

Baaritaanka kansarka mindhicirka

Hage akhris fudud



Akhris sahlan oo ku saabsan baaritaanka NHS ee kansarka mindhicirka



Waxaad wici kartaa khadka caawinta ee telefoonka bilaashka ah wixii talo ah 0800 707 60 60

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Maxa ku jira buug-yaraha

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Baaritaanka kansarka mindhicirka



Buug-yarahaan wuxuu kuu sheegayaa wax ku saabsan baaritaanka kansarka mindhicirka.

Kadib dhalashadaada 60 aad waxaad helaysaa

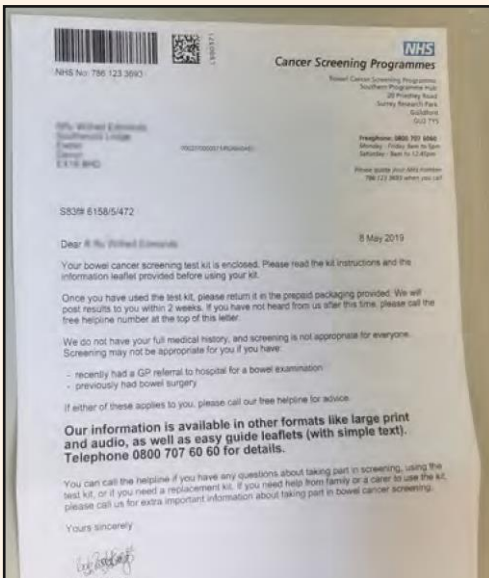
Qalabka baarista ee guriga lagu qaado Dadka qaar ayaa heli doona baaritaan sameeyo.

qalabka baaritanka in la sameeyo ka dib dhalashadooda 50 aad.

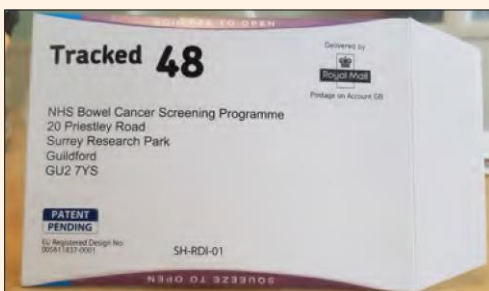


Waxaan kuu soo diri doonaa sanduuq leh:

- qalab baaritan ah



- warqad



- baqshad boosteejo ah

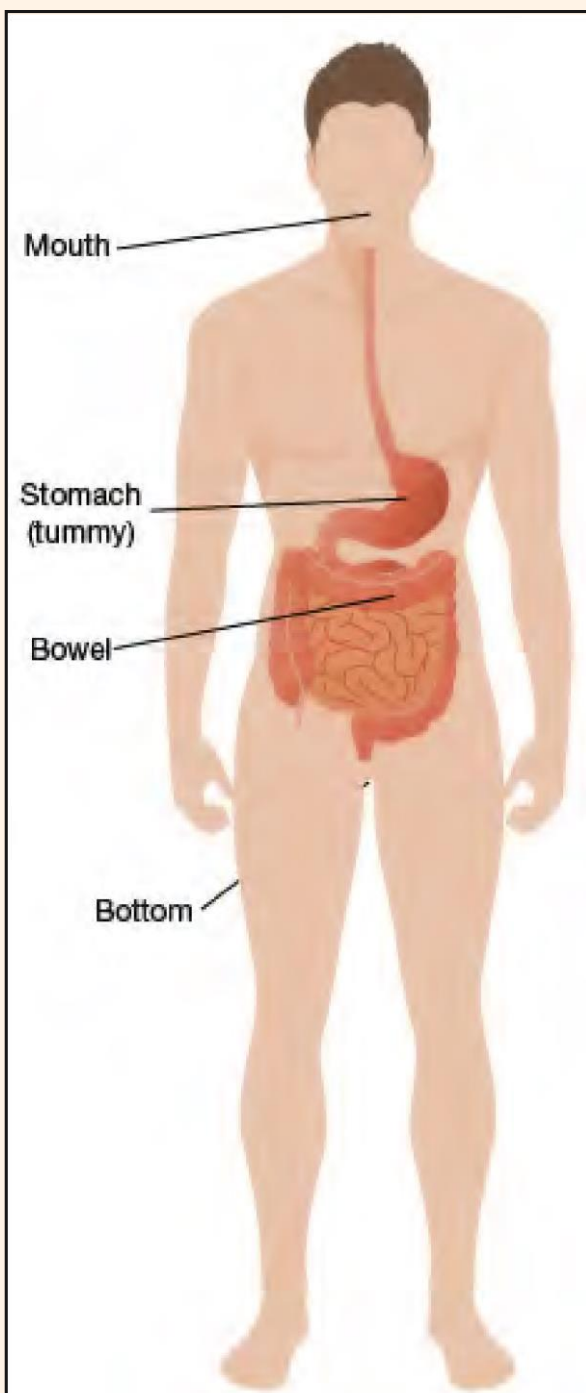
Kansarka mindhicirka

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Dadka qaar baa cudur ku dhaca loo yaqaan kansarka mindhicirka. Kani waa jirro halis ah oo aad ku dhimani kartid.

