

# Khuulolelela balwaale be bulwaale bwa Kaansa

KHAATABO KHAABO BABAALOLELELA  
BALWAALE BA KAANSA



LUMASAABA



**UCS** | Uganda  
Cancer Society

# Khuusiima

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# 1.

## Khukhwaantsula

N'ubanga uli khuuyeeta umuundu uuli ni bulwaale bwa Kaansa, khaatabo khano khaaronebwa khulwoowo. Nikho kheelamwo bireebo byeesi unyala waaba nga ubeele nabyo bibiihaamba khu Kaansa, ni saambo isi unyala waalolelelamwo umukanwa woowo.

Khaatabo khano khakhuwa bibyambaaso bye khuuyeeetamwo ni khuulolelelamwo umuundu uuli ni Kaansa khukhwaamila khu mbuka isi emanyila ari ali ni buulwaale bunu, imbuka isi abeela mu bukaangi, ni lwanyuma lwe bukaangi.

## 2.

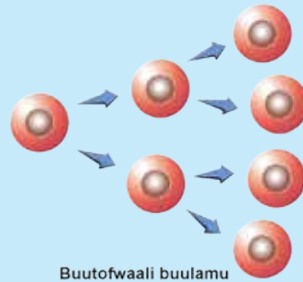
# Kaansa nisho shi?

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

### Buutofwaali nibwo shiina?

Kumubili kw'omuundu kuba kumubili lwe khukhwiitsa atweela khwe tsifuuma ni tsifuuma tsye buutofwaali bubuuli banyebele 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.

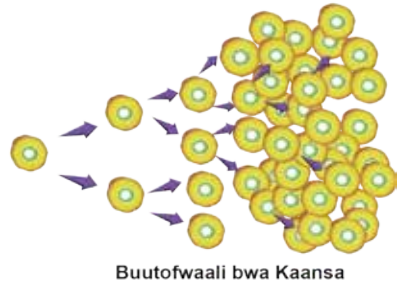
Khukhwawukhanamwo khwe buutofwaali buulamu



### Buutofwaali bwa kaansa bubuukhali buulamu buulayi ta

Buutofwaali bunu butsowa, lwanyuma bwasaalana khukhwoolesa ni bubiriirira buukali. Buutofwaali bunu bulyaalyakhana khuufura buutofwaali buulamu. Shino shireerera shisiintshe kumubili isho buhaangafu, isi kaansa arakikhila. Buutofwaali bwa kaansa bunu bukyeenda bwoola mu bisiintshe bibiindi bye kumubili, shishiindu sheesi buutofwaali buulamu bukhanyala bwaakhola ta.

Khukhwaawukhanamwo khwe Buutofwaali bwa Kaansa



### 3.

## Bikuuka bya Kaansa

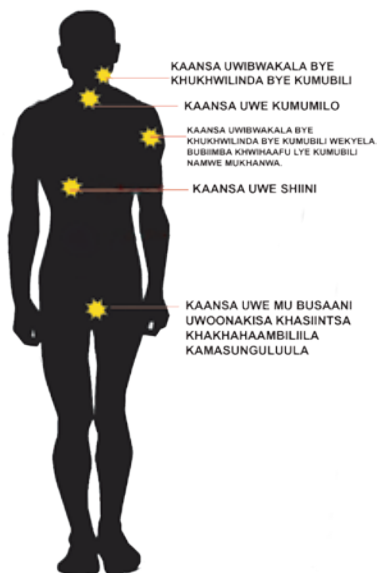
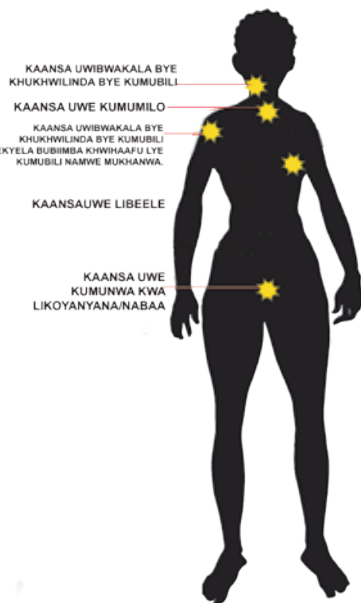
Buutofwaali bwa kaansa bunyala bwaarakikhila mu shisiintsa shoosi she kumubili. Naluundi bunyala bwaakyeenda bwaarura mu shifwo isho bwaatsya mu shisiintsa shishiindi bwaatsowela umwo. Shikuuka sha kaansa shimanyibwa lisiina khuusiintsila khu shisiintsa she kumubili isi aarakikhila. Siinga kaansa arakikhila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

