



Ha iska xambaarsanaan walbahaarka kansarka.

Haddii aad jirkaaga wax ka dareentid la xiriir xarunta Dhakhtarkaaga (GP). Dhakhtarkaaga ayaa kuu diraya baaritaano kansarka lagaaga shaki bixinayo. Natiijadu siday doonto ha noqoto, NHS mar kasta waa kuu diyaar.

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Haddii meel jirkaaga ka mid ah aad wax ka dareentid ama ay arrintaasi walbahaar kugu dhaliso, waa inaad Dhakhtarkaaga (GP) u sheegtaa. Astaamaha iyo calaamadaha soo socda ayaa ka mid ah waxyaabaha kansarka lagu garto.

- Xanuun aan la fahmi karin oo saddex toddobaad ama ka badan ku haya
- Calool xanuun ku wareeriya ama shuban saddex toddobaad ama ka badan iska socda
- Qufac saddex toddobaad ama ka badan aan kala joogsan
- Dhiig kaadida soo raaca, hal marba ha ahaatee
- Dhiig saxarada soo raaca oo saddex toddobaad ama ka badan socda
- Saxaro mid aan caadi ahayn ama caddaan ama jilicsan oo aan horay loo arki jirin
- Miisaanka oo dhaca, fasiraadna aan loo hayn
- Gaas ama cunto xumo joogto ah
- Daal iyo caafimaad xumo joogto ah oo sababaha keenay aan la garanayn
- Dhiig-bax kadis ah oo meel loo raaco aan la aqoon
- Buro aan la garanayn sida ay ku timid

Astaamo dheeraad ah oo kansar noqon kara booqo [nhs.uk/cancersymptoms](https://www.nhs.uk/cancersymptoms)

Waxay u badan tahay inaan wax wayni jirin, hase yeeshee marka kansarka oo bilow ah la ogaado, daawayntiisa ayaa fududaanaysa.

Ilaa aad ogaato waxa ku haya, ma xukumi kartid waxuu yahay

La xiriir xarunta Dhakhtarkaaga (GP)

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