

Bowel Cancer Factsheet

Somali



Kansarka Mindhicirka (Bowel Cancer)

Waxaa laga yaabaa inaad adiga maqashay kansarka mindhicirka laguna magacaabo kolorektal kansar.

Dad ka badan 35.500 ayaa sanad kasta lagu sheegaa inay qabaan kansarka mindhicirka waddanka UK gudahiisa .

Marka hore loo ogaado kansarka mindhicirka 10kii ruuxba 9 ayaa la daweeyn karaa.

Waa maxay waxa ay tahay inaan iska baaro?

Calaamadahan waxaa laga yaabaa inaysan sababin kansarka laakiin waxaa wanaagsan inaad dhaqtarkaaga ka xaqiijiso.

Haddii aad isku aragto calaamadahani haddana mudadooda ka badnaadaan 4-6 todobaad, u sheeg dhaqtarkaaga.

- **Dhiig ka soo baxa hoostaada saxaro mareenka ama dhiig la socda saxaradaada (dhaqdhaqaaqa mindhicirkaaga) ayadoo meesha aysan jirin wax asbaab ah. Dhiig waxaa laga yaabaa inuu noqdo madow xigeen ama midab gaduudan oo iftimaayo.**
- **Isbedel ku dhaca dabeecada mindhicirkaaga (sida shubanka ama yaabiska) sabab la'aan, iyo wax ka badan lix todobaad.**
- **Misaankaaga oo is dhima sababtana aan la garanayn**
- **Xanuun caloosha (uusleeyda) ama saxaro mareenka**
- **Dareen aad daremeyso in mindhicirkaaga uusan si fiican u madhnayn ka dib marka aad saxarooto**

Badi xaaladaha ma noqonnaayaan kansar laakin dadka isku arka mid ka mid ah calaamadahaani waa in ay arkaan takhtarkooda. Calaamadahaani waxaa laga yaaba inay yihiin asbaabo kale, laakiin waxaa wanaagsan inaad takhtarkaaga (GP) balan la sameeysato si loo xaqiijiyo.

Haddii aad leedahay su'aalo ku saabsan caafimaadkaaga waxaad la xariiri kartaa NHS Direct telefoon 0845 4647

Sources: Cansarbackup UK and Beating Bowel Cancer

Manchester Public Health Development Service

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English



Bowel cancer

You might also hear bowel cancer being called colorectal cancer.

Over 35,500 people are diagnosed with bowel cancer each year in the UK.

When bowel cancer is found early, around 9 out of 10 people can be cured.

What should I look out for?

These symptoms are unlikely to be caused by cancer but it is best to get them checked out with your doctor.

If you notice any of these symptoms and they last longer than 4-6 weeks, tell your doctor.

- **Bleeding from your bottom or blood in your poo (bowel motion) without any obvious reason. The blood may be dark or bright red in colour.**
- **A change in your normal bowel habit (such as diarrhoea or constipation) for no obvious reason, lasting longer than six weeks**
- **Unexplained weight loss**
- **Pain in the tummy (abdomen) or back passage**
- **A feeling of not having emptied your bowel properly after a bowel motion.**

In most cases, it won't be cancer but people who notice any of these symptoms should see their doctor. The symptoms may have other causes, but it is best to make an appointment to have them checked out with your GP.

If you have questions about your health you can contact NHS Direct on **0845 4647**

Sources: Cancerbackup UK and Beating Bowel Cancer.

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