

Gwoko Lutwo Kanca

BUK MATIDI PI JO MA GWOKO
LUTWO KANCA



ACHOLI



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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1. Lanyut

Ka in itye ka konyo dano matye ki kanca ci buk man kicoyo piri. En gamo peny mapol ma iromo bedo kwede ikom two kanca ki kit me gwoko ngat ma in imaro.

Buk man nywako tam kit me konyo ki gwoko ngat ma tye ki two kanca nicake i kare ma en ongeyo mukwongo ni en etye ki two kanca, ikare me gamo yat ki inge nongo yat. Kacel ki yo mapatpat me maddo two Kanca.

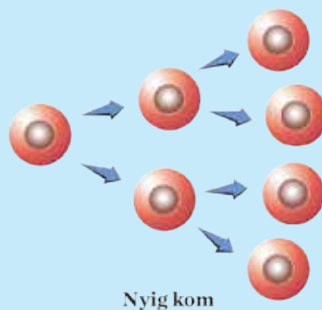
2. Kanca obedo ngo?

Kanca obedo two ma dul kom dano matino tino me kom dongo dok nya lataya. Man weko tek ki kom me tic kit ma myero oti kwede.

Dul kom dano matino tino obedo ngo?

Kom dano opong ki nyig kom matino tino million mapol ata. Nyig kom matino tino magi kare ducu dongo dok poke me nyayo nyig kom matino tino me yotkom manyen kit ma kom dano mitogi kwede. Pol kare ka nyig kom matino tino magi guti onyo gubale ci gin to woko. Nyig kom manyen leyo ka kagi.

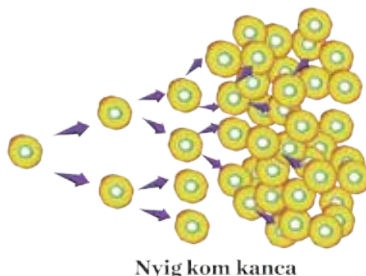
Poko pa nyig kom me kare ducu



Nyig kom matino tino me kom me kanca tye okani

Nyig kom matinitino me kom me kanca dongo dok poke tyen mapol ata nio ka odoko pol ata. Nyig two magi umu nyig kom me kare ducu maber ni woko. Man kelo peko ikom dano kama kanca ocake ki iye. Nyig bulok two me kanca nya cito idul kom dano mapatpat ma nyig kom maber ber pe twero timo.

Poke pa nyig Kanca



3.

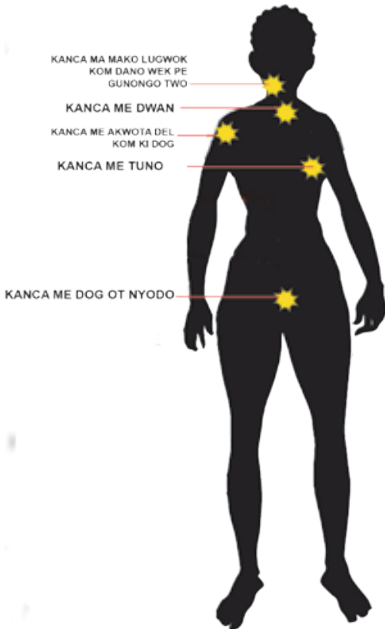
Kanca mapatpat

Nyig two kanca romo cake ka mo keken ikom dano. Gin bene romo kobo idul kom dano ka mukene ci dongo iye. Kanca pol kare kicako nyinge ma lube ki ka ma ocake ki iye. Ka two kanca ocake ki ituno nyo cak kor, ci kilwongo ni kanca me tuno nyo me cak kor.

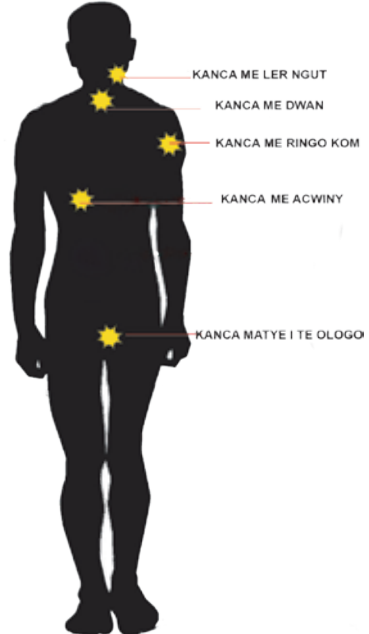
Tye two kanca mapatpat. Two kanca mukene dongo dok nya oyot oyot. Mukene dongo motmot. Gin gamo yat bene iyo mapatpat.

Ka dano mo tye ki two kanca ci daktar mito ni kong enge kit two kanca mene.

