



Kansarka Afka

Xaashidan xaqiiqadu waxay muujinaysaa calaamadaha digniinta ee kansarka afka iyo arrimaha qaab nololeedka ee gacan ka geysta khatarta korodhka kansarka afka.

Waa maxay kansarka afka?

Kansarka afka waa korriin kasta oo unug kansar ah oo ka dhaca gudaha ama agagaarka afka. Kansarka afka wuxuu noqon karaa mid loo dhinto.

Halkee ayuu kaga dhacaa?

Kansarka afka wuxuu ku dhici karaa meel kasta oo afka ah, oo ay ku jiraan:

- Bushimaha
- Cunaha
- Cirridka
- Saqafka afka
- Daamanka gudahooda
- Meel yar oo ka dambaysa gows dambeedka
- Saddex meelood labada meel ee ugu horreysa ee carrabka
- Carrabka hoostiisa

Waa maxay arrimaha halista ah ee dhalin kara kansarka afka?

- Sigaar cabista iyo isticmaalka alaabta tubaakada (*Sigaarku waxa uu ka dhigan yahay ku dhawaad 20% dhimashada kansarka, iyadoo in ka badan 15 000 Australian ah ay u dhintaan cudurrada sigaarka la xidhiidha sannad kasta*)
- Ruugitaanka ama cabista areca nut, betel nut, pun ama gutka geedaha loo yaqaan
- Isticmaalka xad dhaafka ah ee khamriga (*Waxaa jira cadaymo muujinaya in cabbitaanka aalkolada ay kordhiso halista kansarka afka iyo cunaha*)
- Qoraxda oo laisku dhigo
- Infekshannada fayraska oo ay ku jiraan fayraska papilloma ee aadanaha (human papilloma virus - HPV)
- Da'da qofka oo sii weynaata ama waayeelnimada
- Qoyska haday taariikh u leeyihiin kansar
- Kansarka wuxuu aad ugu badan yahay ragga marka loo eego dumarka
- Australiyaanka asaliga ah ayaa laga helaa kansarka afka in ka badan marka loo eego dadka kale ee Australiyaanka ah

Waa maxay calaamadaha digniinta ee kansarka afka?

- Barar ama buro meel kasta oo afka, wejiga ama qoorta ah
- Nabarada afka ama bushimaha, wejiga ama qoorta, kuwaas oo aan ku bogsan dhowr toddobaad gudahood



- Baro casaan, caddaan ama madow oo afka kasoo baxda
- Luminta dareenka ama xanuunka meel kasta oo afka, wejiga ama qoorta ah
- Dhiigbax afka ah oo joogto ah oo aan la garanayn
- Dhib ama xanuun aad ku qabto laqitaanka, hadlka ama cunista
- Dhago xanuun joogto ah
- Dhaqdhaqaaqa carrabka ama daanka oo kugu adag
- Ilko liiqliiqanaya
- Dareenka dhadhanka oo is beddelay
- Miisaankaaga oo hoos u dhac uu ku yimaado ayadoon la ogeen waxa keenay

Haddii mid ka mid ah calaamadahan ay ku khuseeyaan, la tasho dhakhtar ama dhakhtarka ilkaha isla markiiba.

Hore in laga ogaado kansarka afka

Baaritaanka ilkaha ee joogtada ah ee dhakhtarkaaga ilkaha ayaa kaa caawin karta in la ogaado calaamadaha hore ee kansarka afka.

Ogaanshaha xilli hore waxay badbaadisaa nolosha. Si fiican ula soco wixii isbedel ah ee ku dhaca afkaaga, faruuryaha, wejiga ama qoorta una sheeg dhakhtarkaaga ama dhakhtarkaaga ilkaha.

Daawaynta kansarka afka ayaa aad loogu guulaysta marka hore laga ogaado kansarka afka.

Sideen u yareeyaa khatarta ah in uu igu dhaco kansarka afka?

- Samee baaritaanno ilkeed oo joogto ah
- Iska ilaali khamriga xad dhaafka ah
- Jooji sigaarka iyo isticmaalka waxyaabaha tubaakada
- Laba mar oo furuut ah iyo shan mar oo khudaar ah cun maalin kasta???
- Ogaanshaha xilli hore waxay badbaadisaa nolosha. La soco wixii isbedel ah ee ku yimaada afkaaga, faruuryahaaga, wejigaaga ama qoortaada oo u sheeg dhakhtarkaaga ama dhakhtarkaaga ilkaha
- Ha sameyn inaad si xad dhaaf ah isugu dhigto qorraxda
- Istickmaal kondhom ama dam ilkeed xilliga galmada afka si aad uga fogaato gudbinta fayraska HPV ee xubinta taranka iyo afka



Golaha Kansarka Queensland qorshahooda lagu xaddidayo khamriga:

1. Dooro cabitaano ay aalkaladoodu hooseyso.
2. Tiri cabitaannada caadiga ah - la soco inta alkohol ah ee aad isticmaasho
3. Biyo ku dar cabitaannada khamriga ah, tusaale ahaan isku day spritzer khamri ah (khamriga iyo biyaha soodhada ah) ama shandy (khari iyo lemonade).
4. Isticmaal biyo si aad haraadkaaga uga baxdo oo si tartiib ah u kabo cabitaannada khamriga ah.
5. Iska ilaali inaad khamri badan cabto muddo aad u yar
6. Cun xoogaa cunto ah intaad khamriga cabbayso.

Waxaa la oga a muddo dheer in sigaar cabbidu ay khatar ku tahay caafimaadka. Saamaynta isku dhafan ee sigaarka iyo aalkolada ayaa si weyn u kordhisa halista kansarka, si ka badan mid ka mid ah arrimahan oo gooni ah. Ilaa 75 boqolkiiba kansarka marin-haweedka sare iyo hab-dhiska dheefshiidka waxay la xiriiri karaan isticmaalka khamriga iyo sigaarka.

* National Health and Medical Research Council. (2009). Ta'iala a Ausetalia e fa'aitiitia ai lamatiaga o le soifua maloloina mai le inuina o le ava malosi. Canberra, ACT: NHMRC.

Qorshaha Waxqabadka ee Golaha Kansarka Queensland ee lagu joojinayo cabista sigaarka:

1. Ka wac Khadka Joojinta (Quitline) 13 QUIT (13 7848).
2. Kala hadal joojinta sigaar cabista dhakhtarka guud ama farmashiistaha oo si wadajir ah isula qorsheeya xeeladda joojinta sigaarka.
3. Tixgeli inaad isticmaasho daaweynta beddelka nikotiinka ama daawooyinka aan nikootiinka ahayn ee waxtar u leh caawinta dadka sigaarka cabba inay joojiyaan. Kala hadal dhakhtarkaaga guud ikhtiyaarka kuugu fiican.
4. Xasuusnoow joojinta sigaar cabista waxay u baahan tahay ku dhaqan, kuwa guulaysta waa kuwa isku daya.

Wixii macluumaad dheeraad ah

- La xidhiidh dhakhtarkaaga ilkaha
- Wac 13 HEALTH (13 43 25 84) si aad u hesho talo caafimaad oo qarsoodi ah 24 saacadood maalintii, todobada maalmood ee usbuuca
- limayl oral_health@health.qld.gov.au
- Kala xidhiidh Khadka Caawinta Golaha Kansarka 13 11 20
- Booqo www.health.qld.gov.au/oralhealth
www.cancerqld.org.au
www.quitbecauseyoucan.org.au
www.quitnow.info.au
www.health.qld.gov.au/quitsmoking