

Isaambo iye khuumenyamwo ni Kaansa

KHAATABO KHE BALWAALE BA KAANSA



LUMASAABA



 **UCS** Uganda
Cancer Society

Khuusiima

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“Ise nawona khukhwaama
khu Kaansa uwe kamabeele,
ari naamalile kimiiko 16 ...
nashiryoy, khali naafwa khaale
indekha khukhwiikhaliikha
khukhwaaribwa, ni
khuutsyatsaka buukaangi.”

Bikanikhibwa n’Umuraambi mutweela, uwe
mu lituuli lya Uganda women’s Cancer Support
Organisation.

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1.

Khukhwaantsula

Iwe kuumanya uri uli ni kaansa shireerawo tsinjuukhayuukha tsingali, naluundi unyala waaba ni bireebo biikali naabi.

Ano khukhakakho khukhwiilamwo biikali khu bireebo bibihaamba khu kaansa ni khu bukaangi bwa kaansa. Khwaambaasilisa khuri bino byeesi khukhuuweele binakhuyeeta iwe ni be muungo mwoowo.

Shino sishimanyisa shiri ulekhe kamakyesi keesi Dokita namwe umukaangi woowo akhuwa ta. Khuukanikhakho ni nabo nisho shishiifuura buulayi nio umanye shiina shishiili khuutsya mu moni mwibili mwoowo, ni saambo isi buukaangi bunaraambamwo.

2.

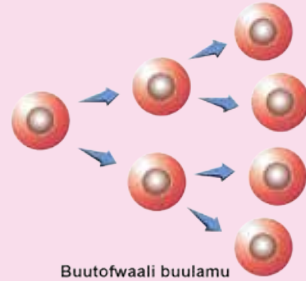
Kaansa nisho shi?

Kaansa nibwo bulwaale isi unyoolela buutofwaali bwe mwibili nga butsowakila khutweelatweela, lwanyuma bwaasaanakila khutweelatweela naabi. Shino shikhaasisa kumubili khuuraamba nga ni shaakhila khuuba.

Buutofwaali nibwo shiina?

Kumubili kw'omuundu kuli khukhwiitsa atweela khwe tsifuuma ni tsifuuma tsye buutofwaali bubuuli bunyelele luukali. Buutofwaali bubuuli buulamu buulayi butsowa luundi bwaawukhakamwo lwe khuukholayo buutofwaali bubuundi, nga kumubili ni kutsya nga kubukana. Busheelee, buutofwaali nga bwahaangaale, namwe nga bwoonekisibwile, bufwa. Awo nio lwanyuma buutofwaali bubuundi bweelawo.

Khukhwawukhanamwo khwe buutofwaali buulamu

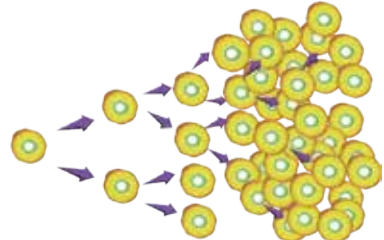


Buutofwaali buulamu

Buutofwaali bwa kaansa bubuukhali buulamu buulayi ta

Buutofwaali bunu butsowa, lwanyuma bwasaalana khukhwoolesa ni bubiriirira buukali. Butofwaali bunu bulyalyakhana khuufura butofwaali buulamu. Shino shireerera shisiintsisa she kumubili isho buhaangafu, isi kaansa arakikhila. Butofwaali bwa kaansa bunu bukyeenda bwoola mu bisiintsisa bibiindi bye kumubili, shishiindu sheesi butofwaali buulamu bukhanyala bwaakhola ta.

Khukhwaawukhanamwo khwe Buutofwaali bwa Kaansa



Buutofwaali bwa Kaansa

3.

Bikuuka bya Kaansa

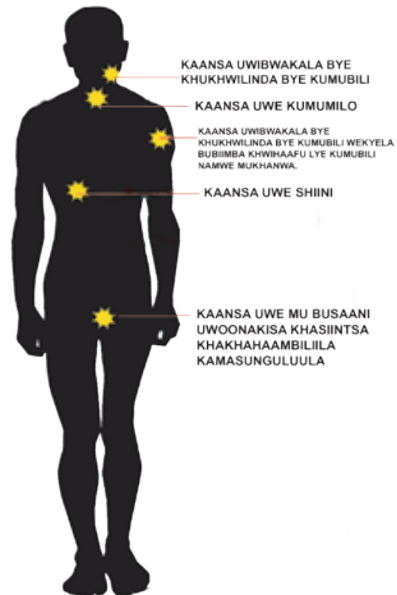
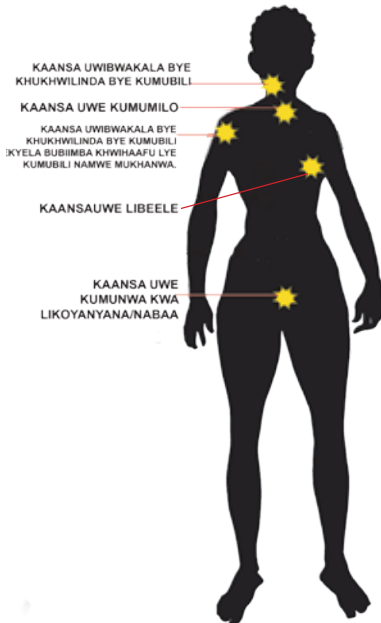
Buutofwaali bwa kaansa bunyala bwaarakikhila mu shisiintsa shoosi she kumubili. Naluundi bunyala bwaakyeenda bwaarura mu shifwo isho bwaatsya mu shisiintsa shishiindi bwaatsowela umwo. Shikuuka sha kaansa shimanyibwa lisiina khuusiintsila khu shisiintsa she kumubili isi aarakikhila. Siinga kaansa arakikhila mwibeele, uyo bamulaanga bari kaansa we mwibeele.

Iliwo bikuuka biikali busa bya kaansa. Bikuuka bya kaansa biilala bitsowaka luundi byaabalaahaka khaangu. Ne bubuundi butsya butsowa mbolambola. Naluundi buutofwaali bukholakana ni kamasuuswa mu saambo tsitsiikhali ndweela ta.

Siinga umuundu aba ali ni kaansa, Umukaangi (Dokita) akana kuumanya shikuuka shiina sha kaansa.

Bikuuka bya kaansa biraano bibiifuura kuuhaamba baakhasi.

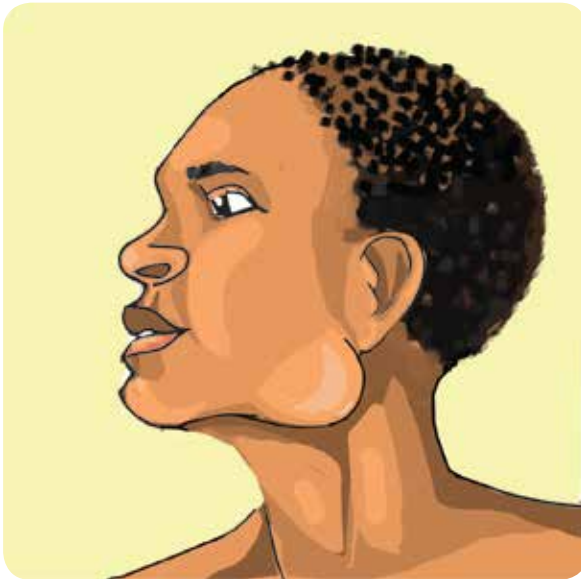
Bikuuka bya kaansa biraano bibiifuura kuuhaamba basaani



Libiimba nisho shi?