Iliwo bikuuka biikali busa bya kaansa. Bikuuka bya kaansa biilala bitsowaka luundi byaabalaahaka khaangu. Ne bibiindi bitsya bitsowaka mbolambola. Naluundi buutofwaali bukholakana ni buukaangi mu saambo tsitsiikhali ndweela ta.

Siinga umuundu aba ali ni kaansa, Umukaangi (Dokita) anakana khuumanya shikuuka shiina sha kaansa.

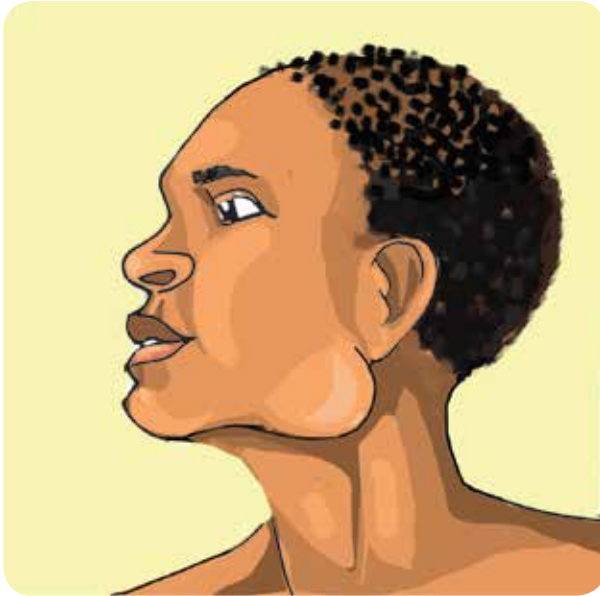
### Bikuuka bya kaansa biraano bibiifuura kuuhaamba baakhasi.

### 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. 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 bisiintsa bibiindi bye mu mubili.



**Kamakyesi isi babaalolelela balwaale:** Bonela ilala uri umulwaale amanya shiina sheesi kaansa shimanyisa, ni shiina sheesi akhali ta. Shikanikhekho mu luubuula, ureebe umukaangi yeesi bireebo bibihaamba khu lomo iyo.

## 4.

# Shiina shishiireera Kaansa?

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

- ☀ Buulala bwiitsa nga bikholeeso, nga n'ubona Khaawukha Kha Muniaafu (HIV), ni HPV.



- ☀ Khuuheela namwe khuukhweesa kumuukha kwa sikala, namwe kumuukha kukwaama mu khwoosha buveera, namwe khuuheela kumuukha kukwaama mu ingini tse tsimotokha.



- ☀ Khuulyaka biilyo nga waakhuliilakilakho tsinyanyi tsiimali ni kamatuunda ka buli saambo ta, ni khuuneeraka shifwaabi luukali luukali buulamu bweewe bwoosi.



- ☀ 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 n'ubona khaawukha kha Muniaafu (HIV) ta.

S'unyala waahaambibwa ni kaansa n'uuba 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 uwaama mu buwuukha ubwo, lwanyuma webwakala butofwaali bwe mwibili s'aanyala waasalanisibwa khukhwaama khu muundu mutweela khuutsya khu kuundi ta.



## 6.

## Manya kaansa unyala waamusikhila?

Kaansa umulala anyala waakyeendela mu tsingo, ne s'aanyala waama khu musaali weekha khu mwaana, nga n'ubona khuufwaanana khw'omwaana n'umusaali ta. Naluundi kaansa s'aanyala waama mu maayi waatsya mu mwaana nga n'ubona khaawukha kha muniaafu (HIV) 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 khunywa sikala namwe mu kwooshatsaka buveera.



