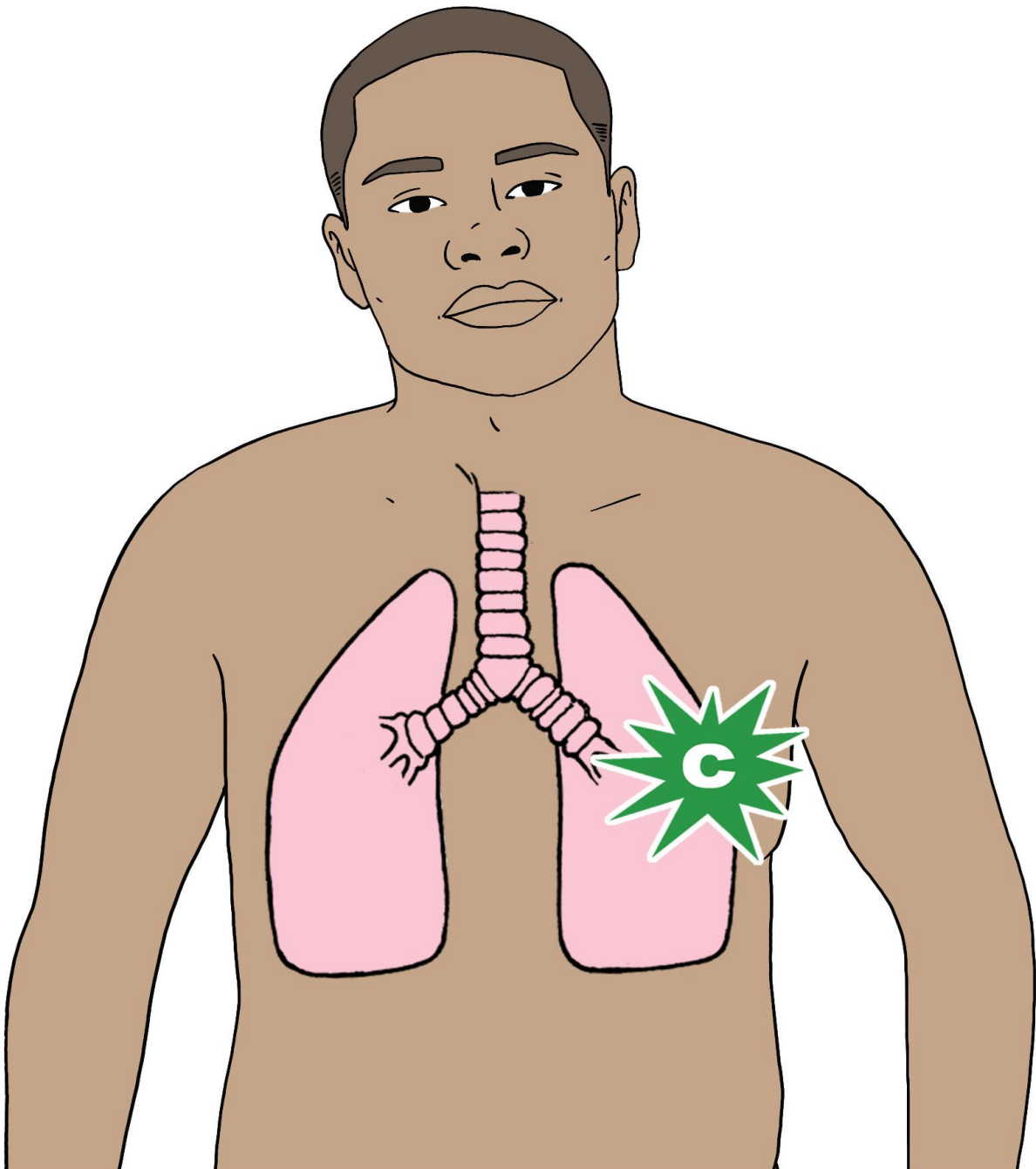


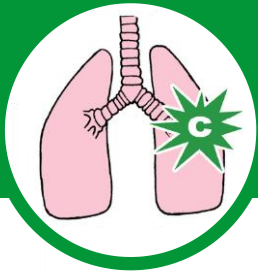
In partnership with

MACMILLAN
CANCER SUPPORT

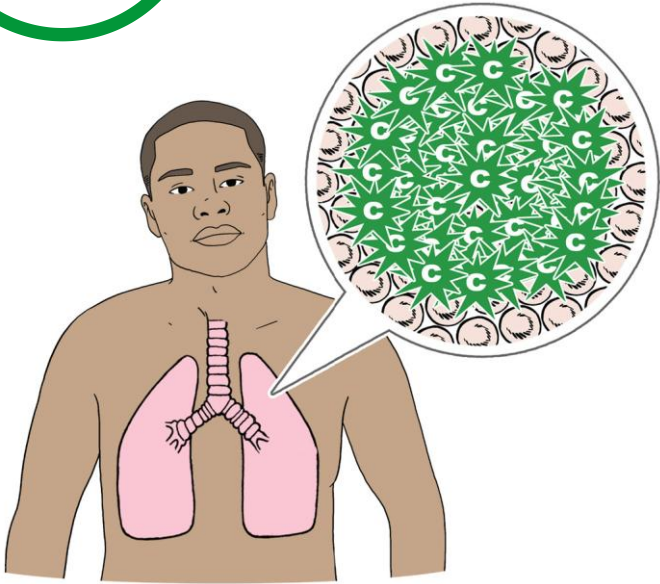
akh
ris
fudud

Kansarka sanbabada

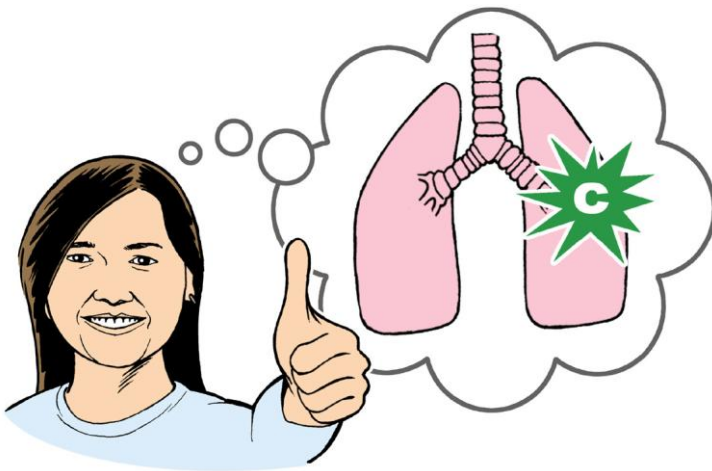




Ku saabsan buug-yarahaan akhriska fudud



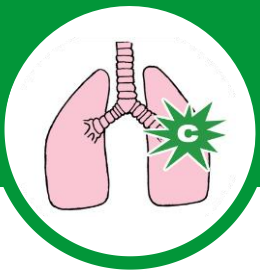
Buug-yarahaan wuxuu ku saabsan yahay kansarka sanbabada.



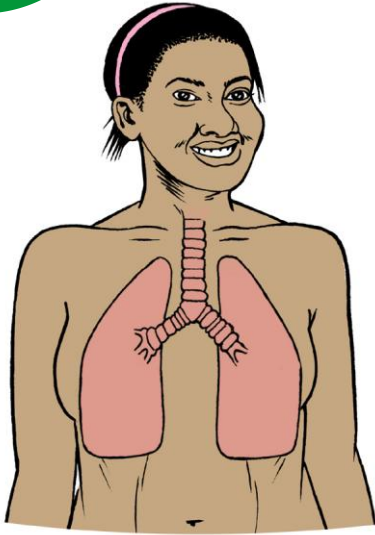
Waxaad baran kartaa waxa uu yahay kansarka sanbabadu iyo sida loo daweeyo.



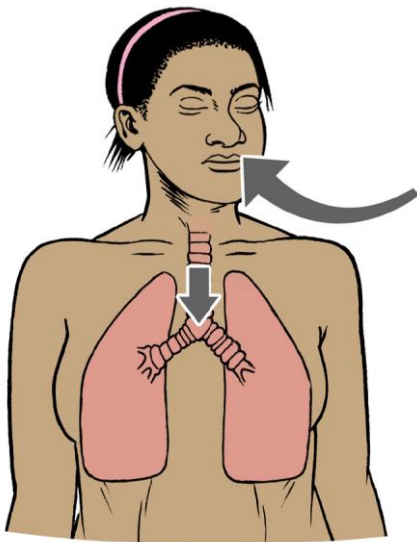
Haddii aad ka welwelsan tahay caafimaadkaaga, waa inaad la hadashaa dhakhtar ama kalkaaliso.



