

Dulmarka Guud: Helitaanka iyo Daaweynta kansarka naaska

Ogaashaha haddii aad qabto kansarka naaska ama aadan qabin waxay qaadaneysaa muddo todobaadyo ah, waxayna ku lug leedahay noocyo kala duwan oo baaritaan ah.

Baarista tijaabada "Screening tests" haweynka oo laga fiirinaayo sumada cudurka iyadoo aanan laheen calaamadaha cudurka. Baaristaan waa in oo ka mid noqdaa qayb ka mid ah caafimaadka haweyn kastaba si joogto ah. Waxaa jira 3 tusaale baarista tijaabada ee kansarka haweenka maamogaram "mammogram," ku baarista gacanta dhakhtarka, iyo ku baarista naaskaada adigoo isticmaalaayo gacantaadaa. Haddii hal ka mid ah baariska tijaabada naaskaada lagu helo wax aan caadi aheeyn ama buruq, dhakhtarkaada wuxuu kuu dalbayaa baarista "ogaanshaha nooca cudurka (diagnostic)".

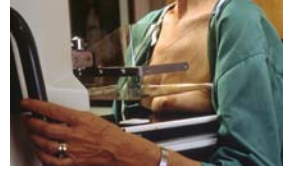


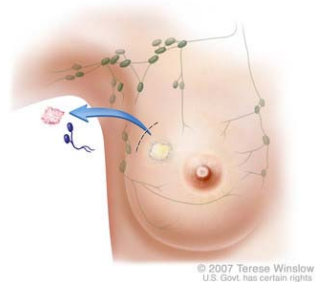
Image: National Cancer Institute;
Bill Branson, Photographer

Baarista ogaashaha nooca cudurka ka fiirinta cudurka goorta calaamaha kansarka naaska loo maleeyo. Hal ka mid ah baarita ku ogaashaha nooca cudurka waxaa la yiraahdaa MRI. MRI wuxuu fiirinayaa goobta gudaha jirkaada iyadoo la isticmaalaayo bir-labka iyo kumbiyuutarka kuna faafaahinaayo masawiro oo sameeyey. Baarista dhiiga iyo baarista iskaanka waa baaritaanka labada kale oo lagu ogaan karo nooca cudurka. Waxaana kaloo jiro baarisyada kale oo lagu ogaado cudurka maamogaraam iyo ultrasoondi "ultrasound".



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Waa nooc ka mid ah qaliinka inta badan loo sameeyo sida lagu ogaan lahaan xaqiiqda haddii aad qabto ama aadan qabinba kansarka. **Biyobsiya "biopsy"** waa qaliin lagu soo qaadaayo qayb yar oo hlib ah si loo ogaado haddii kansar oo leeyahay iyo in oo laheeyn. Dhakhtarka qaliinka ama dhakhtarkaada wuu kuu sheegayaa arimaha jiro iyo tilaabadaha ku xigo oo loo baahan yahay in la sameeynaayo. Inta badan biyobsiyada ayaa marka hore la sameeyaa ka dibna la sameeyaa qaliin dheeraad ah si kansarka iyo agagaarka ku wareegsan looga saaro. Dhakhtarka qaliinka wuxuu kaloo saarayaa limfa noodeska si loo ogaado haddii kansarka ku



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faafay meel ka baxsan baarista ogaashaha nooca cudurka. **Lumbektomi "Lumpectomy"** waa qaliinka looga saaraay kansarka buruqda iyo xubnaha agagaarka ku wareegsan. **Mastektomi "mastectomy"** waa qaliinka lagu saaraayo naaska oo dhan.

Haddii aanan loo baahneen qaliin kale, waxaa lagu darayaa daaweyn kale. **Daaweynta raadiyashan "Radiation treatment"** mararka qaarkood, laakiin ma'aha mar kastaba muhiim. Haddii la sameeyo lumbektomi, raadiyashanka waa in la sameeya si looga hortago in kansarka in oo ku soo laabta si oo u sii jooga xubnaha naaska. Raadiyeeshan waa daaweyn



Image: National Cancer Institute

Cancer: General Overview
Somali
March 2010

muhiim ah haddii kansarka oo weyn yahay ama oo leeyahay limfa noodes fara badan.

Haddii kansarka la helo lagana saarin xiliga qaliinka baarista ogaashaha nooca cudurka, kooxda dhakhtaryaashaada waxay kula talinayaan daawooyinka aad u baahan tahay. Halkaan waa daawooyinka caadiga ah oo la dalbo:

Inta badan qaliinka koowaad waxaa laga saarayaa kansarka. Haddii **kimotarabiyaha "chemotherapy"** wuxuu noqonayaa qayb ka mid ah xanaaneeynta, waxaana lagu darayaa midka labaad. Inta badan raadiyashan waxaa ku xigsaneysaa qaliinka. Raadiyashan waxaa ku xigsaneysaa kimotarabiya haddii la siiyo. **Tamoksifeen "Tamoxifen"** ama daaweynta hoormoonka waxaa la bilaawayaa ka dib daaweynta kale oo la siiyey.



Image: National Cancer Institute

Mararka qaarkood dalabaada daaweynta la siiyo haweeynka way kala duwan tahay haddii haweeynka iyo dhakhtarkooda ay rabaano in ay arkaano waxyaaleynta daawada ka hor qaliinka kansarka looga saaraayo. Laakiin waa in markastaba kansarka laga saaraa. Haweeynka leh kanasarka balaaran oo cudur keenay, kimotarabiya koowaad waa la siin karaa. Kimotarabiyada waxay yareeyneesaa burada weyn, waxayna la dagaalaysaa kansarka inta soo hartay jirka. Ka hor qalitaanka. Qaar ka mid ah xarumaha caafimaadka si wadajir ah waxay siiyaa kimotarabiyada iyo raadiyashanka (kalama saaraan).