

KANSARKA XIDIDKA XANIINYAHA

ee lagu qaado Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

ARRIMAHA KHATARTA KEENA

- Dadka waawayn
- Qowmiyada/Jinsiyada: Nimanka Afrikaan- Ameerikaanka ah waxay halis badan ugu jiraan kansarka xaniinyaha
- Taariikhda qoyska ee kansarka xiniinyaha
- Cayilka
- Sigaar cabista
- Cunista hilibka cassaanka ah oo badan iyo cuntooyinka warshadeysan

ASTAAMAHA IYO CALAAMADAHA



Dhibaato la xariirta kaadida



Dhiig soo raaca kaadida ama shahwada



Dhibaato ku aadan kacsiga



Xanuun laga dareemo bawdiyaha, dabada, xabadka, ama aagaga kale



Dareemida daciifnimo ama kabuubyo laga dareemo lugaha ama cagaha

HABRAACYADA BAARITAANKA

- La hadal dhakhtarkaaga daryeelka si aad u oggaato faai'do darada ama faa'idada baaritaanka antiigiinka Kansarka Xididka xaniinyaha lagu oggaado (Prostate-Specific Antigen, PSA) iyo habraacyada baaritaanka ee dhawaan la cusbooneysiyyay
- Haddii aad tahay Afrikaan-Ameerikaan ama qoyskaagu horey ugu dhacay kansarka xididka xaniinyaha, waydii dhakhtar inay tahay inaad waqti hore maro baaritaan

KAHORTAGA

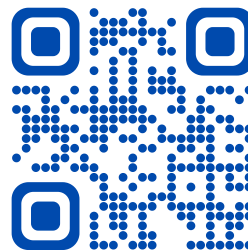
- Iska jooji sigaarka
- Joogtee miisaan caafimaad leh
- Samee jimicsi maalin walba
- Oggoow taariikhda qoyskaaga
- Cun cuntooyin caafimaad leh
- Yaree cunista hilibka cassaanka ah, hilibka cas ee aadka loo kariyay, iyo hilibyada la warshadeeyay
- Samee baaritaanaadadii ugu dambeyay ee kansarka mindhicirka

WAAN KU CAAWIN KARNAA:

- Raadi dhakhtar kansar
- Hel dookhyada tijaabada caafimaadka ama iska diiwaangeli
- Ku xirnoow adeegyada laga heli karo isbitaalada UMN iyo rugaha caafimaadka
- Hel khayraadka loogu talagalay bukaanada, qoysaska, iyo daryeel bixiyaasha

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*Iskaan mari Ilaaha Xiriirka Bulshada
iyo Ka qaybgalka*



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