Libiimba nisho shishiindu shishirakikhila mwibili nga shikhuna khukhwoolesa ni shitsowa. Kaansa ufuura buukali eetsa nga kamabiimba. Ne sishili bari buli libiimba liba kaansa ta. Kamabiimba kaakhali kaansa ta bakalaanga bari beniini (sikalimwo buurafu ta). Ne kamabiimba ako kakaali kaansa bakalaanga bari malinaanti (libiimba lye buusiku naabi).

Iliwo bikuuka bya kaansa bibiindi, nga lukemiya (oyu niye kaansa uwe mu mafuki), ukheetsa nga libiimba ta. Ne oyu niye atsowela mu butofwaali bwe mu mafuki, namwe mu butofwaali bwe mu bisiintsu bibiindi bye mu mubili.



4.

Shiina shishiireera kaansa?

Kaansa s'eetsila mu mukhoosi mutweela ta. Ne iliwo kimikhoosi kimikali kikiinyala kyaareerera umuundu khuufuna kaansa. Mitweela khu nikyo, nikyo kino:

- ◆ Buulala bwiitsa nga bikholeeso, nga Khaawukha Kha Muniaafu (HIV), ni HPV.



- ◆ Khuukhweesa kumuukha kwa sikala mu khuheela, kumuukha kukwaama mu khwoosha buveera, namwe khuuheela kumuukha kukwaama mu ingini tse tsimotokha.



- ◆ Khuulyaka biilyo nga waakhuyimbisakho tsinyanyi tsiimali ni kamatuunda ka buli saambo ta, ni khuuneeraka shifwaabi luukali.



- ◆ Imbuka iye kamakoro. Nga kimibili kyeefwe ni kitsowa kyaakora, ikhabi iye khuufuna kaansa nayo yiiloosela.



Kaansa s'aareerebwa ni kamaloko koosi, namwe biitsubo ta. Sibuli shiitaambiso lwe shiibi sheesi umulwaale wa kaansa akholile ta.

5. Manya Kaansa akholesekha?

Kaansa s'aakholesekha ta. Niye s'aasalanisibwa khukhwaama khu muundu mutweela khuutsya khu kuundi nga.

S'unyala waahaambibwa ni kaansa n'uba nga uli khuulolelela umulwaale wa kaansa ta, namwe n'uuba nga wekhaalekho ni naye ta, namwe khuulyakho ni naye ta.

Ne iliwo bikuuka bya kaansa bibiindi bibiinyala byaareerebwa ni buwuukha bubuutaamuusibwa (nga Vairas namwe bakiteriya), bubuunyala bwaasalanisibwa khukhwaama khu muundu mutweela khuutsya khu kuundi. Ne shonyene ndi kaansa uuwaama mu buwuukha ubwo, lwanyuma webwakala butofwaali bwe mwibili s'aanyala waasalanisibwa khukhwaama khu muundu mutweela khuutsya khu kuundi ta.



6.

Manya kaansa unyala waamusikhila?

Iliwo kaansa umulala isi buutofwaali bubwoonekha bweesi umwaana anyala waamisa mu musaali weewe. Mu tsiingo tsitsiifwaana tsiryo, munyala mwaamamwo babaandu baboolakho babaanyala baafuna kaansa uwe shikuuka sheene shitweela. Ne shonyene kaansa s'aama khu musaali waatsya mu mwaana nga n'ubona shipimo she buleeyi, namwe iraangi iye tsimoni, namwe nga HIV n'aali ta.

Kaansa areerebwa mu njuukhayuukha tseesi buutofwaali bwe mwibili busaalanamwo bwaayiimba. Tsinjuukhayuukha tsino aambi tsibawo buli mbuka mu bulamu bw'omuundu, niiba nga iliwo biikosi nga bye kumuukha kukwaama mu khunyuwa sikala namwe mu khwooshatsaka buveera.



7.

Lwashiina ahaamba ise?

Babaandu babaahaambibwa ni kaansa bereeba bari, "Ne lwashiina ahaamba ise? Shibi shiina sheesi ise nakhola khuufuna kaansa?" Babaandu babaandi baambaasa bari kaansa ali shitaambiso lwe shiibi sheesi baakhola, namwe lwe shiilayi sheesi baakhakhola khaalekho.

Lwe siinga nga uba uli ni bibyambaaso nga bino, s'uuli wenyene ta. Bibyambaaso bibiifwaana biri byaambaasibwa na buli mutweela yeesi uuli ni kaansa. Uli ni khuushimanya uri kaansa sishili shiitaambiso lwe shiibi sheesi wakhola khaalekho ta. Khakakho ubone uri siwibiiyisa wamweene, namwe khukhwiimalila naabi khwiiby abe byeesi lwe wandyaakhiile khuukhola nio wikhiingemwo kaansa ta. Ne ari khu mbuka yino yambaasa naabi khusaambo isi unyala welolelelamwo.



8.

Dokita anyala aryena kuumanya ari ise indi ni kaansa?

Unyala khuuba waatsyakho isi dokita khu mbuka isi wabeelakho ni shihaangafu. Abweene awo dokita waakhupiima lwe bubonelo bwoowo bwa kaansa.

Siinga umukaangi ashaambasilisa ari unyala waaba nga uli ni kaansa, kane akhulome utsye khuufuna bayopuse (khuukhalakho khaanyama batsye bakhapiime) lwe khukhwiin'gan'gasa. Umukaangi anyala waakhuloomba khuutsya mu X-ray, mu sikaani, ni khuupimisa kamafuki. Imbuka ifuura buukali kane bakhuloombe utsye ukhole khuupiimibwa khukhuukhali khutweela ta.



Khukhwiipiimisa khu lwa kaansa we mwibeele n'uwe kumunwa kwe likoyanyana (nabaana)

Imbuka ikiindi, shinyalikha khuufuumbula kaansa nga bubonelo bushiili khubonekha ta. Minisitule iye bye buulamu ikhupilisa iri ibewo khuupiimibwa khukhuukhali khutweela ta, khu bisiintsa nga kumunwa kwe likoyanyana (nabaana) ni kamabeele khu bakhasi, abe yakhaba nga sibalikho ni bubonelo bwoosi ta. Shino shiyeeta khuufuumbula kaansa nga bushiili, naluundi nga shili shaangukho kuumukaanga ni kuumuwonesa.

Bubonelo shiina bwa busheelee bweesi khubonelakho kaansa?

Iliwo buubonelo bukali bwakaansa bweesi waakha khuutsya baakhupiima. Khuutsya isi umukaangi khukhwiiipimisa lwe buubonelo bwa kaansa shikhakhuriisaka naabi ta. Ni baba nga baafuumbuule khaangu kaansa shiba shiilayi, ni kuumukaanga waawona shiba shaangukho. Lwashino singene ube nga ulikho woonakisa imbuka yoowo ta. Buubonelo bwa busheelee bweesi khufuura khuubonelakho nibwo buno:



Kumubili
khuutsya nga
kuwamwo/
kuweelela



Libiimba



Khuutsaata
kamafuki
khukhuukhali
kwa busheelee
ta



Khukhwiiwulilaka buorafu
khukhuukhamanyikhaane ta



khuusiindukha
kumubili, namwe
khuufunaka
biikhooso
khu mubili
bibikhawakho ta

Ne buubonelo buno bunyala khuureerebwa ni shishiindu shiindi akhali kaansa ta.

Ne shonyene ndi shiba shiilayi naabi khuutsya isi umukaangi mu khaangu naabi baakhupima.

Iliwo buubonelo bubuundi bwa kaansa bweesi khukhasontsoolile ano ta. Siinga ufunakho tsinjuukhayuukha tsitsiindi tsoosi mwibili mwoowo, namwe waaba nga wiwulilaka musaambo kiindi – ni khuufuurira ilala nga byaayililekho imbuka indeeyikho, namwe nga wiloosela khukhwiiwulilaka buubi, timaka khaangu w'omukaangi akhupime.

