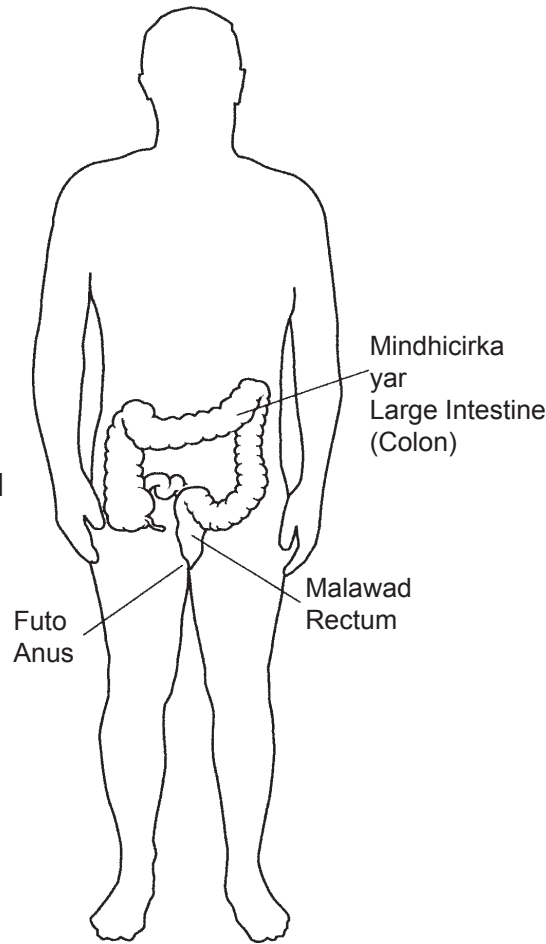


Kansarka Mindhicirka Weyn iyo Malawadka

Cancer of the Colon and Rectum

The colon is also called the large bowel or large intestine. It is the lower 5 to 6 feet of the digestive system. The last 8 to 10 inches of the colon is the rectum. Colon cancer, sometimes called colorectal cancer, is cancer that starts in the large intestine or rectum.

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. Some cancer cells spread to other parts of the body through the blood and lymph systems.



Mindhicirka weyn waa qaybta hoose ee habka dheef-shiidka. Gaar ahaan waa 1.5 ilaa 1.8 miitar (5-ta ilaa 6-da fiit) ee hoose ee habka dheefshiidka. Malawadku waa 20 ilaa 25 sentimiitar (8-da ilaa 10-ka inji) ee ugu dambeeya mindhicirka. Kansarka mindhicirka (colon cancer) oo sidoo kale marmar loo yaqaano kansarka mindhicirka iyo malawadka (colorectal cancer) waa kansar ka bilowda mindhicirka weyn ama malawadka.

Unugyada kansarku waa unugyo aan caadi ahayn. Unugyada kansarku waxay u koraan oo isu qaybiyaan si ka dhakhso badan unugyada caafimaadka qaba. Unugyada kansarka qaarkood waxay sameyn

karaan soo-bixis loo yaqaano burooyin. Dhamaan burooyinka waxa kordha cabirkooda, laakiin qaar ayaa dhakhso u kora, qaarna koriinkoodu wuu gaabiyaa. Qaar ka mid ah unugyada kansarku waxay ku fidaan qaybaha kale ee jirka iyaga oo maraya hababka dhiigga iyo dheecaanka.

Signs

Cancer of the colon and rectum often has no signs. **See your doctor** if you have any of these signs:

- Dark or bright red blood in or on the stool
- Diarrhea or constipation that does not go away or other change in bowel habits
- Pain in the lower abdomen
- Loss of weight for no reason
- Feel tired or lack energy
- Stools are more narrow than usual for more than a few days. This may be from a tumor in the rectum.

Types of Tumors

Tumors found in the colon or rectum can be benign or malignant.

- **Benign tumors** do not spread to other parts of the body. They can be removed by surgery. Cysts are benign tumors that contain fluid.
- **Malignant tumors** may grow into the nearby tissues, organs or blood.

Your Care

Tests

If your doctor thinks you may be at risk for cancer, you may have some of these tests:

- **Physical exam** with a rectal exam where the doctor inserts a lubricated gloved finger into the rectum to feel for lumps.

Calaamadaha

Kansarka mindhicirka iyo malawadka inta badan ma laha calaamado. **U tag dhakhtarkaaga** haddii aad leedahay qaar ka mid ah calamaadahan:

- Dhiig madow ama dhiig si aad ah u cas/guduudan oo ku dhex jira ama dul saaran saxarada
- Shuban ama calool-joogsi aan tagaynin ama isbeddelo kale oo ah dhaqaaqa caloosha
- Caloosha hoose oo xanuunta
- Lumis miisaan oo sabab la'aan ah
- Dareen daal ah ama tabar la'aan
- Saxarada oo ka dhuuban intii caadiga ahayd mudo ka badan dhawr maalmood. Taasi waxa laga yaabaa inay ka imanayso buro ku taala malawadka.

Noocyada Burooyinka

Burooyinka laga helo mindhicirka ama malawadku waxay noqon karaan kuwo aan dhib lahayn (benign) ama kuwo dhib leh (malignant).

