

ምቀራጽ ምትካኽ ሽጋራ ካብ ሕግም መንሸር (ካንሰር) ንክትሓውዩ ኪሕግዝ ይኽእል ኢዩ

ሕክምና መንሸር (ካንሰር) ትረኽቡ ኣለኹም'ዶ ወይ ሕግም መንሸር ነይሩኩም'ዶ?

ምቀራጽ ምትካኽ ሽጋራ - ዋሳካ ዘለኩም ሕግም መንሸር ብምትካኽ ሽጋራ ዚመጽ እንተዘይኮነ- ካብ ሕግም መንሸር ንክትጥዕዩ ንዘለኩም ዕድል ከመሓይሽ ይኽእል እዩ።

ብዛዕባ ምትካኽ ሽጋራ ንክተጻርጹ ዘድሊ ሓገዝ መታን ክትረኽቡ ምስቲ ክንክን ጥዕናኹም ዝከታተለኩም (ቀዋሚ ሓኪምኩም) ተዘራረቡ።

ምቀራጽ ምትካኽ ሽጋራ፡ ብብዙሕ መገድታት ክሕግዝ ይኽእል

1. ካብ ኣትረኽብዎ ሕክምና፡ ዝበለጸ ውጽኢታት ክትረኽቡ ትኽእሉ ኢኹም።

መጥባሕቲ ኣብ ዝህልወኩም ጊዜ፡ ምቀራጽ ምትካኽ ሽጋራ፡ ኣብ ዝሓጸረ እዋን ክትድሕኑን ዝበለጸ ውጽ ኢት ክትረኽቡ-ብሉን ኪሕግዝ ይኽእል'ዩ። ምቀራጽ ምትካኽ ሽጋራ፡ ኣብ ሆስፒታል ደቂሰኩም ነዊሕ ከይትጸንሑ ወይ ሓጺር ጊዜ ጥራይ ንክትገብሩ ይሕግዘኩም። ቁስልኹም ድማ ቀልጢፉ ይሓዩ። ኣብ ሳንብሊኩም ዜጋጥም ጸገማት ድማ ውሑድ ይኸውን። ኣብ ኣካልኩም ንዘሎ ዋሕዚ ደም ድማ ውሑድ መልክፍትን ውሑድ ጸገማትን ከምዝህሉ ይገብር።

ፍወሳ ጸረርታ ወይ ቅመመ-ፍወሳ (chemotherapy) (ሕግም መንሸር ዚፍውስ መድሃኒት) እትወስዱ እንተገኙኩም፡ እቲ ሕክምና ጽቡቕ ይሰርሕ፤ ከምኡውን ውሑድ ጉድናዊ ሳዕቤናት ይህልዎ። ንነዊሕ ጊዜ ዚጸንሑ ጉድናዊ ሳዕቤናት ንክህልወኩም ወይ ሳንብሊኩም ንኪገዱ ዘሎ ተኽእሎ ከምዚጉድል ይገብር። ኣካልኩም፡ ብዝበለጸ ኩነት ይሓዩ፤ ኣንጻር ሕግማት ብዝበለጸ ንኪታለስ ድማ ኪገብር ይኽእል።

2. ብምትካኽ ሽጋራ ኪመጽእ ዚኽእል መንሸር ሳንብሊኩ ወይ ካልእ ዓይነት መንሸር እንተልይኩም፡ ሕግም መንሸር መሊሱ ኪመጽእ ዘሎ ተኽእሎ ኣዝዩ ውሑድ ይኸውን። ካብ መንሸር ሳንብሊኩ ወጻኢ ዚኾነ ብዙሕ ዓይነት መንሸርታት፡ ብምትካኽ ሽጋራ ኪመጹ ይኽእሉ ኢዮም። መንሸር ኣፍ-ማህጻን፣ ለቕታ ሽንቲ (ፍሕኛ)፣ እዝኒ፣ ኣፍንጫ፣ ኣፍ፣ ጉሮሮ፣ ኩሊት ወይ ከብዲ እንተልይኩም፡ ምቀራጽ ምትካኽ ሽጋራ፡ ሕግም መንሸር ደጊሙ ንኪመጽእ ዘለዎ ተኽእሎ/ዕድል የጉድሎ።