Baaritaanka kansarka mindhicirku wuu caawiyaa helitanka kansarka mindhicirka marxalad hore.



Mindhicirkaagu wuxuu ku yaalaa gudaha jidhkaaga.

Waxay isku xirtaa calooshayada (caloosha) xagga hoose.

Mindhicirku wuxuu qaadaa qashinka jidhkaagu aano ubaahnayn.

Tan waxaa lagu magacaabaa saxaro.

Doorashadaada

5

HAA

MAYA



Waa doorashadaada inaad samayso baaritanka iyo hadi kale.



Waxaad la hadli kartaa qoyskaaga ama daryeelahaaga.
Waxaad la hadli kartaa kalkaalisada dhakhtarkaaga ama dhakhtarkaga.
Ama waxaad wici kartaa taleefanka xorta ah nambar ku yaal **0800 707 60 60**



Qodobbo wanaagsan

Samaynta baadhista ayaa la heli karaa calaamadaha hore ee kansarka mindhicirka.

Haddii kansarka mindhicirka goor hore la helo fursad fiican ayad heli karta oo aad ku noolaato.

Waxaad ku samaynaysaa baaritaanka guriga.



Laakin

Baaritanko wuxu heli kara inta ugu badan ee kansarka mindhicirka laakiin qaar ayaa la seegi kara.

Samaynta tijaabada baadhista

6



Baaritaanku wuxuu eegayaa xaddi yar oo dhiig oo kujira saxaradaada. Adiga ayaa samayn kara baaritaanka kaliga ama waxaad weydiisan kartaa qof inuu ku caawiyo.

Si aad u samayso baaritaanka, waxaad u baahan tahay si aad u ururiso qadar yar oo saxaradaada ah.



Si aad u qabato saxarada waxad isticmaali kartaa:

- warqada musqusha



- weel nadiif ah oo madhan



Ku qor taariikhda qalabka tijaabada



Qalabka u qaado musqusha.



Ku rid warqadda musqusha gudaha weelka aad isticmaaleysid si aad u ururiso saxarada.



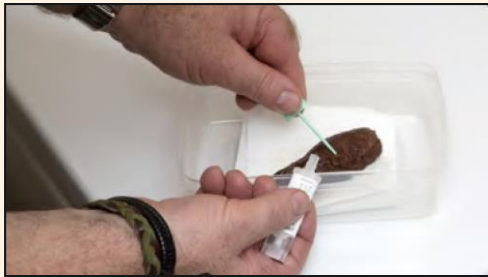
Qabo saxaradaada ka hor inta aysan gudaha u galin biyaha musqusha.



Ka saar weelka musqusha.



Fur xirmada.



Ku Tirtiri usha saxarada dhixdeeda.



Usha ku celi xirmada
Guji daboolka ado xidhaya.
Qalabka dib ha u furin



Saxarada ku rid musqusha.



Ku tuur weelka qashinka.



Gacmahaaga ku dhaq saabuun.



Kurid xirmadada baqshadda.



Ka saar xabagta warqadeeda oo ku hoos udheji baqshadda.



Uma baahnid shaambad



Ku rid baqshadda sanduuqa boostada.



Waa in aad warqad heshaa 14 maalmo gudahood oo leh natiijadaada.



Dhiig yar ama wax dhiig ah kuma jiro saxarada
uma baahnid baaritan inta ka badan



dhiig kujira saxarada

Waxaa laga yaabaa inaad u baahato badhitan inta ka badan

Dhakhtar ama kalkaaliye ayaa kala hadli doona natiijadaada.



Haddii aad wax su'aalo ah qabtid ama

dhibaatooyinka fadlan wac:

0800 707 60 60.

Ilaalinta mindhicirkaagu mid caafimaad qaba

11

Lahaanshaha mindhicirka caafimaad qaba waxay kaa caawin kartaa joojinta kansarka.



Cun 5 xabbo oo khudaar iyo miro ah maalin walba.

