

Waa maxay Raajada Naasuhu (Mammogram)?

Raajada naasuhu waa sawir aad ammaan u ah kaasoo laga qaado naasaha waxaana lagu ogaan karaa kaankarada/kansarka naasaha xataa ka hor inta aysan haweenaydu dareemin. Sidaa awgeed helidda raajada naasuhu waa habka ugu wanaagsan ee looga hortagi karo kaankarada/kansarka naasaha.

- ❖ Marka kaankarada/kansarka naasaha waqti hore la ogaado, waa la daaweyn karaa.
- ❖ Ka hortagga iyo daaweynta waqtiga hore ee kaankarada/kansarka naasuhu waxay ka hortagi doontaa xanuun iyo il-darnaan adiga iyo qoyskaaga idinku dhaca.
- ❖ Haweenka laga daaweeyey kaankarada/kansarka naasaha intooda badan si caafimaad leh ayey u noolaadaan, nolol xayi leh.

What is a Mammogram?

A mammogram is a very safe x-ray picture of the breast and can find breast cancer even before a woman feels it. So getting a mammogram is the best way to prevent breast cancer.

- ❖ When breast cancer is found early, it can be treated.
- ❖ Prevention and early treatment of breast cancer will prevent pain and suffering for you and your family.
- ❖ Most women who are treated for breast cancer go on to live healthy, active lives.

Yaa u baahan Raajada Naasaha (Mammogram)?

- ❖ Khatarta kaankarada/kansarka naasaha ee haweenku waxay la korodhtaa da'da.
- ❖ Haweenka da'doodu tahay 40 ama ka weyn waa iney raajada naasaha maraan hal ilaa iyo labo sano oo kastaba mar.

Who needs a Mammogram?

- ❖ A woman's risk for breast cancer increases with age.
- ❖ Women ages 40 and over should have mammogram tests every one to two years.

Natijoooyinka Raajada Naasaha (Mammogram)

Caadi: Natijoo caadi ah macnaheedu wuxuu yahay ineysan jirin wax aan caadi ahayn oo la helay. Aad ayey muhiim ugu tahay haweeney leh natijoo raajo naaso iney hesho raajo naaso 1 ilaa iyo 2 sano kastaba mar si ay u xaqiijiso in wax aan caadi ahayn aysan ku dhicin.

Wax aan caadi ahayn: Natijoo aan caadi ahayn macnaheedu wuxuu yahay in la helay xoogaa is beddel ah oo ka jira naasaha. Maahan in isbeddel kasta oo naasaha ka jira uu yahay kaankaro. Qaar ka mid ah is beddelka naasaha ayaa laga yaabaa iney tilmaamaan kaankaro.

Haddii aad heshid natijoo raajo naaso oo aan caadi ahayn, aad ayey muhiim u tahay inaad xafiddo dabagalka ballamada dhakhtarkaaga ama waaxda sawir saaridda.

Mammogram Results

Normal: A normal result means that there are no abnormal findings.

It is very important for a woman who has a normal mammogram result to get a mammogram every 1 to 2 years to be sure that new abnormalities do not develop.

Abnormal: An abnormal result means that some changes in the breast were found. Not all breast changes are cancer. Some breast changes may indicate cancer.

If you receive an abnormal mammogram result, it is very important to keep a follow-up appointment with your doctor or radiology department.

Sugidda Natijada Raajada Naasahaaga (Mammogram)

Waa caadi in la welwelo inta aad sugeysid natijada raajada naasahaaga. Haweenka qaarkood waxaa laga yaabaa iney hurdada carqalad ka gasho, iyagoo xoogga saaraya ama sameynaya hawl maalmeedkooda. Haddii aad dhibaato kala kulantid wax ka qabashada welwelkaaga, waxaa laga yaabaa inaad u baahatid inaad wixii aad ka welwelsan tahay kala hadashid xubnaha qoyska ama saaxiib. Waxaad sidoo kale welwelkaaga wax ka weydiin kartaa dhakhtarkaaga ama kalkaaliyaha. Marka aad heshid natijada raajada naasaha, waxaa laga yaabaa inaad u baahatid war dheeraad ah. La hadal dhakhtarkaaga ama kalkaaliyaha.

