UW Medicine

EthnoMed.org
A Community Voice in the Clinic

BAARITAANKA KANSARKA MINDHICIRKA

(Colon Cancer Screening – Macluumaad Fudud—Simple Information)

Waa Maxay Kansarka Mindhicirka?

What Is Colon Cancer?

Kansarkan waa cudur halis ah. Wuxuu ka bilaabmaa mindhicirka weyn. Mararka qaarkood calaamado lagu garto ma laha. Baaritaanka ayaa fududeeynaya in goor hore la ogaado.

This cancer is a serious disease. It starts in the large intestine. Sometimes there are no symptoms. Screening makes it easier to detect it early.

Yaa U Baahan Baaritaan?

Who Needs a Screening?

- Dadka 45 sano iyo ka weyn

  45 years and older

- Qof qoyskiisa horey u qabay

  Someone who has a family history

- Qof uu dhakhtarku u sheegay in uu qabo

  Someone who has been told by a doctor that they have

Xitaa haddii aad caafimaad qabto, waa muhiim in la isbaaro.

Even if you are healthy, it is important to get checked.

Sidee Loo Baarayaa?

How Is It Tested?

• **Tijaabo saxaro (FIT test)** – guriga ayaad ku sameyn kartaa, xanuun ma leh, sanadkii hal mar ayaa la sameeyaa.

You can do it at home, it is painless, and it is done once a year.

• **Colonoscopy** – Isbitaalka ayaa lagu sameeyaa. Waa lagu seexinayaa oo adiga oo hurdo ayaa camera lagu eegayaa mindhicirka.

It is done in the hospital. You are put to sleep, and a camera is used to look into your intestines while you are asleep.

Haddii Natiijada Aysan Caadi Ahayn (Positive)

If The Result Is Abnormal (Positive)

Waxaa laga yaabaa inaad u baahato baaritaan kale. Taasi macnaheedu ma aha in aad kansar qabto. Waa in la hubiyo oo kaliya.

You may need another test. This does not mean you have cancer. It is just to be checked.

La Hadal Dhakhtarkaaga

Talk To Your Doctor

Weydii: 'Ma la joogaa waqtigii aan isbaari lahaa?'.

Ask: 'Is it time for me to get checked?'.