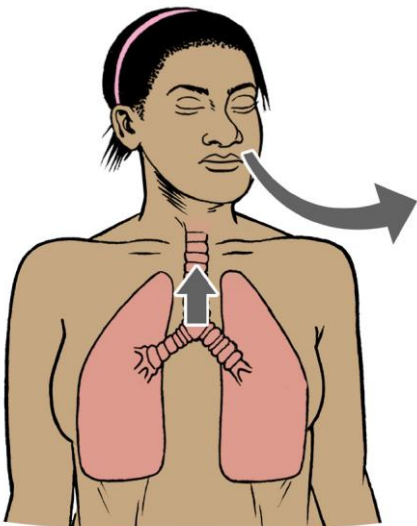
Sanbabada



Waxaan ku leenahay laba sanbabo laabta si ay nooga caawiyaan neefsashada.



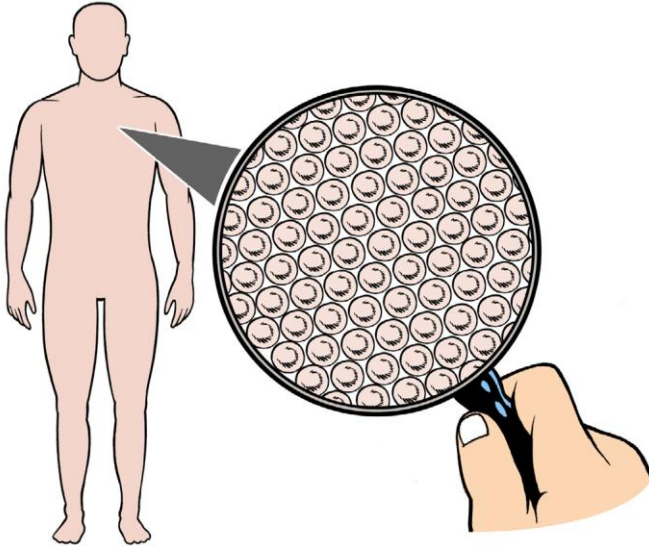
Markaan neefsanno, hawadu waxay soo gashaa sanko ama afka. Kadib waxay hoos ugu sii martaa dhuunta neefta waxayna gashaa sanbabada.



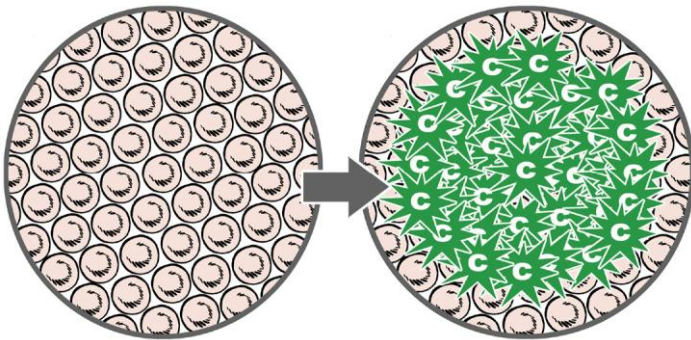
Markaan neef-bixino, hawadu waxay ka baxdaa sanbabada iyadoo sii martaysa dhuunta neefta. Kadibna waxay kasoo baxdaa sanko ama afka.



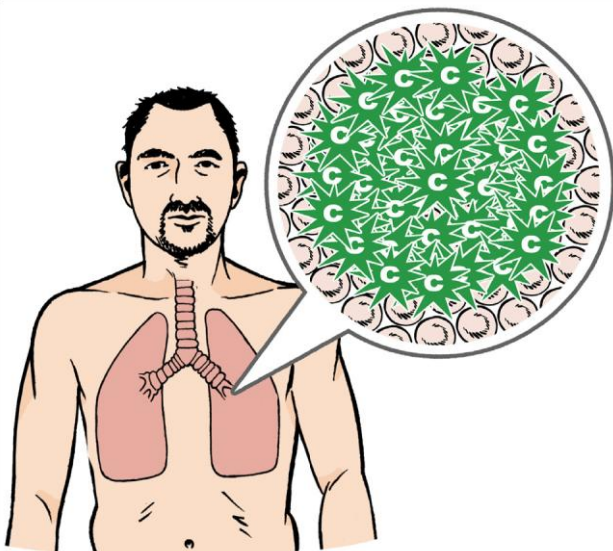
Kansarka sanbabada



Jidhkaaga waxa uu ka samaysan yahay qaybo yaryar oo la yidhaahdo **unugyo**.



Mararka qaarkood unugyadani si khaldan ayay u koraan. Waxay noqon karaan buro la yidhaahdo tumour.



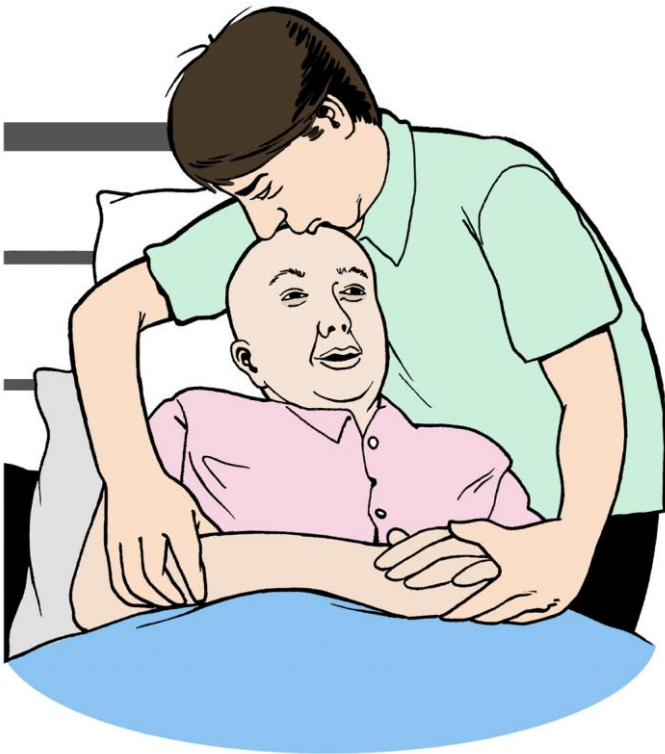
Marka kansar uu ka bilowdo mid ka mid ah sanbabadaada, waxaa la yiraahdaa kansarka sanbabada.



Sababaha kansarka sanbabada



Sigaar cabistu badanaa waxay keentaa kansarka sanbabada. Laakiin dad yar ayaa qaada kansarka sanbabada inkastoo aysan waligood sigaar cabin.



Kansarka lagama qaado qof kale. Sidoo kale adigu qof kale ma siin kartid.



Calaamadaha iyo astaamaha kansarka sanbabada

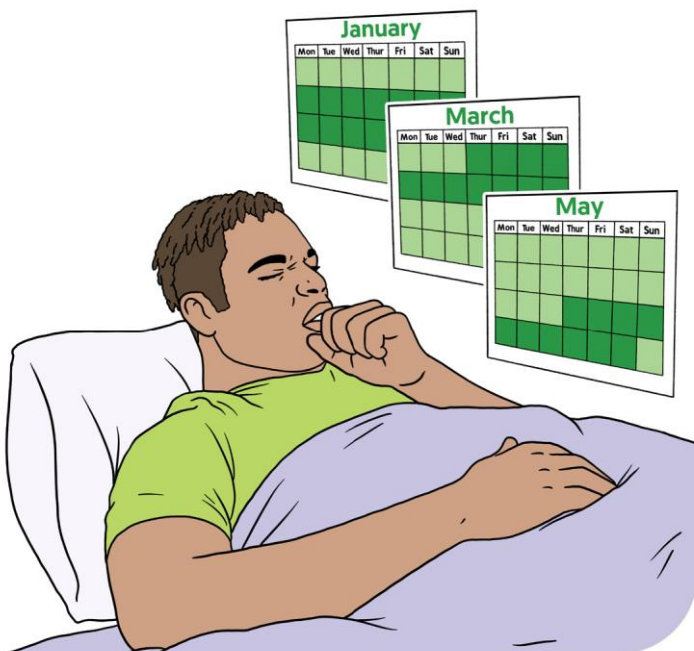


Astaamuhu waxay yihiin calaamado jidhkaaga kaaga digaya in wax qaldan yihiin, sida daal joogto ah.



Haddii aad qabto kansarka sanbabada, waxaa dhici karta inaad:

- yeesho qufac aan tagin



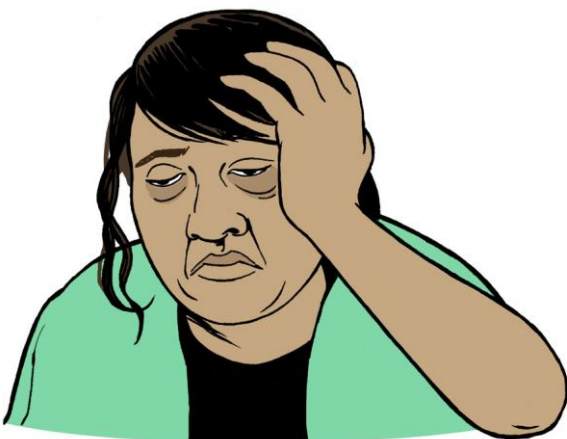
- yeelato caabuqyo laabta ah oo soo noqnoqda



- dareento in neefsashadu kugu adkaato



- aragto dhiig markaad qufacayso.



