

Somali
Guide to Smoking

La Dagaalanka Kansarka: *Waa Go'aankaada,* *Waa xulashaada*



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Waa Go'aankaada,

Waa xulashaada

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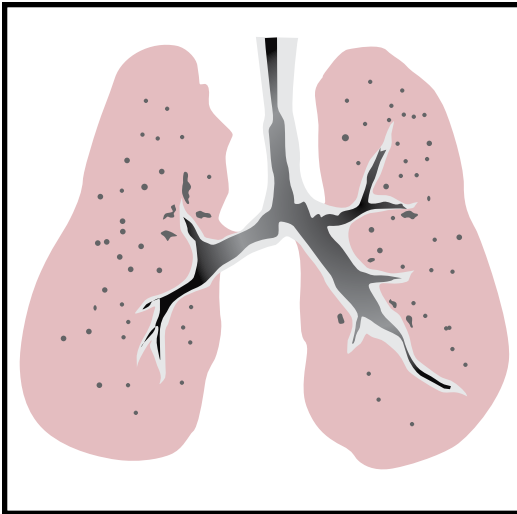
Sambabadaada

Inta badan ma garneysid sambabadaada iyo hawsha ay qabtaan. Laakiin kolka uu qabow kaa gelo xabbadka ama uu cudur kaa haleelo sambab ayaad garataa ahmiyada ay leeyihiin sabambadaada.

Waxaad neefsataa 18 goor daqiiqadiiba, daqiiqad kasta oo noloshaada ka mid ah. Waxaad leedahay laba xubnood oo sambab ah oo aad ka neefsato inta aad nooshahay. Jirkaada waxa uu leeyahay habab shaqo oo isku noqda, balse sambabadaada oo qura ayaa neefsada. Haddii aad dayacdid oo aad dhuuqdid (tubaako) waxaad filataaba waa dhibaato. Qaarkoodna waa ma hadho.

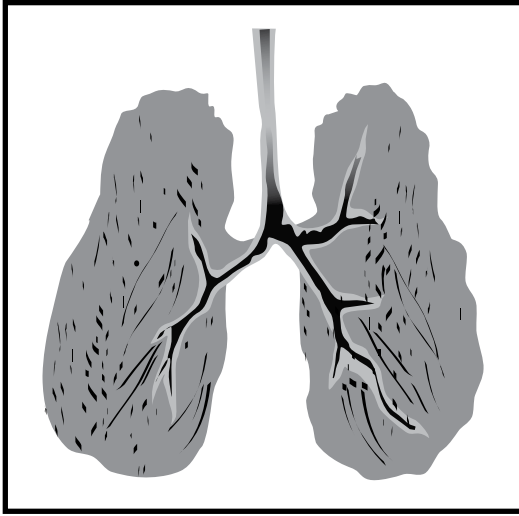
Qiimaha uu bixinayo Jirkaada

Cabbida Tubaakada-Ma kala duwana qiiqa hadduu ka yimaado sigaarka ama beebka kuwaas oo sababa kansar ama cuduro kale. Emphysema (Qiiqa ku daxleysma sambabkaada) waxa uu keenaa in sambabadaada ay awoodi waayeen in ay kala baxaan ama isku soo ururaan. Waa kan qaabka sambab caafimaad qaba u eg yahay.



Samabab caafimaad qaba

- Midabka dubka sare waa hurdi
- Daloolada neefsashada waxay karaan in ay shaqeeyaan



Samababka Cabbaha

- Midabka dubka sare waxa uu noqdey madow
- Daloolada neefsashada waxay awoodi waayeen in ay shaqeeyaan
- Maxaa yeelay way banjareen ama buufsameen

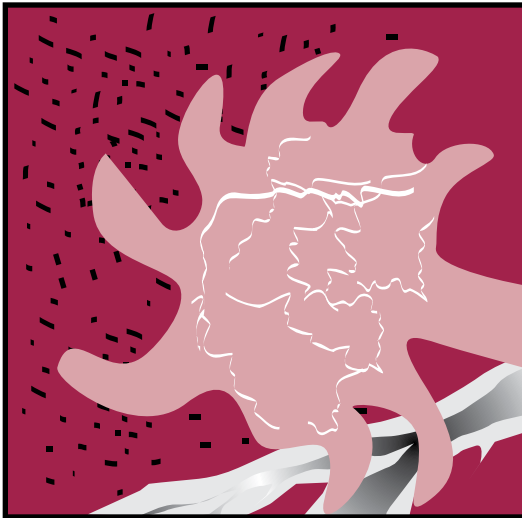
Kol haddii ay ku hesho Emphysema, ma degayo sambabkaada oo waxaad la dhibaatooneysaa neefsiga. Samambadaadu ma qaadan karaan oksijiin ku filan oo uu ku caawinaayo xubnaha intooda kale ee jirkaada ka mid ah. Oksijiin la'aanta waxa ay dhaawacdaa xubnaha kale, waxayna ka yeeshaa xitaa in aanu hawl yar qaban. Wadnaha shaqadaa ayaa ka badata ilaa uu gaaro heer uu sii wadi waayo. Sidan oo kale weeye in dadka qaar u dhintaan emphysema.

Waa Maxay Kansar?

Jirkaada waxa uu sameeyey malyan unugyo. Unugyada way koraan si ay u badalaan kuwa hore. Kansar waa nooc isbadel, oo ah qaabka ay unugyo cusub ku sameysmayaan.

Mararka qaarkod unuga “jiran” aad buu dhaqso isugu tarmaa sida qaab guntan oo la yiraahdo Tumar. Haddii tuumarka lagaa helo kol (xilli) hore daawo ayuu leeyahay. Sawirkan waxa uu ku tusayaa sida uu u eg yahay sambab kansar qaba.