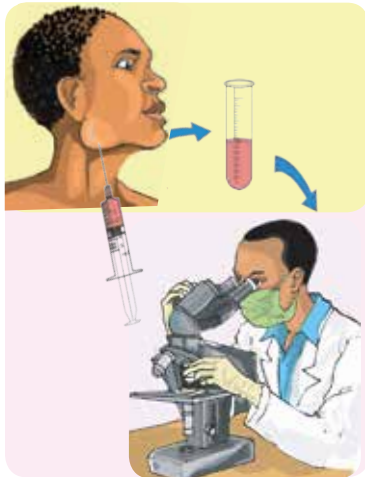
9.

Khuukhalakho khaanyama khuukhemenieelesa nisho shi?

Khuukhalakho khaanyama khuukhemenieelesa niyo isaambo yonyene isi unyala waamanyila ilala uri kaansa alimwo namwe ta.

Nga bakhola bayopuse, Umukaangi umukhulu (Dokita) akhalakho khaanyama khukhwaama khu libiimba, waakhemenieelesa buulayi nga araambisa shishuuma sha Mayikurosikoo pu. Imbuka indala shino shikholekha ni mbiso. Alala, Dokita anyala waakhalakho khu libiimba. Abweene awo, Dokita awa buukaangi bwe khuusilisa, nio umulwaale yuno alekhe khukhwiiwulila buutsiina nga bamukhalakho ta.

Siinga mubamwo buutofwaali bwa kaansa, Dokita anyala weemenieelesa khuubona kaansa wa shikuuka shiina, ni mbuka isi anyala waayila khuubalaaha.



- ◆ Bayopuse seshikila kaansa waatsya nga abalaaha khuusalanila mu bisiintsa bibiindi bye kumubili ta.
- ◆ Bayopuse seshikhulekhakho likoontsyo liikali ta. Manya uri: bakhalakho busa khaanyama khakyeekhe khari khukhwaama khu libiimba.

10.

Biikheengo byeesi abiramwo khuutsowa nibyo bili?

Siinga iwe unyoolekhana nga uli ni bulwaale bwa kaansa, Dokita kane emenieelese kuumanya buboofu shiina bweesi libiimba lyoolelekho, ni kuumanya oba nga kaansa waasalaniile khukhwaama isi aarakikhila namwe ta. Shino nisho sheesi balaanga bari biikheengo bya kaansa. Kuumanya shiikheengo sheesi kaansa olelekho shiyeeta Dokita khuukhalawo bukaangi shiina bubuufuura buulayi, naluundi shiyeeta kuumanya oba umulwaale anawona namwe ta.

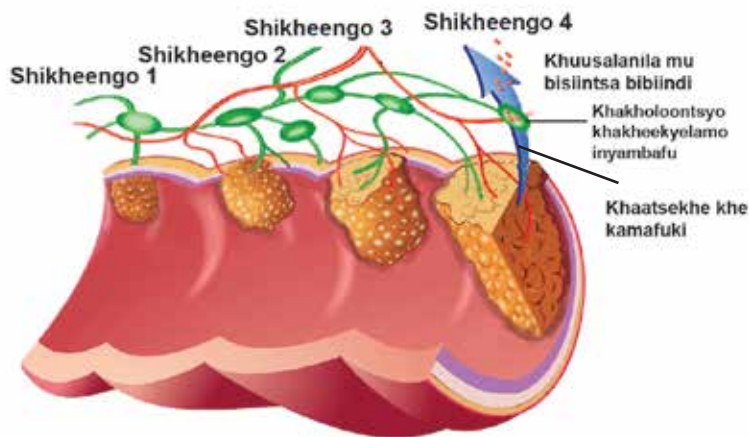
Isi kaansa ufuura buukali, iliwo biikheengo bine:

Shikheengo 1 namwe 2 shimanyisa shiri kaansa ashili khusalanilaka mwibili ta, nashiryo anyala waakholebwakho akhali buusiro buukali ta.

Shikheengo 3 shimanyisa shiri kaansa waarakikhile khusalanilaka, nashiryo aba atsyakhuba naabi mukosi uwe khuukaanga.

Shikheengo 4 shimanyisa iri kaansa waasalanila khaale mu bisiinta bibiindi bye kumubili, nashiryo shaamanyisa shiri kuuwona shili shihangafu.

Ari reebakho dokita woowo khuukhusoontsoola shikheengo sheesi kaansa oolilekho, na shiina sheesi isho shimanyisa is'uuli.



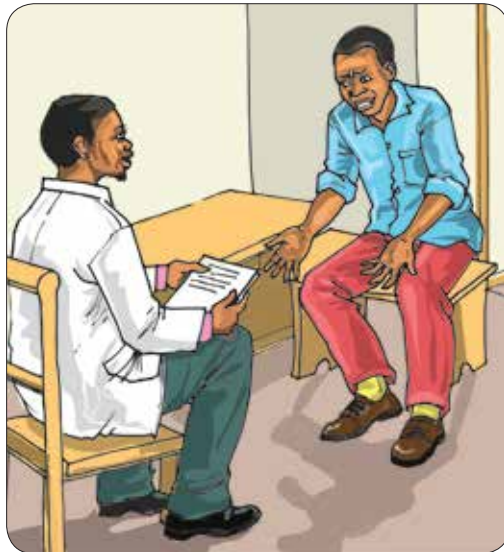
11.

Manya inyala naafwa khulwa kaansa isi indi naye?

Khuuba ni kaansa sishimanyisa shiri ari utsya khufwa ta. Iwe siinga urakikha luundi waamalayo buukaangi nga khu shikheengo shishiirakikhisa, ibawo ikhabi ingali naabi iwe khuuba umulamu.

Iliwo bibiindu biikali naabi bibiinyala byareerera umuundu khuuramawo nga umulamu lwanyuma lwe khuufuna buukaangi bwa kaansa. Khu bino nibyo:

- ◆ Shikuuka sha kaansa ni waheena isi ali mwibili mwoowo
- ◆ Shikheengo shiina sheesi kaansa olelekho
- ◆ Siinga kaansa woowo aba atsowaka khaangu namwe nga atsowa mbola
- ◆ Kimiiko kyeesi ulimwo, naluundi buulamu bwoowo buli buryeena nga ushiili khuufuna kaansa ta
- ◆ Isaambo isi uyilamwo buukaangi.



12.

Kaansa bamukaanga baryeena?

Tsisaambo tse khuukaanga tseesi Dokita akhalawo khuuraambisa tsisintsiila khu shikuuka sha kaansa, shikheengo sheesi aba woolilekho, kimiiko ky'omulwaale, ni buulamu bweewe khuuyilila atweela.

Shiitsilililwa she buukaangi:

Shiitsilililwa she buukaangi shinyala shaaba khuuwonesa kaansa, namwe kuumukhiinga, namwe khuukaanga bihaangafu bibiindi byeesi anyala waareera. Reeba Dokita kuumanya shiitsilililwa she buukaangi nisho shili.

