

Maxaad u baaraysaa naasahaaga bilkasta:

Kansarka (cancer) naasaha badankiisa waxa hela haweenka qudhoda. Marka kansarka naasaha horay loo arko loona daaweeyo wuxuu leeyahay rajo bogsasho, barashada sida loo baaro naasahaaga waxay caawineysaa in naftaadu badbaado. Waa muhiim in aad baarto naasahaaga bil kasta.

Goormaad baaraysaa naasahaaga:

Samee(raac) isla hab raaca kor lagu soo tilmaamay bil kasta mar hal todobaad ka dib xilliga caadadu bilaabato, marka naasuhu aaney debecsanayn oo aaney bararneyn. Dhalmadayska ka dib, baar naasaha bil kasta maalinta ugu horaysa. Haddii ilmagaaleenka lagaa saaro, la xirii dhakhtarkaaga ama cusbitaalka waqtigii oo kale bil kasta. U tag dhakhtar ama kalkaaliye caafimaad si uu u baaro naasahaaga saddexdii sano mar, marka ay da'daadu u dhaxayso 20-40 jir, iyo sanad kasta 40 jir ka dib.

Sababaha dedejiya cudurka kansarka:

- Haween ahaanta. In ku dhow 75% waxa lagu arkay dumar isku qaba iney fiyowyihiin.
- Da'ida: In ku dhow 75% kansarka naasaha waxa lagu arkay dumar ka weyn 50 sano.
- Qof kuu xigta ah oo qaba cudurka kansarka sida hooyadaa ama walaashaa.
- Taariikh qofeed: Hal naas oo qaba cudurka kansarka una gudba naaska kale.
- Da'ida dhalma dayska ama suna goyska
- Caada helidda u dhow ee 12 sano jir ka hor.

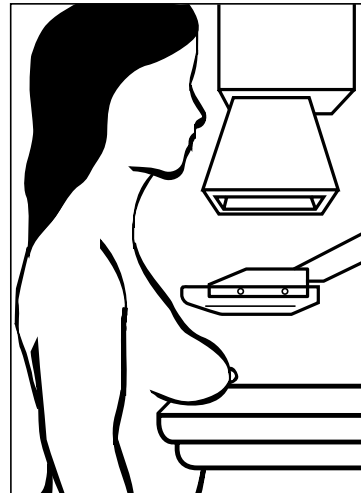
- Ka wayn 30 sano markay dashay ilmaha ugu horeeya.
- Waligeed aan dhalin
- Haweenka ka cayilan 40% inta caadiga ah.

Maxaad sameynaysaa haddaad iska heshid qanjir ama cufnaan:

Haddii aad isku aragto qanjir ama cufnaan marka aad iskaa isku baareysid, waa muhiim in aad aragto dakhtarkaaga sida ugu dhaqsa badan, hana baqin. Qanjidhka ama isbedel waliba kansar ma aha, hase ahaatee dhakhtarkaaga oo kaliya ayaa hubin kara.

Maxaad u sameysaa raajada Naasaha:

Raajada naasuhu waxay muujisaa kansar aad uga yar in lagu dareemo gacanta. Waa habka ugu muhiimsan in uu kaa caawiyo ka hortaga kansarka naasaha. Haweenku waa in ay sanad walba mar samayaan raajada naasaha marka ay afartan jir noqdaanba .



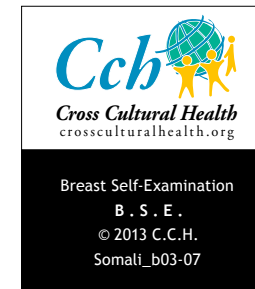
Sedexada talaabo ee qorshaha caafimaadka qof ahaaneed ka hortaga u ah kansarka naasaha:

- Joogtaynta raajada naasaha
- Joogtaynta baarista naasaha ee dakhtarka ama kaaliye caafimaad.
- Bishiiba mar iskaa isku baaris

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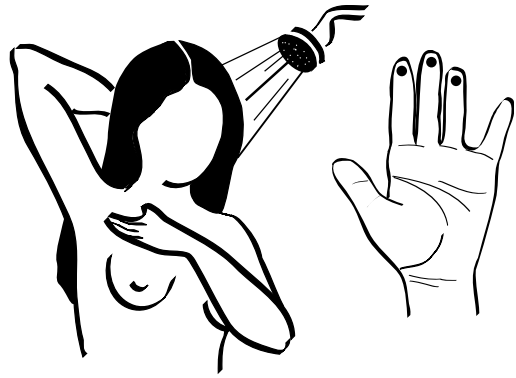
Somali
Breast Self-Examination

