

# Cancer

Cancer is caused by abnormal cells that grow quickly. It is normal for your body to replace old cells with new ones, but cancer cells grow too fast.

Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly.

## Types of Tumors

- Sometimes tumors are not cancerous. These are called benign tumors. They are made up of cells much like those of healthy tissue. This kind of tumor stays in one area and does not spread to healthy tissues and organs.
- Cancer tumors are also called malignant tumors. Cancer from these tumors spread through the blood and lymph systems to other parts of the body.

When cancer spreads, it is called metastasis. Cancer cells travel through the body from the tumor, called the primary site, to other parts of the body.

## Types of Cancer

There are many kinds of cancers.

- Carcinoma is the most common type of cancer. Lung, colon, breast, and ovarian cancers are often this type of cancer.
- Sarcoma is found in bone, cartilage, fat, and muscle.
- Lymphoma begins in the lymph nodes of the body's immune system. They include Hodgkin's and Non-Hodgkin's Lymphomas.
- Leukemia starts in the blood cells that grow in the bone marrow and are found in large numbers in the bloodstream.

# Kansar

Kansar waxaa keena unugyo aan caadi ahayn oo si deg deg ah u kora. Jidhkaaga caadi ayey u tahay inuu unugyada duugoobay ku beddelo kuwo cusub, laakiin unugyada kansarku si deg deg ah ayey u koraan.

Unugyada kansarka qaarkood waxaa laga yaabaa in ay sameeyaan koritaan loo yaqaanno burooyin. Burooyinka oo dhan cabbirkoodu wuu kordhaa, laakiin burooyinka qaarkoodna si deg deg ah ayey u koraan, kuwa kalena si gaabisa.

## Noocyada Burooyinka

- Burooyinku maaha kuwo kansar leh. Kuwaan waxaa la yiraahdaa burooyin aan halis ahayn. Waxay ka sameysan yihiin unugyo aad ula mid ah unugyada caafimaadka qaba. Burada noocan ah waxay isaga taallaa hal meel ah, kumana faafto unugyo iyo xubno caafimaad qaba.
- Burooyinka kansarka ah waxaa sidoo kale la yiraahdaa burooyinka halista ah. Kansarka ka yimaada burooyinkan wuxuu isagoo u maraya dhiigga iyo habka dheecaanka jidhka ku faafaa qaybaha kale ee jidhka.

Marka uu kansar faafo, waxaa loo yaqaannaa metastasis. Unugyada kansarku waxay ku safraan jidhka iyagoo ka imaanaya burada, loona yaqaanno meesha aasaasiga ah, kuna faafaa qaybaha kale ee jidhka.

## Noocyada Kansarka

Waxaa jira noocyo badan oo kansar ah.

- Karsenoma waa nooca ugu badan ee kansarka. Kansarrada sanbabka, xiidanka, weyn naaska, iyo ugxansiduhu badanaa waa noocan.
- Sarkooma waxaa laga helaa lafta, xajiga, baruurta, iyo muruqa.
- Lymphoma wuxuu ka billowdaa qanjidhada sameeya habka difaaca jidhka. Waxaa ka mid ah Hodgkin's iyo Non-Hodgkin's Lymphomas.
- Luukiimiya wuxuu ka billowdaa unugyada dhiigga ee ku kora dhuuxa lafta waxaana tirooyin badan iyagoo ah laga helaa marinka dhiigga.

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## **Signs of Cancer**

Signs of cancer depend on the type and location of the tumor. With some cancers, there may not be any signs until the tumor is large. Common signs include:

- Feeling very tired
- Weight loss that occurs without knowing why
- Fever, chills or night sweats
- Lack of hunger
- Physical discomfort or pain
- Coughing, shortness of breath or chest pain
- Diarrhea, constipation or blood in the stool

When a cancer is found, tests will be done to see if the cancer has spread to other parts of your body. Scans, x-rays and blood tests may be needed.