Tsisaambo tsye buukaangi:

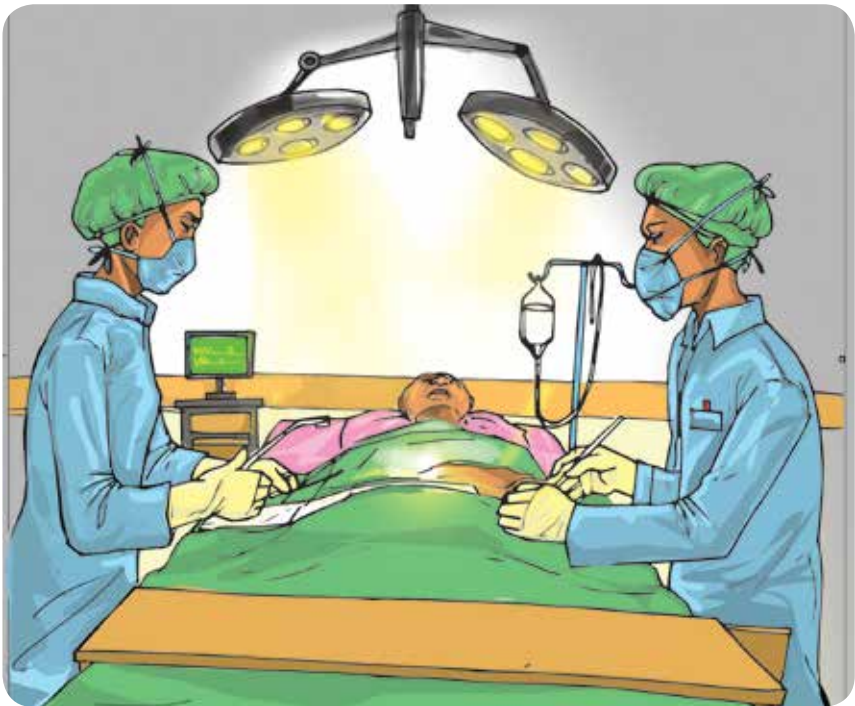
Isaambo ikhulu ifuura khuuraambisibwa mu khukaanga kaansa niyo iye kuumwara, kuumukaanga ni kamasuswa (chemotherapy), ni khuura umulwaale mu shuuma shishiikhola khu kaansa (radiotherapy). Umuundu uuli ni kaansa anyala waaraambisibwakho isaambo ndweela iye buukaangi khwiitso namwe ts'ondaru.

Lipeesa liliikanibwa mu khukaanga:

Lipeesa liliikanibwa mu khukaanga lisintsiila khu shikuuka sha kaansa, ni imbuka isi kaansa anyala waayila khuuwona. Lwanyuma lwe bukaangi, kaansa anyala waakobola luundi, shaaba nga shikanisa buukaangi bwe saambo ikiindi. Siinga umutsiina aba nga amenya aleeyikho ni isi likaangilo lili, aba ali ni khuuba mwirekefu khuusasulila injeenda, biilyo, ni buukono. Iliwo kamatuuli kakaakanikhibwakho inyuma we khaatabo khano, kakaanyala kahaanayo buuyeeti isi baatsiina ba kaansa mu mbuka iye buukaangi.

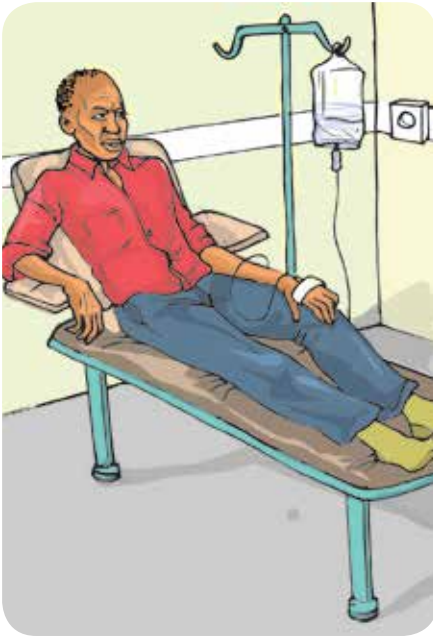
Khukhwaara

Khukhwaara khunyala khwaaraambisibwa khuurusamwo kaansa. Dokita anyala waarusamwo khaasiintsa khu shisiintsa she kumubili isi kaansa ali, namwe waakhalawo khuurusamwo shisiintsa shoosi. Khu kaansa we libeele, khaasiintsa namwe libeele lyoosi linyala lyaakhalibwakho. Nga kaansa uwe mu busaani uwoonakisa khaasiintsa khakhahaambilila kamasunguhuula (prostate), khaasiintsa akho khoosi khanyala khaarusibwamwo. Khukhwaara khunyala khwaraambisibwa mu khuwonesa kaansa, mu khumuboombesakho, ni khuukaanga biikosi bibiitsa lwanyuma lwe bukaangi. Khukhwaara sikhuraambisibwa khu bikuuka bya kaansa byoosi ta. She khuubonelakho: kaansa uwe mu mafuki (lukemiya) akaangibwa buulayi nga uraambisa kamasuuswa.



Khuuraambisa kamasuuswa:

Kemo (Kemoserape) niko kamasuuswa keesi baraambisa khukhwiraka buutofwaali bwa kaansa, namwe kaakhiingilisa khuutsowaka khwe buutofwaali ubwo. Kamasuuswa kano kamalala bakaweela mu butsekhe bweesi basobekha khu mbiso kaatsya burereefu mu mafuki. Ne kakaandi kamilibwa nga kamakeleenda. Ni lwekhuuba ndi kamasuuswa kano katima kaatsya mu buli shisiintsu shoosi she kumubili, kakana kaaraambisibwa khu kaansa umalile khuusalanila khaale mwibili. Kamasuuswa kano nako karaambisibwa mu khuwonesa, khuukhiinga ni khuukaanga biikosi bibiindi bibiireerebwa ni kaansa.



Khuura umulwaale mu shuuma shishiikhola khu kaansa

Khuura umulwaale mu shuuma khuno nakhwo khuraambisibwa khukhwiira buutofwaali bwa kaansa namwe khuukhiingilisa khuutsowa khwabwo. Iliwe bibyuuma bya buraawa bibiisiindikha tsisasani khuutsya tseyeraka buutofwaali bwa kaansa mu shisiintsa she kumubili. Tsisasani tsino tsinyala tseyeraka ni buutofwaali bubuuli buulayi bubwesaane ni buutofwaali bwa kaansa. Ne shonyene ndi, buutofwaali bubuuli buulayi bwiilayo bweyoombekha, ne butofwaali bwa kaansa sibunyala ta. khuura mu shuuma khuno sikhulimo bukhafu nanwe khukhwoosha ta, naluundi s'uwulilamwo buurafu ta. Khukhwooshelela khuno khunyala khwaraambisibwa khwonyene, namwe khunyala khwaraambisibwila atweela ni khukhwaara, namwe ni kamasuuswa (Kemo). Khukhwooshelela khuno khunyala khwaraambisibwa khuuwonesa kaansa, namwe khuuboombesa isaambo isi abalaahamwo, namwe khuuyeeta umulwaale khukhwiwulila bulayikho.



13.

Bihaangafu shiina byeesi ufuna lwe buukaangi?

Khukhwaara, khuura mu shuuma, ni khuuraambisa kamasuuswa, bilikho ni bihangafu byeesi binyala byaareera. Shihangafu naabi khuuteebelesa bihangafu byeesi umuundu anyala waafuna. Abe yaakhaba nga babaandu banyala baafuna buukaangi nibwo butweela, ne bihangafu bibiitsa lwe buukaangi byeesi bafuna sibifwaanana ta. Baalala bafuna bihangafu bye kamaani, babaandi bikyeeke. Bihangafu bibiitsa lwe buukaangi binyala byaakholebwakho namwe byakaangibwa. Bihangafu byeesi umuundu afuna lwaanyuma khukhwaaribwa bisiintsila khu saambo iye shishaaro.