Waxaad sidoo kale dareemi kartaa daal ama xanuun guud.



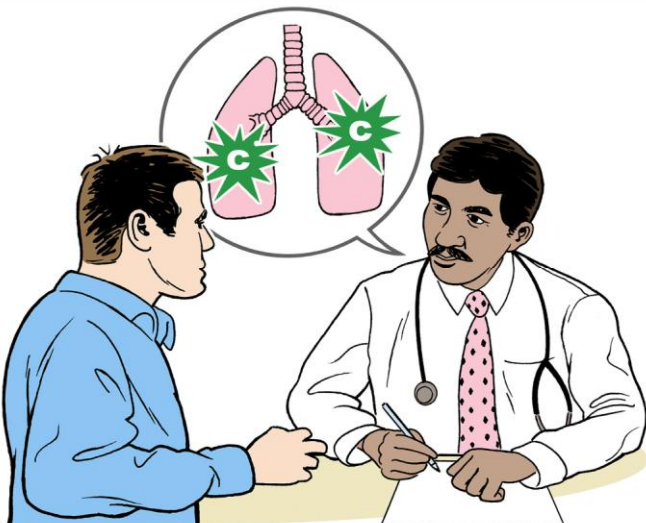
Haddii aad qabto mid ka mid ah
calaamadahan, u sheeg
dhakhtarkaaga sida ugu
dhakhsaha badan.



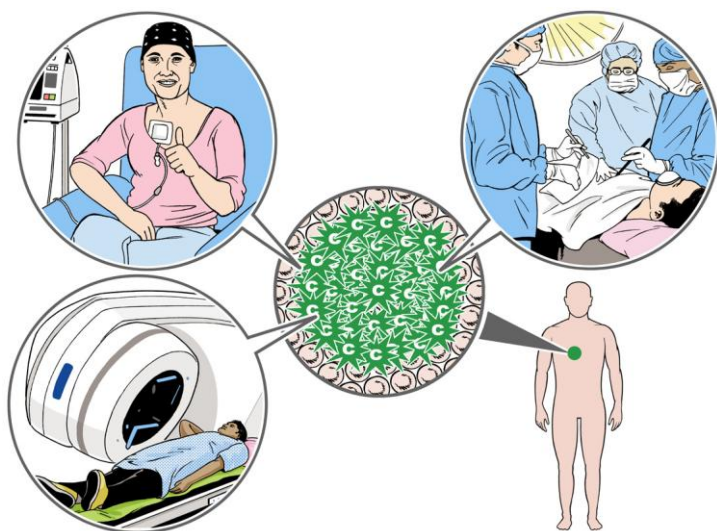
Tijaabooyinka kansarka sanbabada



Waxaa lagu diri karaa isbitaalka
si laguugu sameeyo baaritaanno
lagu ogaado haddii aad qabto
kansarka sanbabada.



Baaritaannadu waxay sidoo kale
caawin doonaan dhakhtarkaaga
inuu si fiican u fahmo kansarka
sanbabada.



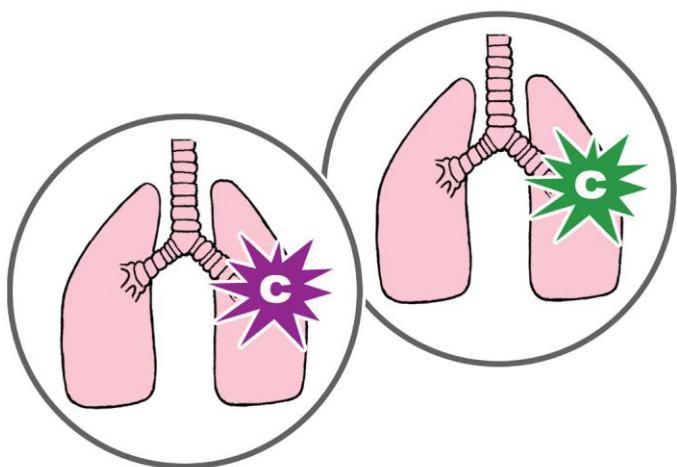
Waxay ka caawin doonaan dhakhtarka inuu doorto daaweynta ugu habboon ee kansarka sanbabada.



Waxaad wax badan ka baran kartaa baaritaannadan buug-yaraha kale ee Macmillan (eeg bogga 29).



Daawaynta kansarka sanbabada



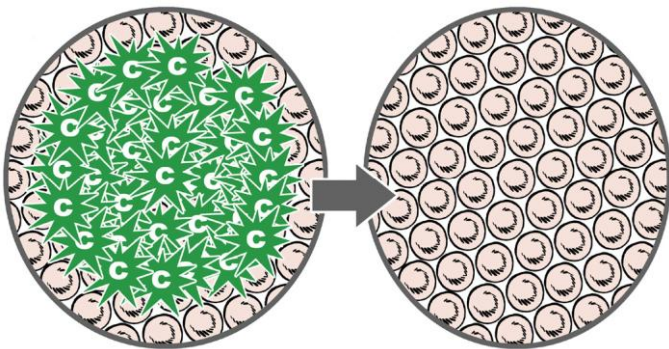
Waxaa jira 2 nooc oo kansarka sanbabada ah, kuwaas waxaa la yiraahdaa **kansarka sambabada unug yar oo aan yarayn (NSCLC)** iyo **kansarka sanbabada unug yar (SCLC)**.



Dhakhtarkaagu wuxuu kuu dooran doonaa daaweynta iyadoo lagu saleynayo nooca kansarka sanbabada ee aad qabto. Waxay kuu sharxi doonaan sababta ay u rumeysan yihiin in daawayntani tahay tan ugu habboon.



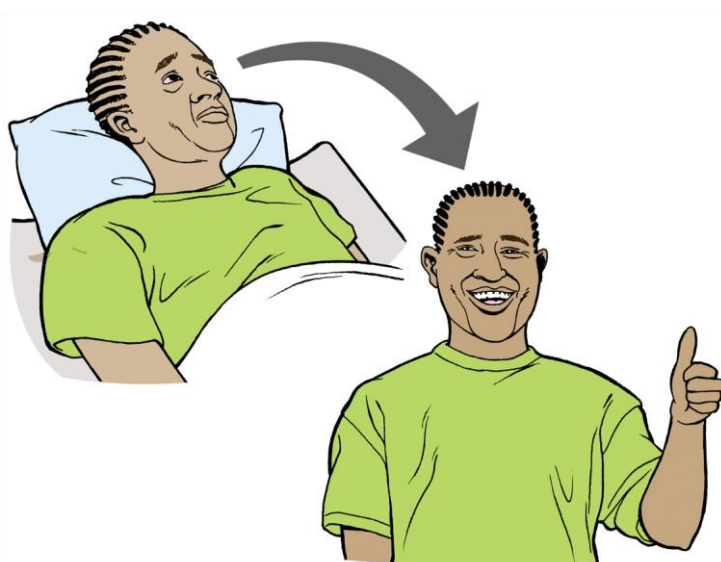
Haddii aad sigaar cabto, kooxaha kansarka ayaa kaala hadli kara sidii aad ku joojin lahayd sigaar cabista.



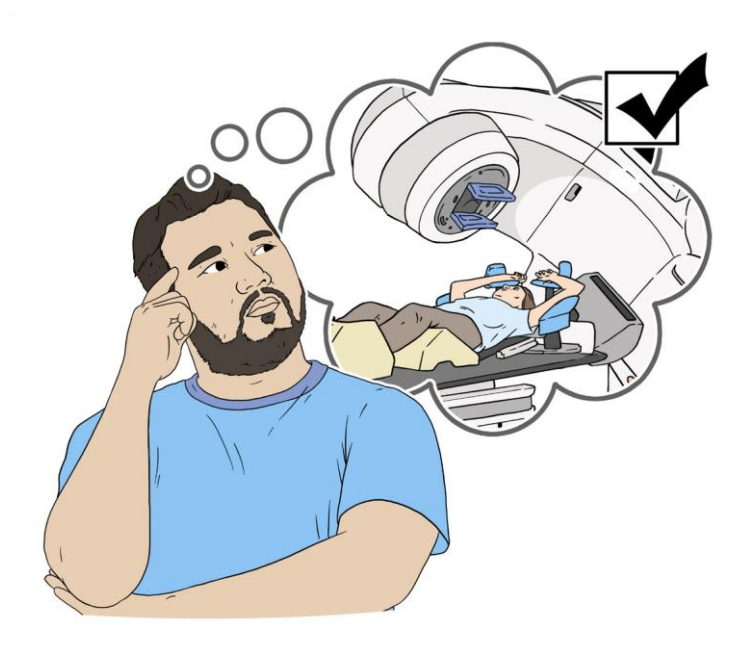
Mararka qaar diamante waxay gebi ahaanba baabi'in kartaa kansarka sanbabada.



Mararka qaarkood daawayntu waxay kaa caawin kartaa inaad si dheer u noolaato.



