

Kitma myero ibed kwede ka itye ki two Kanca

BUK MAN KICOYO PI JO MATYE KI TWO KANCA



ACHOLI



UCS | Uganda
Cancer Society

Pwoc

Jo me American Cancer Society, Inc. gumiyo tic bot adwol pa Johns Hopkins Center for Communications Programs me telo yubu buk pa lutwo man kun gitiyo kacel ki jo magi pi doro dok bene ginyutu kitma omyero gutim kwede: Gang kal madit me yot kom me Uganda, Adwol madit maneno lok kom two me kanca I Uganda, ki Luwang jo me adwol ma gineno lok kom two kanca i Uganda gukube ki Uganda Cancer Society (UCS). Coc ma nonge I buk man ki kwanyo ki coc ma nonge ki bot adwol pa jo me America ma gin neno te lok me two kanca. Coc mogo ma noknok aye ki kwanyo kibot MacMillan Cancer Support, kacel ki U.S.National Cancer Institute. DESIGNiT Ltd., Uganda aye obedo lugo cal ki ducu ma ki keto kany. Gang kal madit me yot kom me Uganda UCS aye otelo wi jo ma gubedo ka lupok buk ki pwonyo dano malube ki kit ma omyero kitii kwede bene.

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“An aloyo to ki itwo kanca ma atwoyo pi mwaka 16 ma okato anged dok bene ka onongo pe a jingo cwinya me ye ni kiyanga... kono onongo pe akwo.”

Latic ma limo lutwo me Uganda women's support Organisation

Lacim wilok ma I buk man

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1.

Lanyut

Niang ni itye ki two kanca kelo alokaloka mapol wa ki lapeny mapol bene.

Kany, wan wagamo lwak lapweny mapol malube ki two kanca ki kit me nongo yat me kanca bene. Watye ki gen ni lok ma wacoyo kany obemiyo kony boti kacel ki jo odi.

Man pe bileyo kaka lok ma doktoni onyo daktani biwaco ni ilubi. Lok ki dokto nyo daktani en aye yo maber loyo me niang ngo matye ka time ikwoni ikare ma inongo iye yat ki kit ma yat tiyo kwede ikomi.

2.

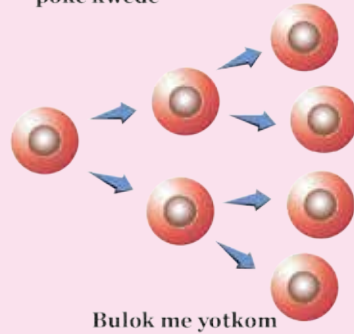
Kanca obedo ngo?

Kanca obedo two ma weko nyig bulok matinotino adada me kom dano tiko nya mede madwong ata ma pe juke. Man miyo kom dano pe tiyo maber kitma myero oti kwede iyo me yotkom.

Bulok man en aye ngo?

Kom dano kiyubu ki lwak million bulok matinotino madwong. nyig bulok ma komgi yot dongodok nya mot macalo mite me yotkom. Pol kare nyig bulok magi giti ci gibale woko. Ci mukene manyene myero gule kakargi.

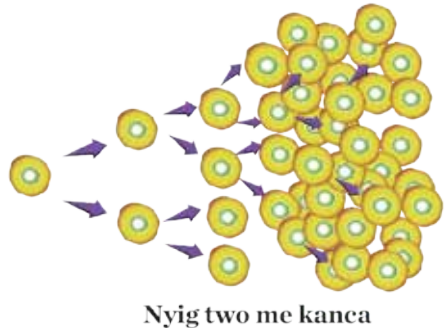
Kit ma Nyig bulok me Yotkom poke kwede



Yotkom peke I nyig bulok me kanca

Gitiko mede ki nya naka gidoko pol ata. Lacen gibwoyo nyig bulok mabeco ni woko. Ci miyo kelo arem kama nyig two me kanca ocake ki iyeni. Nyig two me kanca kobo ikabedo mukene ento nyig bulok me yotkom pe kobo.

Kitma bulok kanca nya



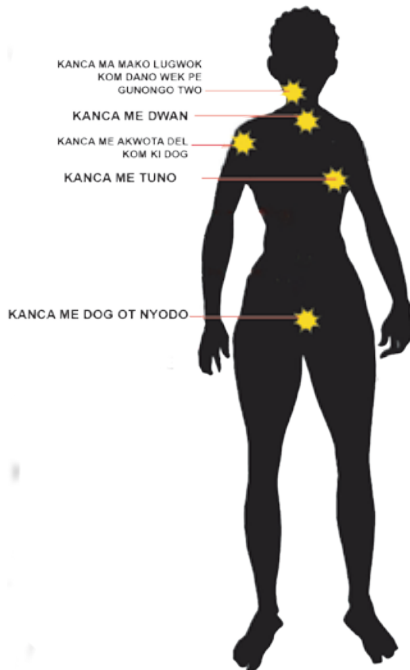
3. Kwai two kanca

Nyig bulok me two kanca twero cake kamo keken ikom dano. Gin bene gitwero kobo l kabedo mo keken ikom dano ci gidongo iye. Kimiyo nying ikom kanca malube ki kama ocake ki iye. Ka inen ocake ki l cak ci kilwongo ni kanca me tunu nyo me cak.

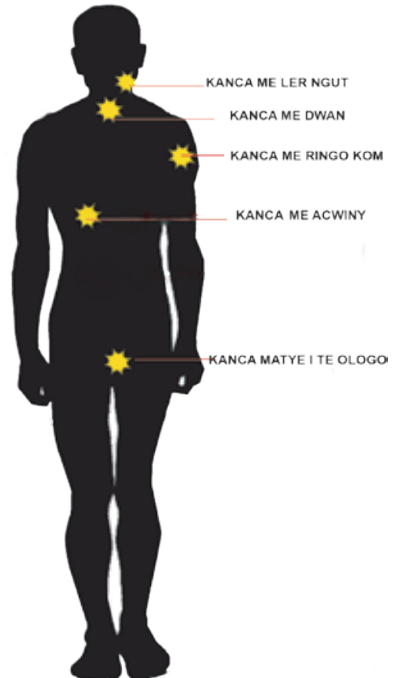
Kwai kanca pol. Kanca mukene nya oyotoyot mada. Ento mukene nya mot. Gin bene giwinyo yat iyo mapatpat.