Two kanca ma nonge bot mon ma i Uganda



Two kanca ma nonge bot co ma i Uganda



Ngo ma obedo akwota kom?

Akwota obedo langungulu onyo kama okwot ki ikom dano. Pol two kanca kelo akwota. Ento pe akwota kom weng bedo kanca. Kanca mukene pe kwot calo kanca me remo ma pe kwoto kom dano. Ento gin dongo i remo onyo ka mukene i dul kom dano.



Ngec bot lugwok lutwo kanca: Wek latwo kanca onge maber ngo ma obedo two kanca ki ngo ma pe obedo two kanca. Lok atyer kama leng ki bene peny latic me yotkom.

4.

Ngo makelo two kanca

Pe gin acel keken makelo kanca. Ento tye jami mapol mukene ma weko bedo kere mada ki dano mo keken me nongo kanca. Ikin gi tye:

- ☀ Two Mukene calo two jonyo ki akwota kom mukene.



- ☀ Ywayo yamo taba, yamo kavera ma tye ka wang onyo ywayo ito ma a ki ingin dijel.



- ☀ Camo nyig yen ki pot dek manok ki cweyo mukato kakare.



- ☀ Tiyo. Ka komwa woto ki tegi, ci bedo kere mada me nongo kanca.



Two kanca PE tyet onyo acena aye kelo. PE bene obedo pwod mo bot ngat ma twoyo kanca.

5. Two kanca kobo atata?

Two Kanca pe kobo. En pe kobo ikin dano calo two jonyo.

In pe iromo nongo two kanca pi gwoko latwo kanca, bedo kacel kwede onyo nywako cam kwede.

Two kanca mukene gin ma kilwongo ni viruses ki bacteria nyo kwidi ma a ki i cilo ma gin kobo ikin dano aye kelo. Kadi bed kit meno, two kanca ma kwidi magi okelo pe nya kobo ikin dano.



6. Kanca kilako?

Two kanca mukene lube ki dogola, ento kanca pe kobo ki bot lanyodo ikom latin calo bor onyo cek pa dano tye kwede. Kanca pe kobo ki bot min latin ikom latin kit macalo two jonyo kobo kwede.

Two kanca cake ki alokaloka ma nongo otime ikom poke pa nyig kom dano. Alokoloka man twero time ikwo pa dano malube ki ywayo ito taa ki ito kavera ki jami mukene.



7. Lanyut me two kanca ngo?

Lanyut ki lacim two kanca tye. Man omyero pe kicaa, tutwale ka dong ori pi kare malac onyo odoko marac. Pol kare lanyut magi kwako:



Jonyo ma
tere pe



Cwer pa
remo ata ata



Onyo kom
ma pe



Langungulu
onyo akwota



Arem ma
ngeyo gin
ma kelo tek

I kare mukene lanyut magi gin mukene bene romo kelo ma pe two kanca. Pimeno bedo ber ka ineno latic me yotkom pi oyotoyot.

Tye lanyut mapol ma nyutu two kanca ma pe kicoyo gi kany. Ka ineno alokoloka tye ikomi mapat kit ma komi omyero oti kwede, onyo iwinyo komi tye mapat, tutwale ka dong ori pi kare malac onyo odoko marac, ci ber inen latic me yotkom.

8.

Kingeyo two kanca nining?

Pol kare latwo limo latic me yot kom pien nongo lanyut me two kanca tye. Ikare mukene ki nongo two kanca ma nongo ki tye ka yeko lutwo kanca.

Ngino two kanca obedo ngo?

Ikare mukene two kanca nonge ma nongo lanyut pud peke. Gang kal me yot kom mito ni mon kipim gi pi two kanca me tuno ki ot nyodo kadi ka lanyut me two kanca pud peke. Man konyo me nongo kanca con ma lanyut pud peke.

Ngec bot lugwok lutwo: Ka in pud peya i pimo komi pi two kanca me ot nyodo ki me tuno, man aye kare maber me timone. Iromo nywako ngec man ki jo mukene ma ipaco ma meri.

Ka latic me yotkom tamo ni gwok onyo latwo tye ki two kanca, ci kiromo tero kipimo ki moko ka tye. Ki romo weko gin bene pime imaraya mapatpat kacel ki pimo remo ma meg. Pol kare kimito ni dano opime tyen makato acel.