Mararka qaarkood daawayntu waxay kaa dhigi kartaa inaad si fiican u dareento.



Kahor intaadan helin daaweyn, dhakhtarkaagu waa inuu hubiyaa in:

- aad fahantay sababta laguu siinayo



- waxaad dareemeysaa OKEE in lagu daweeyo.



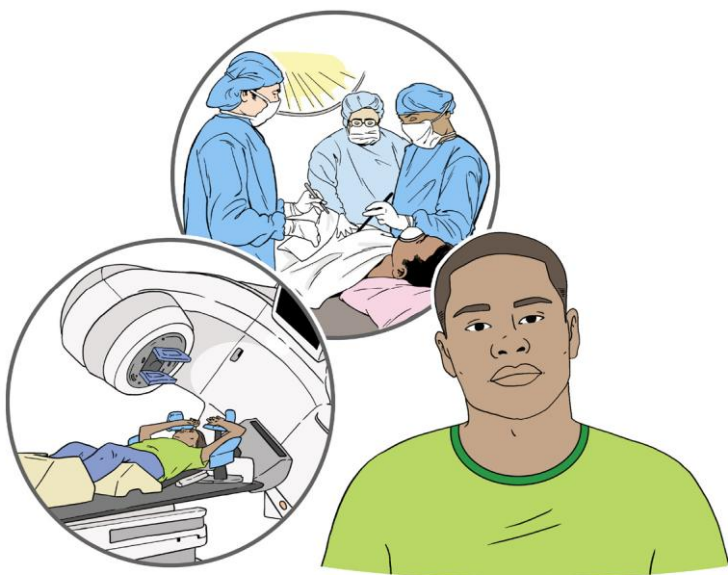
Dhakhtarkaaga ama kalkaalisada ayaa kaa caawin kara inaad si fiican u fahanto daawayntaada. Waxay kula hadli karaan oo ay kuu jawaabi karaan haddii aad qabto su'aalo.



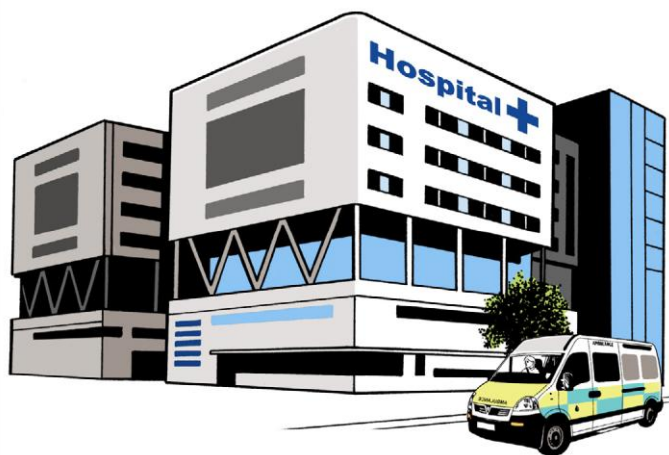
Waxaa jira daawaynno kala duwan oo loo adeegsado kansarka sanbabada. Waxaa laga yaabaa in lagu daweeyo qalliin, raajo, ama daawooyin kansar.



Ama waxaa lagu siin karaa daawooyin kale oo lidka kansarka ah oo la yiraahdo daawooyin bartilmaameed ah ama immunotherapy.



Dadka qaarkood waxay helaan in ka badan hal nooc oo daaweyn ah.



Dhamaan daawayntan waxaa lagu sameeyaa isbitaalka.



Qalliinka



Qalliinka waxuu yahay marka qayb jirkaaga ka mid ah la gooyo ama laga saaro.

Tani sidoo kale waxaa loo yaqaan hawlgal qalliin. Qalliinka waa la samayn karaa haddii kansarka sanbabadu ku kooban yahay meel yar.



Kahor qalliinka waxaa lagu sameyn doonaa baaritaanno dheeraad ah. Tani waa si loo hubiyo in qalliinku kugu habboon yahay oo ammaan kuu yahay.



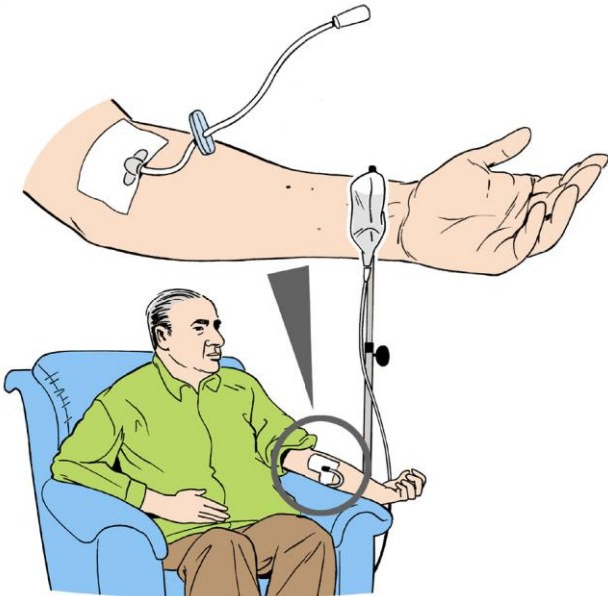
Haddii aad qabto dhibaatooyin kale oo caafimaad, waxaa dhici karta in aan qalliinka lagu sameyn karin.



Daawooyinka lidka kansarka



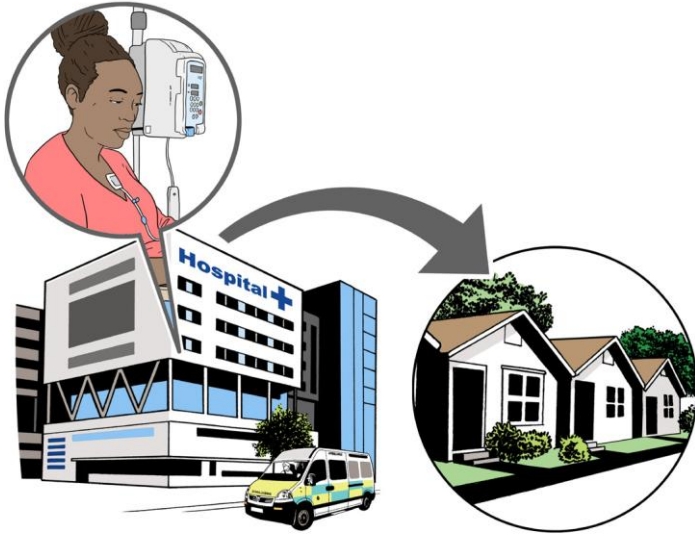
Daawooyinka **chemotherapy** waxay yihiin dawooyin loo isticmaalo in lagu burburiyo unugyada kansarka.



Badanaa waxaa lagu siiyaa xididka iyadoo la adeegsanayo duritaan ama cirbado.



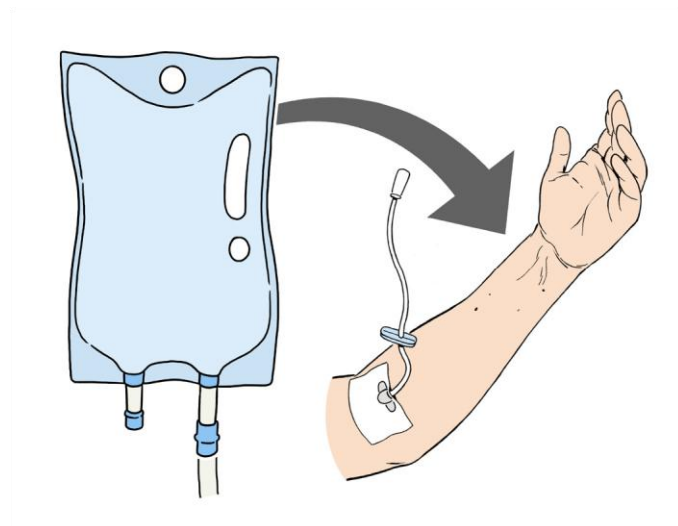
Caadi ahaan waxaad heli doontaa 4 ilaa 6 kalfadhi oo chemotherapy ah, iyadoo nasasho yar la gelinayo inta u dhaxaysa daawaynta.



Inta badan waxaad guriga ku noqon doontaa maalintii kasta kadib daawaynta chemotherapy.



Daawooyinka bartilmaameedka ah waxay si gaar ah u bartilmaameedsadaan oo u burburiyaan unugyada kansarka. Waxaa lagu qaataa kiniin ahaan ama kaabsal ahaan.