Xusuusnow: Aad ayey muhiim u tahay inaad xafiddo dabagalka ballanta aad la leedahay dhakhtarkaaga sida ugu dhakhsaha badan ee suuragalka ah gaar ahaan haddii aad leedahay raajo naaso aan caadi ahayn!

Waiting for Your Mammogram Result

It is normal to worry while you wait for the mammogram results. Some women may have trouble sleeping, concentrating or doing everyday activities. If you are having trouble dealing with your worries, you may want to talk about your concerns with a family member or a friend. You can also ask your doctor or nurse about your concerns. Once you receive your mammogram results, you may want to get more information. Talk to your doctor or nurse.

Remember: It is very important to keep your follow-up appointments with your doctor as soon as possible especially if you have an abnormal mammogram!

Raajada naasaha ee aan caadiga ahayn ka dib

Raajada naasaha ee aan caadiga ahayn ka dib ayaa laga yaabaa inuu dhakhtar sameeyo baaritaanno dheeraad ah:

Imtixaanka naasaha ee u fiirsashada ah – Dhakhtar ama kalkaaliye ayaa imtixaanaya naasaha

Imtixaanidda naasaha ee cilad-raadinta ah – Waxaa mar kale lagu eegayaa naasaha iyadoo la saarayo raajooyin badan oo ammaan ah

Sawirka Sanqadha Adeegsada (Ultrasound) – Waxaa lagu eegayaa naasaha iyadoo la adeegsanayo mowjado cod joogto ah oo sarreeya oo ammaan ah.

Iyadoo ku saleysan natiijooyinka imtixaannadaan, waxaa laga yaabaa inuu dhakhtarku go'aansado in aan loo baahneyn baaritaanno dheeraad ah isla markaana daaweyn aysan lagama maarmaan ahayn. Ama dhakhtarku uu go'aansado inaad u baahan tahay baarid kale oo loo yaqaanno 'biopsy' (unugyo ama dheecaanno jidhka ka saarid).



After an abnormal mammogram

After an abnormal mammogram a doctor may do more tests:

Clinical breast exam – A doctor or nurse examines the breast

Diagnostic mammography – Look at the breast again with more safe x-rays

Ultrasound – Look at the breast with safe, high-frequency sound waves.

Based on the results of these exams, the doctor may decide that no further tests are needed and no treatment is necessary. Or the doctor may decide that you need another test called a biopsy.

Biopsy (Unugyo ama Dheecaanno jidhka ka saarid)

Habka keliya ee lagu ogaanayo si xaqiiqo leh haddii waxa aan caadiga ahayn ee naasaha ka jiraa ay yihiin kaankaro waa in naasaha laga saaro waxoogaa unugyo ama dheecaanno ah ka dibna lagu imtixaano weyneeye (microscope). Baariddaan waxaa loo yaqaanaa 'biopsy' (unugyo ama dheecaanno jidhka ka saarid). Haddii natiijada 'biopsy' (unugyo ama dheecaanno jidhka ka saarid) ay noqdaan in wax lagaa helay, taas macnaheedu wuxuu yahay in unugyada meesha laga helay kaankaro. Waa muhiim inaad heshid daaweyn.

Xusuusnow: Marka kaankaro/kansar waqti hore la iska helo, way sahlan tahay in la daaweeyo.

Biopsy

The only way to find out for sure if a breast abnormality is cancer is to have some breast tissue or fluid removed and examined under the microscope. This test is called a biopsy. If the biopsy result is positive, it means that tissues from the area contain cancer. It is important that you get treatment.

Remember: When cancer is found early, it can be easier to treat.

Maxaa sababa kaankarada/kansarka naasaha?

Sanad kasta Ameerika gudaheeda, ku dhowaad 180,000 haween ah ayaa laga baaraa kaankarada naasaha. Cilmi baareyaashu ma hubaan sababta dadka qaar ay kaankaradu ugu dhacdo halka aysan kuwo kale ugu dhicin.

Si kasta ha ahaatee cilmi baaris ayaa muujineysa ineysan qalad ay haweenku sameeyeen ahayn. Wax qalad ah ma aysan sameynin nolosheeda oo dhan taasoo ay ku sababeysa kaankaro.

Haweenaydu kama “qaadi” karto kaankarada naasaha haweenay kale oo laga helay kaankaro naaseed. La isuma gudbiyo. Dhaawac naasaha gaarayna ma sababo.

