

Prostate Cancer

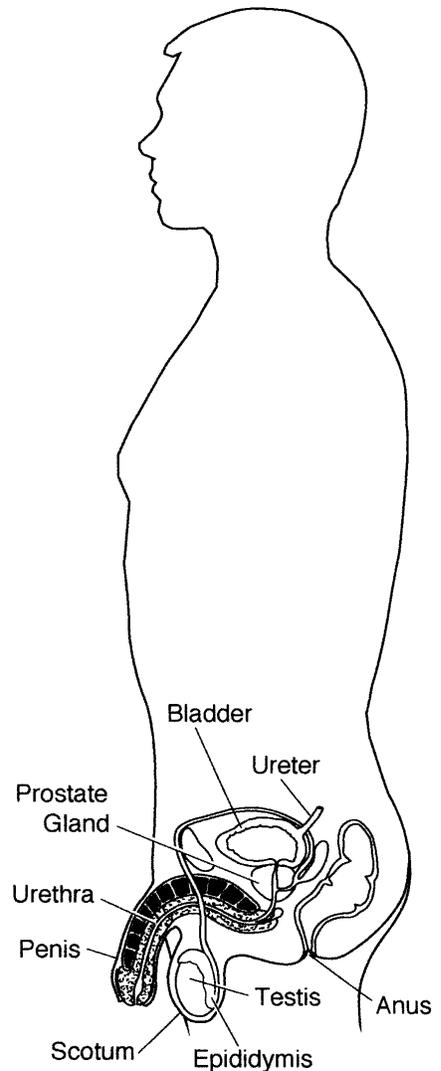
The prostate is a gland in men that makes a liquid that forms part of semen. Its size is about 2 centimeters by 2 centimeters and is located in the pelvic area. The prostate uses a male hormone called testosterone to work normally.

Signs of Prostate Cancer

You may not have any signs. Some men have:

- The need to urinate more often, especially at night
- A hard time starting to urinate or holding back urine
- Weak flow of urine
- Pain or burning with urination
- Painful release of semen through the penis during sex
- Blood in the urine or semen
- Pain or stiffness in the lower back, hips or upper thighs

See your doctor if you have any of these signs.



Kansarka Qanjidhka Manida Ragga

Qanjidhka manidu waa qanjidh ragga ku jira oo sameeya dareeraha isu keena qayb ka mid ah manida. Cabbirkiisu waa ilaa 2 sentimitir iyo 2 sentimitir wuxuuna ku yaallaa sinaha meelahooda. Qanjidhku wuxuu isticmaalaa hormoonka ragga ee loo yaqaanno testosterone si uu si caadi ah ugu shaqeeyo.

Calaamadaha Kansarka Qanjidhka Manida

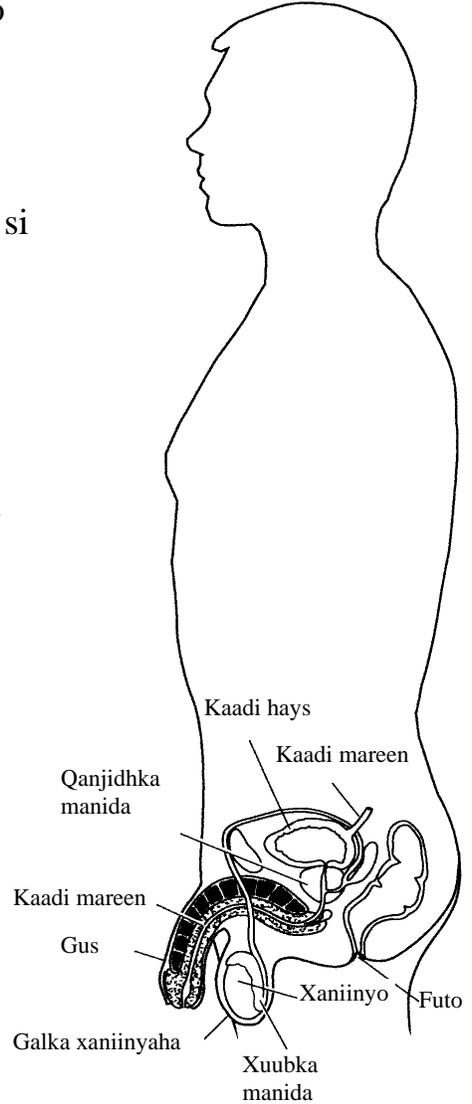
Waxaa laga yaabaa in aadan wax calaamado ah isku arkin.

