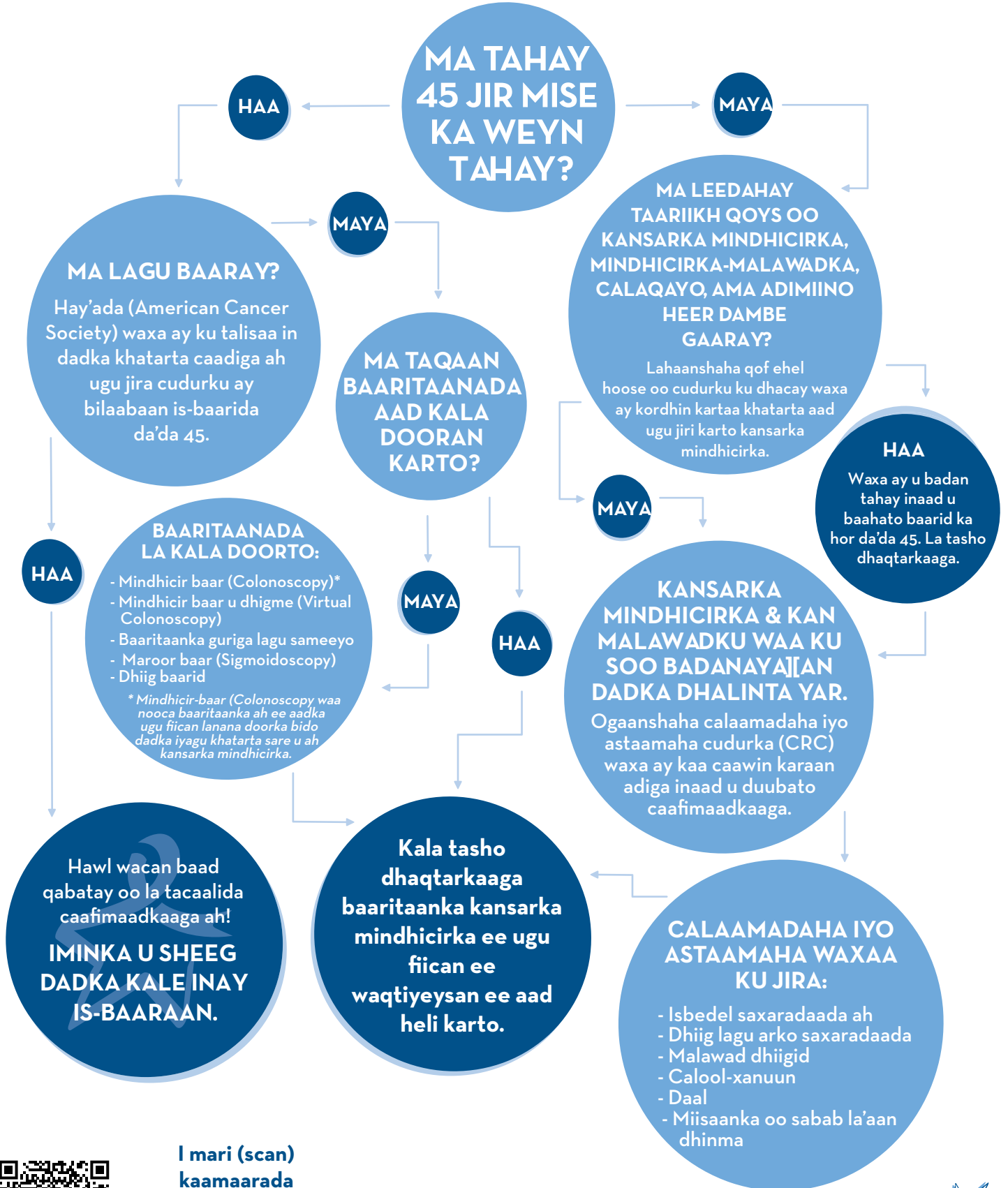


HAGAHA KANSARKA BAARITAANKA MINDHICIRKA



I mari (scan) kaamaarada telefankaaga si AAD WAX UGA OGAATO ARINTAN!

Akhbaarta ku qoran dukumiintigan waxaa qiimeeyey si loo sugo inay saxan tahay Golaha Talo-Siinta Caafimaad ee Is-bahaysiga Kansarka mindhicirka (Colon Cancer Coalition's Medical Advisory Council).



