

KANSARKA MAQAARKA

ee lagu qaado Masonic Cancer Center



MASONIC CANCER CENTER

UNIVERSITY OF MINNESOTA

ARRIMAHA KHATARTA KEENA

- Dadka aan caddaanka ahayn iyo dadka da'da ah ayaa qaadi kara kansarka maqaarka
- Taariikhda qoyska ee kansarka maqaarka
- Maqaarka gubta, qayirma, sida fudud u yeesha nabarada, ama qoraxdu xanuujiso
- Muddo badan in maqaarku qabto shooacaaca falaaraha qoraxda (ultraviolet, UV)



Nabaro jaale ah oo siman, leh nabaro adag,



Nabaro soo baxa, oo casaan ah



Nabaro aan bogsooneyn



Baro aan caadi ahayn ama isbadel ku yimaada maqaarka



Buro saaid u kobcaysa oo ah casaan, binki, ama baabool



Nabaro adag, siman, ama yaryar oo kasoo baxa maqaarka



Dhibco ah casaan, baroon, ama baabool



Nabaro madoow oo kasoo baxa cagta hoose ama calaacasha gacanta



Layman madoow oo kasoo muuqda cidiyaha oo isbadela muddo kadib

HABRAACYADA BAARITAANKA

- Haddii aad ku aragto bar ama nabar maqaarkaaga oo sii koreysa, dhiig baxaysa, ama isbeddelaysa qaab kastaba, u tag dhakhtarka maqaarka ama dhakhtarkaaga daryeelka haddii aadan arki karin dhakhtarka maqaarka.

KAHORTAGA

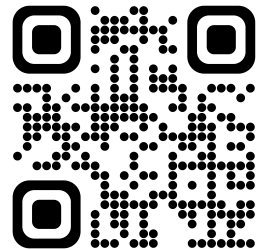
- Xiro dharka maqaarka ilaaliya iyo muraayadaha qoraxda oo kaa ilaalinaya qoraxda
- Raadi meel aad harsato mar walba oo ay suurtagal tahay
- Isticmaal muraayadda qoraxda 2 dii saacadoodba mar, gaar ahaan haddii aad dabaalato ama dhidido
- Iska ilaali isticmaalka baraaafuumka xiliga la seexanaayo
- la marsado oo haku buufin maqaarka oo samee isbaarid joogtada ah

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

Wac (612) 624-2620 ama iimayl u dir ccinfo@umn.edu

*Iskaan mari Ilaha Xiriirka
Bulshada iyo Ka qaybgalka*



umncancer



MasonicCancerCenter



UMNCancer