Ka ngat mo tye ki kanca, ci dokto bineno ni eniang ikom kanca meno.

Kwai kanca 5 ma nonge ikom mon ma l Uganda



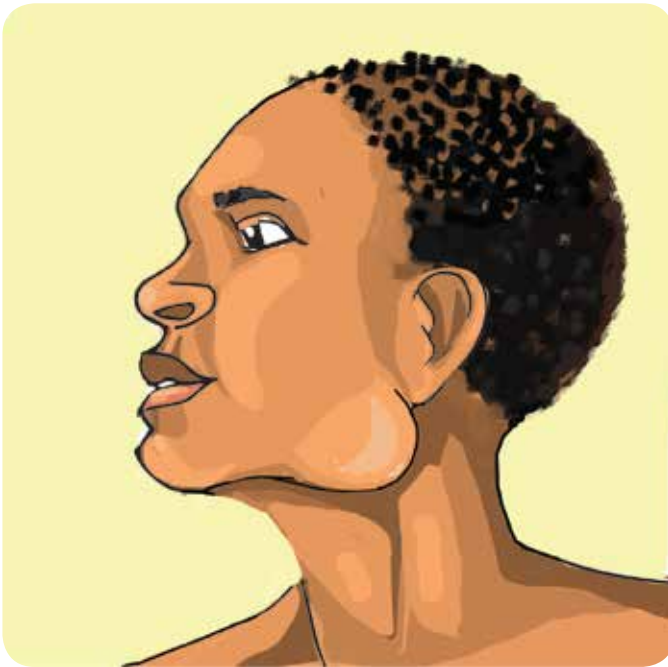
Kwai kanca 5 ma nonge ikom co ma l Uganda



Akwota kom/Lagulungulu kom en aye ngo?

Akwota kom/Lagulungulu kom cake matidi ci doko akwota. Pol two kanca kelo akwota/lagulugulu. Ento pe ni dong gin ducu kelo kanca. Akwota/Lagulungulu ma pe kelo kanca kilwongo ni akwota ma pe nyayu two makelo to nyo kanca. Akwota/Lagulungulu makwot ma kelo to kilwongo ni akwota to.

Tye kwai kanca mogo ma pe kelo langulungulu ki akwota (kanca me remo). Nyig bulok kanca magi nya l remo ki l kabedo mapatpat ikom dano.



4. Ngo ma kelo kanca?

Petye gin acel mo ma kelo kanca. Ento tye jami mogo mamako kwo weko itwero weko nyig bulok man maraca nyayu kanca ikomi. Jami magi gin ene:

- ◆ Two mogo mamako dano calo two Jonyo ki kwai puc nyo adong mogo Makwot kama patpat ikom dano twero loke doko kanca.



- ◆ Bedo inget lumat taa, ito taa, ito kavera ki ito ma aa ki imoo dijel nyayu kanca.



- ◆ Camo cam labongo potdek ki nyig yat, Ki cweyo tutwal nyayu kanca.



- ◆ Tiyo. Ka kom tye ka tegi woko weko watwero Nongo kanca bene.



Tyetye nyo acena pe kelo kanca. Kanca obedo two mamako ngat mo keken, ikabedo nyo ilobo mo keken cawa mo keken.

5.

Two kanca mono kobo obedo ngo?

Two kanca pe kobo. Ka kanca tye ikom lawoti, pe twero mako in.

Pe itwero nongo two kanca ka in itwoyo ngat ma tye kwede, cam kacel kwede nyo bedo cok kwede bene pe weko twoni kobo ikomi.

Tye kwai kanca mogo ma bino pien adong mogo ma kwoto kom nongo otuc odoko bur ci cilo marac nongo omako ma pe twero cang onyo bino ki two jonyo ento kanca ma kit magi bene pe kobo.



6.

Kanca mono kilako ki bot lunyodo?

Tye kwai kanca mogo ma ka lunyodo yam otwoyo ci mako lutinogi bene. Idog ot mogo inongo ni tye olo jo aryo mo ma gutwoyo. Ento pe kobo me a ki ikom lanyodo me dok ikom latin kitmacalo latin bedo bor nyo cek, nyo nongo two jonyo ki bot lunyodone.

Kanca mako dano malube ki kit ma nyig bulok matinotino ma yubu kom dano nya kwede. Man ducu time cokcok nino ki nino l kwo pa dano acelacel malube ki jami ma time nino ducu calo yuyu yiru taa, ki yiru kavera.



7.

Pingo an?

Pol dano ma twoyo kanca gipenye keken gi ni, “pingo twoni omako an?,” Jo mukene tamoni two kanca obedo pwod pi gin maraca ma itimo lkare ma okato anjec.

Ka inen itye ki lakit tam man, ci in pe itye keni. Lakit tam magi pol ata bot jo ma twoyo kanca. Omyero inge ni kanca pe obedo pwod ma kimiyo ki dano pi timgi. Pe itam ni man obedo bali nyo tamo ni kono onongo ingeyo kono l gwoke oweko pe inongo two kanca, ento ket tami iyo ma itwero gwoko ki kwo ni kombedi madong in latwoni.



8.

Dokto cako ngeyo nining ni atye ki two kanca?

Nen calo in icito bot dokto ikare ma onongo iwinyo arem. Lacen dokto opimo me neno ka kanca tye ikomi.

Kace inen dakta tamoni itye ki two kanca, ci gin bikwanyo latin ringo komi wek kipim kinen. Gin bene twero tero in I maraya wek kipim dok kimeny komi kamoni maber, dok bene kikwanyo remo komi ci kipimo. Pol kare gin gimito pimo jami aryo wek kiniang maber.