Bihangafu bye Khureebwa mu shuuma:

Khuura umulwaale mu shuuma shishikhola khu kaansa imbuka ifuura buukali sikhubamo buurafu ta, ne khunyala khwaareera khuusiindukhaka khwe lihaafu lye kumubili, namwe bikhooso, ni khuufuna buuluwe buukali naabi. Buuluwe buno bunyala bwaayila imbuka iye tsisabiiti tsingalikho, lwaanyuma lwe kuumala buukaangi. Bihangafu bibiindi nabyo binyala byaabawo, khuusiintsila khu shisiintsu shiina she kumubili sheesi balikho bakaanga.



Bihangafu bye khuuraambisa kamasuuswa

Bihaangafu bibyaama mu khuraambisa kamasuuswa alala bibawo khu mbuka isi umutsiina aba ali khuukaangibwa, naluundi buhaangafu buno bunyala bwaakaangibwa nabwo. Buhaangafu bubuufuura khuubonekha nibwo buno:



khukhwiiwulilaka
buubi ni
khuulusaka



khuutsaata waalobelakho
nga shishiindu
shaakhukhalile akyeekhe
ari



kumwoyo khuurura
ibilyo



buluwe buukali



khukhwibwakalibwa
ni tsintiina tsitsiindi



shihalukho namwe
khuukhuna muunda



khuunyalukhaka
mukhanwa



kamayima namwe
kumusuuja



litsuune
khuuwa khu
murwe



khukhwooshelela
mu bikhaandakilo
ni mu makhono

Bihaangafu bye khuuraambisa kamasuuswa bibiifuura buukali biwawo khaangu nga buukaangi nabwo buliweelewo. She khuubonelakho; litsuune liliiba lyaawa khu murwe, liilayo lyaatsowa luundi lwanyuma lwe buukaangi khuuwakho. Ne mu mbuka ifwiiti iyo, baatsiina baalala baraambisa bye khuubiimba khu murwe, nga kamatsuune keesi bakula busa, tsikofwiila, ni bibiindi.

14.

Manya inyala naafuna buutsiina?

Balwaale babaandi barya naabi lwe butsiina bweesi banyala baafuna nga babakhalakho khaanyama (bayopuse), namwe nga babakaanga, ni butsiina khukhwaama khu kaansa umweene.

Bakaangi bawa baalwaale kamasuuswa kakaashiinga buutsiina nga bashiili khuutsya khuubakhalakho khaanyama khe khuupiima kaansa ta, namwe bashiili khubaara ta. Nashiryo bino byoosi sibilimwo buurafu ta. Khuura mu shuuma (radiotherapy) ni khuuraambisa kamasuuswa (chemo) sibitela khuubamwo buurafu ta. Buurafu namwe buutsiina bubuureerebwa ni kaansa bumalibwawo ni kamasuuswa. Nashiryo ukhekhala wambaasa uri khuuwulila buurafu namwe buutsiina nisho shitweela khu saambo ya kaansa ta.

Babaandu babaandi baambaasa bari nga baraambisile kamasuuswa ka kaansa, batsya bakamanyiila. Shino sishili shitufu ta khuusiintsila khu bipiimo ni bikuuka bye kamasuuswa bibiiraambisibwa ano mu Uganda.

lwe siinga uba nga uli mu butsiina buukali, boolelakho umukaangi woowo, nio banyalise khuukhuwakho kamasuuswa kakaawosawosa buutsiina namwe buurafu.



15.

Buukaangi buukhulu bwe khuuwosawosa buutsiina nisho shiina?

Buukaangi buno buweebwa lwe lomo iye khuuwosawosa buutsiina/buurafu, khuutsiinikhana khwe mu mwoyo, ni khuulekha khwiwulilaka buulayi khukhuundi khwoosi lwe lomo ya kaansa. Buukaangi buno buwosawosa busa ne sishili bari buwonesa ta.

Babaandu babaandi bambaasa bari buukaangi buno buweebwa babaandu babaatsya khufwa bonyene. Shino sishili shituufu ta. Buukaangi buno bwaakha khuuweebwa isi umulwaale wa kaansa nga n'aba ali khuuweebwa kamasuuswa ka kaansa.



16.

Khukhwiwulilakakho buulayi nisho shi?

Lwanyuma lwe buukaangi, iliwo balwaale babaandi babaarakikha khukhwiwulilakakho buulayi, ne babaandi bawonesebwa. Shino shimanyisa shiri buubonelo bwa kaansa bwaaboombele. Buubonelo buno bunyala bwaaweelakho ilala, namwe alala bwaaba nga buramakakho nga bubonekha. Isi buubonelo buno buba bwaaweelele ilala, shimanyisa shiri iba mbaawo sheesi ubonakho ta. Siinga uba nga s'ubonekhakho buubonelo bwoosi bwa kaansa kuumala kimiiko nga 5, abweene awo Dokita anyala waakhulomela ari waawonile. Khuuwona shimanyisa shiri mbaawo sheesi uba ubonakho luundi shishihaambakana ni kaansa lwanyuma lwe bukaangi ta.



17.

Manya kane inyalise ndyeena khuumenya ni kaansa?

Babaandu baalala banyalisa khuumenyawo ni kaansa nga ni banyalisa khuumenyawo ni bihangafu bibiindi mu bulamu bwaabwe - buli muundu ashikhola musaambo yeewe. Nga imbuka niitsya nga ibirawo, ni khuubakho ni byeesi ukhola, babaandu baalala bafuumbula tsintsila tsitsiindi tsye khuutsya mu moni ni kimilimo kyaabwe, ni kiminyawo kyaabwe, ni basaale baabwe. Musaambo iyo batsya bafuumbula tsisaambo tsitsiindi tsitsiikhali ndweela tsye khuumenyamwo buulamu bwaabwe. Nga n'uutsya ubona tsisaambo tsitsiindi tsye khuumenyamwo tsitsiikhuraambila iwe, unyala waakhakakho bibyambaaso bino nabyo:

Khakakho khukhwiyika biikali byeesi unyala bibihaamba khu kaansa woowo ni saambo iye kuumukaangamwo.

Babaandu baakali babaakhakakho khuufuumbula biikali bibihaamba khu kaansa waabwe ni saambo isi akaangibwamwo shibawa buunyali bwe khukhwiyimisawo khuumanya shiina shishiindi shishiitsya mu moni.



Bona uri wilolelela wamweene buulayi

Bona uri ulolelela buulayi kumubili kwoowo ni bibyambaaso byoowo. Lya buulayi luundi ukone buulayi. Bakho ni bubwiinyawo bweesi ukholakakho. Funakho imbuka khuukholakho shishiindu sheesi ukana naabi khuukhola, ushikholatsake buli shifukhu. Funakho imbuka khuubakho n'umusaale namwe umuundu isi ufuura khuukana, mwambaasilekho atweela, mwiwaaneyo khuyeeetakho babaandi, namwe ufunekho imbuka khuureekeresakho bubweenya bweesi ukana naabi, namwe khuureekeresesa iraadiyo.



Yolelelakho babaandu babaandi.

Shili shihaangafu naabi umuundu khukhwimikha welolelela yeenye nga ali ni kaansa. Shiba shiilayi luundi shiyeeta khukhwitubaasa khu baandi babaali mwituuli lya kaansa. Siinga khukanikhakho isi baalwaale ba kaansa abaandi, khunyala khwaakabanana bibyambaaso bibihaamba khu bukaangi, ni khukhwilolelela. Shino shiyeeta kuumanya khuri sikhuli fwenyene khukhuuli mu shihaangafu shino ta. Babaandu bano bakhuyeeta waalekha khubaawo nga uli wenyene ni nyuunga ta.



Khuukanikhakho ni be muungo atweela ni basaale

Shili shiilayi iwe khuuboolelakho baalebe boowo beesi ukana uri uli ni kaansa, ni khuubona isaambo isi banyala baayeetamwo. Shili shihaangafu naabi khuunyalisa khuumenyawo ni kaansa nga uli wenyene. Ni shishiindi, khuubisabisa kaansa shikhubeela shihaangafu naabi khuufuna buukaangi ni saambo iye khuuloondelela biilakilo bya Dokita.