9. Pimo 'two Kanca nyo *biopsy* obedo gin ango

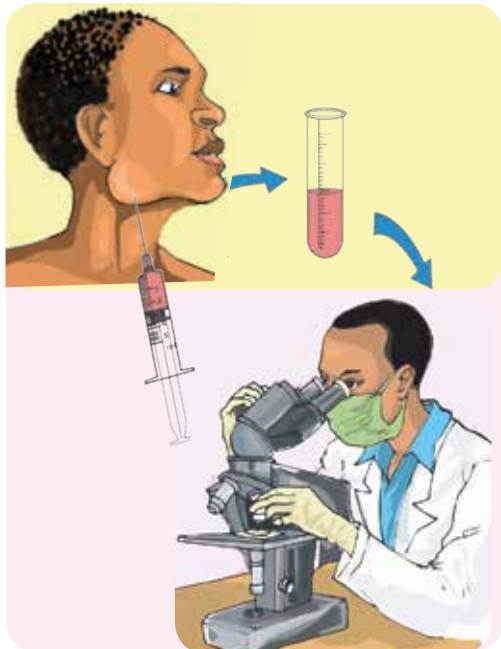
Pimo akwota nyo Biopsy en aye yo acel keken ma moko ni ada two kanca tye. I cawa me timo biopsy, daktar kwanyo dul kom manok kama okwot ci ngiyo ki maraya me pimo kudi me two kanca. Kiromo kwanyo ki libira. onyo kingolo kama okwot matidi. Daktar miyo yat ki latwo wek pe owiny arem ka kitye ka kwanyo.

Ka nyig kom me two kanca tye ci daktar romo ngeyo kit two kanca meno dok kit matye ka dongo kwede oyotoyot.

- ⚙ Pimo two Kanca pe weko two kanca kobo idul kom dano ka mukene.
- ⚙ Pimo two Kanca bene pe weko wang ret madit, pien ki kwanyo gin manok mo keken ki kama okwot.

Ngec bot lugwok lutwo:

Pol kare lutwo weyo nongo Biopsies pien gin lwor. Gale ki kwanyo biopsies me apima weko bene galo cako nongo yat me two Kanca. Ki tung cel kono nongo two kanca tye ka mede ameda ki dongo dok ki nya. Lok bot latwo owek lwo ro obedi. Lok ki latic me yotkom wek otit kama leng kit ma biopsy ki timo kwede, wek latic me yotkom bene ogam peny ducu pa latwo.



10. Kanca romo cange?

Bedo ki two kanca pe tyen loke ni dong kingolo too iwi. Ka latwo ocake nongo yat me two kanca dok otyeko nongo yate ducu ma two kanca pud ocake acaka, gum tye madit adada ni en bi kwo.

Tye jami mapol ma weko dano mogo romo kwo pi kare malac inge en nongo two kanca. Ikine tye:

- ⚙ Kit two kanca ango dok tye kakwene ki idul kom dano
- ⚙ Kare ma two me kanca meno orii kwede
- ⚙ Two kanca meno dongo oyotoyot kece motmot
- ⚙ Mwaka pa latwo ki yotkom ikare ma en peya onongo two kanca
- ⚙ Kit ma yat yee kwede komgi

Peny latic me yotkom gin ma latwo byeko ni romo time ma lube ki lok ma kicoyo maloni.

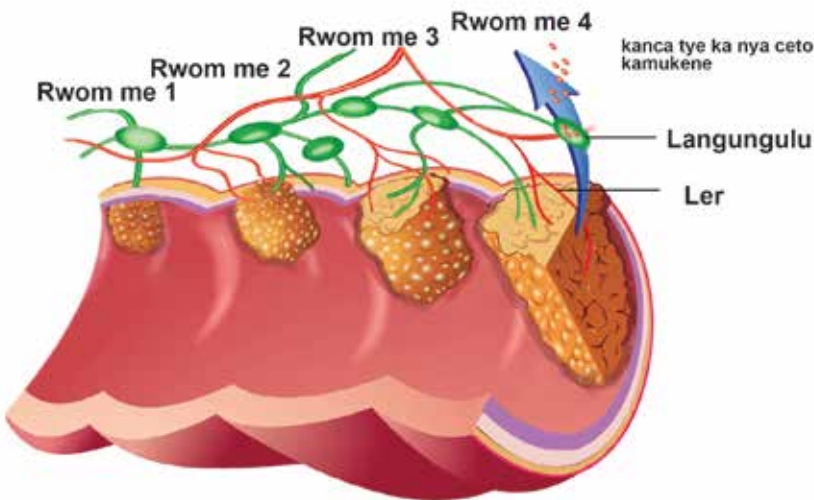
11. Ngeyo rwom pa two two kanca I kom latwo (citej)

Ka dong ki ngeyo ni latwo tye ki two kanca, ci daktar pimo ngeyo dit pa kama okwot, dok ngiyo ka gwok onyo onya omede nicake ki kama ocake ki iyeni. Man kilwongo ni rwom pa two kanca ikom. Ngeyo rwom pa two kanca konyo daktar me moko yat mene maber me amiya ki me moko ka two kanca meno romo cang.