Pimo kanca me tunu/cak ki me ot nyodo

Ikare mogo kiromo nongo two kanca ma nongo arem mo keken peya ocake. Adwol me yotkom mitoni kare ki kare dano omyero obed kacito ka pime ka neno ka kanca me tunu/cak nyo me ot nyodo katye onyo peke kadi bed pe iwinyo arem mo. Man konyo weko kiniang woko ma pudi, ci weko cango kanca bedo yot mada.

Lanyut me two kanca

Tye lanyut ki lacim mogo ma weko ingeyo ni itye ki two kanca. Pe ibed ki lworu me weko latic me yotkom opimi me niang ka itye ki two kanca. Ka kinguku kanca woko con ma peya onya ci weko yat cango woko oyot tutwal labongo gale.

Magi aye lanyut ma pol kare weko ingeyo ni itye ki two kanca:



Jonyo ma
tato tere pe
twere



Cwer pa
remo atura



Akwota kom



Arem ma
tato tere tek



Onyo kom
ma pe ke

Lanyut magi bene twero bedo tye kadi ipeke ki two kanca.

Ento ber mada ka dakta opimo two con.

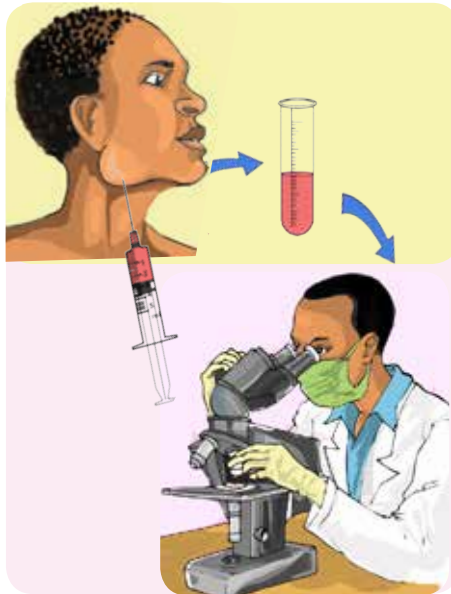
Tye lanyut mukene ma pe kicoyo kany ma nyutu two kanca. Kace inen l cako winyo kwo ni tye kawot iyo mapat ki me nino ducu- tutwale ka mede ameda – ci omyero icit l ot yat ka pime.

9. Biopsy obedo ngo?

Biopsy en aye yo acel keken ma twero moko ni ada two kanca tye.

Dokto ngolo ringo kama akwota tye iyeni ci kimenyo ki maraya lameny two. Kine mogo kitucu atuca ki libira. Dakta miyo yat wek pe inong arem ikare ma nongo kitye ka pimi iye.

Kace inen onongo ni kanca, ci en pimo me niang kit kanca mene ki ka twero nya aruya onyo motmot.



- ◆ Biopsy pe weko kanca kobo kamukene ikom.
- ◆ Biopsy bene pe weko bur nyare madit. Kikwanyo latin ringo mo matidi tutwal.

10. Kanca dongo I citej adi?

Ka dong kityeko nongo ni itye ki kanca, ci dokto biniang ni akwota man dit rom mene ki ka dong onya okato woko ki I akwota meno. Man obedo dul me kanca. Niang citej ma kanca dong oo iye konyo dokto me ngeyo kit yat ma omyero kimi ki latwo, ki ka twero cang onyo pe.

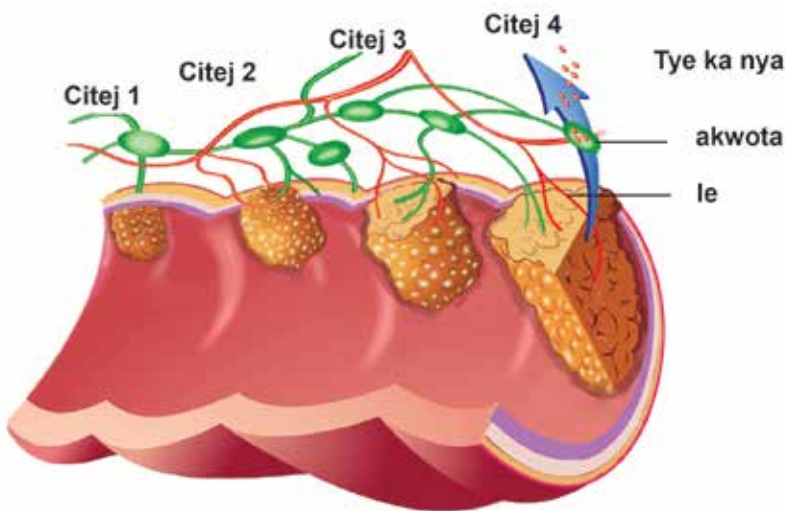
Pol kanca dongo I citej angwen.

Citej me acel ki aryo nyutu ni nongo peya onya oket I kabedo mukene ikom latwo, ci weko kelo gen ni pud romo cang ka ki nguku woko ki yat.

Citej me adek nyutu ni dong ocako nya woko ikom latwo, ci man titoni pe dong mako yat oyot.

Citej me angwen nyutu ni kanca dong onya woko ikom I kabedo mapol madong cangu tek mada.

Peny doktoni wek otiti citej mene ma dong two kanca matye ikomi oo iye wek inge maber.



11.

Kanca man obineka mono woko?

Ka itye ki kanca pe teloke ni dong kingoli to. Ka inongo yat con ma ilubu cike ci itwero bwot ki iye.

Tye yo mapol ma weko itwero kwo inge nongo yat kanca. Yo magi gin ene:

- ◆ Kit kwai kanca mene ma ibedo kwede
- ◆ Onongo dong oo I dul me adi
- ◆ Kanca ni onongo obedo ka nya oyot nyo mot
- ◆ Itye ki mwaka adi dok yot komi onongo obedo nining ma peya onongo I nongo two kanca
- ◆ Yat me kanca ogamo komi nining.



