

Kansarka Maqaarka

Skin Cancer

Skin cancer is the most common type of cancer in the United States. It is normal for your body to replace old cells with new ones. Sometimes skin cells keep dividing when new cells are not needed and skin cancer occurs.

Risk Factors

Anyone, including people with dark skin, hair and eyes, can develop skin cancer, not just those at higher risk. You are at higher risk if you have:

- Spent a lot of time in the sun
- Family members with skin cancer
- Certain types or a large number of moles
- Skin that burns or freckles in the sun
- Light-colored skin, hair and eyes

Prevention

- Avoid being in the sun from 10 AM to 4 PM.
- Wear clothing such as a hat, long sleeves and pants to block the sun's rays.
- Use a sunscreen with a sun protection factor (SPF) of 15 or higher year round when you are going outside. Reapply as directed on the bottle.
- Learn to know what skin cancer looks like.

Kansarka maqaarku waa nooca ugu badan ee kansarka ka jira Maraykanka. Jidhkaaga caadi ayey u tahay inuu unugyada duugga ah ku beddelo kuwo cusub. Mararka qaarkood unugyada maqaarku way kala qaybsamaan marka aan kuwo cusub loo baahneyn ka dibna kansar ayaa yimaada.

Arrimaha Halista leh

Qof kasta, marka lagu daro dadka maqaarka, timaha iyo indhaha madow, waxay qaadi karaan kansar, ma ahan oo keliya kuwa halista sarreysa ugu jirta. Halis sarreysa ayaad ugu jirtaa haddi aad:

- Waqti dheer ku qaadatay qorraxda
- Leedahay xubin qoyskaaga ka tirsan oo kansar qaaday
- Leedahay noocyo gaar ah ama tiro badan oo nabro ah
- Leedahay maqaar gubta ama baro madow qorraxda aad ka qaaddo
- Leedahay maqaar midab khafiif ah, timo iyo indho

Ka Hortagga

- Ka fogow inaad qorraxda joogto laga billaabo 10 subaxnimo ilaa 4 galabnimo.
- Xiro dhar sida koofi, shati gacmo dheer iyo surwaal si aad isaga celiso fallaaraha qorraxda.
- Isticmaal qorrax celiye leh difaac qorrax (SPF) ee 15 ama ka sarreeya sanadka oo dhan marka aad dibedda aadeyso.
- Baro inaad aqoonsato waxa uu kansarka maqaarku u eg yahay.

- Check your skin monthly. Report any changes to your doctor.
- If you are at risk, see a doctor who specializes in the skin called a dermatologist each year for a skin exam.

- Maqaarkaaga bil kasta hubi. Wixii isbeddello ah takhtarkaaga u soo sheeg.
- Haddii aad halis ku jirto, takhtarka ku takhasusay maqaarka ee loo yaqaanno dermatologist u tag sanad kasta si uu kaaga baaro maqaarka.

There are 3 major types of skin cancer:

Basal Cell Carcinoma (BCC):

This is the most common. This cancer grows in the basal cells in the lowest layer of the skin. This type grows slowly and rarely spreads to other parts of the body, but early treatment is needed. This type appears on skin exposed to the sun such as the face, ears, scalp and upper body. Look for:

- Shiny or pearly bumps or growths
- A sore that heals and then re-opens
- A pink, slightly raised growth
- Red, irritated patches of skin
- A waxy scar

Squamous Cell Carcinoma (SCC):

This cancer grows in the squamous cells in the upper layer of the skin. This type can be found anywhere including the inside of the mouth and the genital area. Get early treatment to prevent the spread of this cancer. Look for a crusty or scaly patch of skin often with a red base.

Waxaa jira 3 nooc oo waaweyn oo kansar maqaar ah:

Kansarka Unugyada Aasaasiga ah

Kan ayaa ah nooca ugu badan. Kansarkaan wuxuu ku koraa unugyada asalka ah ee lakabka ugu hooseeya ee maqaarka.

Noocan wuxuu u koraa si tartiib tartiib ah isla markaana waa dhif inuu ku faafo qaybaha kale ee jidhka, laakiin daaweyn ayaa loo baahan yahay. Noocan wuxuu ka soo muuqdaa maqaarka loo bandhigay qorraxda sida wejiga, dhegaha, madaxa, iyo jidhka qaybtiisa kore. Iska fiiri:

- Buruqyo ama wax soo koraya oo ifaya ama dhalaalaya
- Meel xanuun leh oo bogsata oo haddana dib u soo furanta
- Wax aayar kor u soo koraya, oo basali (casaan) ah
- Dhibco maqaar oo lur leh, oo guduudan
- Dillaac dheeh leh

Squamous Cell Carcinoma (SCC):

Kansarkaan wuxuu ku koraa unugyada squamous ee lakabka sare ee maqaarka. Noocan waxaa laga heli karaa meel kasta marka lagu daro gudaha afka iyo cawrada. Daaweyn waqti hore ah qaado si looga hortago faafidda kansarkaan. Iska fiiri dhibic qolof leh oo maqaarka kaaga sameysanta oo badanaa salka dhibic guduudan ku leh.

Melanoma:

This type begins in the skin cells that give skin its color. Melanoma can spread quickly to other tissues and organs. The cure rate is high with early treatment.

Look for changes in moles or new moles where:

- One half of the mole does not match the other half.
- The edges of the mole are uneven or ragged.
- The color is uneven with more than one shade or color present.
- The size is larger than a pencil eraser or there is any change in size.
- There are changes in the way it feels. It may itch, feel dry, lumpy, swollen or tender.

Your care

Treatment involves removing the tissue suspected of being skin cancer from the skin. This is done in the doctor's office or in the hospital. The tissue is sent to a lab to check for cancer cells. This is called a biopsy. Often, no further treatment is needed. Skin cancer may also be treated with radiation therapy and chemotherapy.

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

Melanoma:

Noocaan wuxuu ka billowdaa unugyada maqaarka ee maqaarka midabka u yeela. Melanoma wuxuu unugyada iyo xubnaha kale ugu faafi karaa si deg-deg ah. Xaddiga ka bogsashadu wuu sarreeyaa marka waqti hore la daaweeyo.

Iska fiiri isbeddello ku yimaada burooyinka ama burooyin cusub halkaasoo:

- Burada kala badhkeedu uusan badhka kale u dhigmin.
- Cidhifyada buradu ma sinna ama way kala sarreeyaan.
- Midabku isku mid ma ahan isagoo leh in ka badan hal hadh ama midab.
- Cabbirku wuu ka weyn yahay goommaha qalin rasaaska ama wax sidaas ah oo cabbirka iska beddelaa ma jiraan.
- Waxaa jira isbeddello sida laga dareemayo ah. Waxaa laga yaabaa iney ku cun-cunto, enegto, soo kuusanto, bararto ama xanuuneyso.

Daryeelkaaga

Daaweyntu waxay ku lug leedahay in maqaarka laga gooyo nudaha looga shakiyey kansar maqaar. Taas waxaa lagu sameynayaa xafiiska takhtarka ama isbitaalka. Nudaha waxaa loo diraa shaybaar si looga baaro unugyo kansar. Tan waxaa loo yaqaannaa dheecaan unug ka soo qaadid (biopsy). Badanaa, daaweyn kale looma baahna. Kansarka maqaarka waxaa kale oo lagu daaweyn karaa daaweynta shucaaca iyo kiimiko.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

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