

# Lung Cancer

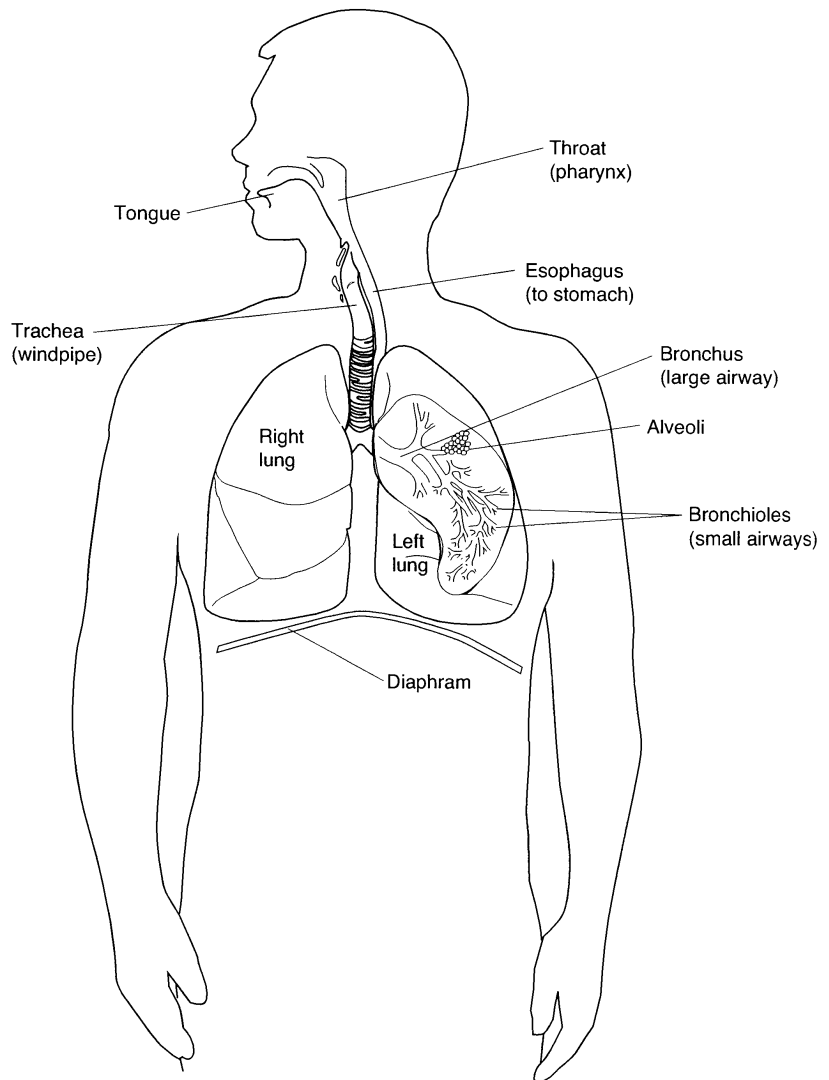
The lungs are the organs that help us breathe. They help to give oxygen to all the cells in the body.

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. Lung cancer occurs when cells in the lung change to become abnormal. Lung cancer cells may travel through the blood or lymph system to another area or organ in the body. This is called **metastasis**.

## Risk Factors

You are at increased risk for lung cancer if you:

- Smoke
- Breathe in other people's smoke
- Have contact with asbestos, radon gas or a lot of air pollution
- Have someone in your family who had lung cancer



# Kansarka Sambabka

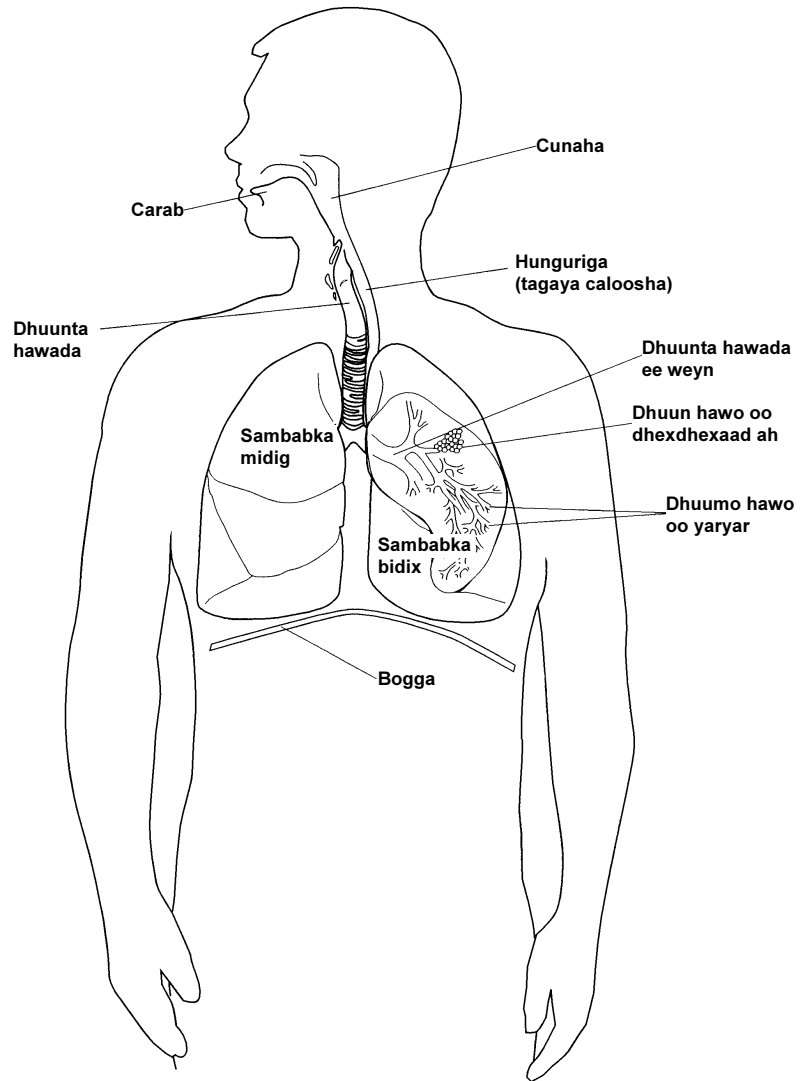
Sambabadu waa xubnaha jirka ee inaga gargaara neefsashada. Waxay oksijiin siiyaan dhamaan unugyada jirka.