12.

Yat me kanca kimiyo nining?

Kit kwai kanca ma nonge ikom dano aye bene bedo kit ma dokto miyo kwede ki yate, ki citej ma nongo two man oo iye, mwaka pa latwo ki yoto kom latwo con onongo tye nining.

Yat kimiyo pingo

Miyo yat ki latwo twero bedo me cango latwo, me jino two, nyo me gengo peko mukene ma yat kelo ikom latwo. Omyero ipeny doktoni tyen lok ma oweko kitye ka miyo ki in yat.

yo mapatpat me cango kanca

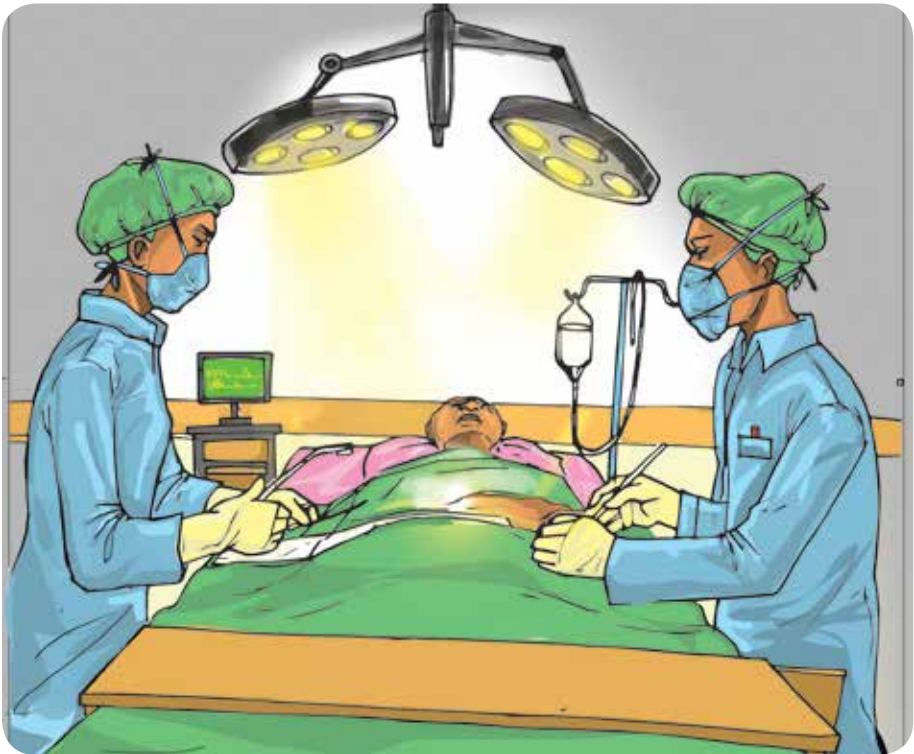
Pol kare kanca ki yango ayanga, me aryo kimiyo yat ki iler ki me adeke kiwango ki mac kun ki menyo kama two tye iye. Latwo kanca pol kare kimiyo ire yat iyo adeki ducu.

Wel me nongo yat

Wel yat lube ki kit kanca ma kinongo ikom latwo ki kare ka nyig two man rii kwede ikom. Inge nongo yat, nyig kanca twero dwogo cen ikom dano man ma te lokeni, myero ki lok yat woko. Ka inen l bedo bor ki ot yat ci man bene nyutuni myero l yube me culu giwot, wilo cam ki lok me kabutu bene. Adwol mogo ma kicoyo nyingi l agiki buk man miyo kony ki lutwo kanca ikare ma ginongo yat.

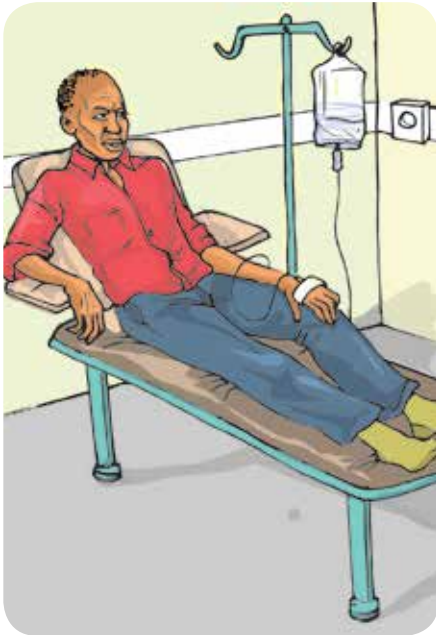
Yango latwo

Kiyango latwo wek kikwany akwota ma nyayu kanca ikomeni woko. Dokto twero ngolo but kom latwo kama okwoti nyo ngolo kama okwoti ducu. Ka okwot I tunu/cak kitwero ngolo but tununu/caku nyo ki ngolo woko ducu. Kanca ma kwot ikom ologo kikwanyo odeni woko. Yangu latwo twero kelo cang ikome, nyo jinu two, wek ojuk peko ma a ki I yat. Tye kwai kanca mogo ma pe kiyango. Calo kanca me remo pe yange ento kimiyo yat.



Miyo yat

Man obedo yat ma neko nyig two kanca, nyo gengogi nya. Yat mukene kimiyo nongo ki keto ki l ler kom l pii, mogo yat amunya. Pien yat man woto kaweng ikom , miyo yatman woto kaducu kama two onya ocito iye ducu. Yat man kimiyo me cango two, nyo me gengo two me nya, nyo me juko peko ma yat man twero kelo ikom latwo.



