

Dadka qaarkood waxay rumeysan yihiin in kansar qabidda macnaheedu uu yahay in ay dhiman doonaan, laakiin taasi mar walba run ma ahan. Dad badan ayaa waqti dheer ku sii noolaada, nolol caafimaad leh marka kansarka laga daaweeyo ka dib. Isla markaana saynisyahannadu waxay filayaan in tirada dadka ka badbaada kansarku ay sanadaha soo socda kor u kacdo. Kor u qaadidda baaritaannada lagu kala saarayo (imtixaannada lagu eego kansarka waqti ka sii horreeya inta aysan calaamaduhu soo bixin), dareemidda waqtiga hore (ogaanshada kansarka waqti hore markaasoo uu yar yahay uusanna sababeyn wax dhibaato ah), iyo daaweynta kansarka ayaa ah waxyaabo dad badan u oggolaada in ay sii noolaado sanad kasta kansar ka dib. Hal qayb oo aad muhiim u ah ee ka badbaadidda kansarku waa in waqti hore la ogaado. Waqti hore marka la iska baaro cudurkaba, fursadaha noolaanshada waqti dheer way sii wanaagsanaadaan kansarka ka dib. Sidaas awgeed, takhtarkaaga kala hadal baaritaannada lagu kala saarayo, kana codso calaamadaha digniinta ee noocyada kala duwan ee kansarka. Xusuusnow, in ay suuragal tahay in kansar laga badbaado!

Some people believe that having cancer means they will die, but that is not always true. Many people live long, healthy lives after they have cancer treatment. And scientists expect the number of cancer survivors to increase over the coming years. Improvements in screening tests (examinations that look for cancer early before symptoms), early detection (finding the cancer early when it is smaller and not causing any problems), and cancer treatment are things that allow more people to live following cancer each year. One very important part of surviving cancer is finding it early. The earlier the disease is diagnosed, the better chances are for living a long life following a cancer. So, talk with your doctor about screening tests, and ask about the warning signs of different types of cancer. Remember, it is possible to survive cancer!