

Kaansarta Naasaha

Breast Cancer

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Cancer cells can spread to other parts of the body through the blood and lymph systems. This is called metastasis.

Breast cancer is when cancer starts in the breast. Breast cancer can be found by mammogram, by a woman feeling a lump or by a doctor's exam. To find breast cancer, it is important to:

- Do monthly self breast exams.
- Have a yearly exam by your doctor if you are over 40. These are done less often for younger women.
- Have a mammogram each year after age 40.

Breast Tissue

A woman's breasts may feel more firm and lumpy before menopause. A woman has less estrogen after menopause, so the breasts feel much softer and less lumpy.

Unugyada kansarku waa unugyo aan caadi ahayn. Unugyada kansarka qaarkood waxay sameyn karaan ka soo-bax loo yaqaano burooyin. Dhamaan burooyinka waxa kordha cabirkooda, laakiin qaar baa dhakhso u kora, qaarna koriinkoodu wuu gaabiyaa. Unugyada kansarku waxay ku fidi karaan qaybaha kale ee jirka iyaga oo maraya hababka dhiigga iyo dheecaanka (lymph). Waxana taa loo yaqaanaa metastasis.

Kansarka naasuhu waa marka kansar ka bilawdo naaska. Kansarka naasaha waxa lagu ogaan karaa raajo naas, iyada oo haweenaydu dareento buro ama baadhitaan dhakhtar sameeyo. Si loo helo kansarka naasaha, waxa muhiim ah:

- In aad sameysid baadhitaan naasaha bil kasta.
- In dhakhtarkaagu kuu sameeyo baadhitaan sannadkii mar haddii aad ka weyn tahay 40 jir. Badanaa waxa baadhitanadan loo sameeya tiro intaa ka yar haweenka da'da yar.
- Isa saar raajada naasaha sannad kasta hadii da'daadu ka weyn tahay 40.

Cadka Naaska

Waxa laga yaabaa in naasaha haweenaydu ay yeeshaan dareen ah adayg iyo buruq dhalmo-dayska ka hor. Haweenka waxa ka yaraada maadada "estrogen" ka dib dhalmo-dayska, sidaa daraadeed naasuhu waxay noqonayaan kuwo intii hore ka jilicsan oo ka buruq yar.

The firm, lumpy tissue can hide a small lump making it hard to feel. By checking your breasts each month, you become familiar with your breast tissue and notice changes. Small lumps can also be found by a mammogram or by a doctor during your exam. Some lumps are so small that only a mammogram can find them.

Tests

If a lump is found, a mammogram or ultrasound will be done. A biopsy is often done to check if the lump is cancer and if so, what type. A biopsy is a procedure to remove tiny pieces of tissue. The samples are then checked by a doctor. If the biopsy finds cancer, more tests may be done to see if the cancer has spread to other parts of your body.

Types of Treatment

Based on your biopsy results and the type of cancer, you and your doctor will decide the best treatment for your breast cancer. Here are the treatments that may be done:

Surgery

Surgery is done to remove as much of the cancer as possible. Either the whole breast is removed, called **mastectomy**, or a part of the breast is removed, called **lumpectomy**. With either surgery, lymph nodes under the arm are checked for cancer. You and your

Cadka adag iyo buruqda naasuhu waxa ay qarín karaan oo dhib ka dhigi ka dhigi karaan in la dareemo buro yar. Marka aad hubisid naaskaaga bil kasta, waxa aad baran kartaa cadka naaskaaga waxana aad ogaan kartaa wixii ku cusub. Sidoo kale buruqda yaryar waxa lagu ogaan karaa raajo naas ama waxa ogaan kara dhakhtarka wakhtiga baadhitaanka. Buruqda qaarkood aad bay u yar yihiin, sidaa daraadeed waxa kaliya ee lagu ogaan karaa raajo naas.

Baadhitaanada

Haddii buruq la arko, waxa la qaadi doonaa raajo naas ama “ultrasound”. Badanaa dheecaan iyo cad yar (biopsy) ayaa la qaadaa si loo eego in ay buruqdu tahay kansar, haddii ay tahayna nooceeda. Qaadista dheecaan iyo cad yar (biopsy) waa hab lagu soo saarayo qaybo aad u yaryar oo ah cad. Ka dibna, qaybaha waxa eegaya dhakhtar. Haddii baadhitaanka dheecaanka iyo cadka lagu ogaado kansar, waxa la qaadi doonaa baadhitaano dheeraad ah si loo ogaado in kansartu ku fiday qaybaha kale ee jirkaaga iyo in kale.