SIDEE LOO BAARAA NAASAHAGA



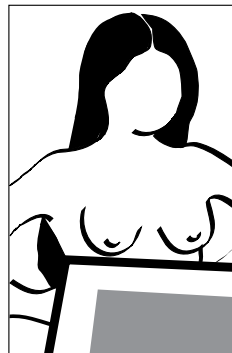
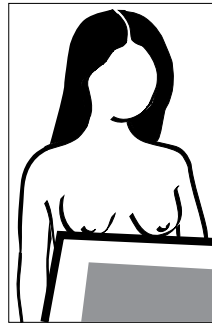
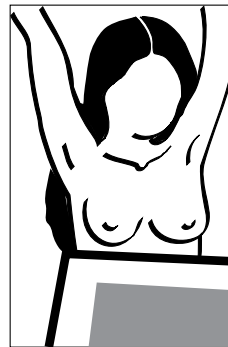
Habkaa Sadexda talaabo ee fudud waxay badbaadin karaan noloshada iney haleelaan cudurka naasaha gala ee kansarka, inta uu daawada leeyahay.





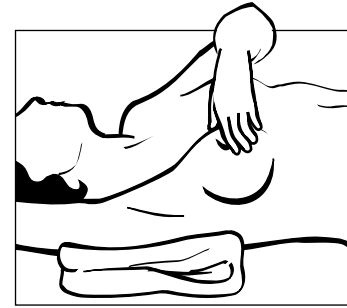
1 Qubaysashada: (Mayrasho)

Baar naasahaaga marka aad qubaysanayso ama mayranayso ee ay gacantu si fudud maqaarka qoyan u kormari karto. Faraha oo fidsan si aad ah u dulmari naas kasta. Isticmaal gacanta midig baaritaanka naaska bidix, tan bidixna naaska midig. Ka hubi cad walba, xubin adag ama cufnaan.



2 Muraayadda Horteeda:

Indhaha ku baar naasahaaga gacmaha oo miskaha kuu saaran. Marka labaadna kor ugu qaad gacmahaaga madaxaaga korkiisa. Ka fiiri wax isbedel ah cirifyada naaskasta, barar, dheecaan, adayg maqaar ama isbedel ibta ah. Haddana, Gacmaha saar miskaha dushooda oo si xoog ah ugu cadaadi (riix) si muruqyada laabtaadu u dhaqdhaqaaqaan, Naaska midig iyo kan bidix sida dhabta ah isuma eka, in yar oo haweenka ka mid ah mooyee. Baaritaanka joogtada ah wuxuu ku tusayaa waxa caadiga ah, wuxuuna ku siinayaa kalsooni.



3 Jiifka:

Si loo baaro naaskaaga midig, dhig barkin ama shukuman wayn oo laalaaban garabkaaga midig hoostiisa . Dhig gacantaada midig madaxaaga gadaashiisa. Taasi waxay fidinaysaa muruqyada naasaha. Isticmaal saddexda farood ee dhexe ee gacanta bidix, faruhuna ha fidsanaadeen. Horaaddada ibtooda si wareeg ah oo debecsan u cadaadi, dabadeedna farahaaga ku mud mud tartiib tartiib. Farahaaga ha ka qaadin naasaha ilaa aad dhamaan baartid naaska oo idil. Waxaad dareemi buruq, cufnaan, ama wax isbedel ah oo aan caadi kula aheyn.

Tusmo:

Tusmadan hoose waxay tusaysaa saddex qaab oo ay kala doortaan dumarka iyo dhakhaatiirtooda: Goobaabin (saacad), daliig qotan ama fidsane. Dooro midda kuu fudud oo isticmaal mar kasta oo aad naaska baarayso. Ugu danbayn, cadaadi ibta naas walba, suulka iyo farta xigta ku dhiiji wax yar oo dhegdheg ahi waa caadi. Biyo iyo dhiig haddii ay ibta ka dhiiqaan u sheeg dhakhtarka.