Pol two kanca tye ki rwom angwen:

- ⚙️ Rwom me 1 onyo 2 nyutu ni kanca peya onya ka mukene ki ikom dano man weko cango ne yot.
- ⚙️ Rwom me 3 nyutu ni kanca ocako nya ci cangone bedo tektek.
- ⚙️ Rwom me 4 nyutu ni kanca dong onya i kabedo mapol ikom dano ma nyutu ni kare mukene latwo pe twero cang.

Latwo omyero openy daktar wek owac bote kama leng rwom me two kanca tye nining dok gin ango ma nyutu.



12. Yo mapatpat me nongo yat

Yo mapatpat ma daktar waco dok cimo me nongo yat lube ki kit two kanca, rwom me two kanca, ki mwaka pa latwo yot kome.

Pingo omyero i nongo yat

Tyen lok me miyo yat 'twero bedo pi cango two kanca, jwiko nya ne ki cango peko ma en kelo. Omyero ipeny daktar tyen lok me nongo yat.

Kit me nongo yat pi two kanca

Yo ma ki romo tic kwede pi two kanca en aye ayanga, yat atuca onyo amunya, ki awanga. Latwo kanca romo nongo acel mo keken onyo gin ducu.

Wel yat me two kanca

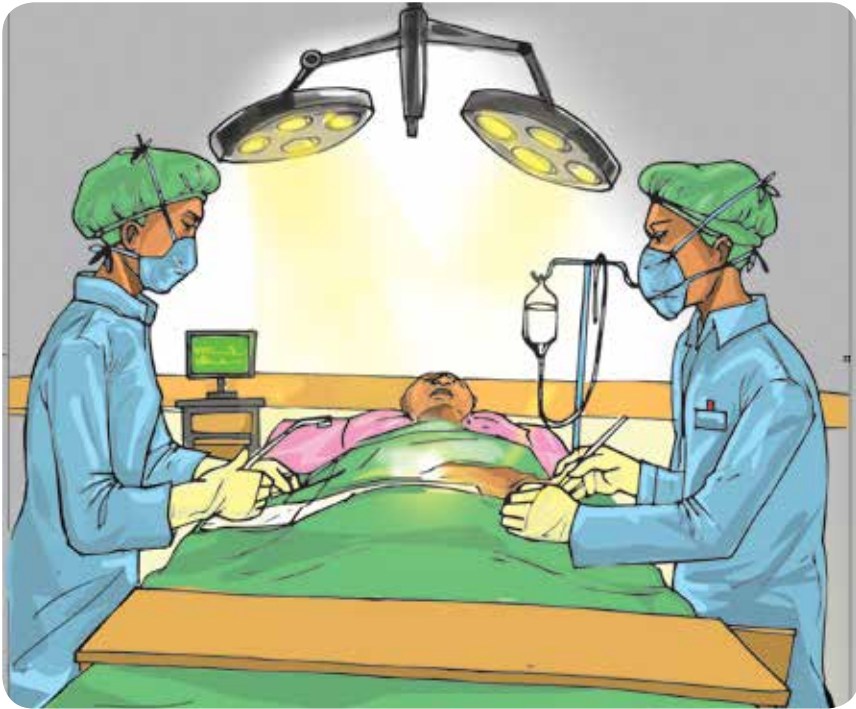
Wel me nongo yat pi two kanca lube ki kit two kanca dok kit ma two orii kwede. Inge nongo yat pi two kanca, two kanca dok romo dwogo cen ci dok mite kit yat mukene. Ka latwo bedo bor, ki kama kinongo yat ki iye, ci omyero oyube me culu pi wote, cam, ki kabutu. Dul lumi kony mapatpat ma kicoyo nyingi iagiki buk man miyo kony bot lutwo kanca ikare me nongo yat.

Ngec bot lugwok lutwo:

Peny latwo ka yee ni in iwot kwede ka gamo adwogi me pim onyo biopsy. Tyen mapol dano cwinygi tur, cwinygi poto ka gin owinyo ni gitye ki two kanca. Twero bedo tek ki latwo me winyo lok mo onyo wiye po iye inge winyo ni etye ki two kanca. Piman omyero iwiny maber lok ma daktar waco. Iromo cono piny gin ma daktar waco. Lacen ingeye iromo poyo wi latwo gin ma daktar owaco.

