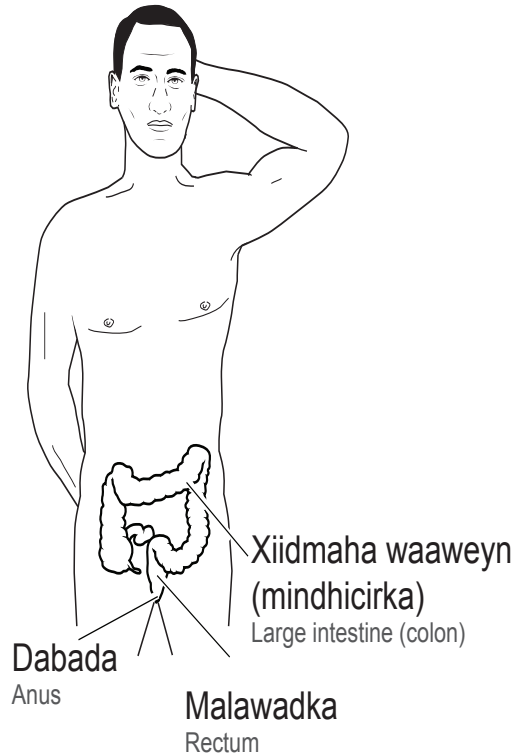


Kansarka xiidmaha iyo Dabada

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.



Xiidmahaayaa sidoo kale loo yaqaanaa mindhicirka weyn ama xiidmaha weyn. Waa qeybta hooseysa ee 5 ilaa 6 fiit oo nidaamka dheef-shiidka ah. 8 ilaa 10 inji ee ugu dambeeya ee xiidmaha waa malawadka. Kansarka mindhicirka, oo mararka qaarkood loo yaqaan kansarka mindhicir-malawaadka, waa kansar ka bilowda xiidmaha waaweyn ama malawadka.

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

loo yaqaan burooyin. Burooyinka oo dhan wey koraan cabir ahaan, laakiin burooyinka qaarkood si dhakhso leh ayey u koraan, kuwa kalena tartiib ayey u koraan. Qaar ka mid ah unugyada kansarka waxay ku faafaan qaybaha kale ee jirka iyagoo maraya nidaamka 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 changes in bowel habits
- Pain in the lower abdomen

Calaamadaha

Kansarka xiidmaha iyo malawadka badanaa ma laha calaamado. **Arag dhakhtarka** haddii aad qabtid mid ka mid ah calaamadahaan:

- Dhiig guduud mugdi ama dhalaal ah oo ku jira gudaha ama korka saxarada
- Shuban ama calool fadhi oo aan baxaynin ama isbeddelo kale oo ku dhaca dhakhtarka caloosha
- Xanuun caloosha hoose ah

- Frequent gas pains, pressure, fullness or cramps in 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.
- Xanuun gaas oo soo noqnoqda, cadaadis, buuxsanaan ama xanuun caloosha ah
- Luminta miisaanka sabab la'aan
- Daal ama tabar yari
- Saxaradu waa kuwo ka dhuuban kuwa caadiga ah in ka badan dhowr maalmood. Tani waxay ka imaan kartaa buro ku taal malawadka.

Types of tumors

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

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

Tests

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

- **Medical history** where your doctor will ask you questions about your signs and risk factors
- **Physical exam with a rectal exam** where the doctor inserts a gloved finger into your rectum to feel for lumps.
- **Sigmoidoscopy** where a thin, flexible tube is put into your rectum to let the doctor see inside the lower part of your colon.
- **Colonoscopy** where a thin, flexible tube is put into your rectum to let the doctor see the entire length of the colon.

Noocyada burooyinka

Burooyinka laga helo xiidmaha ama malawadka waxay noqon karaan kuwa daciif ah ama kuwo aad u daran.

- **Burooyinka daciifka ah ma ahan kansar.** **Iyaga** kuma faafaan qeybaha kale ee jirka. Waxaa la iskaga saari karaa qalliin. **Cysts** waa buro daciif ah oo ay ku jiraan dareere.
- **Burooyinka aadka u daran** waa kansar. Kansarka ka soo baxa burooyinkan waxay u gudbaan unugyada, xubnaha ama dhiigga u dhow.

Baaritaanada

Haddii dhakhtarkaagu u maleeyo inaad halis ugu jirto kansarka, waxaa laga yaabaa in lagugu sameeyo baaritaanada qaar:

- **Taariikhda caafimaad** halkaas oo dhakhtarka uu ku waydiin doono su'aalo ku saabsan calaamadahaaga iyo arrimaha halista leh
- **Baaritaan jirka ah oo la socda baaritaan malawaadka ah** halkaas oo dhakhtarka uu far galoofis ku jiro uu kaa gelin doono malawaadka si uu u dareemo haddii ay jiraan finan.
- **Baaritaanka sigmoid-ka** halkaas oo tuubo dhuuban oo jilicsan la gelin doono malawaadkaaga si dhakhtarka uu u arko gudaha qeybta hoose ee xiidmadaada.
- **Baaritaanka xiidmada** halkaas oo tuubo dhuuban oo jilicsan la gelin doono malawaadkaaga si dhakhtarka uu u arko dhererka xiidmada.