Maraya ma wango nyig kanca

Maraya ma menyo dok wango kanca bene kitiyo kwede me cango kanca, nyo me gengo nyig kanca ka nya, nyo me juko peko ma twero kelo ikom latwo. Maraya man tye ki mac matek ma wango nyig kanca woko l kabedo matye iye. Mac man bene twero wango nyig bulok maber me yotkom ma nonge cokcok ki kama kitye ka wangoni. Ento nyig bulok matinotino me yotkom ca gitwero yube gidoko maber ento nyig kanca pe gitwero yube. Kadi bed mac man wango nyig kanca ente pe lyet dok bene latwo pe winyo lyetone. Kitwero tic ki yo man kacel ki yat nyo yango latwo. Kitwero tic ki maraya mamenyo dok wango kanca me cango two man nyo me gengo nyig kanca ka nya, nyo me kweyo arem ki ikom latwo kanca.



13. Adwogi ango ma a ki inongo yat?

Yangu latwo, wangu nyig kanca ki maraya ki miyo yat bot ngat ma twoyo kanca kelo adwogi mogo ikom latwo. Yo magi ducu bedo ki adwogi mapatpat ikom ngal acelacel kadi bedi gunongo yat marom. Yo magi ducu twero tero ngat moni iyo marac, ento ngat mukene bedo gire labongo ayela mo keken. Ento yat kimiyo wek okony dano man.

Adwogi me wango two kanca:

Maraya ma menyo dok wango kanca pe rem ento twero kelo ki latwo onyokom, nyo kelo kecdog pi cam, kadok weko iwinyo ni iol cawa ducu. Man twero rii pi kare malac. Latwo acelacel nongo adwogi mapatpat ma lube ki kama two kanca omako ikome.



Yat amunya nyo ma kitucu ki I lerkom:

Yo me neko kanca ki yat pol kare adwogine bedo tye ka itye iyat, ento kimiyo yat mukene me konyo latwo wek pe otere marac. Itwero bedo ki:



Alemcwiny ki ngok



Cwer remo ki bwac kom



kwero cam



Olo matek



buc yerwic



Cado nyo cwine me ic



toko dog



lyeto



Two mukene
Maki oyot



komi kayi

Lakodi kit adwogi magi gik woko ka ityeko nongo yat bene. Lapore, ka yer wi olwer ikare me yat, yer wi twi dwogo cen ka ityeko nongo yat. Pol mon ruku yer wic aruka ikare man, ki co ruku tok nyo jo mukene giboyo wigi aboya.

14. Abibedo ki arem?

Pol lutwo gibedo ki par mapol pi arem ma ibedo kwede ikare me nongo yat ki arem ma kanca kikome kelo.

Dakta miyo yat ki lutwo me juku arem magi ducu manongo peya gucako nongo yat. Yo magi ma kikonyo ki lutwo kanca pole pe kelo arem. Maraya lameny ki yat ma kimiyoni bene pe kelo arem.

Arem ma kanca kelo bene kimiyoyat ma kweyo. Pi man pe omyero itamni arem obedo peko pa lutwo kanca.

Jo mapol gitamo ni kadong icako munyu yat me two kanca, cwinyi dong tiko bedo ka puke iye ma pe itwero wekone. Man pe obedo lok me ada malube ki lakit yat ma kimiyoy me kanca I Uganda kany, wa ki kare ma itero ka munyune.



15. Yat Lajin arem obedo ngo?

Magi obedo yo me twoyo latwo ma dong twone pe cang ento pe teloke ni dong obito woko. Yat ma kimiyo wek latwo pe owiny arem ento jinoajina. Jo mukene gitamoni yat magi kimiyo ki jo ma dong obito woko. Lajin arem ber kimi ki lutwo kanca bene.



16. Kwidi kanca rweny nining?

Inge nongo yat, kine mogo nyig kwidi kanca rweny woko ki ikom latwo nyo cang woko. Man teloke ni komi pe dong nen ni itye ki kanca. Man dong tereni komi dong obwoyo two man woko onyo ni dong komi ocang woko. Kace two orwenyo pi kare me mwaka abic nyo makato, ci doktoni dong twero ngolo ni dong icang woko. Man teloke ni nyig kanca dong oto woko ikomi inge nongo yat.



17. Akanyo nining?

Dano kanyo two kanca iyo acel kitma gikanyo peko mukene mapatpat ikwo me nino ducu. Ngat acelacel tye ki yo ma en kanyo ki can. Lube ki kare ma ikato ki iye ki yo ma ikwo kwede, en aye weko itwero mede ki tici me nino ducu, bedo ki luremi, kacel ki gin ducu ma imaro timo.

Itwero temo lubo yo magi wek ikany two kanca ikwoni me nino jwi:

Nen ni inongo ngec mapol mamako two ma itye kwede ki yo me cangone.

Jo mogo nongo ni ka gitye ki ngec muromo ikom two ma etye kwede ni ci miye ebedo ki twero ikome kekene ki ikom two ma tye iye.



Nen ni igwoko komi.

Gwoke keni kun ibed ki tam maber iwi keni. Cam maber dok bene iwek nino oromi maber. Pe ibed mot ma pe itimo tic ma ryeyo lerni. Kwany kare me timo gin ma cwinyi maro nino ki nino. Kwany kare me bedo ki luremi nyo wadini ma imaro. Lwod lok mabeco. Yeny yo me miyo kony ki dano, winy wer ma yomo cwinyi.



Rwate ki jo mukene ma gitye ki kanca bene.

Pe yot me bedo keni ka itye ki kanca. Ka iribe ki jo ma gitye ka miyo kony me cuku cwiny wegi kanca ci konyo mada. Nywako tam ki lutwo kanca mapatpat konyo weko ingeyo kit ma myero iter ki kwo ni. Man bene weko iniang ni pe itye iye keni. Ci man bene jingo cwinyi.



18.

Lok ki wadi ki lurem

Pire tek me tito bot wadi ki lurem ni in itye ki two kanca. Pe yot pi in me kanyo lok me two man piri keni. Dok bene kane woko wek pe kinge ni itye ki kanca weko nongo kony me yat ki lubu lok pa dakta bedo tek.

Pol dano tamoni wadigi ki luremgi bikwerogi woko ka guniang ni gitye ki kanca. Ilok ada man pe time polkare.

