

Saameynada Liddiga ah ee Daaweynta Kansarka

Cancer Treatment Side Effects

Cancer treatments, such as radiation and chemotherapy, are used to destroy cancer cells in the body. Cancer cells grow and divide more quickly than healthy cells. Cancer treatments are made to work on these fast growing cells. Radiation and chemotherapy can affect some healthy, fast growing cells causing side effects.

Most people do have some side effects. The side effects you have and how severe they are depend on your treatments and how your body reacts to them. Some of the most common include:

- Tiredness
- Diarrhea or constipation
- Mouth, gum, and throat discomfort or sores
- Nausea or vomiting
- Pain
- Hair loss called alopecia
- Skin and nail problems including rashes, redness, itching, peeling, dryness, acne and increased sensitivity to the sun
- Depression or feeling distressed

Daaweynta kansarka, sida shucaaca ama kiimiko ku daaweynta, waxaa loo isticmaalaa in lagu baabi'yo unugyada kansarka ee jidhka ku jira. Unugyada kansarku waxay u koraan una qaybsamaan si ka degdeg badan sida unugyada caafimaadka qaba. Daaweynta kansarka waxaa loo sameeyaa si ay uga shaqayso unugyadaan sida degdegta ah u koraya. Shucaac iyo kiimiko ku daaweyntu waxay saameyn karaan unugyada caafimaadka qaba, ee sida degdegta ah u koraya iyagoo sababaya saameyn lid ku ah.

Dadka badankoodu waxay la kulmaan waxoogaa saameyn lid ah. Saameyntaan liddiga ah iyo sida ay u daran tahay waxay ku xiran tahay daaweyntaada iyo sida jidhkaagu uu uga jawaabo. Kuwa ugu badan waxaa ka mid ah:

- Daallanaan
- Shuban ama saxaro adayg
- Lur ama xanuun afka, cirridka iyo cunaha ah
- Lallabbo ama matagid
- Xanuun
- Timaha oo kaa go'a oo loo yaqaanno alopecia
- Dhibaatooyinka maqaarka iyo ciddiyaha ah oo ay ku jiraan finiinicyo, guduudasho, cun-cun, maqaarka oo fiiqma, engegnaan, findoob ama qorraxda oo qofka aad u dhibta
- Diiqad ama dareen walaac

Common side effects in the blood include:

- Too few red blood cells called anemia. The body tissues do not get enough oxygen.
- Too few white blood cells called neutropenia. This makes it hard for the body to fight infections.
- Too few platelets. This makes the body prone to bruising and bleeding.

The staff will tell you the most common side effects for your type of treatment and ways to deal with them.

Talk to your doctor or nurse to let them know how you feel throughout your cancer treatments and if you have any questions or concerns.

Saameynt liddiga ah ee dhiigga waxaa ka mid ah:

- Unugyada dhiigga ee cas-cas oo aad u yaraada oo loo yaqaanno dhiig yari. Unugyada jidhka oo aan heleynin ogsijiin ku filan.
- Unugyada dhiigga ee cad-cad oo aad u yaraada loona yaqaanno neutropenia. Tani waxay jidhka ku adkaysaa in uu la dagaallamo jeermisyada.
- Unugyada dhiig xinirowga sameeya oo aad u yaraada. Tani waxay jidhka ka dhigtaa mid u nugul nabarrada aan dillaacin iyo dhiig bixidda.

Shaqaaluhu waxay kuu sheegi doonaan saameynta liddiga ah ee ugu badan daaweynta noocan ah iyo siyaabaha wax looga qabanayo.

Takhtarkaaga ama kalkaalisada la hadal si aad ula socodsiiso sida aad dareemeyso inta daaweyntaada kansarku ay socoto iyo haddii aad wax su'aal ama walaac ah qabtid.