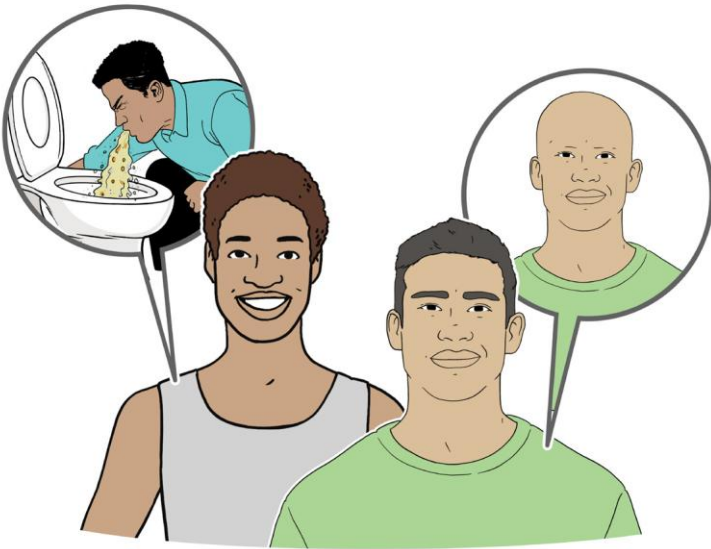
Daawooyinka immunotherapy waxay kaa caawiyaan jidhkaaga inuu burburiyo unugyada kansarka. Waxaa lagu siiyaa xididka iyadoo la adeegsanayo duritaan.



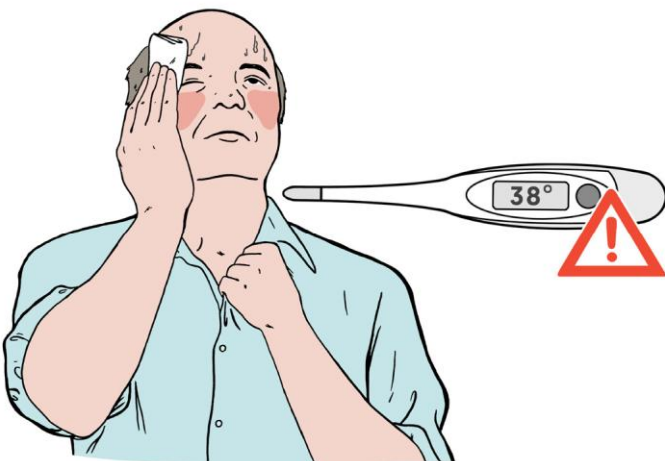
Saameynta dhinaca ee daawooyinka lidka kansarka



Dadka qaar way bukoodaan marka ay helayaan daawaynta kansarka. Kuwani waxaa lagu magacaabaa **ciladaha ka dhasha**.



Dadka kala duwan waxay la kulmi karaan saameynno kala duwan. Waxay ku xiran tahay nooca daaweyn ee aad hesho.



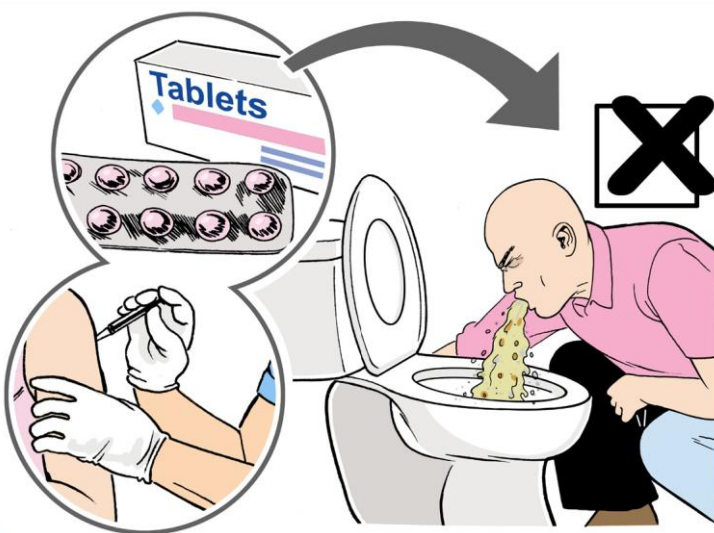
Waxaa laga yaabaa inaad qandho yeelato ama aad xanuunsato.



Waxaa laga yaabaa inaad yeelato shuban ama finan maqaarka ah.



Saameynta badan ee dhinaca ah way yaraadaan marka waqtigu sii socdo.



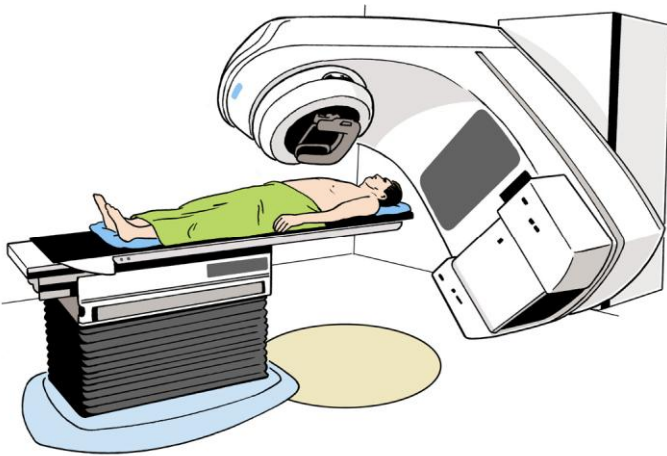
Haddii aad la kulanto wax saameyn ah ama aad walwalsan tahay, la hadal kooxdaada caafimaad isla markiiba. Waxay ku siin karaan dawooyin kaa dhiga inaad si fiican u dareento.



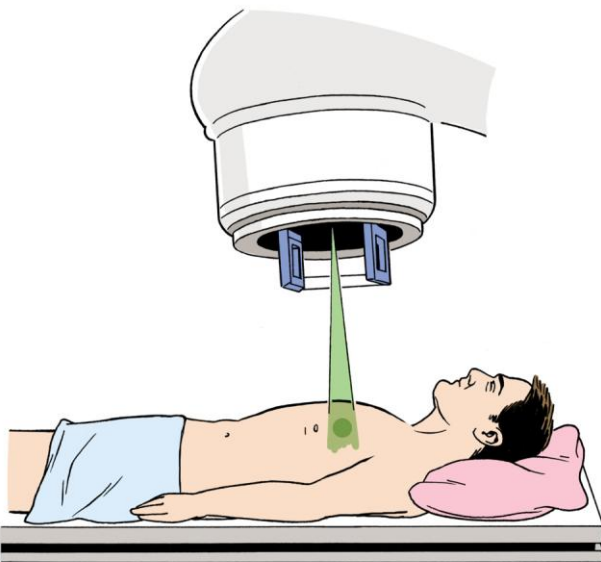
Daawaynta shucaaca



Daawaynta shucaaca waxay isticmaashaa fallaadhaha tamarta sare leh si ay u burburiso unugyada kansarka. Fallaadhahan waxaa loo yaqaannaa **shucaac**.



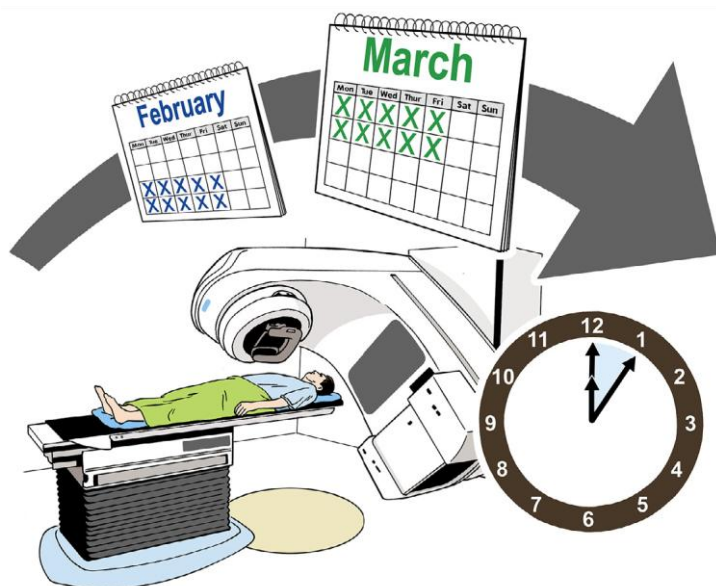
Caadi ahaan waxaa lagu siiya mashiin ka baxsan jirka.



Tani waxay dirtaa fallaadhaha shucaaca si ay u burburiyaan unugyada kansarka sambabka.

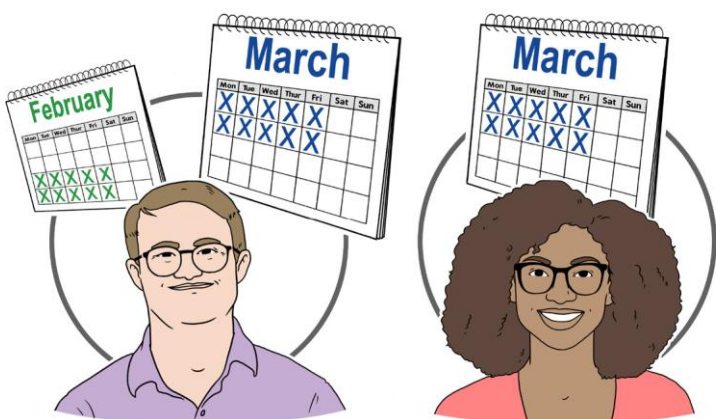


Laakiin waxaa jira siyaabo kale oo lagu heli karo daawaynta shucaaca. Dhakhtarkaaga ayaa kuu sheegi doona sida lagu siin doono daawaynta shucaaca.