## **Your Care**

Your doctor will decide what care is needed based on:

- The type of cancer
- How fast the cancer is growing
- Whether the cancer has spread to other parts of your body
- Your age and overall health

The most common cancer treatments are:

- Surgery to remove the tumor and nearby tissue
- Radiation in controlled amounts to shrink or destroy the tumor and cancer cells
- Chemotherapy medicine to slow the growth or destroy cancer cells
- Other medicines to treat side effects and help you heal better

## **Calaamadaha Kansarka**

Calaamadaha kansarku waxay ku xiran yihiin nooca iyo meesha ay buradu ku taallo. Iyadoo kansarrada qaarkood, laga yaabo in aysan jirin wax calaamado ah ilaa iyo inta ay buradu ka weynaanayso. Calaamadaha caamka ah waxaa ka mid ah:

- Dareemid daal aad ah
- Jirka oo misaan kadhaco iyada oon la'ogyn sabaabta iyadoon la ogeyn sababta
- Qandho, qar-qaryo ama dhidid habeenkii ah
- Gaajo la'aan
- Raaxo la'aan jidh ahaaneed ama xanuun
- Qufac, neefta oo kugu gaabata ama feedho xanuun
- Shuban, caloos oo ku taagan ama dhiig saxarada soo raaca

Marka kansar la ogaado, baaritaanno ayaa la sameeyaa si loo arko haddii uu kansarku ku faafay qaybaha kale ee jidhka. Sawirro, raajo iyo baaritaan dhiig ayaa laga yaabaa in loo baahdo.

## **Daryeelkaaga**

Takhtarkaagu wuxuu go'aansan doonaa daryeelka loo baahan yahay isagoo ku saleysan:

- Nooca kansarka
- Sida ugu dhakhsaha badan ee uu kansarku u korayo
- Inuu kansarku ku faafay qaybaha kale ee jidhkaaga iyo in kale
- Da'daada iyo caafimaadkaaga guud

Daaweynada kansarka ee ugu badan waa:

- Qalliin meesha laga saarayo burada iyo unugyada u dhow
- Kaah xaddiyo la xakameeyey ah si loo qariyo ama loo baabi'iyo burada iyo unugyada kansarka
- Daawo kiimiko ah si hoos loogu dhigo ama loo vaa biiyo koritaanka ama loo unugyada kansarka
- Daawooyin kale si loo daaweeyo saameynada liddiga ah, laguuguna caawiyo in aad si wanaagsan u bogsato

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## **Prevention**

You can reduce your risk of cancer by:

- Not smoking or using tobacco
- Using sunscreen, hats and clothing to protect your skin when outside
- Limiting the amount of alcohol you drink
- Limiting the amount of high fat foods you eat, especially from animal sources
- Eating plenty of fruits, vegetables and high fiber foods
- Being physically active
- Seeing your doctor each year. Cancer screenings may help find cancers at their early, most treatable stages.

**Talk to your doctor or nurse about your cancer risks.**

## **Ka Hortag**

Waxaad halista kansarka hoos ugu dhigi kartaa adigoo:

- Aan sigaar cabbin ama isticmaalin tubaako/buuri
- Istimaalaya qorrax celiye, koofiyado iyo dhar si aad maqaarkaaga u dhowrtid markaad dibedda joogtid
- Yareeya aalkolada yareeya inta aad ka cabbayso
- Yareeya cunnooyinka dufanku ku badan yahay ee aad cunto, gaar ahaan kuwa xoolaha ka yimaada
- Adigoo cunaya furuto, khudrad fara badan iyo cunnooyinka qamadidu ku sarreyso
- Adigoo jidh ahaan noqonaya mid fir-fircoon
- Takhtarkaaga u tagaya sanad kasta. Baaridda kansarku waxaa laga yaabaa in ay caawiso in kansarka la ogaado waqti hore, si fududna loo daaweyn karayo.

**Takhtarkaaga ama kalkaalisada kala hadal halista kansarka.**

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