ኣብ መጀመርታኡ ዘሎ መንሸር ሳንብሊኩ እንተልይኩም፡ ካብቶም ሽጋራ ዘትክኹ ሰባት ናይ ምንባር ተኽእሎኹም ብኽልተ ዕጽፊ ይዛይድ።

3. ዘለኩም ሕግም መንሸር ምስ ምትካኽ ሽጋራ ዘይተሓሰረ እንተዘይኮይኑ፡ ኣብ ተመሳሳሊ ቦታ ወይ ኣብ ካልእ ቦታ ኣካልኩም፡ ካልእ ዓይነት መንሸር ንክህሉ ዘሎ ተኽእሎ ውሑድ እዩ።

4. ብምትካኽ ሽጋራ ዚሰዕብ ካልእ ዓይነት ሕግማት ናይ ምምጻእ ተኽእሎ ድማ ትሑት ይኸውን።

ምትካኽ ሽጋራ፡ ሕማማት ሳቡእ፣ ሕማም ልቢ፣ ወቕዕን ልዑል ጸቕጢ ደምን ኬሰዕብ ይኸክል።
ምቀራጽ ምትካኽ ሽጋራ፡ እዚ ሕማማት ንክህልወኩም ንዘሎ ተኸእሎ የጉድሎን ኣካልኩም
ከምዚሓዊ ድማ ይገብርን።

**5. ሽሕ'ኳ ንካዊሕ ግዜ ብዙሕ ሽጋራ ዘትከኸኩም እንተኾንኩም፡ ጥዕናኹም ብቅጽበት
ይመስየሽ ኢዩ።**

ኣብታ ሽጋራ ዘቋረጽክሙላ መዓልቲ ድማ ኣካልኩም ብዘተፈላለየ መገድታት ባዕሉ ኪሓዊ ይጅምር።

QUITTING SMOKING CAN HELP YOU RECOVER FROM CANCER

Are you getting treatment for cancer or have you had cancer?

Quitting smoking can improve your chances of surviving cancer – even if your cancer was not caused by smoking.

Talk with your health care provider about getting help with quitting.

THERE ARE MANY WAYS THAT QUITTING CAN HELP

1. You can have better results from treatment.

If you have surgery: Quitting can help you get better faster. Quitting can help you stay out of the hospital or be there less time. Your wounds will heal faster. You will have fewer problems with your lungs. You will also have fewer infections and fewer problems with the flow of the blood in your body.

If you have radiation therapy or chemotherapy (drugs that treat cancer): The treatment may work better and have fewer side effects. You will cut your chances of having side effects that last a long time or will hurt your lungs. Your body will heal better and may be able to fight diseases better, too.

2. If you have lung cancer or another kind of cancer that can be caused by smoking, you will have a lower chance of having the cancer come back.

Many cancers besides lung cancer can be caused by smoking. If you have cervical, bladder, ear, nose, mouth, throat, kidney, or stomach cancer, quitting will cut your chances of having the cancer come back.

If you have early-stage lung cancer, you have double the chance of surviving than people who keep smoking.

3. If your cancer is not smoking related, you will have a lower chance of getting another kind of cancer at the same place or another place in your body.

4. You will have a lower chance of getting other diseases that are caused by smoking.

Smoking can cause lung diseases, heart disease, stroke and high blood pressure. Quitting smoking will lower the chance of having these diseases and allows your body to heal.

5. Your health will get better right away, even if you have smoked a lot and for a long time.

On the day that you have your last cigarette, your body will begin healing itself in many ways.