

# Af ama Cune Xanuun Leh ka dib Daweyn Kaansar

## Sore Mouth or Throat with Cancer Treatment

Cancer treatments can cause a sore mouth, sores in the mouth, tender gums or a sore throat. This makes it hard to chew or swallow. Ask your doctor to give you medicine that will help your mouth and throat pain. There are things you can do to ease and prevent a sore mouth or throat such as:

- **Eat soft foods.**
  - › Milkshakes
  - › Bananas, applesauce, or other soft fruit
  - › Cottage cheese or yogurt
  - › Mashed potatoes or noodles
  - › Macaroni and cheese
  - › Custards, puddings or gelatin
  - › Scrambled eggs
  - › Oatmeal or cooked cereal
  - › Pureed or mashed vegetables
- **Avoid foods that can hurt your mouth.**
  - › Oranges, grapefruits, lemons, other citrus fruits and juices
  - › Tomato sauce or juice
  - › Spicy foods
  - › Pickled foods

Daweynta kaansartu waxay keeni kartaa af xanuun leh, nabaro afka ah, cirido danqasho leh ama cune xanuun. Taasi waxay dhib ka dhigaysaa calaalinta ama liqidda. Weydii dhakhtarkaaga in uu ku siiyo dawo kaa gargaari doonta xanuunka afka iyo cunaha. Waxa jira waxyaabo aad sameyn kartid si aad u yareysid oo aad uga hortagtid af ama cune xanuun leh sida:

- **Cun cuntooyin jilicsan.**
  - › Isku-dar caano (Milkshakes)
  - › Muus ama moos, tufaax la ridqay (applesauce), ama khudaar kale oo jilicsan
  - › Jiis jilicsan (cottage cheese) ama caano-fadhi (yogurt)
  - › Bataato/baradho la burburiyay ama baasto jilicsan (noodles)
  - › Makarooni iyo jiis
  - › Kaastar (custards), labaniyad (puddings) ama heen (gelatin)
  - › Ukun la burburiyay
  - › Mishaali/boorash ama siriyaal la kariyay
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- **Iska ilaali cuntooyinka waxyeelayn kara afkaaga.**
  - › Liinta waaweyn, bambeelmada, liinta yaryar, khudaarta kale ee ah nooc liin iyo miirka khudaarta
  - › Yaanyo/tamaandho shiidan ama miirkeeda
  - › Cuntooyinka basbaaska leh
  - › Cuntooyinka Milix Lagu Radiyay

- › Raw vegetables, granola, toast, crackers or other rough coarse foods
- › Hot foods or liquids
- **Follow these tips:**
  - › Cook food until it is soft and tender.
  - › Cut food into small pieces.
  - › Use a straw to drink liquids.
  - › Use a small spoon.
  - › Eat food that is cold or at room temperature.
  - › Drink warm bouillon or salty broth for a sore throat.
  - › Rinse your mouth often with water to remove food and bacteria and to promote healing.

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

- › Cagaar qaydhin/caydhin, (granola), rooti/roodhi adag, bisgud ama cuntooyinka kale ee adag
- › Cuntooyinka ama cabitaanada kulul
- **Raac talooyinkan:**
  - › Kari cuntada ilaa ay ka noqonayso mid jilicsan.
  - › Cuntada u googoo qaybo yaryar.
  - › Isticmaal dhuun ama tuubo si aad u cabtid cabitaanada.
  - › Isticmaal qaado yar.
  - › Cun cuntada qabow ama heerkulkeedu yahay ka qolka.
  - › Cab maraq diiran ama maraq milix leh oo loogu talagalay cune xanuun.
  - › Biyo ku luqluqo marrar badan si aad cuntada iyo bakteeriyada uga saartid afkaaga oo aad u hormarisid bogsashada.

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