

*What Our Community Needs To Know About*

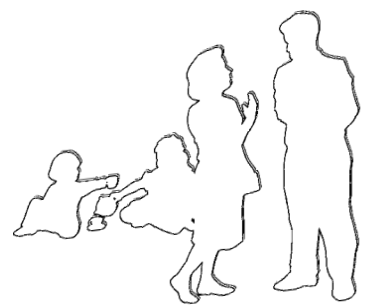
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# PROSTATE CANCER

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*Making the health of our communities  
better by working together.*



## **MAXAAN KA OGNAHAY PROSTATE CANCER?**

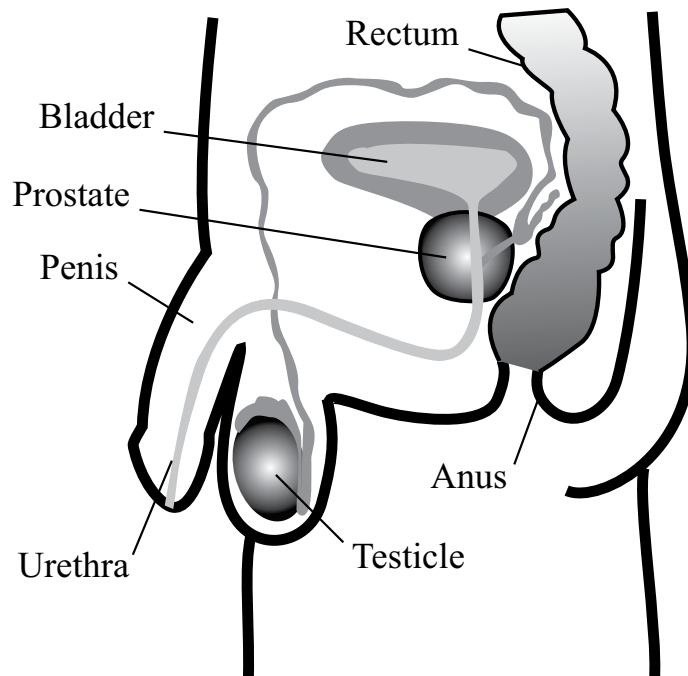
1. “PROSTATE CANCER” waa nooca ugu badan ee ka soo baxa ragga. Shantii ninba mid buu ku dhacaa noloshiisa.
2. In ka badan 41,000 rag ah ayaa u dhinta sanadkiiba. Habab kala duwan oo lagu helo cudurkan laguna daaweeyo ayaa ragga noloshooda dheeraysa.
3. Hadii waqti hore la helo “Postate Cancer,” sida caadiga ah waa la daaweeyn karaa.

## Waa maxay “Prostate Gland?”

Waa carjaw sii daysa dhacaan sii qaada biyaha ragga.

## Xaggee bay ku taalaa “Prostate Gland?”

Horay waxaa ka jira simuhu meshay iska galaan, gadaalna waxaa ka jira maroorka. Waxayna ku waragaysan tahay kaadi mareenka (sawir #1).



Picture #1

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## **YAY KHATAR U TAHAY INUU QAADO AMA KA SOO BAXDO “PROSTATE CANCER?”**

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**NIN OO DHAN HALIS BAY UYAHAY INUU  
QAADO “PROSTATE CANCER!”**

Halis baad u tahay hadii aad tahay:

- African-American
- ka wayn tahay 65 sano
- cuntid cunto baruur leh
- hadii aad waqti badan ka soo shaqaysay koronto isku dhejin ama wax badan aad taabatay bir loo yaqaan “cadmium”
- dhaxal u leedahay “Prostate Cancer”

Niman badan oo qaaday “Prostate Cancer” ma aysan jirin sabab la yaqaan. Xasuuso, haddii aad tahay nin, waxaad halis u tahay inaad qaaddo ama inay kugu dhacdo “Prostate Cancer.”

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## **MAXAY YIHIIN CALAAMADAHA DIGNIINTA EE “PROSTATE CANCER?”**

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Calaamado digniin ah, badanaa ma laha, laakiin, u tag takhtarkaaga hadii aad aragto dhibaatooyinka hoos ku qoron:

- Hadii kaadidu tartiib ama aysan si caadi ah kaaga socon
- Ay dhibaato kugu tahay bilowga ama joojinta Kaadidu
- Kaadidaadu badan tahay ama rabidaadu badan tahay habeenkii
- xanuun dareemaysid ama gubasho markaad kaadinaysid
- kaadidaadu dhiig leedahay
- aad dareemaysid xanuun dhabarka ah ama bowdada markaad kaadinaysid

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**XASUUSO: HADDII AAD DHIBAATOYIN  
KAAN DAREENTID LA XARIIR  
THAKHTARKAAGA ISLA MARRIIBA.**

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## **SIDEE LAGU HELAA “PROSTATE CANCER?”**

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Thakhtarku wuxuu dareemi karaa “Prostate Cancer” asagoo far geliya maroorka. Waxaa taa la yiraa maroor baarid. Takhtarkaagu wuxuu fiirin karaa dhiiga asagoo ka baaraya calaamad “Prostate Cancer.” Waxaana taa la yiraa “PSA” (prostate-specific antigen) dhiig baarid.

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## **GOORMAA LA IGA BAARAA INAAN QABO “PROSTATE CANCER?”**

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Ninkasta oo ka wayn 50 sano waa inuu takhtarkiisa u tagaa si maroor baarid loo sameeyo iyo dhiig baarid.

Nimanka dhalinyarada ah oo dhaxalka u leh waa inay dhakhtarkooda la hadlaan.

