

Ogaanshaha kansarka mindhicirka mar hor



Kansarka mindhicirka (waxa kale oo loo yaqaanaa kansarka malawadka (colorectal cancer) waana kansarka ugu badan Australia (marka laga reebo Kansarka maqaarka). Waxa badiyaa la ogaadaa marxaladaha hore markaas oo ay u dhowdahay in la daweyn karo cudurka . waxa kale oo jira talaabooyin kale oo la qaadi karo oo caawin kara yaraynta halista kansarka mindhicirka.

Waa maxay mindhicirku?

Mindhicirku waa qeybta ugu dheer ee dhuunta dheef sheedka ('the gut'). Wuxuu u qeybsamaa laba qeybood:

- Mindhicirka yar, oo ah meesha cuntada laga nuugo
- Mindhicirka weyn oo ah meesha biyaha iyo milixda laga nuugo.

Mindhicirka weyni wuxuu u qeybsamaa laba qeybood —mindhicirka iyo malwadka.

Waa maxay kansar ka mindhicirku?

Kansarka mindhicirku waa kansar ka soo baxa xuubka ku dahaadhan mindhicirka weyn. Halkaas buu muddo badan ku koraa intaanu qeybaha kale ee jirka ku fidin (metastasing).

Taasi waa sababta loo ogaado kansarka mindhicirka, waana fursada ugu fiican ee lagu daaweyn karo. Waxa jirta fursad 90% oo lagu daweyn karo haddii kansarka la helo marxaladihiisa hore.

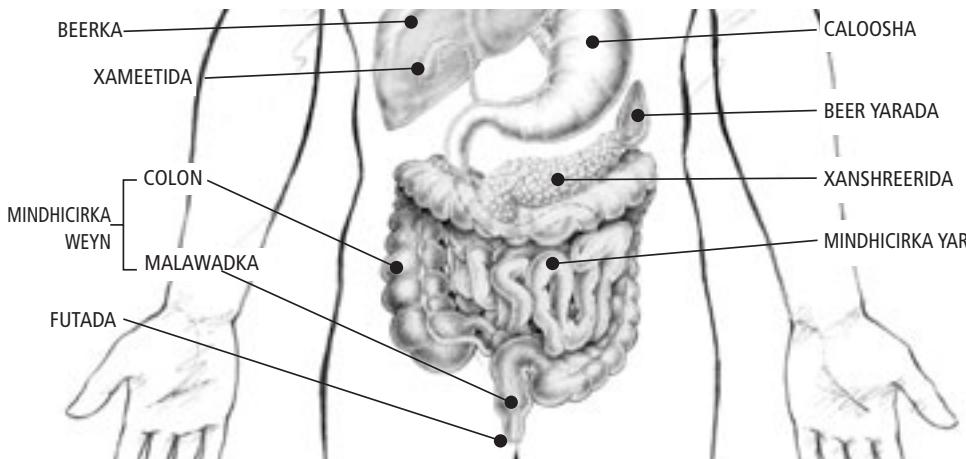
Sidee buu kansarka mindhicirku caan u yahay?

Kansarka mindhicirku waa kansarka ugu badan ee ku dhaca raga iyo haweenka Fiktooriya. In ka badan 3,000 qof ayaa laga helaa sannad kasta.

Yaa halis u ah kansarka mindhicirka?

Kansarka mindhicirku wuxuu ku dhici karaa da' kasta, laakiin waxay halistiisu sii korodhaa marka ay da'daadu konton sanno gaarto.

MARINKA DHEEFSHIIDKA



Halista mindhicirka kansarku way sii korodhaa:

- Haddii ay jirto taariikh hore oo uu qoyskaaga kansarka mindhicirku ku dhacay
- Oo uu qofku lahaa boog mindicireed (ulcerative colitis or Crohn's colitis) muddo sideed sanno ka badan.

Haddii ay arrimahaasi kugu dhacaan, kala hadal Takhtarkaaga halista kansarka mindhicirka.