Yango

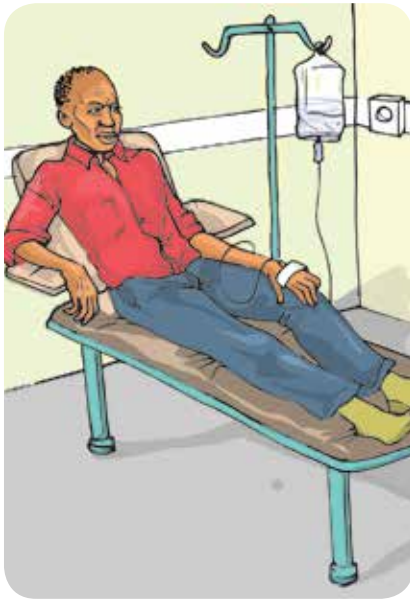
Yango time me kwanyo kama nyig kanca tye iye. Doktor romo kwanyo dul kom manok onyo weng kama nyog kanca tye iye. Pi kanca me tuno ki romo kwanyo manok onyo tuno weng. Pi kanca ma tye i te ologo, ki romo kwanyo kama tye iye onyo ologo weng. Yango pe ki romo tic kwede pi kanca weng. Labole kanca me remo calo leukemia ki tiyo ki yat. Ayanga kiromo tic kwede pi cango two kanca, loyo kero pa two kanca onyo cango peko ma two kanca tye kakelo.



Miyo yat (chemotherapy)

(Chemo en aye yo ma cek me lwongo chemotherapy)

Yat ma kimiyo pi cango two kanca onyo jwiko dongo ne. Yat man kare mukene ki miyo kun wok ki i ler ki mukene kimiyo yat ma nyige, pien chemo woto i dul kom weng ber mada pi kanca ma dong onya i kom latwo. Chemo kitiyo kwede pi cango two kanca, loyo kero pa two kanca onyo cango peko ma two kanca tye ka kelo.



Wango

Wango two kanca ki tiyo kwede me neko onyo loyo kero me dongo pa kanca. Macin matego kitiyo kwede me cwalo dero me neko nyig kom kanca ma tye ikom dano. Nyig kom dano kare ducu gin roc ento pa kanca pe roc. Dero man pe lyet dok lite peke. Kiromo tic ki en keken onyo kacel ki yango, yat atuca onyo ma nyige. Awango kiromo tic kwede pi cango two kanca, loyo kero two kanca ki me weko latwo owiny agonya.



13. Adwogi me nongo yat?

Yango, wango ki munyo yat twero bedo ki adwogi. Tek mada me byeko adwogi me nongo yat ikom dano ki acelacel. Kadi bed dano gunongo yat marom adwogi ne bedo mapatpat. Bot jo mukene twero bedo marac onyo mamwol. Adwogi mapol me nongo yat kanca twero kee cange. Adwogi ma dano moni nongo inge ayanga bedo patpat kun lube ki kit ayanga moni.

Adwogi me wango two kanca:

Neko nyig kom me Kanca pol kare pe lit ento weko del kom onyo ki bene kelo olo. Iromo nongo olo pi cabit mapolpol inge nongo awango ma neko nyig kom me Kanca. Adwogi mukene romo time, malube ki dul kom mene ma ki wango me neko nyig kom me Kanca.



Adwogi me yat amunya/atuca:

Adwogi me yat amunya onyo atuca nen ikare ma latwo tye ka nongo yat, ento polgi cange. Adwogi mapatpat gin aye:



Lem cwiny ki ngok



Cwer pa remo ki kama obwac, ongole manok



Miti cam rweny woko



Winyo olo mukato kakare



Lwer pa yer wic pi tutunu



Dog ma onyo



Two mukene maki oyot



Cado nyo cwine me ic



Cing nyo tyen ma kai ni twiltwil



Winyo lyeto

Pol kare adwogi me yat amunya/atuca rweny inge tyeko nongo yat. Labol ne lwer pa yer wic ikare ma nongo yat ogik yer dok kakare. Pi tutunu, lutwo mapol gin tiyo ki wig ongo tok me umu wigi.

Tic ki dog ma oonyo/otoko

Dog ma oonyo/otoko nongo tye ki ret matino. Ka dog oonyo/otoko twero bedo ki ret ma nen ma kwar ki ikare mukene dyere nene matar. Dog romo cwer remo. Dog ma oonyo/otoko lit adada ma latwo twero kwero wacam onyo mato gin mo keken.

Gin ma lugwok lutwo romo timo

- ⚙️ Ti ki toc me neno dog latwo wek inen kama kwar onyo tar ma romo kelo bur.
- ⚙️ Wek latwo omat jami kun tiyo ki oceke pien oceke weko kikalo kama oonyo/otoko ni.
- ⚙️ Mi cam mayom. Gur dek mayom wek obed yot ki latwo me camo.
- ⚙️ Peny daktar me miyo yat me wiro kama lit.
- ⚙️ Mi yat lakwe arem ma nongo pud odong dakika 30 me cako cam.