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## **MAXAA DHACAYA HADII DHAKHTARKU U MALAYNAYO INAAN QABO “PROSTATE CANCER?”**

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Haddii dhakhtarku helo ama dareemo ama uu dhiiga ku arko calaamadahaas, waxaa dhici karta in dhakhtarku rabo, in uu baaritaan kale sameeyo. Baaritaankaas waxaa ka mid noqon kara sawir jirka laga qaado “X-ray,” cod, xawli dheer leh “Ultrasound,” iyo dhiig baarid dheeraad ah. Dhakhtarku wuu ka qaadi karaa cad yar, “Prostate Gland” wuxuuna ku fiirin karaa “Microscope” taasna waxaa la yiraa “Biopsy” ama cad baarid.

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**XASUUSO: HADDII DHAKHTARKAAGU  
RABO INUU SAMEEYO BAARITAAN KALE,  
WAA INAAD HUBTAA INAAD U TEGTO.  
WAXAA DHICI KARTA INAADAN QABIN  
“PROSTATE CANCER” LAAKIIN WAXAAD U  
BAAHAN TAHAY, INAAD OGAATO.**

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## **MAXAA DHACAYA HADDII BAARITAANKU TUSO INAAN QABO “PROSTATE CANCER?”**

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Haddii baaritaanku tuso inaad qabto “Prostate Cancer,” takhtarkaagaa kuu sheegi doona sida ugu fiican oo aad ku daawoobi kartid. Daawaynta “Prostate Cancer” waxaa ku jira qalid ama isticmaalid daawooyin kala duwan si loola dagaalo ka soo baxa (chemotherapy). Adiga iyo dhakhtarkaagaa ka go’aansan kara sida kuugu fiican.

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**XASUUSO: “PROSTATE CANCER” WAXAA DAAWEYNTIISA LAGU GUULAYSAN KARAA MARKII WAQTI HORE LA HELO. “PROSTATE CANCER” BILOW AH! WAXAA DHICI KARTA INAYSAN DIGNIIN LAHAYN. “PROSTATE CANCER” WAXAA LAGU HELI KARAA WAQTI HORE BAARITAAN CAADI AH.**

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Adiga iyo caafimaadkaaga baa muhiim ah! Baaritaan samee sababtoo ah waxaad muhiim u tahay cidaada, saaxibadaa, iyo bulshadaada.

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## QAAMUUS

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**Biopsy:** Soo qaadid cad yar si looga fiiriyo in unugyo ka soo bax ku jiraan. Cad qaadidu waa midda ugu muhiimsan cadaynta ka soo baxa.

**Bladder:** Kaadi galeen

**Cadmium:** Waa bir blug iyo cadaan iskugu jirta oo badanaa lagu daboolo biraha si loo difaaco.

**Chemotherapy:** Daawaynta cudurada sida ka soo baxa ayadoo kiniini ah.

**Gland:** waa organ jirka ka mid ah, oo sii daaya dheecanada jirka ka baxaya ama dhiiga raacaya.

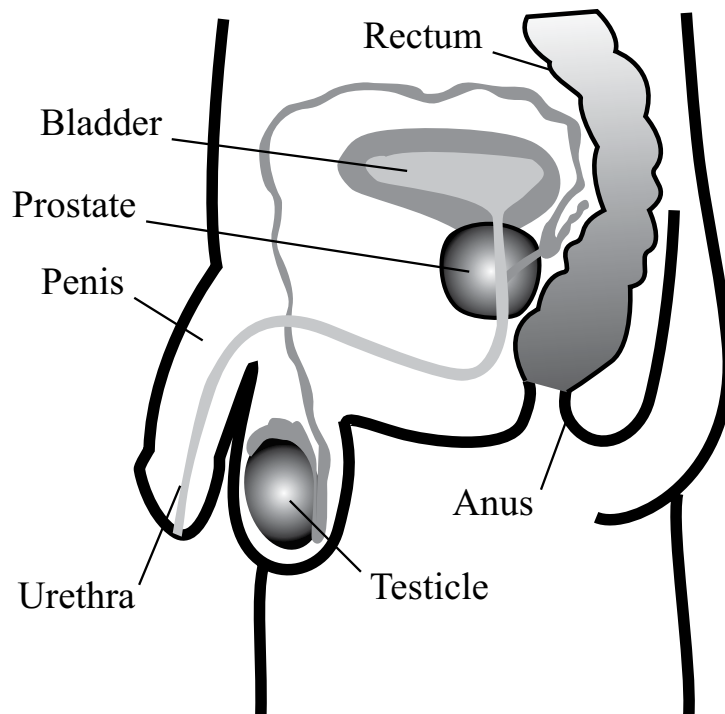
**Prostate:** Waa qanjir ku yaala kaadi haysta, hoosteeda ,raggana u gaar ah. (fiiri sawir #2).

**Sperm:** Waa unug lagu sameeyay xiniinyaha ragga oo ku dabaasha dhacaan, si uu ula kulmo ugxanta, haweeney, si nole ay u sameeyaan.

**Rectal Examination:** Waa baarid takhtarku sameeyo asagoo taabanaya maroorka.

**Ultrasound:** Waa cod xowli dheer leh oo lugu baaro caloosha so loo arko ka soo bax jirka gudahiisa waxaa kale oo la yiraa “Ultrasonography.”

**Urethra:** Kaadi ka soo qaadaha kaadi hayeenka (fiiri sawir #2).



Picture #2

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This booklet was created in partnership  
with the American Cancer Society.