Jo ma gimari bene kine mogo nongoni pe gimito loko lok mamako kanca. Kine mogo nongo gitamo nip e gitye ki yo mo me konyi wek iwiny maber.



Magi aye yo ma in kacel ki jo ma mari romo tic kwede me tic ki two kanca:

- ◆ Tit pi two kanca ma ikomi bot jo ma iotwu ki bot luremi teke inongo tekwinny man cut. Kadi ka pe itito botgi cut, gin biniang lacen pi two kanca ma ikomi. Gin bibedo ki keco onyo gibitamoni imungogi woko k ape itito botgi.
- ◆ Ka I loko kwedgi pi two kanca ma itye kwede, ci myero itit ki gin kwai kanca ma tye ikomi dok bene myero I wek gin gunge kit you me nongo yat lacange. Wek bene guniangni two kanca pe kobo.
- ◆ Ye wek gukonyi, dok bene wek gunge kit kony angu ma imito ki botgi.
- ◆ Tit bot jo ma cok kwedi kit gin ma iwinyo i komi. Man pe twero bedo yot kinemogo, ento pire twero bedo tek weko itwero nongo ma mite piri maber.
- ◆ Kinemogo pe ibibedo ki keru me timo mogo ma onongo con itimo ikare ma onongo peya inongo two kanca. Ka inen man tye ka time, ci omyero iwek jo otwu ki luremi gunge.
- ◆ Pore ka jo otwu ki luremi gumede ka kwo kitma onogo gikwo kwede con ikare ma onongo peya inongo kanca. Lewic pe myero omakgi ka gikwo iyo acelu.
- ◆ Ka inen iwinyo ni cwinyi obale woko nyo iwinyoni wi ocung woko, ci myero ilok ki dokto, nyo dakta, nyo ki latela me kanica.

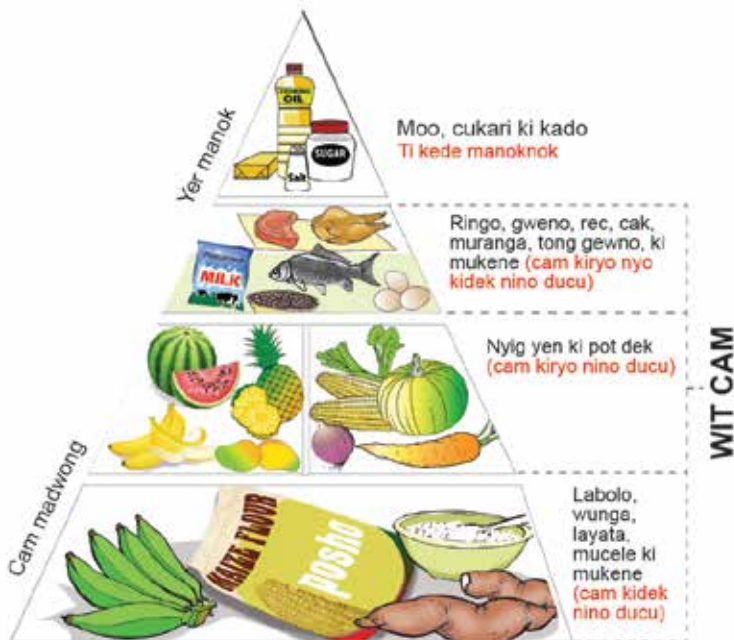
19.

Bedo ma komi yot

Camo cam mabeco ma kelo yotkom, reyo ler komi, ki weko yo me kwo ma nyayo two calo mato ta nyo mato kongo lataya konyo weko ibedo ma komi yot dok nongo ibedo ki keru bene ikomi.

Moc cam: kace icamo cam ma tye ki moce mabeco ikare ma itye labongo two, nyo ikare me two wa ki inge nongo yat ci weko pe ibedo ma ijony woko liweng, pi man pe weko iwinyo arem kom ma kato lacu dok bene komi cang woko oyot mada.

Camo cam ma moce room kelo yotkom tye kitman ni, inino ducu omyero icam tyen adek labongo keng dok ikom cam magi ducu omyero inen ni icamo kwai cam adek magi ma kigoyo calgi piny kany. Jami acama macalo kicoyo matye iwiye maloni pe omyero imar camogi makato ma gitye itere piny. Wek moo, ringo ma moo, kado ki cukari obed manok tutwal I gin acamani, pien cam magi rac mada pi kwoni.



Ikare ma itye ka nongo yat itwero bedo ma nongo cwinyi pe mito cam. Ento kadi kit meno, myero ineni icamo cam ma moce tye ki kony madit ikomi. Ikare me alemcwiny, teme ki tek me camo cam manoknok olo inge cawa manoknok bene. Cam gin ma cwinyi maro. Ka camo dek tek, ci nen ni Imato ginamata ma a ki I nyig yadi, nyo cak nyo pigdek.

Pii amata ki jami amata mapatpat pire tek mada ikom dano. Teme kamato pii ma ka kipimo ki gilaci pii ci bedo gilaci aboro. Kace inen ngok, ki cado tye tutwal, ki ka pe itye ka cam muromo, ci myero inen ni imato gin amata madwong adada bene. Pe ibed ka mato ginamata mogo macalo coda, onyo mogo ma kicatogi I dukan I cupa nyo kongo mogo malimlim.

Rweyo ler:

Pe ibed abeda labongo timo tic ma ryeyo ler komi miyo ibedo goro. Nong cawa me wot nyo ngwec manoknok, miyo pe iwinyo olo tutwal dok bene wilowic, miyo ii pe twene woko dok miyo iwinyo cwiny me cam.

Ka inen pe onongo yam ingii timo tic macalo ngwec, ce doktoni owaconi icak tiomo, ci neni icako manoknok calo dakika abic nyo apar ci lacen ibinongo keru me timo kakato. Kace kono onongo con ibedo ka timo tim magi ma onongo peya ki nongo ni itye ki two kanca, ci omyero imede ki timone bene kitma jwijwi itimo.



