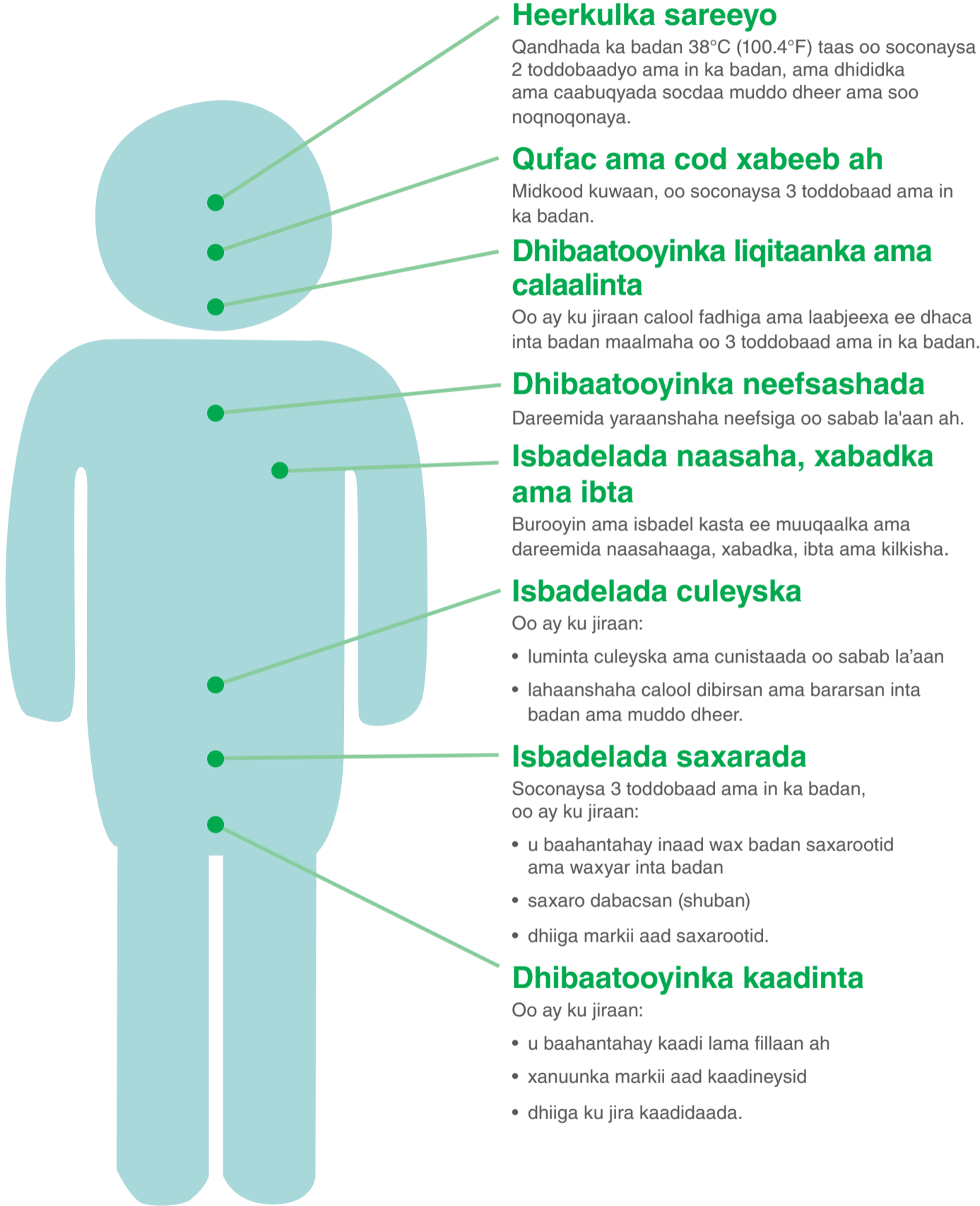


ASTAAMAHA IYO CALAAMADAHA KANSARKA

MACMILLAN
CANCER SUPPORT

WAXA LA RAADIYO

i Kala xiriir Dhaqtarkaaga Guud (GP) wax ku saabsan wax walba oo aastaamahaan ah haddii ay sii socdaan, aan la sharaxin ama aan caadi kuu aheyn adiga.



Heerkulka sareeyo

Qandhada ka badan 38°C (100.4°F) taas oo soconaysa 2 toddobaadyo ama in ka badan, ama dhididka ama caabuqyada socdaa muddo dheer ama soo noqnoqonaya.

Qufac ama cod xabeeb ah

Midkood kuwaan, oo soconaysa 3 toddobaad ama in ka badan.

Dhibaatooyinka liqitaanka ama calaalinta

Oo ay ku jiraan calool fadhiga ama laabjeexa ee dhaca inta badan maalmaha oo 3 toddobaad ama in ka badan.

Dhibaatooyinka neefsashada

Dareemida yaraanshaha neefsiga oo sabab la'aan ah.