Balwaale baakali baambaasa bari siinga baalebe baabwe namwe basaale bashimanyakho, banyala baabekaana khuumenya ni nabo. Mu n'gali mubweene, shino sishitela khuuba shiryo ta.

Ni baakanwa boowo abo nabo baashinyoola nga shili shihaangafu naabi khuukhukanikhayo bibihaamba khu kaansa. Banyala baalekha khumanya she khuukanikha khuukhuyeeta, namwe isaambo iye khuukhubeesabeesa nio wiwulile buulayi.



Bitweela khu biindu byeesi unyala waakhola byaakhuyeeta wamweene ni baakanwa boowo khukhwiilolelela kaansa:

- ◆ Boolelakho be muungo mwoowo ni basaale bibiihaamba khu kaansa mu khaangu naabi khu mbuka isi umanyila uri uli ni naye. Lwekhuuba shitweela busa imbuka kane yoole beetse bamanye bari uli ni kaansa. Banyala baalekha khwiwulila buulayi ta, siinga balekha khushiwulila khukhwaama khu wamweene bari uli ni kaansa.
- ◆ N’uuba nga ukanikha ni nabo, basontsoole shikuuka sha kaansa shiina isi uli naye, ni saambo isi akaangibwamwo. Baboolele bashimanye bari mbaawo na mutweela khu nibo unyala wahaambibwa kaansa khukhwaama khwiwe ta.
- ◆ Fukiilila basaale ni baalebe boowo bakhuyeete, naluundi ubaboolele isaambo iye buyeeti bweesi ukana.
- ◆ Boolelakho babaandu babaakhuli akhuumbi isaambo isi wiwulilamwo. Shino shinyala shaalekha khuba shaangu ta, ne shinyala shaaba shitweela khu saambo isi unyala waafunamwo buyeeti bweesi uba waakanile naabi.
- ◆ Unyala waalekha khunyalisa khuukhola bibiindu abe byeesi wamweene ukhola nga ushiili umulamu buulayi ta. Siinga shiba shiryo, lekha be muungo mwoowo ni basaale boowo bashimanyekho.
- ◆ Shiba shiilayi naabi be muungo mwoowo ni basaale boowo khukhwiilosela khuukhukholelakho bibiindu ibyo abe byeesi ukhola nga ushiili umulamu buulayi, nga ushiili khuufuna kaansa ta. Sibaakhiile beewulila buubi nga bali khuukhola baryo ta.
- ◆ Iwe siinga uba nga wiwulilaka buubi lwe kumutaambo namwe lwe ngunyi, kanikhakho isi Dokita woowo, isi umukaangi umuundi yeesi namwe isi umunadiini yeesi.

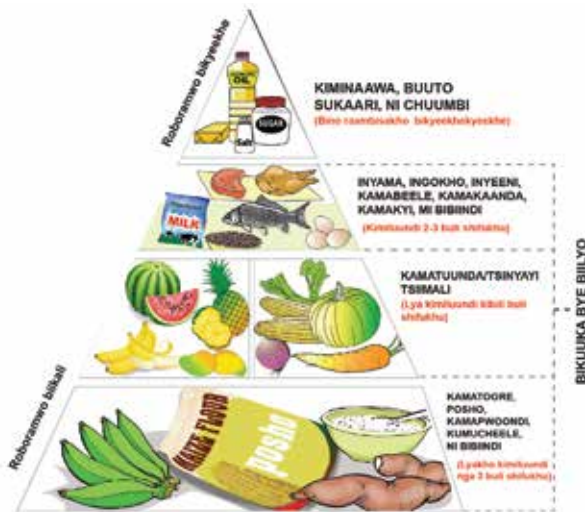
19.

Khuurama nga uli umulamu buulayi

Khuulya buulayi, khuukholakakho bubwiinyawo, ni khuulekha khwiitubila mu khukhola bibiindu nga khuunywa sikala, namwe khuunywa bibiimeesa nga inguuli, shinyala shaakhuyeeta khukhwiiwulilakakho buulayi, ni khuumenyawo nga uli ni kamaani.

Indya indayi: khuno nikhwo khuulya nga utubaasaka bikuuka bye biilyo bibiikhali bitweela ta, khukhwaamila ikhurakikha, ni mbuka iye buukaangi yoosi, ni khu mbuka isi uba waamaliile buukaangi, shinyala shaakhuyeeta khuuliinda kumubili kwoowo mu maani kaakwo, shikhunyalise khuukhola khu bihaangafu byeesi ufuna lwe buukaangi, ni khuunyala khuuwona khaangu.

Khuulya biilyo bye bikuuka bibiikhali bitweela ta shimanyisa khuulyakho khaalyo kimiluundi nga kitaru mu shifukhu, biilyo bibiilimwo bikuuka bye bibiiliisa nga ni khubona aasi awo. Waakha khuubona uri, ulya bikyeekhe naabi khu bilyo bibiili imurwe khuufurisa biilyo bibiili ibikyele iyo namwe mwisina umwo. Boombesa naabi khuulya buuto, kiminaawa, chuumbi, ni sukaari, nga n'umanyile uri bino binyala byaaba bye buusiku isi buulamu bwoowo nga waabiraambisile luukali.



Nga uli khu bukaangi, kumwoyo kunyala kwaawayo ibilyo. Ne waakha khuukhakakho khuubona uri ulyakho biilyo bye bikuuka bibiikhali bitweela ta. Siinga uba nga uli ni kumwoyo kukuusombookhaka, khakakho khuulyakakho biilyo bikyeeekhekyeeke buli nyaanga. Lyakho isho sheesi kumwoyo kukhuwa. N'uuba nga s'unyala khuulya biisiro ta, khakakho khuubona uri unywakakho biinywa nga butuunda, kamabeele, namwe supu.

Kameetsi ni biinywa bibiindi ibyo biyeeta kumubili kwoowo. Bona uri unywa shipiimo she tsikilaasa shinaane tsye kameetsi buli shifukhu. Shinyala shaakhukanisa khuuba nga unywakakho luukalikho n'uuba nga uli ulusaka, namwe nga uli khuuhalukha, namwe nga s'uuli khuulya ibyo bibiimala ta. Bona uri s'uunywa biinywa byeesi barakamwo busa sukaali ta, namwe soda, abe yaakhaba inguuli/bibiimeesa byoosi.

Khuubakho ni bubwiinyawo bwe khuukhola

Khuuubakho ni she khuukhola nga bubwiinyawo shiyeeta iwe naabi khuubama kamaani, naluundi shikhuyeeta kuumalamwo khukhwiiwusa, buuluwe, khuusombookha kumwoyo, ni khukhwiiwowa muunda. Naluundi shino shinyala shayeeta kumwoyo khuukana khuulya.

Siinga uba nga waakhumanyiila bye bubwiinyawo ta, naluundi siinga Dokita aba waalakiile, unyala waarakikha khuukhola shino she bubwiinyawo kuurakikhila khu dakiika 5 khukhwoola khwi 10, buli shifukhu. Shino siinga ushikholatsaka buli mbuka, nga ashiili khumanya ari uli ni kaansa ta, naluundi siinga Dokita ashifukiilisa, yiloosela ni khuushikholatsaka.



Wuliilisa sheesi kumubili kwoowo kukana, uryo ube nga uwolakakho nga ukona, siinga shiba nga shikanibwa.