BAARITAANADA LA KALA DOORAN KARO

Kala tasho dhaqtarkaaga sidda ugu fiican ee aad isu baari karto.

BAARITAANKA SAXARADA KU SALAYSAN EE GURIGA

Baaritaanadaasi waxa ay ka baaraan dhiig iyo/ama unugyo caadiga ka baxsan saxarada. Aalada baarida ayaa dib boostada loogu soo dhigaa ama lagu soo celiyaa daryeel caafimaad bixiyaha. Haddii dhiig ama wax kale oo caadiga ka baxsan la helo, mindhicir-baar (colonoscopy) ayaa loo baahan karaa.

- Fecal Immunochemical Test (FIT): sanad walba
- High Sensitivity Fecal Occult Blood Test (FOBT): sannad walba
- Baarida DNA saxarada: 3 sanno oo walba

KAN RUGTA CAAFIMAADKA

Xilliga booqashada, dhaqtarkaagu waxa uu ka eegi mindhicirka iyo malawadkaaga calaayo ama ifafaalo kale oo muujinaya kansar. Mindhicir-baar (colonoscopy) ayaa inta badan waxaa loo tixgeliyaa inuu yahay halbeega ugu fiican maadaama uu siddoo kale ay dhici karto inay ka hortagaan kansar iyagoo soo goynaya calaayada kolka la helo. Baaritaanadaasi waxa ay u baahan yihiin nadiifin mindhicirka oo dhan ah (diyaarin). Dhiig ayaa la qaadaa si looga baaro wax daliilo kansar ah dhiigaaga waxaana lagula taliyaa taa dadka khatarta iska-caadiga u ah cudurka ee aan awoodin ama aan diyaar u ahayn inay maraan baarida mindhicir-baar (colonoscopy) ama baarid saxarada ku salaysan.

- mindhicir-baarid (colonoscopy): 10 sanno oo walba marka natiijooyinku caadi yihiin*
- U dhigmaha mindhicir-baarid (colonoscopy): 5 tii sanno oo walba mar*
- Maroor-baarid dabacsan (Flexible sigmoidoscopy): 5 tii sanno oo walba+
- Dhiig Baarid**

OGOW KHATARTA AAD UGU JIRTO

Qoyska horey taariikh ugu lahaa kansarka mindhicirka ama calaayo iyo qaar ka mid ah cudurada oo ay ku jiraan cudurka la yiraa (Crohn's disease) ama (ulcerative colitis) macnaheedu waa in lagu baaro ka hor inta aadan gaarin da'da 45.









U DUUBO CAAFIMAADKAAGA

U fiirso isbedelada jirkaaga ama wixii astaamo ah ee aad dareento. La tasho daqtarkaaga. Raadi dhaqtar labaad ra'yigii haddii aad u baahato.

YAREE KHATARTAADA

Lahow miisaan jireed oo caafimaad qaba. Jimicsi jireed oo joogta ahna samee. Xadid isticmaalka khamriga. Yaree cunida hilibka xoolaha iyo hilibka warshadahu samseeyaan. Sigaar ha cabin.

OGOW CALAAMADAHA IYO ASTAAMAHA

-  Dhiig lagu arko saxaradaada
-  Isbedel saxaradaada ah
-  Daal
-  Dhiig la'aan
-  Miisaanka oo sabab la'aan dhinma
-  Calool majiir joogta ah dhabar xanuun
-  Dareen dibiro
-  Astaamo la'aan gabi ahaanba

*Dhaqtarkaagu waxaa dhici karta inuu ku taliyo waqti ka duwan ka caadiga ah in eegid baaritaan ah lagu mariyo iyadoo ay taasi ku salaysan tahay taariikhdaada caafimaad iyo natiijooyinkii hore.

+Haddii calaayo caadiga ka baxsan la helo malawad-eege (colonoscopy) ayaa loo baahan doonaa si loo baaro mala-wadka oo dhan.

**Kala tasho dhaqtarkaaga daryeel-bixiyaha ee kugu qoran iyo shirkada kaarka caymiska si aad u go'aamsato inay kugu haboon tahay. Mindhicir-baarid (colonoscopy) ayaa loo baahan doonaa haddii natiijooyinka caadiga ka baxsan ay jiraan.