Noocyada Daweynta

Iyada oo ku saleysan natiijooyinka baadhitaanka dheecaanka iyo cadka (biopsy) iyo nooca kansarka, adiga iyo dhakhtarkaaga ayaa go'aan ka gaari doona daweynta ugu haboon ee kansarka naaskaaga. Halkan waxa ku xusan daweynta la sameyn karo:

Qalitaan

Waxaa la sameeyaa qalitaan si loo saaro kansarta intii suurtoagal ah. Waxa la saaraa naaska oo dhan, taasoo loo yaqaano **mastectomy**, ama waxa la saaraa qayb ka tirsan naaska, taasoo loo yaqaano **lumpectomy**. Labada qalitaan noocii la

doctor may also talk about **reconstruction surgery**. This surgery is done to create the look of a normal breast.

You may still need to have more treatment. Having a mastectomy or lumpectomy does not guarantee that the breast cancer is gone from the entire body. Small cancer cells that are too small to detect may remain in the body.

Radiation Therapy

When a lumpectomy is done, it is often followed by **radiation therapy**. Radiation therapy is done to treat the entire breast. Radiation therapy often begins 4 to 6 weeks after surgery.

Hormone Therapy and Chemotherapy

Treatment may be needed to target cancer cells that may be remaining in the body. It may be done before surgery to shrink a tumor or after surgery to kill cancer cells that may have spread or that remain in the body.

- **Hormone therapy** is medicine in pill form taken to work against estrogen in the body. The most common side effect is signs of menopause.

sameeyaba, waxa kansar laga eegi doonaa guntimaha/qanjirada dheecaanka (lymph nodes) ee ku yaala kilkilada. Waxa kale oo adiga iyo dhakhtarkaagu ka hadli kartaan **qalitaanka dib-u-dhisidda**. Qalitaankan waxa loo sameeyaa si loo abuuro muuqaal u eg ka naaska caadiga ah.

Waxa laga yaabaa in aad wali u baahatid daweyn dheeraad ah. Qalitaan ah in naaska oo dhan la saaro (mastectomy) ama qayb ka mid ah (lumpectomy), ma aha ballanqaad in kansarku naasaha ka dhamaaday, ama jidhka oo dhan. Waxa laga yaabaa in unugyo kansar oo aad u yar lana dareemi karin ay ku haraan jirka.

Daweynta Shucaaca

Marka la saaro qayb naaska ah (lumpectomy), waxa badanaa ku xiga **daweynta shucaaca** (radiation therapy). Daweyn shucaac ayaa la sameeya si loo daweyyo naaska oo dhan. Daweynta shucaacu badanaa waxay bilaabantaa 4 ilaa 6 todobaad qalitaanka ka dib.

Daweynta Hormoonka (Hormone Therapy) iyo Daweynta Kiimiko (Chemotherapy)

Waxa laga yaabaa in daweyn loo baahdo si loo abaaro unugyada kansarka ee ku hadhsan jidhka. Waxa la sameyn karaa qalitaanka ka hor si loo yareeyo buro ama qalitaanka ka dib si loo dilo unugyada kansarka ee laga yaabo inay ku fideen ama ku hadhsan yihiin jirka.

- **Daweynta hormoonka** waa dawo ah kiniin oo la qaato si ay lid ugu noqoto maadada “estrogen” ee ku jirta jirka. Waxyeelada ugu badan waa caalamadaha dhalmo-dayska.

- **Chemotherapy** is medicine given as a pill or in an IV (intravenous) tube in a vein. The medicine kills cancer cells. Common side effects include feeling tired, hair loss and nausea. These side effects are often temporary.

Talk to your doctor or nurse if you have any questions or concerns.

- **Daweynta** kiimiko waa dawo lagugu siinayo kiniin ahaan ama tuubo galaysa xidid dhiig (IV) ama kiniin ahaan. Dawadu waxay dilaysaa unugyada kansarka. Waxyeelooyinka ugu badan waxa ka mid ah daal, timaha oo daata iyo lallabo. Badanaa waxyeelooyinkani waa kuwo mudo jira oo aan joogto ahayn.

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