Caadi ahaan waxaad heli doontaa daawayn gaaban maalin kasta.

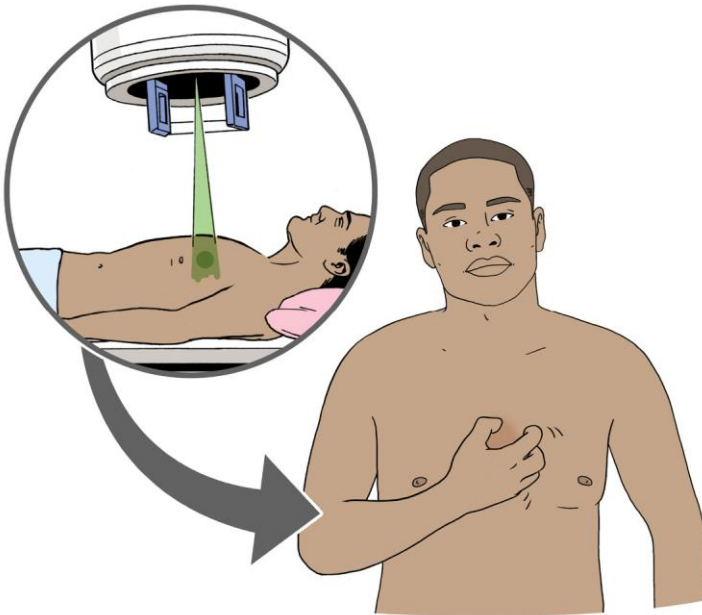
Caadi ahaan guriga ayaad aaddaa marka daawayntu dhamaato.



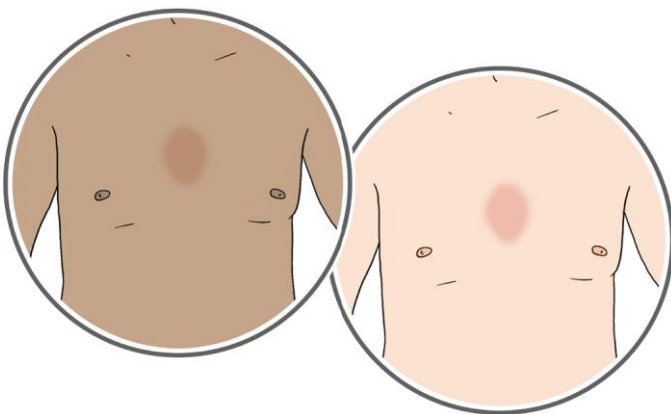
Dhakhtarkaaga ayaa kuu sheegi doona tirada daawayn ee lagu siin doono. Way kala duwantahay qof walba.



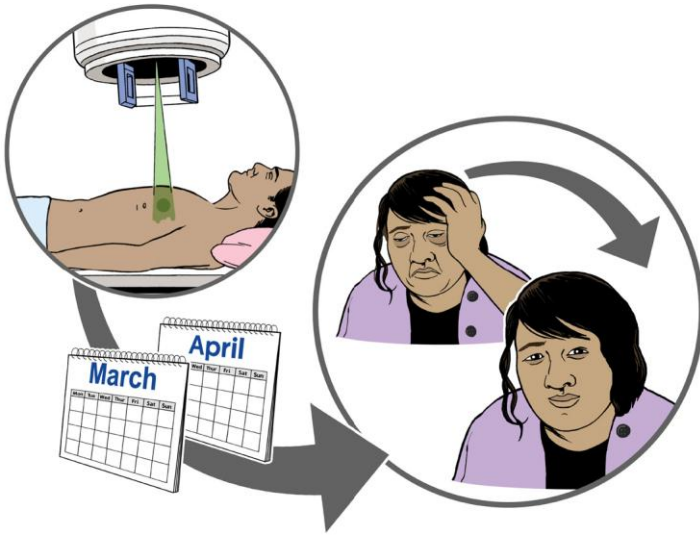
Daawaynta shucaaca waxay keeni kartaa dhibaatooyin dhinaca ah sida daal iyo cunaha oo xanuuna.



Maqaarka aagga daawaynta lagu siiyo wuxuu noqon karaa mid cuncuna ama xanuuna.



Haddii aad leedahay maqaarka madow ama bunni ah, wuxuu noqon karaa mid ka madow meelaha ku xeeran. Haddii aad leedahay maqaarka caddaanka ah, wuxuu noqon karaa casaanka.



Dhibaatooyinka badankood way yaraadaan dhowr toddobaad kadib markaad joojiso daawaynta shucaaca.



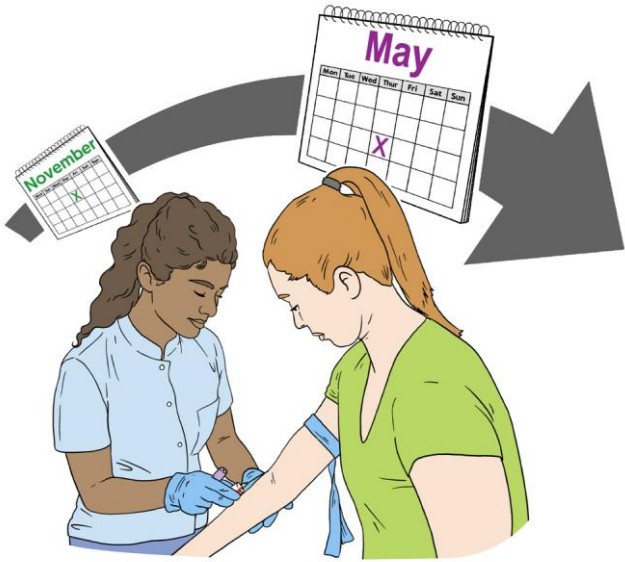
Ka dib daawaynta



Marka daawayntaadu dhammaato, waxaad mari doontaa baaritaanno iyo kormeer joogto ah.



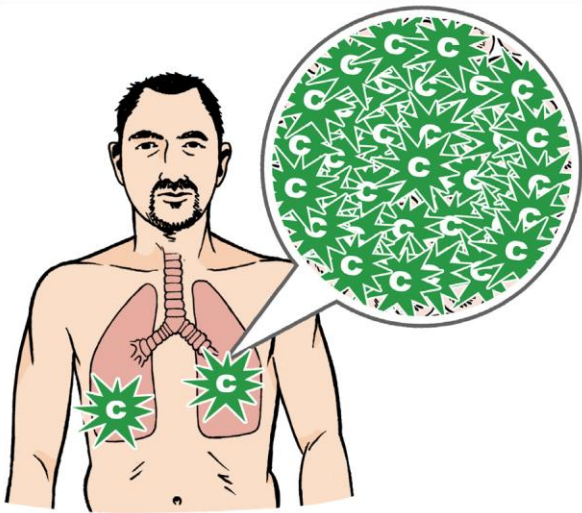
Bilowga hore waxaad si joogto ah u yeelan doontaa baaritaanno iyo kormeerro badan.



Haddii daawayntu ay ka saartay kansarka, kormeerka waxaa la samayn doonaa si ka yar sidii hore.



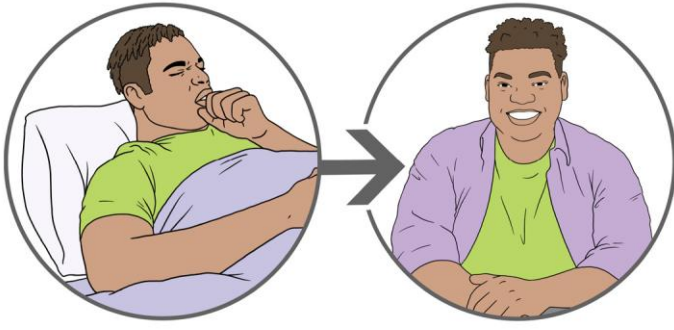
Kansarka sambabka ee horumarsan



Haddii kansarka sambabkaagu uu ku faafo hareeraha sambabka ama uu gaaro meel kale oo jirka ka mid ah, tan waxaa lagu magacaabaa **kansarka sambabka ee horumarsan**.



Waxaad dareemi kartaa xanuun ama tabar-darro haddii aad qabto kansarka sambabka ee horumarsan. Way kugu adkaan kartaa neefsashadu.



Daawayntu ma baabi'in karto kansarka horumarsan. Laakiin waxay kaa dhigi karaan inaad fiicnaato.



Had iyo jeer u sheeg dhakhtarkaaga haddii calaamadahaagu aysan fiicnaan. Dhakhtarkaagu wuxuu kuu qori karaa daawooyin kaa caawiya hagaajinta calaamadaha.



