

Breast Cancer Factsheet Somali



Kansarka naasaha

Sanad kasta dalka UK in ka badan 44,000 oo dumar ah ayaa laga helaa cudurka kansarka naasaha.

Dumar badan ayaa maanta ka badbaadaan kansarka naasaha marka marxaladiisa hore la ogaado haddana si wanaagsan loo daaweeyo. In la ogaado calaamadaha kansarka naasaha waxay muhiim u tahay si loo ogaado marxaladiisaa hore. Addiga waa inaad ogaataa sida naasahaaga u eg yihiin haddana u dareento markii ay caadi ahaan yihiin, si aad si dhaqsi ahaan ku ogaato isbedel kasta oo ku dhaca.

Sidee ayaan naasaheeyga ku xaqiijin karaa?

Meesha ma jiro hab lagu xaqiijiyo naasahaaga, laakin adiga waa inaad waqti u heshaa aad si joogto ah taasi ku sameeyso.

5ta dhibcood ee xeerka ogaashaha naasaha

1. Ogaaw waxa adiga caadiga kuu ah.
2. Ogaaw isbedelada aad fiirineeyso iyo inaad dareento.
3. Fiiri ee dareen.
4. Isbedel kasta si dhaqsi ah ugu sheeg Takhtarkaaga (GP).
5. Markasta tag baariitaanka naasaha joogtada ah haddii aad jirto 50 sano ama badan.

Waa maxay waxa ay tahay inaan iska baaro?

Takhtarkaaga u sheeg haddii aad isku aragto:

- Barar ama dumuc weyn naaskaaga ama kilkisho
- Isbedel xagga weynaanta ama qaabka naaskaaga
- Tush tush uu yeesho haraga jirkaaga (sida qolofa liinta macaan)
- Isbedel qaabka ibta naaskaaga, gaar ahaan haddii ay dhex gasho naaska ama ay qaabkeeda ay noqoto mid aan caadi ahayn.
- Bar dhiig ah ee ka soo baxa ibta naaska
- Firiiric (finan) ka soo baxa ibta naaska ama agagaarkeeda

Waa maxay haddii aan arko is bedel?

Haddii aad wax isbedel ah ku aragto naasahaaga, ha ka wel welin laakin arag takhtarkaaga (GP) sida ugu dhaqsi badan ee aad awoodo. Xasuusnaaw badi isbedelada naaska kansar ma aha. Hore oo loo ogaato micnaheedu wuxuu yahay daaweeyn la daaweeyo haddii kansar lagu arko.

Haddii aad wel wel ka qabto caafimaadkaaga adiga waxaad kala xariiri kartaa Qaadka Tooska ee NHSta lambarka 0845 4647

Sources: Cansar Research UK and Breast Cansar Care

Manchester Public Health Development Service

Breast Cancer Factsheet

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