Unugyada kansarku waa unugyo aan caadi ahayn. Unugyada kansarku way ka korniin badan yihiin waana ay ka iskala-qaybin badan yihiin unugyada caafimaadqaba. Unugyada kansarka qaarkood waxay sameyn karaan goobo loo yaqaano burooyin. Kansarka sambabku waxay dhacdaa marka unugyo ku jira wadnaha is beddelaan oo ay noqdaan kuwo aan caadi ahayn. Unugyada kansarka sambabku waxay ku safri karaan dhiigga ama dheecaanka jirka oo ay degi karan goob ama xubin kale ee jirka ah . Waxa tan loo yaqaanaa **metastasis**.

## Qodobada Halista

Waxa aad halis dheeraad ah u tahay kansarka sambabka:

- haddii aad cabtid sigaar
- haddii aad neefsatid qiiqa sigaarka ee dad kale cabayaan
- haddii ay ku soo gaarto asbestos, neefta radon ama hawo wasakheysan oo badan
- haddii uu jiro qof ehelkaaga ah oo ku dhacay kansarka sambabka



## **Signs**

Early lung cancer often causes no signs. See your doctor if you have any of these signs:

- Cough that does not go away
- Coughing up blood
- Shortness of breath
- Wheezing
- Loss of appetite and weight loss
- Feeling very tired

## **Types of Lung Cancer**

There are 2 main types of lung cancer. Each type grows, spreads and is treated differently.

- **Non-Small Cell Lung Cancer**

This is the most common type of lung cancer. It grows and spreads more slowly.

- **Small Cell Lung Cancer**

This type of lung cancer grows and spreads more quickly.

## **Your Care**

Your doctor will give you a physical exam and look at your lungs with tests such as:

- A chest x-ray
- Computerized Tomography (CT) scan
- Magnetic Resonance Image (MRI)
- Positron Emission Tomography (PET) scan

## **Calaamadaha**

Kansarka sambabka ee cusubi ma laha wax calaamado ah. U tag dhakhtarkaaga haddii aad leedahay mid ka mid ah calaamadahan:

- Qufac aan tagaynin
- Dhiig aad soo qufacdid
- Neefsashada oo dhib kugu ah
- Xiiq
- Rabitaanka cuntada oo luma iyo miisaan lumis
- Daal weyn oo aad dareentid

## **Noocyada Kansarka Sambabada**

Waxa jira 2 nooc oo waaweyn oo ah kansarka sambabka. Nooc kasta si gaar ah ayuu ku koraa, u fidaa, loona daweeyaa.

- **Kansarka Sambabka ee Aan Ahayn Unug Yar (Non-Small Cell Lung Cancer)**

Kani waa nooca ugu badan ee kansarka sambabka. Waxuu u koraa oo u fidaa si ka gaabis badan kuwa kale.

- **Kansarka Sambabka ee Unug Yar (Small Cell Lung Cancer)**

Noocan ah kansarka sambabka waxuu u koraa oo u fidaa si ka dhakhso badan kuwa kale.

## **Daryeelkaaga**

Dhakhtarkaaga ayaa kuu sameyn doonaa baaritaan jirka ah oo fiirin doona sambabadaada iyada oo la isticmaalayo baaritaano ay ka mid yihiin:

- Raajo laabta ah
- Sawirid computarka ah “Computerized Tomography” (CT)
- Sawirid ah “Magnetic Resonance Image” (MRI)
- Sawirid ah “Positron Emission Tomography” (PET)

Also, you may have a biopsy done. Tiny samples of the tumor called a biopsy are taken to find what type of lung cancer is present. This information will help your doctor plan your treatment. Treatment options will be discussed with you. Common treatments include:

- Surgery to remove the tumor and nearby tissue
- Radiation therapy to destroy cancer cells
- Chemotherapy medicines to destroy cancer cells
- A combination of these treatments

**Talk to your doctor or nurse about your questions and concerns.**

Sidoo kale, waxa laga qaadi karaa qayb yar oo ah cad iyo dheecaan (biopsy). Qaybo yaryar oo ah burada (biopsy) ayaa la qaadaa si loo ogaado nooca kansarka aad qabtid. Warkaasi waxa uu dhakhtarkaaga ka caawin doonaa in la qorsheeyo daweyntaada. Ikhtiyaarka daweynta ayaa lagaala hadli doonaa. Daweynnada ugu badan waxa ka mid ah:

- Qalitaan lagu saaro burada iyo cadka u dhow
- Daweyn ah shucaac si loo burburiyo unugyada qaba kansarka
- Dawooyin ah kiimiko (chemotherapy) si loo burburiyo unugyada qaba kansarka
- Isku-dar ah daweynadaa

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo iyo walaac.**

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