Dareenkaaga



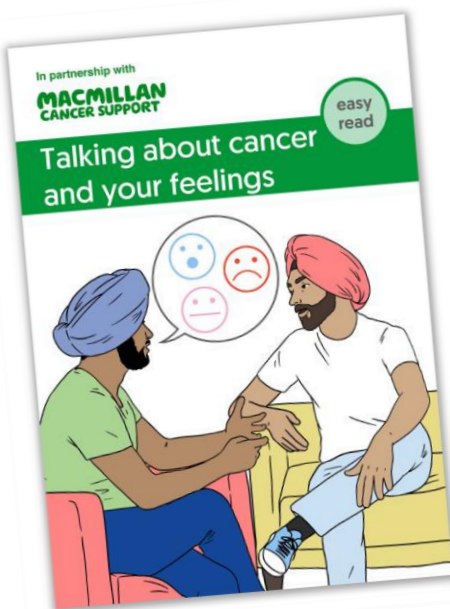
Waxaad la kulmi kartaa dareenno kala duwan markaad qabto kansarka sambabka. Waa wax dabiici ah in la yeesho dareenno kala duwan.



Waxaad dareemi kartaa walaac, murugo ama xanaaq.



Waa muhiim inaad la hadasho qof ku saabsan sida aad dareemayso. Waxay kaa caawin karaan inaad hesho taageerada aad u baahan tahay.



Ururka Macmillan wuxuu leeyahay buug yar oo la yiraahdo Ka hadalka kansarka iyo dareenkaaga (fiiri bogga 31) Tani waxay kaa caawin kartaa inaad si fudud uga hadasho dareenkaaga.



Sida Macmillan uu kuu caawin karo



Waxaad ka heli kartaa taageero ka timaadda:

Khadka Taageerada ee Macmillan

Wac **0808 808 00 00** 7 maalmood toddobaadkii, laga bilaabo 8 subaxnimo ilaa 8 fiidnimo.



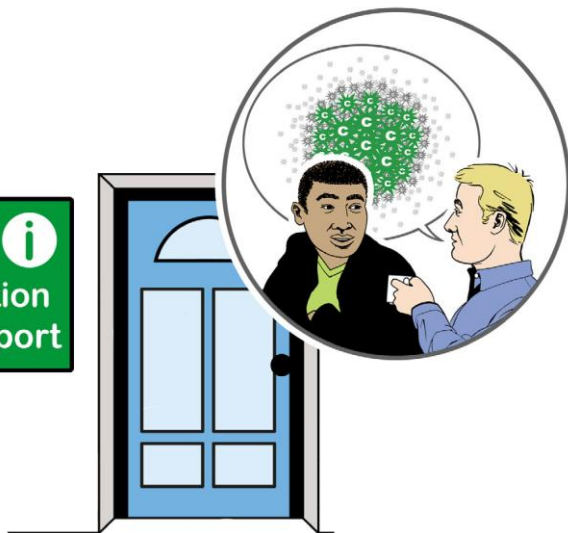
Waxaad nala hadli kartaa adigoo isticmaalaya luqaddaada, oo ay ku jirto Luqadda Calaamadaha Ingiriiska (British Sign Language, BSL). Kaliya noo sheeg waxaad u baahan tahay markaad bilowdo wicitaanka.



Mareegta Macmillan

Booqo **macmillan.org.uk** si aad u hesho macluumaad ku saabsan kansarka.

Waxaad sidoo kale isticmaali kartaa sheekadeenna tooska ah si aad su'aalo u weydiiso bogga **macmillan.org.uk/talktous**



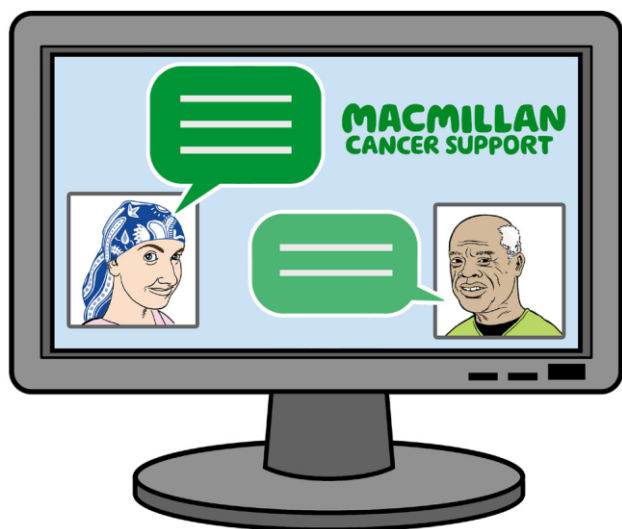
Xarumaha macluumaadka

Waxaad la hadli kartaa khabiir taageero kansarka ah oo waxaad heli kartaa macluumaad qoraal ah. Raadi xarunta kuugu dhow bogga macmillan.org.uk/informationcentres ama naga soo wac.



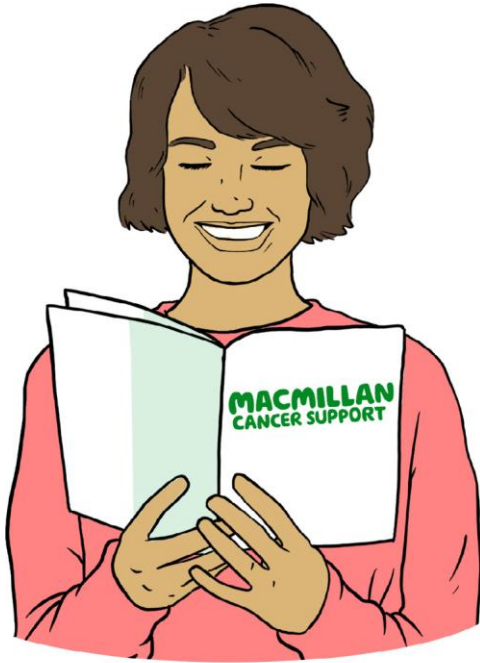
Kooxo taageero maxalli ah

Raadi koox taageero oo kugu dhow bogga macmillan.org.uk/supportgroups ama nala soo xiriir.



Bulshada Online-ka ee Macmillan

Waxaad la hadli kartaa dad kale oo xaalado la mid ah kugu sugan bogga macmillan.org.uk/community



Macmillan waxay ku siin kartaa macluumaad siyaabo kala duwan:

Buug-yareyaal ku saabsan kansarka

Waxaad dalban kartaa buug-yareyaal ku saabsan kansarka adigoo ka

orders.macmillan.org.uk



Fiidyowyo

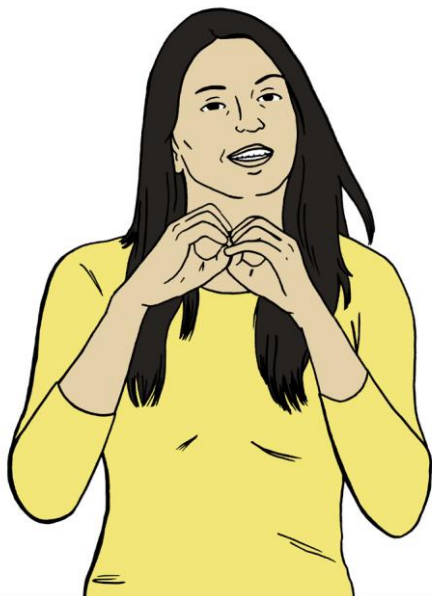
Waxaad daawan kartaa fiidyowyo ku saabsan kansarka bogga

macmillan.org.uk/videos



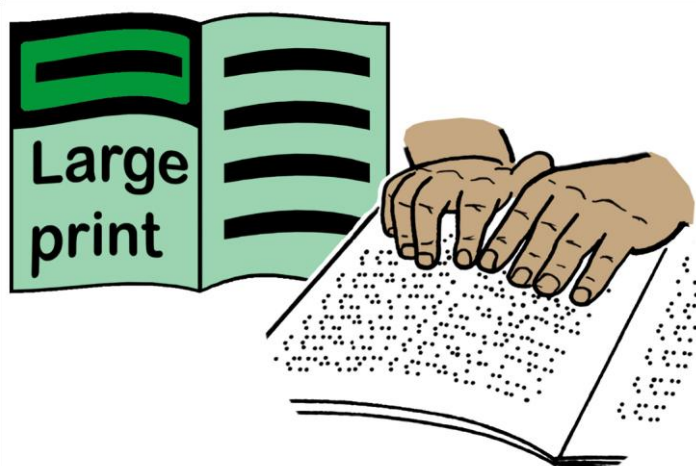
Dhageysi

Waxaad dhageysan kartaa macluumaad ku saabsan kansarka oo waxaad dalban kartaa CDs bogga macmillan.org.uk/audio



Luqadda Calaamadaha Ingiriiska (British Sign Language, BSL)

Waxaad daawan kartaa
macluumaad ku qoran BSL bogga
macmillan.org.uk/bsl



Daabacaad weyn ama Braille

Nala socodsii haddii aad u baahan
tahay macluumaad lagu daabacay
far weyn ama qaabka Braille.

