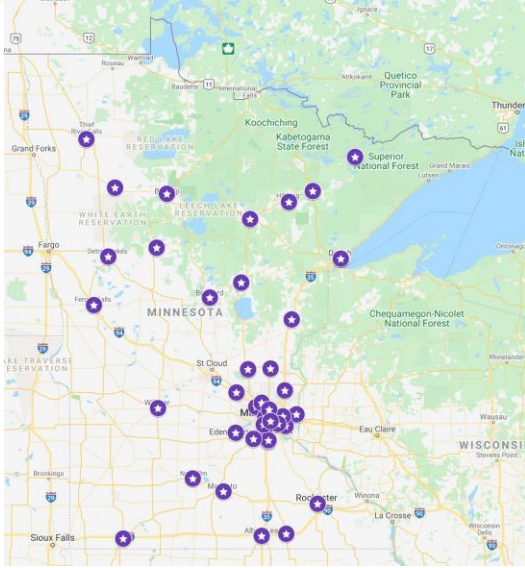
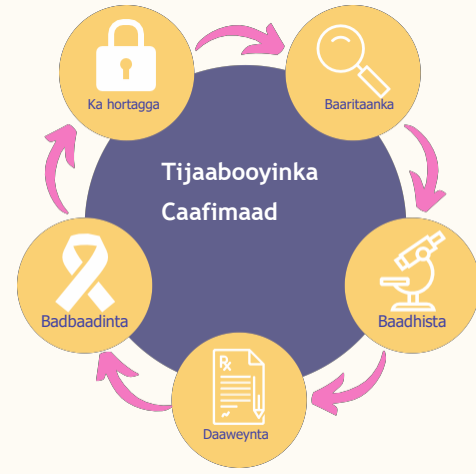


minnesota cancer alliance
working together to eliminate the burden of cancer

TIJAABOYINKA CAAFIMAAD EE KANSARKA

MAXAY

Tijaabooyinka caafimaad ee kansarka ayaa u diyaar ah dadka kahor iyo inta lagu jiro wakhtiga daryeelka kansarka kuwaas oo ay ku jiraan baaritaanka kansarka, yareynta halista kansarka, daaweynta dhammaan heerarka cudurka kansarka, ka caawinta waxyeellooyinka weheliya daaweynta kansarka, dabagalka iyo tayada nolasha kadib oggaanshaha kansarka.



GOOBTEE

Tijaabooyinka caafimaad ee kansarka waxa laga heli karaa cisbitaalada iyo rugaha caafimaad ee ku yaala daafaha Minnesota. Khubarada ku takhasusay daryeelka kansarka ee deegaanka ayaa heli doona cilmi-baaristii ugu dambaysay ee ku saabsan daaweynta kansarka, bixinta daryeelka, iyo ka hortagga kansarka.

Si aad u hesho macluumaad dheeraad ah
wac 1-800-4-CANCER (1-800-422-6237) ama
<https://www.cancer.gov/contact>

KUWAMA?

DHAMMAAN dadku way tixgelin karaan ka qeybqaadashada tijaabada caafimaad ee kansarka. Waa muhiim in koox dad ah oo kala duwani ay iska diiwaangeliyaan tijaabooyinka caafimaad ee kansarka si natiijoyinka si badbaado iyo waxtar leh loogu adeegsado dhammaan dadka.



Maxay yihiin xulashooyinkaygu?

Markaad si dhow u eegto dhammaan xulashooyinkaaga daryeelka kansarka, oo ay ku jiraan tijaabooyinka caafimaad, waxaad kaalin firfircoon ka qaadanaysaa go'aan saameyn ku leh nolashaada. Markaad ka qeybqaadato tijaabada caafimaadka, waxaad gacan ka geysaneysaa horumarinta daryeelka kansarka ee bukaanka mustaqbalka. Tijaabooyinka caafimaad waxay fure u yihiin horumarka laga sameeyo la dagaalanka kansarka iyo horumarinta sinnaanta caafimaadka.

Miyaan awoodaa inaan ka qeybqaato?

Tijaabo kasta oo caafimaad waxay leedahay baratakool, ama qorshe daraasadeed, kaas oo sharraxa waxa la sameyn doono inta tijaabadu socoto, sida tijaabada loo sameyn doono, iyo sababta qeyb kasta oo ka mid ah tijaabadu ay muhiim u tahay. Baratakoolka sidoo kale waxaa ku jira shuruudo ay tahay in la buuxiyo si aad uga mid noqoto tijaabada caafimaad. Shuruudahan waxa loo yaqaanaa shuruudaha u-qalmitaanka.

Sideen isku diiwaangeliyaa?

Oggolaanshaha la wargeliyay waa hanaanka aad ku baratid tafaasiishsa kuna weydiisid wixii su'aalo ah ee ku saabsan tijaabada kahor intaanad go'aansan inaad ka qeybqaadato iyo in kale. Hanaankan waxa kamid ah barashada ujeeddada tijaabada iyo khataraha iyo dheefaha suurtagalka ah. Waa qeyb muhiim ah oo lagu hubinayo badbaadada bukaanka ee cilmi-baarista.

Maxaa dhacaya intaas kadib?

Waxaad bilaabeysaa daaweyntaada ama wax-ka-qabashadaada kansarka. Kooxdaada daryeelka kansarka iyo howlwadeenada cilmi-baarista ayaa kuu sheegi doona jadwalka booqashooyinkaaga, baaritaanadaada iyo sahaminada soo socda si markaa si dhow laguula socdo inta aad ka qeybqaadanaysid tijaabada caafimaadka.



SI AAD U HESHO MACLUUMAAD DHEERAAD AH, WAC 1-800-4-CANCER (1-800-422-6237) AMA BOOQO [HTTPS://WWW.CANCER.GOV/CONTACT](https://www.cancer.gov/contact)