A Cancerous Tumor



Tuumar Kansareysan

Tuumarada waxay nafaqada iyo awooda ka xadaan jirka intiisa kale oo dhan. Waxay u kori karaan sidii la doono, si ay u joojiyaan shaqada jirkaada. Haddii aaney joojin socodka koriimada, kansarka waa ku dili doonaa.

Hal ujeedo kansarka sambabada waa dilaa, waana kuu dhuuman karaa sanado badan. Siyaala badan, waqtiga aad ogaatid, kansarka waxa uu ku fidey lafahaada, maskaxdaada, ama jirka intiisa kale. Markaa dabadeed kansar soo korey way adkaanaysaa in la joojiyo, waana habsaan.

Kansarka sambabada maaha oo qura kansarka sababa cabbida sigaarka. Culumada saynisyahanada waxay ogaadeen in cabbida ay la xiriirto kansarka afka, dhuunta, malawadka, kaadiheysta, kelyaha, qanjidhada beerka iyo xubno kalaba. Ruuxa cabba waxa uu dhaawici karaa caafimaadka ruuxa aan cabbin, maxaa yeelay gacanta-labaad ee aan cabbin tubaakada waxay halis u tahay in uu haleelo sunta uu neefsanayo cabbaha neefsanaya ee sumeysan.

Kambaniyada Tubaakada

Sanado badan kambaniyada waxa ay ku hawlanaayeen in cabida sigaarka u mujiyaan shay shacni leh, sareeya, casireysan, iyo qurux leh. Waxay tan u sameeyeen waa iyaga oo doonaya in ay lacagtaada geliyaan sigaar. Sigaar (Sigaarka waaweyn iyo beebka) waa kuwa wasakh ah, qurmuun iyo dhimasho leh. Kambaniyada Tubaakada taa kuu sheegi mayaan.

Waa tan runta: cabbida waxa weeye isku suntid qiiq, dab, iyo sun aad ku asteyneysid sambabadaada si aad u siisid jirkaada nikotiin, nikotiina waa cudur iyo daroogo qabatin leh. Kambaniyada tubaakada waa og yihiin runta! Wey og yihiin kolka aad jirkaada la qabatimo nikotiinka in aanad iska goyn karin, mana kala jecla dhibaatada kaa qabsan cabbida iyo qiimiga jirkaada ku bixinayo cabbida. Waxa ay daneynayaan oo kaliya waa lacagtaada. Ruux baa waxa uu yiri haddii dhibaatada cabbida tubaakada ay ka muuqan laheyd jirkeena, inta ay dhaawceyso sambabkeena- oo aanan arkeen dhaawacaas-ruuxna kuma dhiiradeen in uu doorto in uu cabbo.

Go'aanka adigaa leh.

Haddii aadan cabbin, ha bilaabin.

Haddii aad cabtid iska daa hadda

Cabbida waa ay Dhibtaa Dumarka

Kansarka sambabka waxa uu diley haween badan kolka loo eego kansarada kale. 30 sano gudaheed inta la ogalaadey in haweenka ay la soo banbaxaan cabbidooda, kansarka sambabka dhimashadiisa waxa uu kor ugu kacay ilaa 452%, inka badan afar goor ama haaf.

Haddii aad uur leedahay ama dooneysid in aad reer yeelatid, waa in aadan cabbin gabi ahaan. Cabbida sigaarka waxay fadhiidisaa cunugaada kolka urka ku jiro. Ilmaha hooyadood cabto, sida badan waxa ay ka yar yihiin nus boondi ilmaha kale oo aan hooyadood cabbin. Nikotiinka waxa uu gaabiyaa socodka hawada iyo dhiiga jirkaada, sidoo kale waxa uu cunugaada siiyaa hawo yar, quudmada sigaarkana waxa ku jira Kaarboon Moona oksaydh, taas oo ah hawo yareysa caddada oksijiinta ee jirkaaga ku jirta. Awooda cunugaada ku helayo fitimiinada iyana halis bay ku jirtaa.

Qiiqa kugu harrerysan

Khatarta cudurka ku sababa nuugista tubaakada kuma eka kuwa cabba. Mid aan cabbin waxa uu neefsadaa qiiq tubaako oo ka yar kan cabba, maxaa yeelay qiiqa waxa uu ku qasan yahay hawada. Laakiin in lagu qiyaasey 4,000 ayaa kansarka sambabka u dhimata sanadii-in ku dhow 3% ee kansarka sambabada kuwa u dhintay ayaa ah kuwa aan toos u cabbin. Ruuxa go'aankiisa uu noqdo in uu cabbo waxay saameyneysaa caafimaadka kuwa aan cabbin! Gacanta-labaad ee qaadata qiiqa waxaad ka heleysaa sun la mid ah mida uu cabbaha uu neefsado. Sidaasaana keentey in dad badan, dhalinyaro iyo waayeel ay ugu sheegaan cabayaasha in ay aadaan dibada...Xitaa haddii roob da'ayo.

Marka aad joojisid Cabbida Sigaarka

Marka aad joojisid cabbida sigaarka, cabirka dhiigaada waxa uu tegayaa meeshii ugu dambeysey ee sigaarkii aad cabtey ugu dambeeyey. Hal sano dabadeed kolkii aad iska deyseey cabidiisa, waxaa khatarta cudurka uu noqdey nuskeed kolka loo eego sidaad aheyd markii aad cabeysey. Toban sano ka bacdi iska deyntaada, kansanrka sambabka dhimashadiisa waxa uu noqonayaa nuskeed kolka loo eego kuwa wada cabideeda. Shan iyo toban sano dabeed iska deyntaada, khatarta xanuunka wadnaha waxa uu la mid noqnayaa in aadan waligaa cabbin.

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