- ◆ Nyooowa ukanikhekho isi Dokita woowo bushiili nga ushiili khurakikha khuukholakho bubwiinyawo bwoosi ta.
- ◆ Rakikhila aasikho khu bukyeekhekyeekhe.
- ◆ Khakakho khuukholakakho bubwiinyawo, nga ubukhola buli mbuka.
- ◆ Maliilisa nga ukholaka bwe khuutsaanuusaka kumubili kwoowo.

Bino nibyo bibiindu bibiindi byeesi unyala waakhola khuulooselakho khwiibyo byeesi ukhola buli shifukhu:

- ◆ Kyeendakakho mu shisiintsa shoowo buli lwanyuma lwe she ashilo.
- ◆ Shinakakho ni musaale woowo, namwe abe yaakhaba wenyene.
- ◆ Kholakakho buulimo nga khukhweeya aango.
- ◆ Tsya uraambakekho mu nimilo yoowo.
- ◆ Unyala waarura mu takisi namwe khu booda nga uli aambi khukhwoola isi utsya, waaba nga ukyeendakawo busa.
- ◆ Namwe unyala waaraambisa khuukyeenda busa mu shifwo she khuuraambisa booda, eesi utsya ni aba nga ali shiimbi.



Khuumenya buulamu buulayi:

Khuumenya buulamu buulayi, sishimanyisa khuulya buulayi shonyene ni khuukholatsaka bubwiinyawo ta. Ne luundi shimanyisa shiri khuushuusakho intsibirisa yoowo mu biindu bibiikhabeele biilayi lwe buulamu bwoowo ta. Bitweela khu biindu byeesi uli ni khuushuusa nibyo bibiindu bibili nga bino: khuunywa sikala ni khuunywa inguuli.

Mbaawo shikuuka sha sikala shishiili shiilayi ta

Iwe n'uba nga uli umunywi wa sikala, namwe bikuuka bibiindi bya sikala, namwe shikuuka sheesi balaanga bari shisha, namwe uyo isi banyaanya busa. Buli shikuuka shoosi yaakamisa! Boolela babaandu boosi babaakhuli aambi nabo baakamise. Khuuheela mukari kumuukha kwa sikala, oba wamweene uuli kuumunywa, oba umuundu ukuundi uuli kuumunywa, shili she buusiku khu bulamu bwoowo; mu matsukhu, kumwoyo, ni bisiintsa bibiindi bye kumubili. Kumuukha kukwaama mu sikala kuloosela naabi ikhabi iye khuufuna kaansa isi abo babaamunywa, ni naabo babaabali aambi.



N'uba nga unywa inguuli, boombesakho shipimo

Inguuli buli butwa bubuureera bihaangafu mu bulamu bwe khukhwambaasa, bwe khuutuubaana ni babaandu babaandi, atweela ni buulamu bubweene bw'omuundu, siinga uba nga waamunyweele mu shipimo shiikali. Isi abo babaali balwaale ba kaansa, khuunywa bibiimeesa shireerera buukaangi khuulekha khuhaambisa buulayi, shinyala shaareerera umulwaale khuutaambisibwa mu byambaaso, naluundi shinyala shaakhureerera khuulekha khuba butweela ni basaale, ni be muungo ta.



Manya kaansa anyala waambirisa buubi mu bulamu bwe bukhwaale?

Kaansa anyala waashuusa intsambaasa yoowo iye khuukana umukhasi namwe umuseetsa. Ne balwaale babaandi ba kaansa sibafunakho injuukhashuukha yoosi mu bulamu buno bwe bukhwaale ta, ne babaandi benyoola nga bali khuukana khukyeekhe naabi. Shino shinyala shaareerebwa ni khuutaambisibwa mu byambaaso, khukhwiiwulila buuluwe bukali, ni bikosi bibiindi bibyaama mu bukaangi.

Bikuuka bya kaansa bibiikhali bitweela ta, she khuubonelakho nga kaansa uwe kumunwa kwe likoyanyana (nabaana), namwe uwe liwunya; bikuuka bino binyala byaareera khuutsaata mu bifwo bye shimoonyo. Siinga khuutsaata khuno khwiitsa lwanyuma lwe khukhwitubaasa (umuseetsa n'umukhasi), tsya khaangu ukanikhekho isi Dokita woowo.

N'uuba nga wafuna khukhwaaribwa, reebakho umukaangi woowo imbuka isi kane umale nga siwitubaasa n'umuseetsa namwe n'umukhasi ta.

Kaansa s'aasalanisibwaka busa aryo ta. Umuseetsa woowo namwe umukhasi woowo s'aanyala waamufuna khukhwaama khwiwe ta. Namwe iwe nga umukhasi s'uunyala waamuhaambisa umwaana woowo nga uli shisoombo ta.

21.

Manya kaansa anyala waakhasisa khuusaala babaana

Khuuhesa shinyalikha khuubawo khu mbuka isi uba nga uli khu masuuswa ka kaansa (chemo) namwe uli khuubira mu khwookhelela kaansa (radiotherapy). Ne shonyene ndi tsisasani tse mu shuuma, ni kamasuuswa ka kaansa binyala byaareera bihaangafu mu khusaala. Nashiryo bakhasi ni basaani baakha khuubona bari beetsililisa khuulekha khureerawo shisoombo nga baraambisa tsisaambo tsitsiimisakho khuusaala, mu mbuka iye buukaangi, ni kuumalakho tsisaabiiti tsitsoolakho lwanyuma lwe buukaangi. Baakhasi baakha khuuboolelakho dokita ni baba nga bali shisoombo.

Baakhasi banyala benyoola bari imbuka yaabwe iye khuutsya l masaaba ifuna tsinjuukhashuukha: khukhwaakama, namwe tsaayilakho imbuka indeeyikho, lwanyuma lwe buukaangi. Shino sishimanyisa shiri sibanyala baafuna bisoombo ta. Mu basaani, buukaangi ubwo bunyala bwoonakisa namwe bwaaboombesa buukali bwe kameetsi kakaasaala. Ne abe shaakhaba shiryo, basaani beelayo luundi baafuna kamaani kakaasaala lwanyuma lwe buukaangi nga bwaweele.

Khuura mu shuuma sha kaansa ni khuufuna kamasuuswa lwa kaansa mu busaani, kaansa uwe kumumwa kwe likoyanyana namwe kaansa uwe khumaki ke bukhasi shinyala shaareera bukuumba bubweene. Khukhwaara siinga khukila baakhususamwo bisiintsu byoowo bibiisaala, shimayikha lubuula shiri, utsya khuba umukuumba.



Shili sha busheelee iwe khukhwiheembelela bibihaamba khu bikosi bibyaama mu bukaangi. Tsya ukanikhe isi dokita nga ushiili khurakikha buukaangi ta, nga umuboolela ibyo bibiikhwiheembelesa.

Eena isi inyala naafuna biikali bibihaamba khu kaansa ni buyeeti

Biifwo byeesi unyala waafunamwo bye buukaangi

Uganda Cancer Institute (UCI): Old Mulago Road, Uganda Cancer Institute, Kampala; 0414 540 410; bakhola khu bye khuuteebelesa ni khuukhupiima; bakhuya khuupimibwa khwa buraawa, kamasuuswa, khuukaangibwa khwe khukhwooshelela, ni buukaangi bwe angaaki naabi bubuuwosawosa buutsiina, tsipuroguramu tsye khukhwiisamwo kamaani.

St Francis Hospital Nsambya: Plot 57 Nsambya Road, Kampala; Isimu 0414 267012, bakhuya buukaangi bwa kaansa khuubirira mu masuuswa, ni khuurumanibwa isi booshelela.

Case Hospital: Plot 69/71, Buganda Road, Kampala, Isimu 0414 250362; 0701 250362; bakhuya khuupiimibwa khwa kaansa ni bye buukaangi bweene, khuuyililamwo kamasuuswa, khukhwaara, ni khuurumanibwa isi booshelela.