limeylka: [informationproduction
team@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)



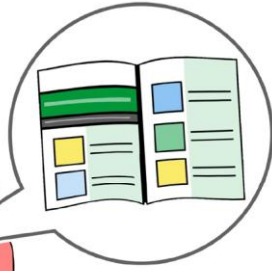
Turjumaada

Nala socodsii haddii aad u
baahan tahay macluumaad ku
qoran luqad kale.

limeylka: [informationproduction
team@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk)



Buug-yareyaal si fudud loo akhrin karo oo dheeraad ah



Dalbo buug-yareyaal kale oo si fudud loo akhrin karo bogga

macmillan.org.uk/easyread

Waxaa jira buug-yareyaal ku saabsan mowduucyo badan:

Ku saabsan Macmillan

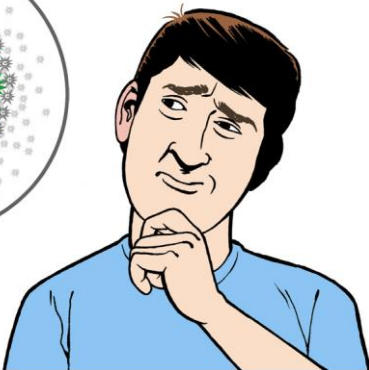
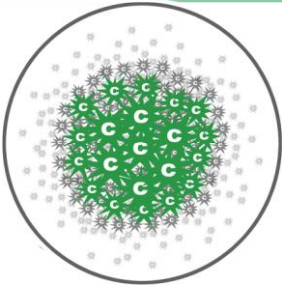
- Sida Taageerada Kansarka Macmillan ay kuu caawin karto
- Qiimeynta Baahiyaha Guud

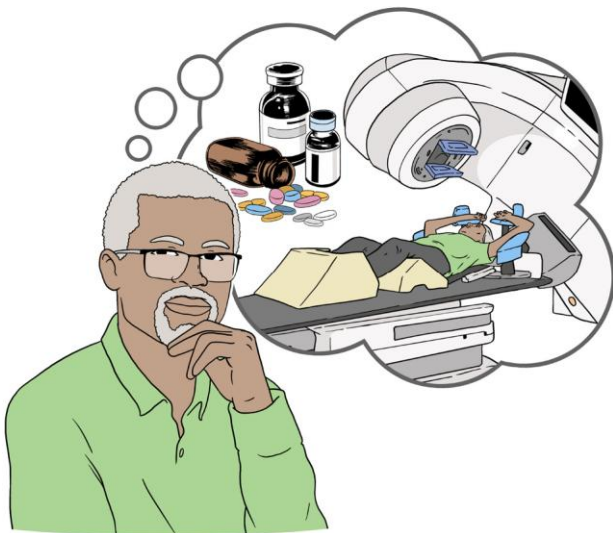
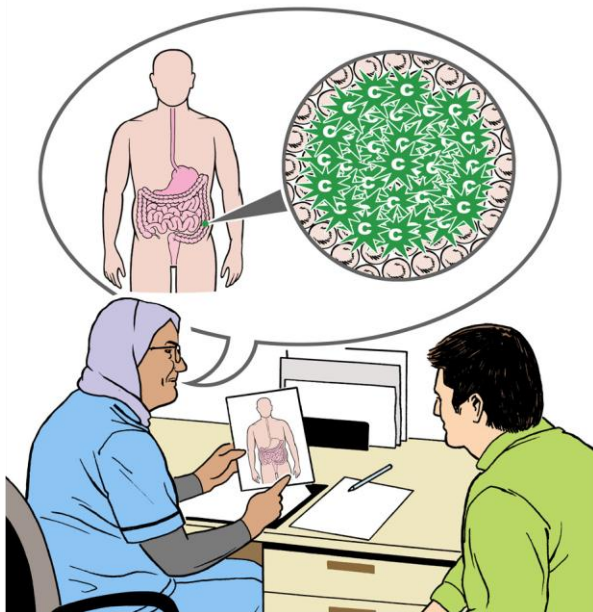
Ku saabsan kansarka

- Kansarka sambabada
- Waa maxay kansar?

Calaamadaha iyo astaamaha

- Daryeelka naaska iyo baaritaanka caafimaadkiisa
- Baaritaanka ilmo-galeenka
- Sida loo hubiyo xiniinyahaaga (xiniinyaha)
- Calaamadaha kansarka
- Calaamadaha kansarka ilmo-galeenka
- Calaamadaha kansarka qanjirka prostate-ka





Baaritaannada kansarka

- In lagu sameeyo qaadista unugyo tijaabo ah
- In lagu sameeyo baaritaanka mindhicirka
- In lagu sameeyo sawirka C
- In lagu sameeyo baaritaanka gudaha jirka
- In lagu sameeyo baaritaanno iyo tijaabooyin dhiig
- In lagu sameeyo sawirka MR
- In lagu sameeyo sawirka codka dhawaaqiisa
- In lagu sameeyo raajo

In lagu wargeliyo inaad qabto kansar

- Inaad ogaato inaad qabto kansar
- Helitaanka natiiyooyinka tijaabooyinkaaga
- La kulanka dhakhtarka

Go'aaminta daawayntaada

- Dhammaan xogtayda – qoraallo loogu talagala kooxda daryeelka caafimaadkayga
- Go'aansashada nooca daawaynta
- Sida loo helo adeeg caafimaad oo siman
- Haddii aadan ku qanacsanayn daryeelkaaga caafimaad



Daawaynta kansarka

- Chemotherapy
- Bixinta oggolaanshahaaga
- In lagu sameeyo qalliin
- Raajo-daawayn
- Saamaynta ka dhalata chemotherapy
Saamaynta ka dhalata raajo-daawaynta
- Daawaynta kansarka qanjirka prostate-ka



Inaad ku noolaato nolol caafimaad leh

- Iska ilaali qorraxda
- Cab khamriga si xaddidan ama iska yaree
- Cun cunto caafimaad leh
- Jimicsi
- Galmo ammaan ah samee



Nolosha la nool kansarka

- Dalbashada gunnooyinka marka aad qabto kansar
- Daawaynno kale oo dhammaystiran
- Caawimaad ku saabsan kharashaadka marka aad qabto kansar
- Dadka LGBTQ+ iyo kansarka
- Ka hadalka kansarka iyo dareenkaaga



Nolosha la nool kansarka

- Waxa dhaca marka daawaynta kansarku dhammaato
- Shaqada iyo kansarka
- Nolosha galmada iyo kansarka
- Nolosha bulshada iyo kansarka

Dhammaadka nolosha

- Isbeddellada dhici kara marka noloshu dhammaanayso
- Doorashada meesha aad rabto inaad ku dhimato
- Waxyaabaha aad samayn karto marka aad isu diyaarinayso dhimashada
- Ka fikiridda aaskaaga
- Qofka kaa caawin kara haddii aad dhimasho u dhowdahay
- Dareenkaaga marka aad dhimasho dhowdahay



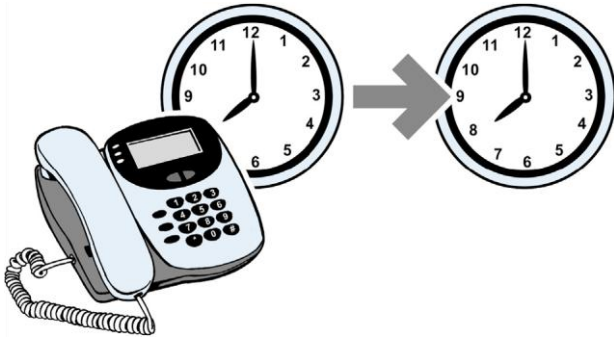
Ka dib marka qof dhinto

- Ka qaybgalka aaska marka qof dhinto
- Dareenkaaga marka qof dhinto iyo waxa kaa caawin kara

Si aad u dalbato buugag fudud oo la akhriyi karo sida kan, booqo bart macmillan.org.uk/easyread ama naga soo wac **0808 808 00 00**

Buuggani wuxuu ku saabsan yahay kansarka sambabbada.

Waxaa loogu talagalay qof kasta oo jecel ereyo iyo sawirro fudud oo la fahmi karo. Haddii aad qabto su'aalo kale oo ku saabsan kansarka ama aad rabto inaad nala hadasho, wac Khadka Taageerada ee Macmillan.



- Bilaash noogu soo wac:

0808 808 00 00

7 maalmood usbuucii laga bilaabo
8:00 subaxnimo ilaa 8:00 fiidnimo.



- Haddii aad isticmaasho taleefanka qoraalka, waxaad wici kartaa:

18001 0808 808 00 00



- Ama booqo mareegaha

macmillan.org.uk

Buugan yar oo si fudud loo akhriyi karo waxa soo saaray Taageerada Kansarka ee Macmillan oo la shaqaynaysa ISBEDEL.

MAC17499_ER_E03 La soo saaray Janaayo 2025. Dib-u-eegista xigta ee la qorsheeyay waa Janaayo 2028.

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