ntej tsis tau yog ib tug tswvcuab, yuav tsis yog lub Alliance them. Muab koj tus lej Medi-Cal ID kom lawv xa tau daim nqi mus rau lub xeev kom them cov kev pab.

## Daim ntawv ntsuam xyuas (GNA)

GNA yog ib daim ntawv ntsuam xyuas uas pab peb kom paub seb puas ua tau raws li kev xav tau ntawm kev qhia txog kev noj qab haus huv, kev cai dab qhua thiab kev txhais lus rau peb cov tswvcuab Medi-Cal.

Nej qee leej tej zaum yuav tau txais ib daim ntawv ntsuam xyuas hauv kev sau ntawv los yog txais kev hu tuaj ntawm lub xov tooj los thov koj li kev pab uas tiav daim ntawv ntsuam xyuas. Yog koj ua, thov siv sij hawm ob peb feeb los qhia txog koj li kev pab uas tau txais dhau los thaum siv lub Alliance cov kev pab cuam. Koj li lus qhia yuav pab peb hloov kho cov kev pab rau tag nrho cov tswvcuab.

Yog koj muaj lus nug txog daim ntawv ntsuam xyuas GNA, thov hu rau Lub Alliance Phab Qhia Kev Noj Qab Haus Huv Tus Xov Tooj ntawm 1-800-700-3874, ext. 5580.

# Kab mob khees xaws ntawm lub mis: Yam koj yuav tsum tau paub

**K**ab mob khees xaws ntawm lub mis yog ib yam mob uas keev muaj ntawm cov kab mob khees xaws thiab yog qhov thib ob keev ua rau poj niam tag lub neej txoj sia.

Nws yeas muaj li 1 tug ntawm 8 tus poj niam uas yuav muaj tus kab mob khees xaws ntawm lus mis hauv ib ntu ntawm lawv lub neej. Qhov kev phom sij ntawd siab los yog qis yog nce rau nyob ntawm tus kheej thiab keeb kwm tsev neeg.

Txiv neej los kuj muaj mob khees xaws ntawm lub mis, tiam sis tsawg dua. Nws yeas muaj li 1 tug txiv neej uas yuav mob khees xaws ntawm lub mis rau txhua 100 tus poj niam uas mob khees xaws ntawm lub mis.

**Dab tsis yuav tsub ntxiv kuv li kev phom sij?** Kev phom sij ntawm kab mob khees xaws ntawm lub mis ntsub muaj nyob ntawd:

- Hnub nyoog—txawm li cas los, cov poj niam uas mob khees xaws ntawm lub mis feem coob yog muaj hnub nyoog tshaj 50 xyoo, nws kuj tuaj yeem tswm sim rau coob cov poj niam hlua dua no.
- Keeb kwm tsev neeg muaj

kab mob ntawm lub mis los yog keeb kwm tsev neeg muaj lwm yam kab mob khees xaws.

- Muaj kab mob ntawm lus mis ua ntej los yog tab tom tau txais kev thaj duab hluav taws xob rau ntawd koj lub hauv siab.
- Los ntawm pab pawg haiv neeg uas muaj roj ntshav kab mob khees xaws ntawm lus mis.
- Siv dej cawv ntau.

**Dabtsis yog cov cim keev muaj los ntawm kab mob khees xaws ntawm lub mis?**

- Tej pob loj uas nyob hauv lub mis los yog qhov tsos
- Mis los yog lub txiv mis mob los sis lub mis los yog lub txiv mis txawv txav
- Txiv mis ua paug (lwm yam tshaj li kua mis)

Kev tshawb tus kab mob khees xaws ntawm lus mis thaum ntxov tuaj yeem pab tau txoj sia. Txoj hauv kev uas tshawb nrhiav kab mob khees xaws ntawm lub mis zoo tshaj yog los ntawm kev tsom duab kuaj (mammograms) yam ua ntu zu.

**Kuv yuav mus tsom duab ntau npaum li cas?** Rau cov poj niam uas muaj kev phom sij mob kab mob khees xaws



ntawm lub mis tsawg, Ameslikas Lub Koom Haum Pab Kho Kab Mob Khees Xaws (American Cancer Society; ACS) qhia rau poj niam kom pib tsom txhua lub xyoo pib txij 40 xyoo yog lawv xav tau. Tsom ib xyoo ib zaug yuav tsum pib txij 45 xyoos thiab tuaj yeem hloov tsom tau hauv txhua lwm lub xyoo thaum hnub nyoog muaj 55 xyoos.

ACS kuj tseem qhia ntxiv kom ntxov tsom thaum hnub nyoog muaj 35 xyoos thiab kev tsom duab nrog rau lwm yam kev kuaj xyuas xws li kev siv hlau nplaum tsom duab (MRI) rau cov poj niam uas muaj kev phom sij siab, xws li:

- Keeb kwm tsev neeg muaj kab mob khees xaws
- Keeb kwm tus kheej muaj

kab mob khees xaws

■ Tau siv hluav taws xob tsom  
Ib tug poj niam twg uas pom muaj pob nyob ntawm lub mis, tawv nqaij lub mis hloov los yog kua mis tawm txawv txav los ntawm lub txiv mis tej zaum yuav tau mus tsom kuaj thiab mus nrog kws kho mob tham.

Kom kawm paub ntxiv txog kab mob khees xaws ntawm lub mis, mus saib Ameslikas Lub Koom Haum Pab Kho Kab Mob Khees Xaws (American Cancer Society) hauv Internet ntawm lub website [www.cancer.org/cancer/breastcancer](http://www.cancer.org/cancer/breastcancer) los yog mus saib Cov Chaw Pab Tshwj thiab Tiv Thaiv Kab Mob (Centers for Disease Control and Prevention) lub website ntawm [www.cdc.gov/cancer/breast](http://www.cdc.gov/cancer/breast).

*nyob noj qab*  
**haus huv**

NYOB NOJ QAB HAUS HUV yog luam tawm rau cov tswvcuab thiab cov neeg muab kev koom tes hauv zej zos ntawm CENTRAL CALIFORNIA ALLIANCE FOR HEALTH, 1600 Green Hills Road, Suite 101, Scotts Valley, CA 95066, xov tooj 831-430-5500 lossis 1-800-700-3874, ext. 5513, website [www.ccah-alliance.org](http://www.ccah-alliance.org).

Cov ntsiab lus hauv NYOB NOJ QAB HAUS HUV yog los ntawm coob tus kws kho mob los. Yog koj muaj kev txhawj xeeb lossis muaj lus nug txog tej yam lus uas yuav tsim tau tej yam tsis zoo rau koj txoj kev noj qab haus huv, thov hu rau koj tus kws kho mob.

Cov duab thaj thiab cov duab teeb no tej zaum yog siv cov neeg ua qauv yeas duab.

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