Myero inge kit ma iwinyo komi kwede, ka inen iwinyo ni iol ci myero iywe.

- ◆ Kong I kwong nongo tam ki bot doktoni ma peya icako timo tic larye ler mo keken.
- ◆ Cak manoknok.
- ◆ Pe dok itim mukato lacu. Wot ki yweyo ikine.
- ◆ Myero inong kare me twenye ka igiko ngwec.

Yo mukene ma itwero bebo ka ryeyo ki komi nino ducu.

- ◆ Nong cawa me wot inge cam me otyeno.
- ◆ Cit wun ki laremi ka myel, ka ku ci wutwero myel ki gang.
- ◆ Bed ka yweyo piny nyo odi nino ducu.
- ◆ Ci I potoni ka tic.
- ◆ Ka iwoto ki takci nyo boba, nen ni ilor woko wek inong kare me wot awota ki tyeni me oo gang.
- ◆ Kace ibicito ka mo, ce inen pe kakare bor tutwal ci wot awota ki tyeni.



Yo me kwo ki yotkom:

Yo me kwo ki yotkom petye ikom cam keken ento tye I kit ma itimo gin ma weko iryeyo ki komi bene. Man bene lube ki yo me loko yo ma ikwo kwede wek I bed ma komi yot. Yo aryo ma pire tek me yot kom en aye weko taa ki kongo.

Pe tye taa mo maber.

Ka imato taa amata, nyo inyamo anyama, nyo iyuyu ayuya, tugi giku cut! Cuk bene cwiny jo ma kangeti me giku cut. Ito taa rac, kadi bed pa in lamato nyo pa ngat ma mato ki kangeti, kelo two I oborni. Ito taa bene weko pe itwero bwot ki nongo two kanca kadi bed in pe imato ento ibedo inget lumat taa.



Ka in lamat kongo, dwok mat piny.

Kongo obedo yat to ma kelo two wic, two ma balo ber bedo ikin dano, dok bene kelo two ikom dano ka pe igwoke ki yo ma imato kwede. Pi lutwo kanca, kongo gengo yat tic woko, dok miyo wi bale woko dok bene miyo ikane woko ki bot jo otwu ki bot luwoti.



20.

Two kanca balo bedo iotwa wan ki cwara/dakona?

Two kanca romo kwanyo cwinyi woko ki imiti me bedo me ribe ki cwari nyo dakoni. Tye lutwo kanca mogo mere ma twoni bene pe weko cwinye ari woko ki iyo me bedo pa laco ki dako kadi be lutwo mogo cwinygi ari woko. Anywenanywena wic aye weko cwiny dano ari woko, ki winyo olo kom, ki kit ma yat tero kin gat acelacel twero timo man.

Kwai kanca macalo kanca me ot nyodo, nyo me ologo twero kelo cwer remo ikom me mon nyo me co. kace inen remo cwer ka kinwu orwate, ci omyero ilok ki doktoni.

Kace ki yangi ci omyero ilok ki doktoni wek inge kare ma myero ibed labobgo kinwu rwate.

Two kanca pe kobo. Jo otwu pe twero nongo two kanca ki ikomi. Pe bene twero kobo ikom latini ka iyac.

21.

Two kanca kelo lur?

Ikare me nongo yat nyo ikare me wango kanca ki maraya itwero gamo ic. Ento yat amata ki maraya lawing kanca twero kelo bal ikom latin ma l ic. Piman co ki mon myero pe gunen ni yacu kubed pe ikom mon kun gitiyo ki yo me gengo yacu ikare me yat dok bene myero dwe okat mapolpol ma dako peya oyac. Dak mon ma oyac myero gutit kamaleng bot dokto.

Ikare mogo mon giku neno kwergi nyo kine mogo karegi loke woko ka nongo gitye iyat. Man pe telokeni gin dong pe gibitwero gamo ic. Ikom co kono yat kanca twero neko nyig co woko. Ento kadi bed kitmeno, lacen gin gibicang ci komgi doko yot ci ginywal.

Maraya lawang kanca ki yat twero kelo lur ikom co kace gitye ki kanca mamako kom co. ka inen kiyangi ci kikwanyo komi me me mon nyo komi me co ci idoko lalur matwal.



Obedo yo pa dano adana me paro ngo pa yat me kanca bikelo ikomi. Kong l kwong lok ki doktoni ma peya icako nongo yat me kanca wek iniang ikom adwogi peko ma bia ki l yat.

Anongo kony ki kwene pi two kanca

Ka nongo kony mamako two kanca gin ene

Uganda Cancer Institute (UCI): Old Mulago Road, Uganda Cancer Institute Campus, Kampala; phone: 0414 540 410; provides detection and screening, specialised diagnostics, chemotherapy and radiotherapy treatment, and palliative and rehabilitation programmes.

St. Francis Hospital Nsambya: Plot 57 Nsambya Road, Kampa- la; phone: 0414 267012; provides cancer treatment through chemotherapy and referrals for radiotherapy.

Case Hospital: Plot 69/71 Buganda Road, Kampala; phone: 0414 250362; 0701 250362; provides cancer diagnostic and treatment services, including chemotherapy, surgery, and referrals for radiotherapy.

Nakasero Hospital: Plot 14A Akii Bua Road, Nakasero, Kampa- la; phone: 0392 346152; 0392 346153; 0312 531400; provides cancer diagnostic and treatment services, including chemo- therapy, surgery, palliative and rehabilitation programmes.

International Hospital Kampala: Plot 4686 St Barnabas Road, Kisugu – Namuwongo, Kampala; phone: 0312 200400; 0414309800; 0772 200400; 0712 200400; provides detection and screening, specialized diagnostics, chemotherapy, surgery, and palliative and rehabilitation programmes.

Kabedo me nongo yat Kanca

Uganda Cancer institute (UCI) Old Mulago Road, Uganda Cancer Institute Campus, Kampala; nama cim 0414 540410; miyo kony me pimo ki ngiyo, gin ngene imiyo yat ki wango kanca, miyo yat lakwe arem ki roco kwo.