- **Burooyinka aan dhibka lahayn** kuma fidaan qaybaha kale ee jirka. Waxa lagu saari karaa qalitaan. Fiixdu/boog-hoosaad (cyst) waa buro aan dhib lahayn oo dheecaan ku jiro.
- **Burooyinka dhibka lihi** waxay ku fidi karaan xubnaha, unugyada jirka ee u dhow ama dhiigga.

Daryeelkaaga

Baadhitaano

Haddii dhakhtarkaagu u maleynayo in aad halis u tahay kansar, waxa laga yaabaa inuu sameeyo qaar ka mid ah baadhitaanadan:

- **Baadhitaan jir** oo leh baadhis malawad. Kaas oo ah in dhakhtarku galiyo far, ku jirta gacmo-galis subageysan, malawadka si loo dareemo burooyin.

- **Sigmoidoscopy** where a thin, flexible tube is put into the rectum to let the doctor see inside the lower part of the colon.
- **Colonoscopy** where a thin, flexible tube is put into the rectum to let the doctor see the entire length of the colon.
- Samples of tissue are removed for testing, called a **biopsy**.
- **Barium enema** where liquid barium and air is put into the rectum to see the colon on x-ray.
- **Blood tests** to check blood loss and how well the liver is working.

If tumors are found, your doctor may order x-rays, CT scans and other types of blood tests to see if the cancer has spread to other parts of the body.

Treatment

After all of your tests are done, your doctor will talk to you about treatments that are best for you. Treatment may include:

- **Surgery** to remove the tumor. The kind of surgery will depend on the location and size of the tumor. Often, the part of the colon with cancer is removed.
- **Radiation therapy** to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.

- **Baadhitaanka “sigmoidoscopy”** kaasoo ah baadhitaan tuubo jilicsan la galinayo malawadka si dhakhtarku u arko gudaha qaybta hoose ee malawadka.
- **Baadhitaanka “colonoscopy”** kaasoo ah baadhitaan tuubo jilicsan la galinayo malawadka si dhakhtarku u arko dhamaan dhererka qaybta hoose ee mindhicirka.
- Qaybo yar oo cad ah ayaa la soo gooyaa si loo baadho (**biopsy**).
- **Baadhitaanka baariyam “barium enema”** baariyam ah hoore iyo hawo ayaa lagu shubaa malawadka si ay suurtoagal u noqoto in mindhicirka lagu arko raajo.
- **Baadhitaano dhiig** si loo baadho dhiig luminta iyo sida beerku u shaqeynayo.

Haddii burooyin la helo, dhakhtarkaagu waxa uu dalbi karaa raajooyin, sawiro ah CT iyo noocyo kale oo ah baadhitaano dhiig si loo ogaado in kansarku ku fiday qaybaha kale ee jirka iyo in kale.

Daweyn

Ka dib marka dhamaan baadhitaanadaa la sameeyo, dhakhtarkaaga ayaa kaala hadli doona daweynta kugu haboon. Daweynta waxa ka mid noqon kara:

- **Qalitaan** lagu saarayo burada. Nooca qalitaanku waxa uu ku xirnaan doonaa goobta iyo cabirka burada. Badanaa, qaybta mindhicirka ee kansarka qabta ayaa la saaraa.
- Daweyn ah shucaac (**radiation therapy**) si loo joojiyo ama loo gaabiyo korniinka kansarka. Badanaa waxa daweyntan la isticmaalaa qalitaanka ka dib, si loo burburiyo wixii ah unugyo kansar ee soo hadha.

- **Chemotherapy** medicines to kill cancer cells. These medicines are given by mouth, by injection into a muscle or vein, or directly into the affected organ to treat cancer. These medicines help kill cancer cells.
- **Immunotherapy** may also be called biotherapy. This treatment uses natural substances made by the body's immune system. This kills cancer cells, slows their growth or helps the immune system fight the cancer in a better way.

You may have one or more cancer treatments. Some patients have surgery followed by radiation therapy or chemotherapy.

Follow-up Care

Regular visits to your doctor are important. Your care at these visits may include blood tests, CT scans, chest x-rays or other tests. Report any problems to your doctor between visits.

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

- Dawooyin ah “**chemotherapy**” si loo dilo unugyada kansarka. Dawooyinka waxa lagaa siinayaa afka, ama lagaaga mudayaa muruq, ama xidid dhiig, ama waxa toos loogu shubaa xubinta cudurku hayo si loo daweeyo kansarka. Dawooyinkani waxay caawiyaan dilista unugyada kansarka.
- Daweynta ah “**immunotherapy**” waxa marmarka qaarkood loogu yeedhaa “biotherapy.” Daweyntan waxay isticmaashaa walxo dabiici ah oo uu sameeyo habka difaaca jirka. Taas oo disha unugyada kansarka, gaabisa korniinkooda ama ka caawisa habka difaaca jirka inuu kansarka ula dagaalamo si fiican.

Waxa laga yaabaa in lagu sameeyo hal ama noocyo badan oo daweyn kansar ah. Bukaanka qaarkood waxa loo sameeyaa qalitaan uu ku xigo daweynta shucaaca ama “chemotherapy.”

Daryeelka La-socodka ah

Waxaa muhiim ah in si joogto ah aad u booqatid dhakhtarkaaga. Daryeelka aad heshid wakhtiga booqashooyinka waxa ka mid noqon kara baadhitaano dhiig, sawiro CT, raajooyin laabta ah ama baadhitaano kale. La socodsii dhakhtaarka wixii dhibaatooyin ah ee soo kordha inta u dhexeysa booqashooyinka.

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