Nakasero Hospital: Plot 14A Akii Bua Road, Nakasero, Kampala; Isimu:0392 346153; 0312 531400; bakhuya khuupimibwa khwa kaansa, ni bye buukaangi bweene, khuuyililamwo kamasuuswa, khukhwaara, buukaangi bwe angaaki, ni tsipuroguramu tsye khuukhwiisamwo kamaani.

International Hospital, Kampala: Plot 4686, St Barnabas Road, Kisugu – Namuwongo, Kampala; Isimu: 0312 200400; 0414 309800; 0772 200400; 0712 200400; bakhuya khuuteebelesa, khuupiimibwa, khuupiimibwa khwa buraawa, kamasuuswa, khukhwaara, ni buukaangi bwe angaaki, atweela ni tsipuroguramu tsye khuukhwiisamwo kamaani.

Isi ufuuna buuyeeti bwa Kaansa bubuukhwimisawo:

Uganda Women's Cancer Support Organization (UWOCASO):

Plot M3, Suuna Road Ntinda Stretcher, Kampala; Isimu: 0414 590897; bakuwa kamabeele/kamafuungu keesi baakhola busa/buuleega isi bakhasi babaawonele kaansa we libeele, bakuwa ni injeenda khuutsya khu UCI nga uli umulwaale wa kaansa we kumunwa kwa nabaana ni kaansa we libeele, naluundi bakuwa kumusomo kukuwaamba khu kaansa we libeele ni kaansa we kumunwa kwa nabaana.

Uganda women Health Initiative: Bethel House, Mildmay Centre, Lweza, Entebe Road, Uganda; Isimu: 0772 501700; khuupiimibwa khwa busa, ni buukaangi bwa kaansa we kumunwa kwa nabaana isi bakhasi be kimiiko kyoosi.

Cancer Charity Foundation/Haven Hostel: LRV 1428, Folio 12 Land Kyadondo Block 273, Plot 1021, Namasuba, Kampala; Isimu: 0312 111467; 0702970749; bakuwa buukono bwa busa isi balwaale babaamila ibulafu wa Kampala, khu mbuka iye buukaangi.

Women's Hostel at Mulago: P.O.Box 3935, Kampala; Isimu: 074 761064; 0705 907078; bakuwa buukono isi balwaale babaali ni kaansa we kumunwa kwa nabaana ni kaansa we libeele, khu mbuka iye kamasuuswa ni khukhwooshelela.

Bless Child Foundation Uganda: P.O.Box 36152, Kampala; Isimu 0200 905945; bakuwa bibiikanibwa bye kumubili nga buumilyiwu, bikwaaro, bye buukono nga n'uuli khu buukaangi, ni ndoleelela iye babaana babaali ni kaansa, atweela ni muungo tnyaabwe.

Bye Buukaangi bwe Angaaki bubuuwosawosa buutsiina

Kagando Mission Hospital (KARUDEC): Off Fort Portal – Mpondwe Road, Kasese; 0772 425150; bahuwa khuupimisibwa khwa kaansa, ni buukaangi bwe angaaki bubuuwosawosa isi balwaale ba kaansa.

Kawempe Home care: Erisa Zone, Kyebando along Gaya Road, Kawempe Division, Kampala; Isimu: 0414530414, bahuwa indoleelela imala byoosi isi babaandu babaalwaala Bulwaale bwe Khaafuba (TB), HIV/AIDS ni kaansa. Bakhufunila ni njeenda, byakhulya ni buukono isi balwaale ba kaansa.

Hospice Africa Uganda (HAU): 130 Mobutu Road, Makindye, Kampala; Isimu: 0414 266867; 0704161120/1/3; bahuwa indoleelela iye angaaki iwosawosa buutsiina isi balwaale ba kaansa

Makerere Paliative Care Unit (MPCU); Mulago Hospital, Kampala; Isimu: 0772 595672; bahuwa indoleelela iye angaaki iwosawosa buutsiina, ni khuweentselesa mu balwaale babaali khu bitaanda mwikaangilo lye Mulago Iyoosi, mu Uganda Cancer Institute, ni mu Women’s Hostel, I Mulago.

St Francis Nagalama Hospital, Nagalama, Mukono Kayunga Road, Mukono; Isimu: 0772 593665, bahuwa buukaangi bwe angaaki bubuuwosawosa isi balwaale ba kaansa.

Kitovu Hospital Mobile: P.O.Box 270, Masaka; Isimu: 0481 420113; bahuwa indoleelela iye buukaangi iye angaaki iwosawosa buutsiina isi balwaale ba kaansa.

Hospice Tororo: Old Administration offices at Tororo General Hospital; Isimu: 0703 916997; bahuwa indoleelela iye angaaki iwosawosa buutsiina isi balwaale ba kaansa.

Rays of Hope, Hospice Jinja: Jinja, Isimu: 0774 485099; bakuwa indoleelela iye angaaki iwosawosa butsiina isi balwaale ba kaansa mu shisiintsa sha Busoga.

Christian Outreach Mission and Evangelism (COME): Mulago Hospital Kampala, Kampala; Isimu: 0414 389116; baaraambi babewaanayo kuuwa buyeeti isi balwaale babakhaliikho n'umuyeeti yeesi ta, khuubasiinga, khuubaliisa, khuubawa bikwaaro, ni bye khukhwibiimba, ni kuuheentseselesa isi baalebe baabwe bali.

Joy Hospice Mbale: Buwasunguyi Clinic, Mbale, bakuwa indoleelela iye angaaki iwosawosa butsiina isi balwaale ba kaansa, ni balwaale ba HIV/AIDS babaali aambi kuuufwa.

Little Hospice Hoima: 2A Kijungu Hill, Hoima, 430; Isimu: 0362 260000; bakuwa buloleleli isi balwaale babaakhawona ta, nga bali ni kaansa, HIV namwe AIDS khuubirira mu balwaale babaamila ibulafu, ni buyeeti bwe muungo. Buyeeti bunu bukhola khu bye ndiisa indayi, bye kamapeesa, khuwooyawooya khwe be muungo, ni khuyeeta mu khufwiilwa.

Patient Relief Mission: Plot 1408 Kwempe Mbogo, Mumyuka Road, Block 208; Isimu: 0392 943221/0753 848986; bakuwa buukono, byakhulya, ni njeenda isi balwaale ba kaansa bakhasi, ni baaloleleli baabwe khu mbuka iye buukaangi.

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/>



Khuuyuusibwa khwe bye khuuleekela bino bibiiwaamba khu bulwaale bwa kaansa, khwareebwamwo lipeesa liikalikho busa ni ba Centenary Bank, khuunyalisisa baana Uganda boosi, buli aandu oosi mwinaambo khuufuna kamakhuuwa kano kakaakanibwa kakaawaamba khu kaansa.

Lituuli liliilaangibwa American Cancer Society (Lituuli liliikhola khu bya Kaansa mu America), atweela ni lituuli lya Uganda Cancer Society (Lituuli liliikhola khu bya Kaansa mu Uganda), sikali kamatuuli kakaakhola kimilimo khuufunamwo kamafuurisa ta, ni lwe lomo yino, kamatuuli kano sikafukiilisa khuukhola bye imbuyila iye bye kamakulaano, namwe bibiindu bibiikholebwa ni tsikamponi tsino ta. Nashiryo khuufukiilisa khwe buyeeta bubwiitsa musaambo iye tsinusu sikhwaakha khuuyilibwa nga nikhwo khuufukiilisa khuukhola bye imbuyila lwe kamafuurisa ke tsikamponi tsino ta, namwe bubwakaanisi bwatsyo ta.