

Breast Cancer Factsheet

Brava



Kansari ya maweale (Breast Cancer)

Kila maaka karka UK huwaako wake zaaydi ya 44,000 hupato maradi ya kansar ya maweale.

Wake wiingi skiizi heepukano na maradhi ya kansar ya maweale ka qisa ya qtambuloowake karka marhala ya mbele naanko qfanyilizoowa dawa suura. Kiwoowa alaama ya kansar ya maweale ni muhimu qtambuloowake mapema. We laazima kiiwa jisa maweleyo yakeelo naanko kuhisa hali ya aadi, jisaawe qtaambula kahima hima killa mabadiliko.

Taqaadiraayi ku hakikisha maweleya?

Ntaku ndila qaansa yaawe ku hakikisha maweleyo, lakini ni lazima qpta waqti kila mara yaawe qtambulila.

Kiiwa ziintu 5 za maweale

1. Iwa chintu gani ni aadi ka kaako.
2. Iwa mabadaliko gani yaawe kulangala na yaawe ku hisa.
3. Langala naanko hisa.
4. Maambile daqtariwo (GP) kila chintu itakubadiliko bilaa kuraaga.
5. Endra karka raaji ya maweale ya killa mara ichiwa miyaakayo ni 50 ambo ka zaaydi.

Ni chnitu gani yaami taku haqiiqisho?

Maambile daqtariwo chiwaawe nakuwona:

- Chibura ambo chintu shpaana karka maweleyo ama maapa
- Mabadiliko abiri ama lamna ya maweale
- Kaambuka karka igozi (kama igozi ya ndriimu yambiila)
- Ubadiliko karka nta ya maweale yaako, qaansa ichibadilika, ichingila ndraani ambo ichiwa lamna siwo aadi
- Dheecaani-maazi kulawa karka nta ya maweale
- Ipu karka nta ya maweale ama khariibuye

Faanyeni chiwaami mpeete mabadiliko?

Chiwona mabadiliko karka maweleyo, jaariba siwe na wasi waasi laakini monye daqtariwo GP kahima hima jisaawe taqaadiro. Kuumbuka killa mabadiliko ya maweale hayiwi kuwaawo ni maradi ka kansar. Ichiwoowa kahima huma'anisha qfanyilizoowa dawa huwanaayo athiri ishpatoowa kuwaawo ni kansar.

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English



Breast cancer

Over 44,000 women are diagnosed with breast cancer each year in the UK.

More women survive breast cancer today due to earlier detection and better treatments. Being aware of the symptoms of breast cancer is important to find it early. You should know how your breasts look and feel normally, so that you notice any changes quickly.

How should I check my breasts?

There is no set way to check your breasts, but you should find time to do it on a regular basis.

The breast awareness 5-point code

1. Know what is normal for you.
2. Know what changes to look and feel for.
3. Look and feel.
4. Report any changes to your GP without delay.
5. Attend for routine breast screening if you are aged 50 or over.

What should I check for?

Inform your doctor if you experience:

- A lump or thickening in your breast or armpit
- A change in the size or shape of your breast
- Dimpling of the skin (like orange peel)
- A change in the shape of your nipple, particularly if it turns in, sinks into the breast or becomes irregular in shape
- A blood-stained discharge from the nipple
- A rash on a nipple or surrounding area

What if I do find changes?

If you do notice a change in your breasts, try not to worry but see your GP as soon as you can.

Remember most changes in the breast will not be cancer. Early detection can mean more effective treatment if cancer is found.

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

Sources: Cancer Research UK and Breast Cancer Care

Manchester Public Health Development Service