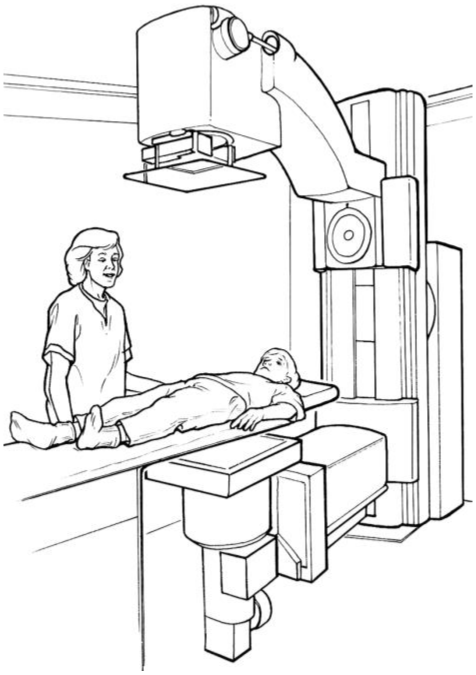
Nationwide Children's
When your child needs a hospital, everything matters.

Helping Hand™ Health Education for Patients and Families

Daaweynta Shucaaca
Radiation Therapy (Somali)

Daaweynta shucaaca waxay isticmaashaa fallaaro tamar-sare leh oo lagu dilayo unugyada kansarka qaba. Dhakhtar haysta tababar khaas ah, oo loo yaqaano dhakhtarka ku daaweynta kansarka shucaaca (raditaion oncologist) ayaa daaweyntan bixiya. Waraaqdan dhexdeeda, kelmadda adiga/waxaaga waxa loola jeeda adiga ama ilmahaaga. Cid kasta oo daaweynta qaadaneysa.



Sawirka 1 Mishiin weyn oo loo yaqaano simulayator ayaa lagu sii qorsheeyaa daaweyntaada.

Waxa ay tahay in la Fisho

Booqashada koobaad ee xarunta daaweynta shucaacu waxay qaadan kartaa 3 illaa 4 saacadood.

- Dhakhtarka daaweynta shucaaca ayaa sharraxi doona waxa la filanayo inta daaweyntu socoto. Waxay sidoo kale sharraxi doonaan saameynaha caafimaad ee daaweynta ka dhalanaya wixii su'aalo ahna way kaaga jawaabayaan.
- Qof qaangaar ah ayaa saxiixi doona foomam ogolaanaya in la bilaabo daaweynta shucaaca.
- Waxa lagu saari doonaa raajo CT si loo ogaado barta (baraha) dhabta ah ee daaweynta u baahan.
- Dosomatiriisti (daaweyn qorsheeye) ayaa isitcmaali doona mishiin loo yaqaan simulaytar si loo qorsheeyo daaweynta shucaaca (Sawirka 1). Waxay qaadaan cabbiro oo calaaamadiyaan halka daaweynta jirka lagaga sameyn doono.
- Dahaar caaga ah ama maaskaro ayaa madaxaaga iyo qoortaada lagu dabooli doonaa haddii ay ku jiraan aagga shucaaca, halkaas oo ah barta fallaaraha shucaaca lala beegsanayo. Dahaarku wuxu caawin doonaa in qoortaada iyo madaxaagu aanay dhaqdhaqaaqin inta daaweyntu socoto.

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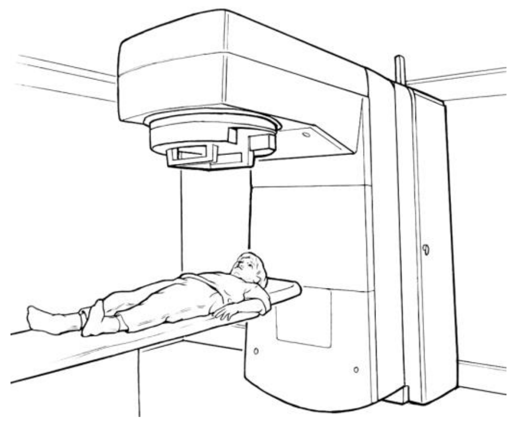
Sii socda…

- Calaamado khad ah ama dhejis ah ayaa la marin doonaa goobaha la rabo in shucaacu gaaro. Ha jarin ama saarin waxyaabahaas. Waxba kuma yeeli doonaan.
- Waxay u badan tahay inaad daaweynta qaadato maalin kasta, min Isniinta illaa Jimcaha, marka laga reebo maalmaha fasaxa. Inta jeer aad daaweynta marayso way kala duwanaan kartaa waxayna qaadan kartaa maalmo ama todobaado badan.
- Ka hor inta aadan tegin, waxaad sii qorsheyn doontaa daaweynta soo socota.

Sida Daaweyntu Tahay

Mishiinadu aad bay u weyn yihiin. Kambiyuutaradu waxay dhaqaatiirta ka caawiyaan garashada inta shucaac ah ee aad u baahan tahay. Inta daaweyntu socoto, waxaad dul jiifsan doontaa miis waxana lagaa dalban doonaa inaad degenaato oo aadan dhaqdhaqaaqin (Sawirka 2). Daaweyntu kuma dhibi doonto.



Sawirka 2 Qaadashada daaweynta shucaaca

- Haddii aad u da' yar tahay oo aadan degeni u jiifi kareyn, waxa lagu siin doonaa daawo ku luleysiinaysa.
- Baaritaankaan wuxuu soconayaa min dhowr daqiiqo illaa 30 saacadood. Wadarta waqtiga ee guud waxay ku xiran tahay dhererka daaweynta iyo ballamaha kale ee maalintaa aad leedahay. Maalmaha qaar markaad qaadato daaweynta shucaaca, waxaad u baahan doontaa inaad la kulanto dhakhtarka shucaaca.