14. Peke pa Lanyut, nyuto ngo?

Inge maddo two jo mukene bedo peke ki lanyut ki jo mukene cang woko. Bedo peke ki lanyut, nyutu in lanyut me kanca ojuw. Peke pa lanyut twero bedo kinekine onyo matwal. Ka lanyut me kanca peke matwal nyutu ni kanca dong peke. Ka latwo obedo mwaka abic onyo makato ma lanyut peke ci daktar romo waco ni nyig kanca mo dong peke, ka latwo otyeko nongo yat.



15. Jingo cwiny latwo ki kweyo arem

Jingo cwiny konyo kweyo arem, wic ma ool ki peke me bedo agonya ma two kanca kelo. Yat man kimiyo ikare ma nongo ki tye ka tic ki yo mapatpat me twoyo latwo matye ki kanca. Lakwe arem pe yat me cango two kanca.

Arem kom pe poke ki two kanca. Ento ki jwiko ki yat lakwe arem.

Jo mapol tamo ni bedo ka nongo yat lakwe arem twero loke doko gin komgi. Man pe romo time ki kit yat ma kimiyo ki Uganda. Ka latwo tye kawinyo arem, ci iromo waco ki latic me yotkom me miyo yat ma rwate kwede.



Kit me weko latwo ngiya ki arem

- ⚙ Lok ki daktar onyo nac wek inge yat mene ma kweyo arem ki kit ma kimiyo kwede.
- ⚙ Nong ngec ki bot daktar onyo nac ma nongo peya irego onyo i lonyo yat wek munyo ne obed yot. Yat mukene ka itimu kit meno doko pol mukato kare.
- ⚙ Kony latwo wek wiye opo cawa mene ma omyero en onong yat.
- ⚙ Nen latwo pi lanyut me arem, kayo lake, cur, twenye, ryene, onyo bedo peke ki miti me loke iwi kabutu ne.
- ⚙ Nen ka lanyut mo tye ma nyutu ni latwo tye ka munyo yat lakwe arem madwong onyo nino tutwal ki bene tek tutwal ki en me coo.
- ⚙ Lwok ki pii ma momo onyo bok kama lit ki bongo ma gilutu l pii ma momo ento pe kama ki wango. Dino onyo ryweyo motmot kama arem tye iye, pien kare mukene bene konyo kweyo arem.
- ⚙ Kel onyo wac goga onyo bok lok mo maweko latwo wiye wil ikom arem.
- ⚙ Mi pii amata mapol.
- ⚙ Gwok yat cen kama dano mukene, calo, lutino onyo lee matino ma gigwoko gang pe gin romo nongo.

16. Gwoko lutwo

Lutwo kanca mito gwok mapatpat malube ki rwom me two ma gin tye kwede. Latwo ma pud ongeyo angeya ni etye ki kanca gwoko ne pat ki ngat madong tye ka munyo yat onyo ngat madong tye ka neno agiki me kwone.



Ngo ma time cut- cut inge pime

Latwo winyo ki uur madit, cwerwiny, akemo ki julu ni en etye ki kanca. Ikare mukene latwo dwoko akemo ikom lugange, lureme, onyo ngat mukene matye cok kenyo icawa meno. Macalo lagwok latwo myero idi cwinyi pe inen akemo meno iyoo marac. Motmot akemo meno birweny.

Latwo ikare mukene kwero ye ni etye ki kanca kadi bed lutic me yotkom owace. Latwo ma pe ye tek tutwal me tic kwede, pien en romo kwero winyo tam pa daktar onyo nywako lok me two ne ki jo ma igange. In macalo lagwok latwo omyero iti ki mwolo, diro wek ipo wiye igin ma daktar owaco ki tam ma omyero en omaki.

Kit me tic ki akemo ki kwero yee.

Iromo konyo latwo me ye ni etye ki kanca, ki goyo yub kit ma kwone omyero obed kwede kace twero kwo. Peny latwo ka yee ni iromo nywako wot kwede me neno daktar. Winy maber gin ma latic me yotkom waco ki bene peny kama pe iniang. Teme me ngeyo me kanca pa latwo ni, gume me cang ki bedo kwo kit yo mapatpat me madde ma en romo nongo. Inge meno, iromo tito lok kore ki kore bot latwo ki poyo wiye gin ma daktar owaco.

Kwanyo yoo matir me nongo yotkom maber.

Iromo konyo latwo me bedo kikero, konye me bedo makwo kun camo cam mupore, timo tic ma weko kwok cwer ki weko mato kongo ki taa.

