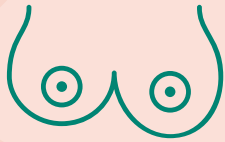


Ogaansho hore nolol ayuu badbaadiyaa. Sidan ayaad naasahaaga u baaraysaa.



1.

Miyay naasuhu isbeddeleen?

Istaag muraayad horteeda oo gacmaha gee qoorta gadaasheeda si aad qaabka naasaha u hubiso.



2.

Saddex farood

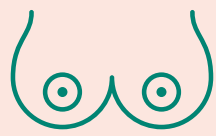
Isticmaal saddex farood caraadahooda oo naaskiiba gacanta ka soo horjeedda ku taataabo, dhaqdhaqaaqyo yaryar oo wareeg ah.



3.

Saddex meelood - naasaha

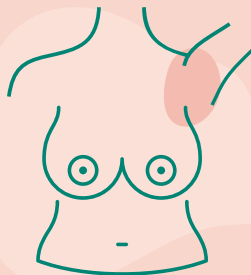
Ka billow dhinaca dibedda xiga ee naaska oo u soo soco ibta. Labada naasba taataabasho uga raadi burooyin ama meelo kale oo adkaaday.



4.

Saddex meelood - ibta naaska

Taataabo ibaha naasaha, ma u muuqdaan kuwo caadi ah? Si taxaddar leh u tuuji, miyuu dareere ka imanayaa?



5.

Saddex meelood - kilkisha

Sii wad baaritaanka oo ugudub kilkisha. Labada kilkiloodba ka eeg burooyin ama meelo kale oo adkaaday.



6.

Saddex daqiiqo ayaa micno yeelan kara

Iskaaga isku baar hal mar bishiiba, qubeyska ama xilliga jiifka.

La xiriir rug caafimaad haddaad naaska buro ku aragto.



Ka baro faahafaahin ku saabsan naasahaaga msd.se/bröstskollen

Tilmaamo ku saabsan sidaad iskaaga naasahaaga u baarayso waxaa lagu heleyaa dhowr luqaddod.