Ragga qaarkood waxay leeyihiin:

- Baahi kaadiyeed oo badan, gaar ahaan habeenkii
- Iney ku adkaato iney kaadida bilawgeedo inay soo dhaflo iyo markay qabato inay ceshadaan
- Kaadida oo si daciif ah u socota
- Kaadida oo xanuunjisa ama gubta
- Manidu markay ka imaanayso guska waqtiga galmada oo aad u xanuunjisa
- Dhiig soo raaca kaadida ama manida
- Xanuun ama giigsanaanta dhabarka hoose, miskaha ama bowdyaha sare

U tag takhtarkaaga haddii aad isku aragtid wax ka mid ah calaamadahaan.

Prostate Cancer. Somali.



Risk Factors for Prostate Cancer

You are at higher risk for prostate cancer if you:

- Are over age 50
- Have a father or a brother who has had prostate cancer
- Are of African descent
- Eat a diet high in animal fat

Testing for Prostate Cancer

Talk to your doctor about testing for prostate cancer. Yearly check-ups with your doctor are important to look for cancers early. Tests that should be done each year for men over age 50, or men of African descent over age 40, include:

- **PSA (prostate-specific antigen) blood test**

The level of PSA in the blood is high in men who have prostate cancer.

- **Rectal Exam**

Your doctor inserts a lubricated, gloved finger into your rectum to feel for hard or lumpy areas in the prostate.

If your test shows that you may have prostate cancer, other tests may be needed. A small amount of the prostate tissue may be removed to check for cancer cells. This is called a biopsy.

Arrimaha Halista leh ee Kansarka Qanjidhka Manida Ragga

Waxaad aad halis ugu tahay kansarka qanjidhka haddii ay:

- Da'daadu ka weyn tahay 50
- Aad leedahay aabbo ama walaal qaba kansarka qanjidhka manida
- Asalkaagu Afrika ka soo jeedo
- Aad cunto cunto dufanka xooluhu aad ugu badan yahay

Iska Baaridda Kansarka Qanjidhka Manida

Takhtarkaaga kala hadal iska baaridda kansarka qanjidhka. Baaridda sanadkiiba marka ah ee uu takhtarkaagu kugu sameeyo waa muhiim si waqti hore loo ogaado kansarka. Baaritaanka lagu samaynayo sannadkiiba raga ka weyn 50, waa inay ku jiraan ama kamid yihiin ragga ka soo jeeda Afrika ee ka weyn da'da 40:

- **Baaridda dhiigga ee PSA (*Prostate-specific antigen*)**

Heerka PSA ee dhiigga ku jira wuu ku badanyahay ragga qaba kansarka qanjidhka.

- **Baaritaanka Malawadka**

Takhtarkaagu wuxuu far galoof ku jiro, oo dheef marsan yahay gelinayaa malawadkaaga si uu u dareemo meel adag ama kasoo kuusan qanjidhka.

Haddii baaritaankaagu muujiyo in aad qabto kansarka qanjidhka, baaritaanno kale ayaa laga yaabaa in loo baahdo. Wax yar aya laga jarayaa qanjidhka si loo ga baadho loona hubiyo inuu unuga kansarka ku jiro. Waxaana loo yaqaanna unuqyo kasoo qaadidda jidhka.

Your Care

If you have prostate cancer, your doctor will talk to you about your treatment choices. These may include:

- Surgery
- Radiation
- Chemotherapy
- Hormone therapy
- Watchful waiting

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

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Daryeelkaaga

Haddii aad qabto kansar qanjidh, takhtarkaagu wuxuu kaala hadli doonaa kala doorashooyinka daaweynta. Kuwaan waxaa laga yaabaa inay ku jiraan:

- Qalliin
- Shucaac ama kaah isku daaweyn
- Kiimiko isku daaweyn
- Daaweynta hormoonka
- Sugitaan baxnaano ilaalin ku jirto.

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

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