

Daalka la Xidhiidha Kansarka

Cancer Related Fatigue

Many people feel tired with cancer treatment. You may notice that you cannot think clearly or concentrate well. You may not want to do activities that you often enjoy.

Feeling tired may be caused by:

- Cancer treatments, such as surgery, chemotherapy or radiation therapy
- A low blood cell count called anemia
- Problems with eating
- Nausea and vomiting
- Trouble sleeping
- Stress or worry
- Tumors

Talk to your doctor or nurse about how to manage your tiredness.

Here are some things that you can do:

- Rest often. Take naps when you feel tired. If you are having trouble sleeping at night, talk to your doctor or nurse.
- Stay active. Exercise such as walking can help your energy level. Do some form of light exercise each day.

Dad badan ayaa dareema daal la xidhiidha daweynta kaansarka. Waxa laga yaabaa in aad dareentid in aanad si cad u fikiri karin ama fikirkaaga meel isugu geyn karin. Waxa laga yaabaa in aanad rabin in aad sameysid hawlihii aad badanaa ka heli jirtay.

Dareenka daalka waxa sababi kara:

- Daweynta kaansarta sida qalitaan, daweynta adeegsata kiimiko (chemotherapy), ama daweynta adeegsata kaaha ama shucaaca (radiation therapy)
- Tiro-yaraan unugyo dhiig oo loo yaqaano dhiig-yaraan (anemia)
- Dhibaatooyin xaga cunista ah
- Lallabo iyo matag
- Dhibaato seexashada ah
- Giigsanaan ama walwal
- Burooyin

Kala hadal dhakhtarkaaga ama kalkaalisada sidii aad u maamuli lahayd daalkaaga.

Halkan waxaa ku yaala qaar ka mida waxyaalaha aad samayn karto:

- Wax badan naso. Hurdo gaaban qaado marka aad daal dareentid. Haddii hurdadu habeenkii dhib kugu tahay, kala hadal dhakhtarkaaga ama kalkaalisada.
- Samee firfircooni. Jimicsiga sida socodka ayaa kaa gargaari kara in heerka Tabartaada sare u kacdo. Samee nooc ah jimicsi fudud maalin kasta.

- Eat healthy. Eat a variety of food. Drink plenty of liquids each day unless you have been told by your doctor to limit liquids. Avoid caffeine.
- Eat smaller meals throughout the day to give you more energy. The body uses less energy to digest small meals. Eating one or two large meals a day can drain your energy.
- Conserve your energy to do the activities that are most important to you. Set priorities to do some activities today and have others that can wait until tomorrow.
- If stress is keeping you from getting enough rest, talk about your feelings with friends, family members, clergy or a counselor.
- Cun cuntooyin caafimaad leh. Cun noocyo kala duwan oo cunto ah. Maalin kasta cab cabitaano badan hadii uusan dhakhtarkaagu kuu sheegin in aad yareysid cabitaanada mooyaane. Iska yaree kafeyga.
- Cun cuntooyin yaryar maalinta inta lagu jiro si aad uga heshid tabar intii hore ka badan. Jidhku waxa uu isticmaalaa tabar aan badnayn si uu u dheefshiido cuntooyinka yaryar. Cunista hal ama laba cunto oo waaweyn maalintii tabarta ayey kaa yareyn kartaa.
- U keydso tabartaada howlaha kuugu muhiimsan. U kala hormarso shaqadaada sidey u kala muhiimsan yihiin, maanta waxaad qabsato mahane inta kale bari u dhigo.
- Haddii giigsanaantu kuu diidan tahay in aad heshid nasasho kugu filan, dareenkaaga kala hadal saaxiibadaa, xubnaha qoyska, wadaadada ama la-taliye.

Talk to your doctor or nurse if you have any questions or concerns, feel that your fatigue is getting worse, or are too tired to get out of bed each day.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walwal, aad dareensan tahay in daalkaagu ka sii darayo, ama aad si weyn u daalan tahay oo aanad maalin kasta sariirta ka soo degi karin.