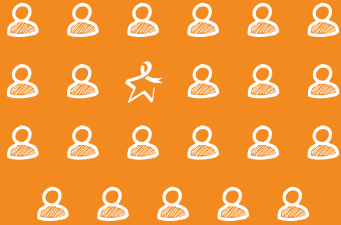


MIYAAD OGAYD ADIGU?

1 ka mid ah 23 kii qof ayuu ku dhacaa
kansarka mindhicirka



Kansarka mindhicirku uu ragga iyo
dumarka **uu isku** si u saameeyo.



Hal ka 5 qof ee cudurka laga helaa
waa ka yar yahay 54



✓ur:

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BAARITAANKA KANSARKA MINDHICIRKA: 101

AQOON HEL.
BAARITAAN HEL.



coloncancercoalition.org

KALA DOORASHADA NOOCYADA BAARITAANAADA

Baaritaanada Saxarada ee guriga lagu sameeyo

Baaritaanadaasi waxa ay ka baaraan dhiig iyo/ ama unugyo jirin saxada. Baakad saxaradu ku jirto waxaa lagu soo celiyaa ama boostada loo soo dhigaa dhaqtarkaaga. Hadii dhiig ama wax kale laga helo kolkaa waxaa loo baahan in la sameeyo (colonoscopy).

- Baaritaanka La yiraa [Fecal Immunochemical Test (FIT)]: sannad walba
- Baaritaanka [High Sensitivity Fecal Occult Blood Test (FOBT)]: sannad walba
- Baarida saxarada ee la yiraa (mt-sDNA): Hal mar 3 dii sannaba

Baaritaanada Eegida ah

Rug caafimaad ayuu dhaqtarkaagu waxa uu uga baari mindhicirkaaga iyo malawadkaaga wax calaayo ah ama raad kansar ah. Colonoscopyadu waxa kaloo ka hor taggi karaan kansarka iyadoo la goynayo calanqyada la helo. Baaritaankaani waxa uu u baahan yahay nadiifin buuxda in lagu sameeyo (diyaarin) mindhicirka maalinta ka horeeysa maalinta baaritaanka.

- (Colonoscopy): Hal mar 10kii sannaba hadii ay tatiijadu caadi tahay*
- (Colonoscopy) Baaritaanada eegida ah: Hal mar 5 tii sannaba*

**Dhaqtarkaagu waxaa dhici karta inuu kugula taliyo waqti ka duwan kan kore in la sameeyo baaritaanada eegida ah iyadoo hadba ku xiran taariikhdaada caafimaadkaaga iyo natiijooyinkii hore.*

U tagida Dhaqtarka

Dhiig ayaa lagaaga qaadi karaa xafiiska dhaqtarkaaga hadii aadan doonayn inaad sameeyso saxaro guriga isaga qaadid ama baaritaanka eegida ah.

ABRAACYADA (COLONOSCOPY)

Baaritaan ka taabi galsan kan (colonoscopy) ma jirro kolka ay noqoto helida iyo ka hor taggida kansarka mindhicirka. Raac sedexsan talaabo si aad u yareeyso wa-walka aadna uga dhigto (colonoscopy) kaaga mid dhib yar.

1. Balanqabso.



Waxa ugu daran ee ku saabsan (colonoscopy) waxaa laga yaabaa inuu yahay dirida telefoonka balan- qabsiga. Xasuusnow, waxaa laga yaabaa inaad u baahato inaad waqti ugu maqnaato shaqada diyaar garowga, iyo maalinta baaritaanka awgood.

! Talo siin: Qabso balanta (colonoscopy) subax Isniin ah, si kolkaa aad u sameeyso diyaar garowga Axadda oo kolkaa shaqada aad uga maqnaato hal maalin ah uun. Balanta qabso subaxa hore maadaama aad qatanaan doonto aadna doonayso inaad wax cunto kolka lagu ogolaado wax cunida!

2. Diyaar-Garowga.



mindhicirka nadiifka ahi waxa uu fududeeyaa helida iyo soo goynta calaayada. Hubi inaad raacdo talooyinka dhaqtarkaaga aad waydiiso wixii aan kuu kala cadeyn dhaqtarkaaga inta aad la joogto ama aan balanta la gaarin.

Inta badan, nadiifinta habka dhiifshiidku macnahiisu waa in la cuno cuntooyin burka cad-cad ka sameysan dhowr cisho ka hor baaritaanka iyo in biyo cad uun la cabo maalinta ka horeeysa baaritaanka. Jikadaadda soo dhigo cuntooyinka ay ku jiraan:

- bariis cadde, baasto, iyo rooti
- bataati shiidan (aan gal lahan)
- khurdaha iyo miraha ku jira gasacyada
- cabitaanada qasan ee cad (tufaaxa ayaa ugu fiican)Jell-o (laakiin iska ilaali guduudka, oranjaatada, ama kuwa lah midabyada giir-giir ah)
- cabitaanada fudud ee cad (sida Sierra Mist ama 7-up, qaar badan oo ka mid ah isbitaalkadu xataa waa ogol yihiin root beer!)
- kafee ama shaah (aan caano ama cadeys lahayn)
- fuud

Dhaqtarkaagu waxa uu kuu qori doonaa dareere caloosha socodsiiya. Si ay kaaga caawiyaan in cabitaanadda aad cabaysaa ay hoos ugu dagaan:

- Cabitaanku ha qaboobaado
- Ku cab cabitaanka tuubada wax lagu cabo oo aad dhuunteeda afka gadaalkiisa aad gelisay
- Nuug nacnac ad-adag ama liin si aad u dhigto dhadhanka

! Talo siin: Hadii tilmaamaha lagu siiyey ay ku jiraan inaad ku walaaqdo cabitaan kale (sida Gatorade) ha ku walaaqan cabitaanka mid ka mid ah dhadhanada aad ka hesho— markaa wixii ka dambeeya ma ahaan doono mid aad ka hesho!

Inaad musqul u dhawaato maalinta diyaar-garowgu waa lagama maarmaan. Dad badani waxa u arkaan in isticmaalida warqadaha qoyan ee wax lagu tirtiraa ay ka fiican yihiin isticmaalida warqadaha caadiga ah ee musqusha.

! Talo siin: Mari dabada kareemka baabasiirka (ama xataa boomaatada canbaarta xafaashada lo oadeegsado) ka hor inta inta aadan bilaabin diyaar garowga si aad u ilaaliso maqaarkaaga aadna u yareeyso nafis la'aan. K dib mar markii aad u baahantaba.

3. Is-deji (zen).



Inaad degan tahay maalinta baaritaanku waa muhiin. Wal-walka badani waxa u ka dhigi karaa hawsha oo dhan mid dhib badata. Ha ka baqin inaad waysiiso su'aalo dadka ku saabsan suuxinta, habraaca iyo maareynta wixii raaxo darro ah.

Ka dib kolka (colonoscopy), la sameeyo waydii dhaqtarada su'aalo ku saabsan natiijooyinka. Ka dib ka ogow dhaqtarada kolka la sameeynayo (colonoscopy), kaa xigga ama hadii ay jiraan wax talaabooyin kale oo dheeraad ah oo aad u baahan tahay inaad qaado.