Saameynada Caafimaadka

Shucaacu isku si ayuu u saameeyaa unugyada kansarka leh iyo kuwa caafimaadka qaba. Hase ahaatee, unugyada caafimaadka qaba intooda badani dib ayay isu dayactiri karaan. Unugyada kansarku inta badan isma hagaajin karaan. Saameynaha taban waxay ku xiran yihiin aaga(ga) la daaweynayo. Astaamuhu waxay noqon karaan kuwo sahlan ama daran, ama gebi ahaanba ma jiri doonaan. Astaamaha dadka oo dhani iskaga mid maaha. Waxa sidoo kale jiri kara saameyno muddo dheer socda oo ka dhasha shucaaca. Kuwan waxa kaala hadli doona dhakhaatiirtaada kansarka iyo shucaaca ee aasaasiga ah.

Maqaarka

- Halka shucaaca lagu aaddiyay, maqaarku wuxu noqon karaa mid madoow, qallalan, cuncun leh, ama qorraxdu gubtay.
- Dhakhtarka shucaaca ayaa kuu sheegi doona waxaad sameynayso si aad u caawiso maqaarkaaga. Ha isticmaalin wax looshin ama kariim ah illaa adiga oo la hadla dhakhtarka ama adeegbixiyaha caafimaadka maahane.

Sii socda…

Timaha

- Timaha ku yaalla meesha shucaaca lagu aadiyay way daadan karaan. Waxa laga yaabaa inay dib u soo baxaan iyo in aanay dib u soo bixinba.

Caloosha

- Waxaad dareemi kartaa xanuun illaa caloosha ah. Waxa lagu siin karaa daawo ku caawisa.

Tirada unugyada dhiigga

- Daaweynta shucaacu waxay keeni kartaa hoos u dhac ku yimaada tirada unugyada dhiigga. Tani waxay sababi kartaa dhiig yari, xinjirowga dhiiga oo hooseya, iyo/ama khatarta caabuqyada ama cudurada oo kor u kacda.
- Waxa laga yaabaa in baaritaano dhiig lagaaga qaado Nationwide Children's ama xarunta shucaaca si heerka unugyada dhiigaaga loola socon karo.
- Haddii loo baahdo in dhiig ama saxanyarooyinka dhiiga lagugu shubo, waxa lagu sameyn doonaa Nationwide Children's ee **laguma** sameyn doono xarunta shucaaca.

Markay tahay in la waco Dhakhtar

Wac dhakhtar haddii aad la kulanto saameynadan taban midkoodna:

- Xummad kulkeeda ka badan yahay 100.4 Fahrenheit (F) ama 38.05° Selshiyah (C)
- Nabaro afka ama meelo afka ah oo xanuun leh
- Cabitaanada oo aan la liqi karin matag dartiis
- Inaad dareento xanuun illlaa caloosha ah oo daawada la qorayna aanay ku dareensiinayn soo roonaansho
- Nabaro badan, dhiig sanka ah, ama cirridka oo dhiigaya
- Shuban soo noqnoqda
- Qandho ka badan mudo 1 maalin ah
- Guduudasho, cuncun, nabaro, maqaarka oo xanuuna shucaaca dartiis
- Madax-xanuu, dawakhaad, midab dilan, iyo daal saayid ah oo la dareemo

Talooyin Kaalmeynaya Daaweynta

- Soo xiro dhar aad raaxo ku dareemayso markaad u imanayso daaweynta shucaaca.
- Aagga jirka ee la daaweynayo ha marin faashadaha kuleylinta, sanlaambiska ama baraf-baceed.
- Haddii aad shucaaca ka qaadanayso madaxa iyo qoorta, timahaaga u qaabee qaab ay inta u oolin karaan inta daaweyntu socoto.

- Aagga la daaweynayo ka ilaali fallaaraha cadceedda ee tooska ah. U isticmaal boomaatada cadceedda oo la hel heer cadceed ilaalineed (SPF) 30 ama ka badan ah aagaga maqaarka ee aan loo wadin shucaaca. Waxaad heli doontaa macluumaad dheeraad ah oo ku saabsan u isticmaalka boomaatada cadceedda aagga shucaacu gaaro.
- U sheeg dhakhtarkaaga ama daryeelaha caafimaadka haddii aad bilowdo daawo cusub.
- Cun cunto dheelitiran, oo caafimaad leh oo cab 4 illaa 6 koob oo dareere ah (cabitaano iyo biyo) maalin kasta.

Goobta

Daaweynta shucaaca ee Nationwide Children waxa lagu sameeyaa Xarunta Proton ee Isbitaalka The James Cancer ee ku yaalla kambaska Jaamacadda Gobolka Ohaayo (The Ohio State University). Daaweynta shucaaca waxa la sameeyaa markaad ka baxdo isbitaalka. Haddii aad dhib kala kulmeyso dhanka gaadiidka ama sidaad ku iman lahayd xarunta daaweynta shucaaca, kala hadal shaqaalahaaga bulsha ama kansarka wixii kaalmo ah. Haddii aad u baahan tahay inaad qaadato daaweynta shucaaca adiga oo jooga isbitaalka:

- Nationwide Children's ayaa kuu diyaarin doona ambalaas lagugu qaadi doono.
- Kalkaaliso caafimaad ayaa ku raaci doonta.