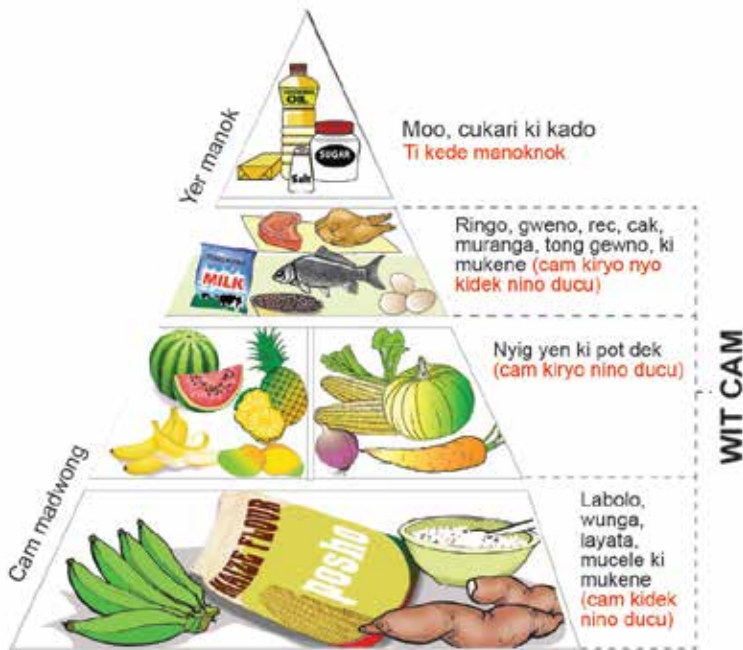
Wit cam.

Ka jo ma tye ki two kanca giromo camo wit cam mabeco ma two pud ocake acaka ci bi konyo gi maber ka two tye ka mede ameda, kun nongo gitye ka nongo yat. Macalo lagwok latwo, iromo yubu wit cam mapatpat kun imiyo cam muromo wek latwo ogwok yot kome 'dok wek pe ojony.

Camo cam maber en aye ni camo cam matye idul cam adek mapatpat olo, tyen adek nino acel.

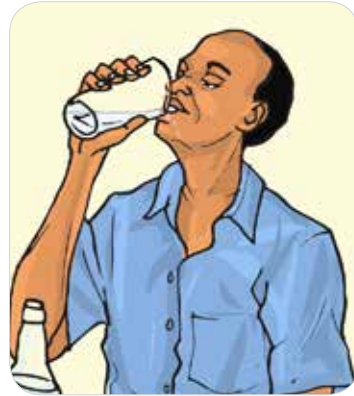
I cal aduku me cam mapiny nyutu dit pa cam I dul acel acel ma omyero dano ocam nino ducu.

Dano omyero ocam cam madwony idul ma piny ento manok idul mamalo. Moo, kado, ki cukari twero bedo marac ka icamo madwong. Pimeno latwo pe myero ocam gi madwong.



Pii.

Mi ki latwo pii ki jami amata kare ki kare. Dano omyero omat pii gilac madongo aboro nino ki nino. Lutwo romo mito gin amata madwong ka gin tye ka ngok, cado onyo ka gin tye ka cam manok. Lutwo omyero oteme pe me mato kongo onyo coda.



Rweyo ler.

Rweyo ler ki timo tic ma weko kwok cwer romo konyo latwo bedo ki gubu, dok dwoko olo wic, olo kom, lem cwincy ki cike pa ic. Romo dwoko bene miti me cam.

Ka latwo pe ongiyo ki rweyo ler ento daktar owaco ni otim ci cuk cwinye me rweyo ler olo twal dakika 5me oo dakika -10 nino ducu. Ka onongo rweyo ler con ma onongo peya owinyo ni etye ki kanca, ci-cuk cwinye wek omede anyim. Lok ki daktar ma pud peya ocaoko kit rweyo ler mo wek onyute mene maber.



Kare me nongo yat

Lutwo mukene bedo maber ikare me nongo yat ento mukene bedo ki peko mapol . Kony latwo wek ongii ki adwogi me nongo yat , dok inen awene ma latwo onyo mito kony me yot kom. Pol Adwogi me nongo yat kiromo jwiko ne.

Pol kare dano rwenyo miti me cam ka gin tye ka nongo yat . Romo cam manok onyo bedo peke ki miti me cam kit me kare ducu onyo bene pe romo cam matwal. Man aye gin ma iromo timo wek latwo ocam madwong:

- ⚙ Mi latwo cam manok nok tyen abicel onyo aboro ki bene omwod peke nino ki nino.
- ⚙ Mi kwon calo wunga, layata munu, capat, kun nongo gicamo ki dek calo gweno, ringo, rec, tong gweno, lapena onyo muranga.
- ⚙ Mi nyig yen ma ki biyo, cai cak, pig dek ka latwo doge deg cam.
- ⚙ Ket pii ki jami amata ma ngic kama latwo romo kwanyo.
- ⚙ Ti ki malaga ki pala ma kiyubu ki odok ka latwo winyo' kec l doge ka tye ka cam.
- ⚙ Pe inen marac kacer latwo deg cam onyo pe romo cam.
- ⚙ Bed ka cuku cwinye ento pe iti ki tek ilok me cam.