St. Francis Hospital Nsambya: Plot 57 Nsambya Road, Kampala; nama cim;0414 267012; miyo kony me miyo yat atuca ki kubu latwo pi awanga.

Case Hospital: Plot69/71 Buganda Road Kampala; nama cim 0414 250362; 0701 250362; miyo kony me pimo ki miyo yat, ayanga ki kubu lutwo pi awanga.

Nakasero Hospital: Plot 14A Akii Bua Road, Nakasero, Kampala; nama cim: 0392 346152; 0392 346153; 0312 532400; miyo kony me pimo ki miyo yat ki aynga ki miyo yat lakwe arem ki roco kwo.

International Hospital Kampala: Plot 4686 St Barnabas Road, Kisugu-Namuwongo, Kampala; nama cim 0312200400; 0141309800; 0712200400; 0772200400; miyo kony me pimo ngino, miyo yat, miyo yat lake arem ki roco kwo.

Miyo kony pi two kanca

Uganda Women's Cancer Support Organization (UWOCASO): Plot M3 Suuna Road Ntinda Stretcher, Kampala; nama cim 0414 590897; miyo kony me tuno ayuba bot mon ma obwot ki ikanca me tuno, miyo bene kony me gin wot me cito UCI pi lutwo me kanca me ot nyodo ki kanca me tuno ki bene miyo pwoy pi kanca me tuno ki ot nyodo.

Uganda Women Health Initiative: Bethel House, Mildmay Centre, Lweza, Entebbe Road, Uganda; nama cim 0772 501700; ngec me nono ki miyo yat pi kanca me ot nyodo bot mon ducu.

Cancer Charity Foundation/Haven hostel: LRV 1428, Folio 12 Land Kyadondo Block 273, Plot 1021, Namasuba, Kampala; Nama cim 0312 111467; 0702 970749; miyo kabutu me nono bot jo ma peke Kampala ma oceto pi nongo yat kanca.

Women's Hostel at Mulago: P. O. Box 3935, Kampala; nama cim 0747 61064; 0705 907078; miyo kabutu ki mon matye ka nongo yat ki awanga pi kanca me ot nyodo ki tuno.

Bless a Child Foundation Uganda: P. O. Box 36152, Kampala; nama cim 0200 905945; miyo kony me yot kom, kabutu, bongo bot litino ma tye ka nongo yat kacel ki lunyodo gi.

Yat Lakwe arem

Kagando Mission Hospital (KARUDEC) off Fort Portal-Mpondwe Road, Kasese; nama cim 0772 425250; miyo kony me pimo kanca ki yat me kweyo arem ki lutwo kanca.

Kawempe Home Care: Erisa Zone, Kyebando, along Gayaza Road, Kawempe Division, Kampala; nama cim: 0414 530414; miyo kony bot jo ma tye ki aona opio, two jonyo ki two kanca.

Hospice Africa Uganda (HAU): 130 Mobutu Road, Makindye, Kampala, nama cim: 0414 266867; 0704 161120/1/3; miyo kony me yat lakwe arem bot jo ma twoyo kanca.

Makerere Palliative Care Unit (MPCU): Mulago Hospital, Kampala, nama cim: 0772 595672; miyo yat lakwe arem bot lutwo matye l ot yat Mulago, Uganda Cancer Institute ki women's Hostel matye Mulago.

St. Francis Nagalama Hospital, Nagalama, Mukono-Kayunga Road, Mukono; nama cim: 0772 593666: miyo kony me yat lakwe arem bot lutwo kanca.

Kitovu Hospital: Mobile: P. O. Box 270, Masaka: nama cim: 0481 420113; Miyo kony me yat lakwe arem bot lutwo Kanca.

Hospice Tororo: Old Administration offices at Tororo General Hospital; nama cim 0703 916997. Miyo yat lakwe arem bot lutwo kanca.

Rays of Hope Hospice Jinja: Jinja; nama cim 0774 485099; miyo yat lakwe arem ki lutwo kanca.

Christian outreach Nission and Evangelism (COME): Mulago Hospital, Kampala, nama cim 0414 389116; jo ma miyo kony me nono bot jo ma piny oloyogi ki lutwo kanca; lwoko komgi, pitogi, miyo botgi bongi, kabutu ki yenyo kama wati gi tye iye.

Joy Hospice Mbale: Buwasunguyi clinic, Mbale; miyo yat lakwe arem bot lutwo kanca ki lutwo jonyo matye icitage me agiki.

Little Hospice Hoima: 2A Kijungu Hill, Hoima 430, nama cim 0362 260000; miyo kony bot jo matye iagiki me kwogi ma gin twoyo kanca ki two jonyo. Kony ma gin miyo ki paco tye calo miyo yat lakwe arem, miyo gin acama, cente, miyo tam ki lupaco ki miyo kony ikare ma to dong otime.

Patient Relief Mission: Plot 1408 Kawempe Mbogo, Mumyuka Road Block 208; nama cim 0392 943221/ 0753 848986; miyo kony me kabutu, cam ki gin wot pi mon ma twoyo kanca ki jo ma gwokogi.

Online Resources

Uganda Cancer Society: <http://ugandacancersociety.org/>

American Cancer Society: <http://www.cancer.org/>

MacMillan Cancer Support: <http://www.macmillan.org.uk/>

National Cancer Institute (USA): <http://www.cancer.gov/>



Loko buk man me two kanca ileb Acoli, wek kiti kwede pi pwonye,
Centenary Bank aye oculu pire, wek dano ducu me kabedo mapatpat
I Uganda obed ki ngec maber mamako two Kanca.

Jo me America Cancer Society ki Uganda Cancer Society gin pe obedo dul ma tiyo pi magoba
pimeno gin pe cwako dok mito dongo dul mo keken ma tiyo pi magoba. Gamo mic me kony ki
botgi pe nyutu ni gin cwako jami ma gin yubu onyo timgi me magoba.