Isbadelada naasaha, xabadka ama ibta

Burooyin ama isbadel kasta ee muuqaalka ama dareemida naasahaaga, xabadka, ibta ama kilkisha.

Isbadelada culeyska

Oo ay ku jiraan:

- luminta culeyska ama cunistaada oo sabab la'aan
- lahaanshaha calool dibirsan ama bararsan inta badan ama muddo dheer.

Isbadelada saxarada

Soconaysa 3 toddobaad ama in ka badan, oo ay ku jiraan:

- u baahantahay inaad wax badan saxarootid ama waxyar inta badan
- saxaro dabacsan (shuban)
- dhiiga markii aad saxarootid.

Dhibaatooyinka kaadinta

Oo ay ku jiraan:

- u baahantahay kaadi lama fillaan ah
- xanuunka markii aad kaadineysid
- dhiiga ku jira kaadidaada.

Burooyinka ama bararka

Meel walboo jirkaaga ah.

Nabraha ama boogagta

- Meel walba ee jirkaaga ama afkaaga ah.
- Taasi ma bogsoonaynin 3 toddobaad kadib.

Xanuunka

Soconayo 3 toddobaad ama in ka badan.

Dhiig baxa ama maruubka

Oo ay ku jiraan:

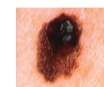
- Dhiig ku jira kaadidaada ama saxaradaada
- dhiiga ku jira candhuuftaada ama matagaada
- dhiiga caadada ka culus mida caadiga ah
- dhiig baxa siilka ee u dhaxeeyo caadooyinka, galmada kadib ama joogsiga caadada kadib
- dhiig ku jira shahwadaada.

Daalka

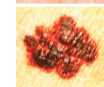
Dareemida daalka badan oo muddo dheer.

Isbadelada maqaarka

Oo ay ku jiraan nabraha aan la sharaxin, ama baraha midaas:



aan sinneyn ama qaab ahaan aan toosneyn



oo leh geeso aan sinneyn ama buuran



oo ah wax ka badan hal midib



oo ay tahay wax ka badan 6mm balaca



Isbadelada cabir ahaan, qaabka ama midibka, jiriricada, cuncunka ama dhiig baxa, ama qolfaha.

Sawiradaan waxay ka yimaadeen websaydka Hay'ada Kansarka Qaranka (cancer.gov).

Qaar ka mid ah aastaamaha way adagyihiin in laga hadlo, tusaale ahaan burada xininyahaaga ama dhiig baxa siilka. Laakin xittaa haddii ay ceeb tahay, waa muhiim in la baaro.

Waad weydiin kartaa inaad aragtid GP-gaaga ama kalkaalisadaada labka ama dheddiga ah, laakin tani ayaanan marwalba suurtoagal noqoneynin.

ASTAAMAHA IYO CALAAMADAHA KANSARKA

Haddii aad lehdahay wax astaamo ah, Dhakhtarkaaga ha baaro astaamahaas.

Taageero, Tilmaam ama macluumaad dheeraad ahaan, wac Macmillan si bilaash ah ee 0808 808 00 00, Isniinta ilaa Jimcaha, 9am-8pm, ama booqo macmillan.org.uk

Taageerada Kansarka Macmillan, Feb 2020. daabacaadda 3aad. MAC15200_E03_Somali. Dib u eegista qorshaysan ee 2023. Lagu daabacay adoo adeegsanaya walxo waara. Fadlan dib u warshadayso. Taageerada Kansarka Macmillan, sadaqo diiwaangashan gudaha England iyo Wales (261017), Scotland (SC039907) iyo Jazirada ee ninka (604)