Inge ayanga

Lutwo ma ki yango gi twero bedo ki par madwong kit ma gin ginen kwede. Lutwo ma ki yango tuno gi pol kare bedo ki par pi gin man. Bedo ber ka inongo ngat mo ma a ki Uganda Women's Cancer Support Organization (UWOCASO) me lok ki latwo ma meri. UWOCASO gin miyo tuno ayuba bot mon ma ki yango tuno gi.

Gwoko latwo i agiki me kwo ne

Jo mukene tye ki kanca madong pe winyo amadda, ci gin omyero oyube me to. Man pe winye maber bot latwo ki jo ma orume. Dano matye ki kanca twero bedo ki arem, tye labut onyo twero wot manok mo keken onyo bedo ma wiye onywene woko.

Konyo latwo wek ocam:

Pol kare lutwo miti me cam rwenyo ka two tye marac. Mi botgi cam manok teretere. Ka latwo pe romo cam pire kene iromo konye. Nen ni latwo obedo atir wek dek pe ouye. Ti ki malaga matidi me miyo cam. Mi ki latwo kare me nyamo ki munyo ma nongo pe ya imiyo mukene.



Konyo latwo iyo me lengo:

Ka goro pa latwo mede, myero ikonye me lwok, lok jami kabutu ne, ki bongi ne. Ka latwo romom a ki iwi kitanda ci ber me weko en obedo abeda icawa mukene. Ka latwo pe romo a ki iwi kitanda, konye me loko kit butu ne. Nen maber ni latwo pe obutu kit butu acel pi cawa malac.

To ki kumu madwong:

Ka latwo cok ka to, en kacel ki jo mukene bedo ki akemo, cwer cwiny, ki poto cwiny. Kadi bed tek tutwal, pire tek me bedo tye kunu pi latwo kanca. Bedo cok ki latwo winyo loke ki bunyo, ki gudu kome nyutu ni iparo pire.

Lutwo mukene mito winyo ka ki loko pi to. Gin romo penyi gin ma in ibyeko. Bedo ma lit tutwal? Biri kare ma rom mene? Latwo romo penyo "Pingo man time ikoma?" Tek tutwal me winyo peny man pien lagam ne peke. Iromo waco keken ni "Pe angeyo." Mako cinge ci wek en okok, olok pi cwer cwinye ki gin ma pe otime maber, meno keken aye gin ma iromo timo.



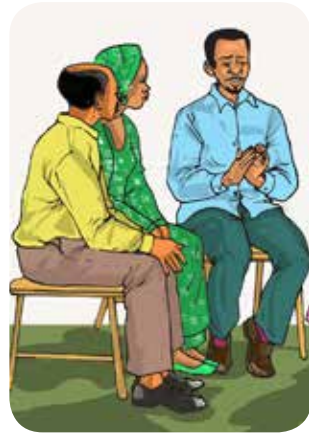
17.

Gwoke kekeni

Gwoko latwo kanca twero kelo olo, para, cwer cwiny ki bedo keken. Pe omyero ibal cawani weng me tamo me bedo bot latwo. In omyero ibedo agonya, inong bene yweyo wek tami ki kero ni obed ma romo me konyo ngat matye ki kanca.

Penyo pi kony ki cawa yweyo

Yub cawani piri keni. Leg luremi ki wati me konyi. Wac botgi gin ma mite kikome ma omyero gin otim pi konyi. Man romo kwanyo peko mogo matye ci weko in iromo konye keni.



Ngec bot lugwok lutwo:

Yeny kony ki kama mite. Co weng piny. Bed ki kacoke me gany kare ki kare wek dano onge ngo matye. Wek latwo bene onge. Penyo jo me ot ki lurem awene ma gin romo miyo kony dok kit konyo anga. Wac ngo kikome ma imito.

Bedo ma komi yot:

Rwee ler muromo, cam maber ki inong yweyo muromo. Cam tyen adek nino ducu kun icamo wit cam ma idul adek ducu. Rwee ler dok tem ki tek pe me cweyo mukato kakare. Ka in lamat taa ci wek obedi. Pe imat konyo mukato kakare.

Gwoke ki jo ma gangi I kom two kanca:

Wek ki pim in pi kanca me tuno ki me dog ot nyodo. Ka lanyut mo tye me kanca, nen daktar wek ongi. Nywak tam weng ma ingeyo i kom kanca macalo kit me gengo ki lanyut me two kanca bot jo ma gangi ki luremi.



18.

Anongo kony ki kwene pi two kanca

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 'konyo 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 ayanga ki miyo yat lakwe arem ki konyo 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 'konyo 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 ki wadi 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 I 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 Acholi, 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.