

# Daryeelka Afka ka dib Daweyn Kaansar

## Mouth Care with Cancer Treatment

Cancer treatments can damage cells in the mouth. This may cause problems with teeth and gums, the lining of the mouth, and the glands that make saliva. See a dentist 2 weeks before starting cancer treatment.

### Problems may include:

- Soreness in the mouth
- Sores like cold or canker sores
- Burning, peeling, dry mouth and swelling of the tongue
- A risk of infection
- Trouble with eating, drinking, swallowing, talking or sleeping.

### To reduce discomfort:

- **Check your mouth each day.**
  - Call your doctor or nurse if you see redness, swelling, open areas, bleeding or white patches.
- **Keep your mouth clean.**
  - Brush your teeth or dentures after meals and before bedtime.
  - Use an extra soft toothbrush with toothpaste.
  - If your mouth is too sore to use a soft toothbrush, use gauze or sponge toothettes soaked in salt water to clean your teeth.

Daweynta kaansartu waxay dhaawaci kartaa unugyada afka. Waxa laga yaabaa in taasi sababto dhibaatooyin ah ilkaha iyo ciridka, dahaadhka afka, iyo qanjidhada sameeya candhuufta. U tag dhakhtar ilko 2 todobaad ka hor inta aanad bilaabin daweyn kaansar.

### Dhibaatooyinka waxaa laga yaabaa inay ku jiri karaan:

- Xanuun afka ah
- Finan ah sida finanka hargabka ama nabarro afka ah
- Gubasho, qolof-dhac, af qallalan iyo barar carabka ah
- Halis u ahaansho Jeermis
- Dhibaato ah xagga cunista, cabista, liqidda, hadlidda ama hurdada.

### Si loo yareeyo xarnuunka:

- **Maalin kasta hubi afkaaga.**
  - Wac dhakhtarkaaga ama kalkaalisada haddii aad aragtid casaan, barar, nabar furan, dhiig socda ama meelo cad.
- **Afkaaga nadiif ka dhig.**
  - Caday ilkahaaga ama ilkaha la gashado ka dib cuntada iyo ka hor hurdada.
  - Isticmaal burush aad u jilicsan oo aad marasid cajiinka ama dawada ilkaha lagu nadiifiyo.
  - Haddii afku aad kuu xanuunayo oo aanad isticmaali karin burush jilicsan, isticmaal maro buush ah oo ilkaha lagu nadiifiyo oo lagu radiyay ama lagu qooyay biyo milix leh si aad ilkaha u nadiifisid.

- **Floss your teeth gently each day.**
  - › Use unwaxed dental floss.
  - › Do not floss areas that are sore or bleeding.
- **Use a mouthwash after meals and at bedtime.**
  - › Buy a mouthwash that does not have alcohol or mix one cup of warm water with two pinches ( $\frac{1}{4}$  teaspoon) of baking soda and one pinch ( $\frac{1}{8}$  teaspoon) of salt. Rinse and spit out. Do not swallow.
  - › Follow with a plain water rinse.
- **Keep your mouth moist.**
- Drink 8 to 12 glasses of liquids each day.
- Apply lip balm to avoid cracked lips.
- Suck on ice chips.
- Chew gum or use hard candy.
- Talk to your doctor if your mouth is very dry.
- **Remove and clean dentures each time you brush your teeth after you eat.**
  - › Rinse your mouth with mouthwash before putting them back in your mouth.
  - › Keep your dentures in clean water when you are not wearing them.
  - › Talk to your doctor or dentist about dentures that do not fit.
- **Use medicines to manage mouth discomfort and pain as ordered by your doctor.**
- **Ilkahaaga xadhko (floss) si tartiib ah ugu nadiifi maalin kasta.**
  - › Isticmaal xadhkaha ilkaha ee aan xabag laheyn.
  - › Ha marin xadhigga meelaha xanuunaya ama dhiig ka imanayo.
- **Isticmaal dawo luqluqasho ka dib cuntada iyo wakhtiga hurdada.**
  - › libso afdhaq aan lahayn aalkolo ama isku dar hal koob oo ah biyo diiran oo leh khamiiriye (baking soda) oo le'eg inta laba farood caarood lagu qaado 2 jeer ( $\frac{1}{4}$  qaaddo shaah) iyo milix le'eg inta hal mar lagu qaado laba farood caarood ( $\frac{1}{8}$  qaaddo shaah). Ku luqluqo oo tuf. Ha liqin.
  - › Ku xeji luqluqasho aad ku luqluqanaysid biyo cad.
- **Afkaagu ha ahaado mid qoyan.**
- Cab 8 ilaa 12 koob oo ah cabitaano maalin kasta.
- Mari dibnaha labeenta dibnaha si aanad u yeelan dibno dilaacay.
- Nuug qaybo baraf ah.
- Calaasho xanjo ama isticmaal nacnac adag.
- La hadal dhakhtarkaaga haddii afkaagu qalalan yahay.
- **Iska saar oo nadiifi ilkaha macmacika ama artifishalka ah wakhti kasta oo aad burush marisid ilkahaaga ka dib marka aad wax cuntid.**
  - › Ku luqluq afkaaga dawada luqluqashada ka hor inta aanad dib u gashan ilkaha la gashado.
  - › Ilkahaaga la gashado ha kuugu jiraan biyo nadiif ah marka aanad xidhnayn.
  - › Dhakhtarkaaga ama dhakhtarkaaga ilkaha kala hadal ilkaha la gashado ee aan ku leekeyn.
- **Isticmaal dawooyinka uu dhakhtarkaagu amray si aad u maamushid raaxo-darada iyo xanuunka afka.**

- **Avoid:**

- › Acidic foods and juices such as oranges, tomatoes and grapefruits
- › Hot foods such as soup, coffee or tea
- › Spicy foods
- › Pickled foods
- › Rough foods such as nuts, crackers or pretzels
- › All tobacco products
- › Alcohol

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

- **Iska ilaali:**

- › Cuntooyinka iyo miirka khudaarta ee asiidka/aashitada leh sida liinta, yaanyada/tamaandhada iyo bambeelmada
- › Cuntooyinka kulul sida maraqa, kafeega ama shaaha
- › Cuntooyinka basbaaska leh
- › Cuntooyin Milix Lagu Radiyay
- › Cuntooyinka xanafta leh sida qolofleyda, busgudka ama 'pretzel'
- › Dhamaan wixii tubaako ka sameysan
- › Khamro

**La hadal dhaktarkaaga ilkaha, dhaktarkaaga ama kalkaalisada, haddii aad hayso wax su'aalo ah ama walaaca.**