GOORTA IYO SIDA LOO HELO ASTAAMO LA BAARAY

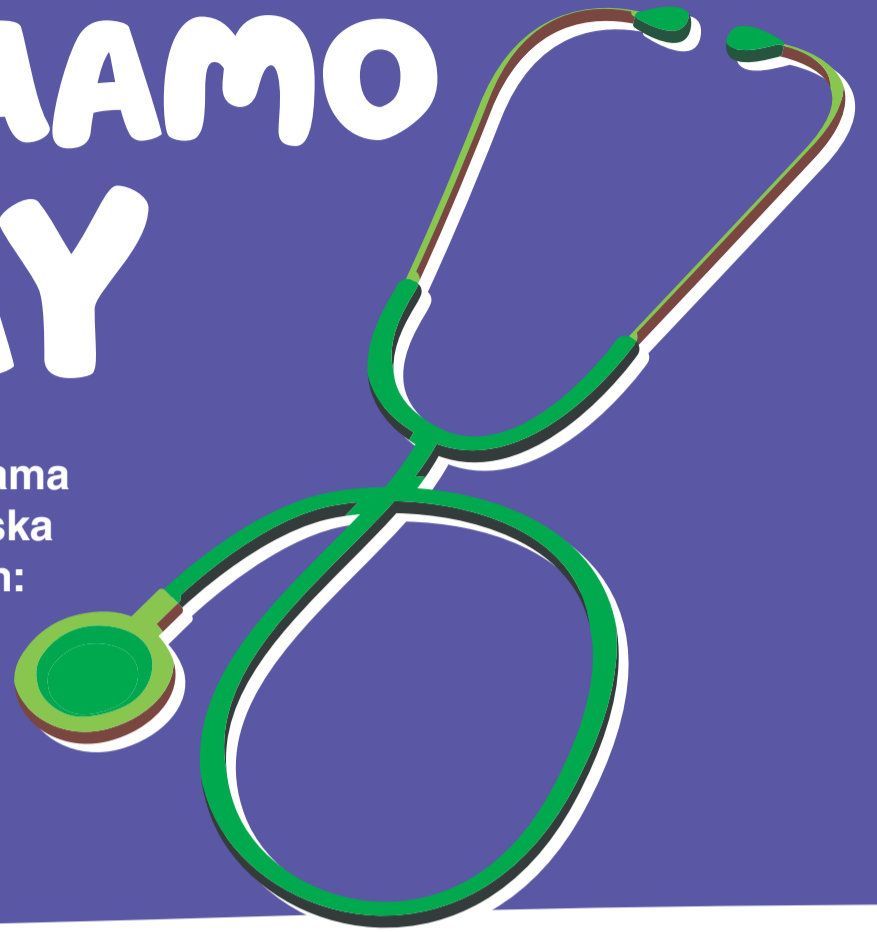


Marwalba ka hel tallo dhaqtarkaaga, kalkaalisadaada ama dhaqtarkaaga GP-ga haddii aad qabtid astaamo oo iska socdo, aan la sharaxin ama aan adiga caadi kuu aheyn:

Iska socdo – aasaan oo soconaysa in ka badan 3 toddobaad.

Aan la sharaxin – aasaan aanan laheyn sabab cad.

Aan caadi aheyn – isbadelka jirkaaga ee aan adiga caadiga kuu aheyn.



Tallooyinka lagula hadlayo dhaqtarkaaga, kalkaalisadaada ama dhaqtarkaaga GP-ga

1. Ka fakar waxa aad rabtid inaad dhahdid.

Waxaa ku caawin kara inaad hoos ku qortid sharaxaadahaan ku saabsan astaanta ama isbadelka:

- waxa ay tahay
- goorta uu bilaabtay
- haddii uu raacaayo naqshad
- wax walba oo wanaajiya ama ka darsiya
- sida ay u saameyso nolol maalmeed kaaga.

2. Mararka qaar way adagtahay in la dhigto balan oo waxaad u baahan kartaa inaad soo wacdo in ka badan haljeer. Laakin isku sii day illaa aad mid ka heshid. Sidoo kale waad dhigan kartaa ballamo.

3. Qof horay u wado oo taageero ah. Waxaad weydiisan kartaa iyaga inay dhageystaan ama qoraalo qaataan.

4. Hadal oo dhageyso. Isku day inaad:

- ku sharaxdid astaamaha erayadaada gaarka ah
- uga jawaabtud su'aalo walba sida daacada ah ee aad awoodid
- weydiisid haddii aad u baahantahay warbixin badan ama aadan wax fahmin
- qoraalo qor, ama ku samey qoraalo taleefankaaga.

5. Hubi inaad ogtahay waxa xiga oo dhici doono. Tani waxaa ku jiri kara:

- Goorta ay tahay inaad sameyso ballan kale
- meesha iyo goorta la filanaayo ballan lala yeesho dhaqtarka taqasuska ama baaritaanka
- cida lala xiriiro haddii aad u baahantahay macluumaad ama taageero badan.

6. Dib ugu celi waxa aad fahamayso. Tani waxay kuu sharaxaysaa wax walba oo aad ku jahwareersantahay.

7. Xasuusnow, astaamaha ayaa inta badan waxba laga walwalaynin. Laakin haddii astaamaha aan la sharaxin soo laabtaan ama aysan ka wanaagsanaan, markale tallo raadso. Soo wac dhaqtarkaaga GP-ga oo weydii tallo ku saabsan wax walba ee aadan waxba ka hubin.

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Haddii aad qabtid wax ka mid ah astaamaha ama calaamadaha ku jiro warqadaan, tallo ka raadso dhaqtarkaaga, kalkaalisadaada ama dhaqtarkaaga GP-ga. Ma lumin haysid qofkale waqtigiisa. Waxay halkaas u joogaan inay ku caawiyaan.

Haddii aad ka walaacsantahay inaad iska baartid astaamaha, naga soo wac 0808 808 00 00.

MA LEHDAHAY WAX ASTAAMO AH?

Haddii aad lehdahay wax astaamo ah, Dhakhtarkaaga ha baaro astaamahaas.

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