Astaamaha kansarka mindhicirka

Kansarka mindhicirka oo dhami ma muujiyo astaamo laakiin waxaad arki kartaa Takhtar haddii aad isku aragto waxyaabaha soo socda:

- Dabada oo uu dhiig kaa yimaado ama aad saxaradaada ku aragto dhiig
- Saxaradaada oo is bedbedasha : tusaale, saxro jilicsan ama shuban joogto ah, iyo calool istaagga oo sii kordha, ama adoo musqusha u baahda in ka badan intii caadiga ahayd
- Iyo adoo dareema inaanay calooshaadu soo wada faaruqin
- Daal aanad garanahayn, tabar la'aan iyo neefsashada oo kugu adkaata. Taas oo ay keentay dhiig la'aan ay keento Ayroonta oo kugu yaraataa. Nooca dhiig yaridaasi waxa keeni kara kansarka mindhicirka
- Calool xanuun
- Miisaankaaga oo sii yaraada sababtana aanad garanahayn.

► Somali

Finding Bowel Cancer Early

Khadka warbixinta kansarka:

- **Somali**
(03) 9209 0169
- **English**
131120

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Dadka ka weyn afartan sanno waa inay iska fiiriyaan astaanta digniinta kansarka mindhicirka. Haddii aad leedahay astaamahaas qaar ka mid ah, arag takhtarkaaga kaas oo kuu gudbin kara baaritaanka aad u baahantahay. inta badan waa sharax yar oo gaaban, laakiin haddii uu yahay kansarka mindhicirka, waxa fiican in mar hore la ogaado.

Baaritaanka kansarka mindhicirka

Barista Kansarka mindhicirku waa tijaabo lagu sameeyo dadka iyadoonay ka muuqanin astaamihii kansarka mindhicirku. Baarista dhiiga saxarada soo raaca (FOBT) waxa lagula talinayaa dadka caafimaadka qaba ee ka weyn konton sanno.

Barista dhiigga saxarada soo raaca (FOBT)

Baarista dhiigga saxarada soo raaca (FOBT) waa baaris fudud oo lagu ogaan karo astaamaha hore ee bilowga kansarka mindhicirka. Waxayna taasi la xiriiirtaa iyadoo inyar oo saxro ah lagu qaado dhalada yar ee tijaabada saddex jeer oo kala duwan oo uu qofku saxroodo. Saxarada qofka gurigaa lagaga soo qaadayaa waxaana loo dirayaa shaybaar si loogu soo baaro.

FOBTs waxa laga fiiriyaa in yar oo dhiigga saxarada ah marka uu qofku saxaraado (dhiig yar oo aanad indhahaaga ku arki Karin). Dhiiga saxarada waxa keeni kara fin ka soo baxa (fin ka soo baxa gudaha mindhicirka oo isku bedeli kara kansar) ama kansar mindhicirka oo dhiigga. Haddii saxarada dhiig laga helo, waxa lagu sameynayaa tijaabo dheeraad ah si loo baaro waxa dhiigga keenaya.

Xusuusnow, in kansarka mindhicirka 90% la daweyn karo haddii la helo bilowga hore, buradana (polyps) lagu helo dariiqada FOBT waxaan la jari karaa ka hor intaanay isku bedelin kansar.

Xaggeen ka heli karaa FOBT?

Ragga iyo dumarka ka weyn konton sano waa inay arkaan takhtarkooda si ay saxarad dhiiga iskaga baaraan (FOBT) labdii sannadoodba mar.

Yaraynta halista kansarka mindhicirka

Waxaad ku yarayn kartaa halista kansarka:

- Adigoo cuna cunto caafimaad qabta, oo ay ka mid tahay khudrad fara badan iyo furuuto oo ay ku jirto in yar oo dux xoolaadi
- Aad joogtayso miisaan caafimaad qaba
- Si joogto ah aad jimicsi u samaysid
- Sigaarna aanad cabin.

Adigoo raacaya tallooyinka soo socda, taas macnaheedu ma ah waligaa kansar qaadimaysid, laakiin waxaad yarayn kartaa halista kansarka iyo faa' iido caafimaad oo kale ood hesho.

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