

Qaliinka Kansarka Naasaha

Waxaa jira labo nooc oo qaliinka kansarka naasaha: saarida qeyb ee naaska iyo goynta/saarida naaska.

Saarida naasku waa qalitaan lagu saarayo naaska. Waxa loo sameeyaa in lagu daaweeyo ama looga hortago kansarka naaska. Kaliya bukaanada u leh halis sare ayaa loo sameeyaa qalitaan si looga hortago kansarka.



Waa caadi in laga baqo kansar. Kansarka naaska, marka goor hore la helo, si aad ah ayaa loo daweyn karaa.

Waxa jira afar nooc oo qalitaan ah:

- **Saarid naas oo qayb ah (lumpectomy)** – waa qalitaan lagu saarayo kaliya buro (ma aha naaska). Cad yar oo caadi ah oo ku wareegsan burada ayaa la saarayaa si loo hubiyo in dhammaan unugyada kansarka ee cidhifyada burada la saaray.
- **Saarida/gooynta naaska oo dhan/buuxda (total mastectomy)** – saarida naaska waxyeeloobay, oo ay ku jirto ibtu
- **Saarida/gooynta naaska iyo wareegiisa (modified radical mastectomy)** – saaridda naaska, qaar ka mid ah qanjirada limfiga (lymph nodes) ee shaqfasha/ kilkilada iyo badanaa xuubka ka sareeya muruqyada laabta
- **Saarida/gooynta naaska oo dhan (radical mastectomy)** – saarida naaska, qanjirka limfiga iyo muruqyada laabta. Noocakan qalitaan waa dhif.



Nooca qalitaanka kansarka naaska waxa uu ku xidhan yahay heerka kansarka, cabirka burada, cabirka naaska iyo inay jiraan unugyo kaansar oo ku jira qanjirada limfiga ee ka hooseeya cududda.

Qanjirada limfigu waxay qayb ka yihiin habka limfiga (lymphatic system) ee gargaar ka geysta in lala dagaalamo caabuqa ama infekshanka iyo in la shaandheeyo walxaha aan la rabin, sida unugyada kansarka iyo bakteeriyada. Unugyada kansarka ee ay qabtaan qanjirada limfiga way kori karaan.

Nooca qalitaan ee lagu sameeyo waxa uu ku xidhan yahay waxa adiga iyo dhakhtarkaagu isku aqbali kartaan. Haween badan ayaa raadsada ra'yiga dhakhtar labaad ka hor inta aan loo sameyn qalitaan.

Dib-u-dhisidda naasku waa qalitaan eey haweenaydu dooran karto in loo sameeyo oo dib u dhisi karta qaabka naaska ka dib saarida naaska. Naas dib loo dhisiyay ma laha dareenno dabiici ah, hase yeeshee badi haweenka loo sameeyay dib-u-dhisida naaska wey ku farxeen in loo sameeyay.

Qalaha wuxuu u dhisi karaa naaska siyaabo kala duwan.



Dumarka qaarkood waxey go'aansadaan in naaska wax loo geliyo, taasoo lagu buuxiyo biyaha salinka ama gelka/dareeraha adage e silikoonka.

Qeybta kale waxaa la isticmaala cad laga soo qaaday qeyb kale oo jirkaaga ka mid ah. Qalaha wuxuu ka soo qaadi karaa maqaar, muruq iyo baruur qeybta hoose ee calooshaada, dhabarka ama dabada.

Dib-u-dhiska naaska waxa la sameyn karaa isla markiiba ka dib saarida naaska ama waxa la qaban karaa goor dambe. Dhakhtarkaaga kala hadal doorashada kuugu fiican.

Dhakhtarkaaga ama bixiyaha daryeelkaaga caafimaad kala hadal wixii su'aalo ah ama welwel ee aad qabtid.

A project by Health Roads Media and EthnoMed

This project has been funded in whole or in part with Federal funds from the Department of Health and Human Services, National Institutes of Health, National Library of Medicine, under Contract No. HHS-N-276-2011-0008-C with the University of Washington.

Thank you to Safeway Foundation for its support to Harborview Medical Center's EthnoMed for the development of cancer-related content.