Cilmi baaris ayaa muujisay in khatarta haweenaydu ay ugu jirto kaankarada naasuhu ay sarreyneyso haddii hooyadeed ama walaasheed ay qabtay kaankarada naasaha. Si kasta ha ahaatee, maahan sababta inay is qaadsiiyeen.

What causes breast cancer?

Each year in the United States, almost 180,000 women are diagnosed with breast cancer. Researchers are not sure why some people get cancer and other people do not.

However research shows that it is not the woman’s fault. She has not done anything wrong in her life to cause breast cancer.

A woman cannot “catch” breast cancer from other women who have been diagnosed with breast cancer. It is not contagious. It is also not caused by an injury to the breast.

Research has shown that a woman’s risk for breast cancer is higher if her mother or sister has had breast cancer. However, this is not because they infected each other.

Noocyada kaankarada naasaha:

Arrin kasta oo kaankaro naasood lagama maarmaan maahan inuu kuwa kale la mid noqdo. Kaankarda naasaha waxaa la heli karaa waqti hore ama waqti dambe (marxaladda kaankarada). Waxaa sidoo kale jira noocyo kala duwan oo ah unugyo kaankaro. Haddii kaankarada naasaha la iska helo, baaritaanno badan ayaa la sameynayaa si loo ogaado nooca gaarka ah ee ay tahay iyo marxaladda ay marayso. Daaweyntu waxay ku xiran tahay marxaladda iyo nooca kaankarada.

Types of breast cancer:

Every breast cancer case is not necessarily the same. Breast cancer can be found early or later (cancer stage). There are also different types of cancer cells. If breast cancer is found, more tests will be done to find out the specific type and stage. Treatment depends on the stage and type of cancer.

Doorrimaadyada Daaweynta

Haween badan oo qaata daaweynta kaankarada naasuhu waqti dheer ayey noolaadaan nolol si caafimaad lehna way ku noolaadaan daaweyn wax ku ool ah awgeed. Waxaa jira daaweyno aad wax ku ool u ah oo cusub oo loogu talagalay kaankarada naasaha. Waxaa laga yaabaa iney daaweyntu tahay mid iska sahlan ama mid aad isku dhafan. Badanaa, daaweyn hal nooc ka badan ayaa loo baahdaa. Si loo go'aansado daaweynta ugu wanaagsan, haweenayda iyo qoyskeedu waa iney la hadlaan dhakhtarkeeda.

Doorrimaadyo Daaweynta waxa ka mid ah:

- Qalliin
- Ku Daaweyn Shucaac
- Ku Daaweyn Kiimiko
- Ku Daaweyn Hormoon (Hormone)



Treatment Options

Many women who get treatment for breast cancer live long and healthy lives because of effective treatments. There are newer and more effective treatments for breast cancer. Treatment may be simple or more complex. Usually, more than one type of treatment is needed. To decide which is the best treatment, a woman and her family should talk to her doctor.

Some Treatment Options are:

- Surgery
- Radiation Therapy
- Chemotherapy
- Hormone Therapy

Qalliin:

Tani waxay ku tacalluqdaa in kaankarada dibedda loo saaro marka qalliin la sameeyo. Waxaa jira noocyo kala duwan oo qalliin ah iyadoo hadba ku xiran kaankarada. Qalliinnada qaarkood way sahlan yihiin. Oo markaa waxaa laga yaabaa in qalliinka lagu saaro kaankarada oo keliya iyo xoogaa unugyo ah oo meesha ku hareereyasn [oo loo yaqaanno buro saarid (lumpectomy)]. Nooc kale oo qalliin ayaa lagu saaraa kaankarada iyo xoogaa unugyo ah oo meesha ku xeeran sida lakabka khafiifka ah ee saaran muruqyada feedhaha [oo loo yaqaanno saaridda qayb ahaan naaska (mastectomy)]. Nooc kale oo qalliin ayaa weliba lagu saaraa naaska oo dhan iyo xoogaa muruqyo ah oo ku xeeran (oo loo yaqaanno saaridda naaska oo dhan).

Raajada naasaha oo waqti hore dareenta kaankarada awgeed, ayey haweenka qaarkood u baahan yihiin oo keliya saaridda naaska qayb ahaan (lumpectomy).