Cun cunto ay ku badan tahay fiber. Tan waxaa ka mid ah:



- rooti bunni ah



- bariis bunni ah



- boorash

Ilaalinta mindhicirkaagu mid caafimaad qaba

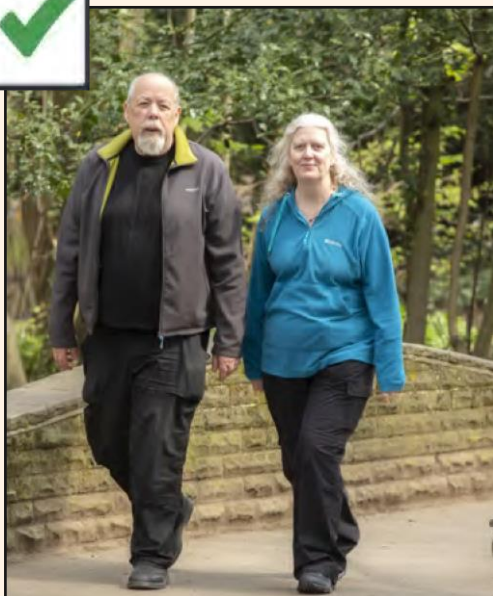
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Cab 6 ilaa 8 koob oo ah maalin walba biyo.



Noqo miisaan caafimaad leh.



Samee jimicsi badan.



Cuntooyinka qaar uma roona mindhicirkaagah**haddii aad waxbadan cunto.**
Waxaa ka mid ah:



- ham



- hilib doofaar



- burgers



- sausages



- hilibka lo'da



- doofaarka



- wanka



Cabitaanka **badan**
khamriga ayaa u xun
calooshaada.



Sigaar cabbiddu waxay u xun
tahay mindhicirkaaga.

Marka ay tahay inaad u tagto dhakhtarkaaga

Waa inaad u tagtaa dhakhtarkaaga haddii aad



- aad ku aragto dhiig aad ku jira saxarada
- Saxaradaado way da'aysaa ugu yaraan 3 usbuuc kani caadi adiga kuguma aha



- waxaad joojisaa inaad saxaroto tanina caadi ku maaha adiga
- caloosha oo aad ku xanunta aya kugu bilaabmay



- waxaad dareemi kartaa buro calooshaada ah
- waxaad si degdeg ah u lumisaa miisaanka la'aanteed iskudaygaga
- waxaad dareemaysaa daal **mar walba** iyo kan caadi kuuma aha

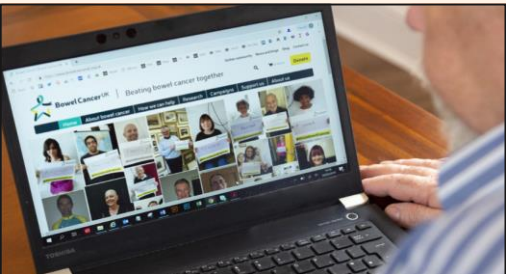
Haddii aad wax su'aalo ah qabtid ama



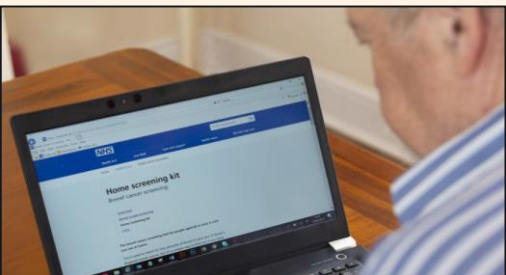
- wac **0800 707 60 60**



- weydiiso si aad u aragto dhakhtarkaaga



- booqasho
www.bowelcanceruk.org.uk



- booqasho
www.nhs.uk/bowel-screening



Bowel Cancer UK
Beating bowel cancer together

Iyada oo taageero ka hel Bowel Cancer UK

Markii ugu horreysay ee la daabacay: bisha lixaad 2019. La cusbooneysiisay bisha afaraad 2023. © Xuquuqda daabacaadda Crown

2023.

Waxaad dib u isticmaali kartaa macluumaadkan (marka laga reebo astaamaha) si lacag la'aan ah qaab kasta ama qaab kasta oo dhexdhexaad ah, iyadoo la raacayo [shuruudaha ku xusan v3.0 liisanka dawladda furan](#). Halka aanu cid walwal ku aragnay macluumaad xuquuqdeeda xuquuqda sameeyaha ee cid 3aad oo aad u baahantahay inaad ogolaansho ka hesho dadka sameeya xuquuqda sameeyaha ee ay khusayso.

Ogow sida NHS England u isticmaasho una ilaaliso macluumaadkaaga baaritaanka www.gov.uk/phe/screening-data.

Si aad uga baxdo baadhista, eeg www.gov.uk/phe/screening-opt-out.

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