- **Biopsy** where samples of tissue are removed for testing in a lab to check for cancer cells.
- **Blood tests** to check blood loss and how well the liver is working.

If a tumor is found, your doctor may order other 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 with you about the results. If your tests show cancer, your doctor will talk to you about treatments that are best for you.

The most common treatments:

- **Surgery is done** 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** is used to stop or slow the growth of cancer. It is often used after surgery to destroy any cancer cells that may remain.
- **Chemotherapy** uses 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 help kill cancer cells.

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

Other drug treatments that may be used in certain cases include:

- **Biyobsi** halkaas oo muunadaha unugyada jirka laga soo saari doono si loogu baaro shaybaarka si loo ogaado haddii ay jiraan unugyada kansarka.
- **Baaritaanada dhiigga** si loo hubiyo luminta dhiigga iyo sida ugu wanaagsan ee beerka uu u shaqeeynaayo.

Haddii buro laga helo, dhakhtarkaagu wuxuu amri karaa baaritaanno kale si loo hubiyo in kansarku ku faafay qaybaha kale ee jirka.

Daaweynta

Kadib marka dhammaan baaritaankaaga la sameeyo, dhakhtarkaaga ayaa kaala hadli doona natiijooyinka. Haddii baaritaanadaadu muujiyaan kansar, dhakhtarkaaga ayaa kaala hadli doona daawaynta adiga kuugu fiican.

Daaweynta ugu badan:

- **Qalliin ayaa la sameeyaa** si loo soo saaro burada. Nooca qalliinka waxay ku xirnaan doontaa goobta iyo baaxadda burada. Badanaa, qaybta xiidmaha ee kansarka uu ku yaalo ayaa la saaraa.
- **Daaweynta shucaaca** ayaa loo isticmaalaa si loo joojiyo ama loo yareeyo koritaanka kansarka. Waxaa badanaa la isticmaalaa qalliinka ka dib si loo burburiyo unugyada kansarka ee laga yaabo inay haraan.
- **Daaweynta kiimikada** waxaa la isticmaalaa daawo si loo dilo unugyada kansarka. Daawooyinka waxaa qofka laga siiyaa afka, duritaan lagu durayo muruq ama xidid, ama si toos ah loogu durayo unugyada ay dhibaataadu saameysey si looga caawiyo dilitaanka unugyada kansarka.

Waxaa laga yaabaa inaad hesho hal ama in ka badan oo daaweynta kansarka ah. Bukaana qaar waxaa lagu sameeyaa qalliin kadibna loogu xijiyaa daaweynta shucaaca ama daaweynta kiimikada.

Daaweynta kale ee dawooyinka ah ee loo isticmaali karo xaaladaha qaarkood waxaa ka mid ah:

- **Immunotherapy**, also called biotherapy, uses natural substances made by the body's immune system. These may kill cancer cells, slow their growth, or help your immune system fight the cancer in a better way.
- **Targeted therapy** uses drugs to find and attack cancer cells without harming normal cells.
- **Daaweynta difaaca jirka**, sidoo kale loo yaqaan daaweynta unugyada difaaca jirka, waxaa la isticmaalaa walxo dabiici ah oo uu soo saaro nidaamka difaaca jirka. Kuwaani waxay dili karaan unugyada kansarka, waxay yarayn karaan koritaankooda, ama waxay ka caawin karaan nidaamka difaaca jirkaaga inuu sida ugu fiican ula dagaallamo kansarka.
- **Daaweynta Bartilmaamaysiga** waxaa la isticmaalaa daawooyin lagu raadiyo laguna weeraro unugyada kansarka iyadoon waxyeelo loo geysanin unugyada caadiga ah.

Follow up care

Regular visits with your doctor are important.

During your treatment, your visits may include blood tests, x-rays and other tests. Report any problems to your doctor between visits.

After your cancer treatment, your visits may include other tests to watch for changes in your health.

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

Daryeelka dabagalka

Booqashooyin joogto ah oo aad la yeelato dhakhtarkaaga ayaa muhiim ah.

Inta lagu gudajiro daaweyntaada, booqashooyinkaaga waxaa ku jiri kara baaritaano dhiig, raajo iyo baaritaano kale. U sheeg wixii dhibaato ah dhakhtarkaaga inta u dhaxeysa booqashooyinka.

Ka dib markii lagaa daweyo kansarka, booqashooyinkaaga waxaa ku jiri kara baaritaano kale si loo eego isbedelada caafimaadkaaga.

La hadal dhakhtarka kaaga ama kalkaaliyahaaga haddii aad qabto wax suaalo ah ama welwel ah.