

Isbeddellada Xagga Dhadhanka iyo Urta ka dib Daweyn-Kansar

Changes in Taste and Smell with Cancer Treatment

Your sense of taste or smell may change with cancer treatments. Some foods may have a bitter or metallic taste or may be less tasteful. Changes in taste and smell often improve after cancer treatment is complete.

Visit your dentist to rule out dental problems that may affect your taste. Try these changes to improve taste and smell:

- Keep your mouth clean by brushing and flossing.
- Choose foods that look and smell good to you.
- Eat high protein foods like chicken, turkey, eggs, dairy products, mild tasting fish or tofu.
- Marinate meat, chicken or fish in sweet fruit juices, sweet wine, Italian salad dressing, or sweet and sour sauce.
- Use small amounts of seasonings such as basil, oregano or rosemary.

Waxa laga yaabaa in dareenkaaga dhadhanka ama urtu isbeddelo ka dib daweyn kansar. Waxa laga yaabaa in cuntooyinka qaarkood yeeshaan dhadhan qadhaadh ama macdan ah ama dhadhankoodu intii hore ka sii xumaado. Isbeddellada xagga dhadhanka iyo urtu badanaa waxa laga soo fiicnaada ka dib marka daweynta kaansartu dhammaato.

Booqo dhakhtarkaaga ilkaha si meesha looga saaro dhibaatooyinka ilkaha ah ee laga yaabo inay saameynayaan dhadhankaaga. Isku day isbeddelladan si aad u hagaajisid dhadhanka iyo urta:

- Afkaaga ka dhig nadiif inta aad burush iyo xadhko marisid.
- Dooro cuntooyin adiga kuula eeg inay fiican yihiin oo ur fiican yihiin.
- Cun cuntooyin leh nafaqo badan sida digaaga, turki, ukun, caanaha iyo waxyaabaha laga sameeyay, kaluunka dhadhankiisu khafiif yahay ama tofu.
- Hilibka, digaaga ama kaluunka ku qoo oo ku raaji miir khudaar oo macaan, iidaan saladh/ansalaato oo Talyaani ah, ama suugo macaan oo dhanaan.
- Isticmaal qadaro yaryar oo ah geedo ugdoon sida reexaan, kabsar caleen ama geed-xamur.

- If you have a metal taste in your mouth, try eating with plastic forks and spoons, and cooking in glass pots and pans instead of metal ones.
- If odors bother you, serve food at room temperature, turn on a kitchen fan, cover food when cooking or cook outdoors if possible.

Talk to your doctor or nurse if you have any questions or concerns.

- Haddii aad dhadhan macdan ama bir ka dareentid afkaaga, isku day inaad wac ku cuntid fargeetooyin iyo qaaddooyin ah caag, oo aad wax ku karsatid dheryo iyo daaweyaal ah quraarad halkii aad ka isticmaali lahayd kuwo ah macdan.
- Haddii urtu ku dhibayso, soo dhig cuntada oo heerkulkeedu yahay ka qolka, jikada/madbakha ku shid marawaxad, dabool cuntada marka aad karinaysid ama dibadda ku kari haddii ay suurogal tahay.

Dhakhtarkaaga, kalkaalisada, ama nafaqo-yaqaanka kala hadal wixii ah dhibaatooy cunis ee aad qabtid.