Surgery:

This involves taking out the cancer in an operation. There are different types of surgery depending on the cancer. Some surgeries are simpler. The surgery may remove only the cancer and some tissues around the area (called a lumpectomy). Another type of surgery removes the cancer and some of the other surrounding tissue such as the lining over the chest muscles (called a partial mastectomy). Yet another type of surgery removes the whole breast and some muscles around it (called a total mastectomy).

Because mammograms detect breast cancer early, some women only need a lumpectomy.

Ku Daaweynta Shucaaca Isticmaalidda faallaraha ileyska sarreeya, ku daaweynta shucaacu wuxuu dilaa unugyada kaankarada ama wuxuu ka ilaaliyaa koritaanka iyo badashada. Ku daaweynta shucaaca waxaa badanaa la isticmaalaa qalliinka ka dib.

Radiation Therapy Using high-dose x-rays, radiation therapy kills cancer cells or keeps them from dividing and growing. Radiation therapy is usually used after surgery.

Ku Daaweynta Kiimikada Daawooyinka kaankarada liddiga ku ah waxay dilaan ama joojiyaan koritaanka unugyada kaankarada. Ku daaweynta kiimikada waxaa sidoo kale lala isticmaalaa qalliinka.

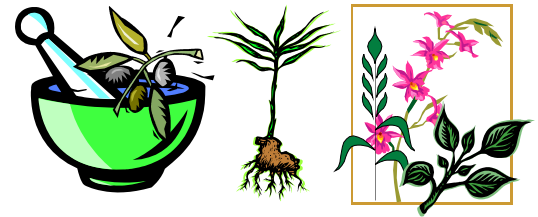
Chemotherapy Anti-cancer medications kill or stop the growth of cancer cells. Chemotherapy is also used in combination with surgery.

Ku Daaweynta Hormone Waxaa jira daawo afka la iska siiyo taasoo ka shaqeysa ka joojinta noocyo dhowr ah oo ka mid ah unugyada kaankaradu iney koraan. Daawada inta badan la isticmaalo waxaa loo yaqaanaa “tamoxifen”.

Hormone Therapy There are oral medications that work to stop certain types of cancer cells from growing. A commonly used medication is called “tamoxifen”.

Daawada Geedaha iyo Hababka kale ee Caafimaad Dhaqaneedka ah:

Dadka qaarkood ayaa laga yaabaa iney damcaan iney tijaabiyaan hababka caafimaad dhaqaneedka si looga hortago ama loo daaweeyo kaankarada. Daawooyinka geedaha iyo hababka caafimaad dhaqaneedku way la socon karaan daawooyinka reer Galbeedka. Midna qofka kama joojiyo inuu isticmaalo midka kale.



Haddii ay haweeney daneeyneyso daaweynadaan, waa muhiim iney la hadashaa takhtarkeeda si markaas daaweynadu aysan si wax dhimid ah ugu faragelin daaweyn kasta oo kale oo ay horey u qaadanaysay.

Herbal Medicine and Other Traditional Health Practices:

Some people may want to try traditional health practices to prevent or treat cancer. Herbal medicines and traditional health practices can go hand in hand with Western medicine. One does not keep a person from using the other.

If a woman is interested in these treatments, it is important that she talks to her doctor so the treatments will not interfere in a negative way with any treatment she is already receiving.

Ilo Lacag la' aan ah:

Halkaan waxaa yaalla xoogaa ilo ah oo loogu talagalay warar dheeraad ah. Wicitaanka telefoonku waa lacag la' aan isla markaana waxaad weydiisan kartaa in war dheeraad ah oo lacag la' aan ah lagu soo diro.

1. Ururka Kaankarada Maraykanka (American Cancer Society)

Ingiriisi 1-800-227-2345 (Wuxuu isticmaalaa luqadda khadka AT&T – Waxaa dadka aan luqadda Ingiriiska ku hadlin ay heli karaan turjumaan, 24 saacadood maalintiiba)

2. <http://www.ethnomed.org/> waxaa loogu talagalay warar xaddidan oo la xidhiidha kaankarada.

Free Resources:

Here are some resources for more information. The phone call is free and you can ask to have more information mailed to you for free.

1. American Cancer Society

English 1-800-227-2345 (Uses AT&T language line – Can get interpreter in non-English languages, 24 hours a day)

2. <http://www.ethnomed.org/> for limited cancer related information.

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