## 7.

# Bubonelo shiina bwa busheelee bweesi khubonelakho kaansa?

Iliwo buubonelo bweesi khubonelakho kaansa. Buno nga bwaabonekhile, ukhabulekha busa ta, ni khuufuurira ilala nga bwaayilile imbuka indeeyikho, namwe nga bwelooseele. Buubonelo bwa busheelee bweesi khufuura khuubonelakho nibwo buno:



Kumubili  
khuutsya nga  
kuwamwo/  
kuweelela



Khuutsaata  
kamafuki  
khukhuukhali  
khwa busheelee  
ta



Khuusiindukha  
kumubili, namwe  
khuufunaka  
biikhooso  
khu mubili  
bibiikhawakho ta



Libiimba



Khukhwiiwulilaka buurafu  
khukhuukhamanyikhaane ta

Ne buubonelo buno bunyala khuureebwa ni shishiindu shiindi akhali kaansa ta. Ne shonyene ndi shiba shilayi 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.

## Kaansa amanyikhana aryeena?

Imbuka ifuura buukali, umulwaale atsyakho isi umukaangi we bye buulamu, siinga ebonakho khaabonelo kha kaansa. Imbuka ikiindi, kaansa anyoolekhana khu mbuka iye khukhwiiipimisa.

### Khukhwiiipimisa kaansa nisho shi?

Imbuka ikiindi, shinyalikha khuunyoola kaansa mwibili nga ushiili khubonekhakho buubonelo bwoosi ta. Shikila Minisitule iye bye Buulamu ikhupilisa iri ibewo khukhwiiipimisa ni kuuheentselesa khukhuundi mwibili khukhuukholebwa khu bisiints a bye buukhasi bye mukari nga khu minwa kye likoyanyana (nabaana), ni khu mabeele khu bakhasi, abe yakhaba nga sibalikho ni buubonelo bwoosi ta. Shino shiyeeta naabi khuufuumbula kaansa nga bushiilikho, nga buubonelo bushiili khubonekha ta.

**Kamakyesi isi abo babaalolelela baalwaale:** nga abe ushiili khukhwiiipimisa kaansa we kumunwa kwa nabaana namwe uwe kamabeele ta, imbuka yino niyo indayi khuutsya ushikhole. Anyala waakabanana buurume bunu ni babaandu be muungo mwoowo babaandi.

Siinga nga umukaangi yeesi ambaasa ari umulwaale anyala waaba ni kaansa, anyala waabaloomba khuutsya bakhalekho khaanyama bakhapiime (bayopuse). Anyala waabaloomba khuutsya khwiiipimisa mu X-ray, sikaani, ni khukhwiiipimisa kamafuki. Imbuka ifuura buukali banyala baaloomba khuupiima khwe tsisaambo tsingalikho.

## Bayopuse nisho shi (Khuukhalakho khaanyama khuukhemenieelesa)?

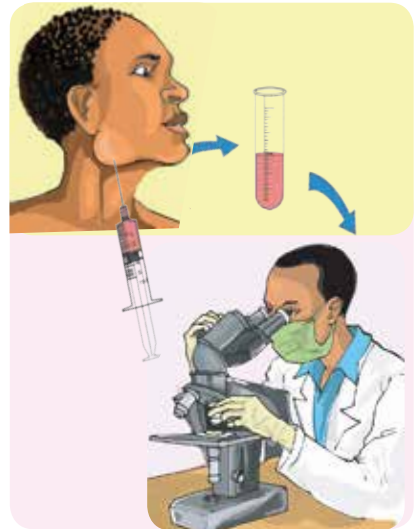
Bayopuse niyo isaambo yonyene isi unyala waamanyila ilala uri kaansa alimwo namwe ta. Nga bakhola bayopuse, Umukaangi umukhulu (Dokita) akhalakho khaanyama khukhwaama khu libiimba, waakhemenieelesa buulayi nga araambisa shishuuma sha Mayikurosikoo pu. Imbuka indala shino shikholekha ni mbiso. Alala, Dokita anyala waakhalakho khu libiimba. Abweene awo, Dokita awa buukaangi bwe khuusilisa, nio umulwaale yuno alekhe khukhwiiwulila butsiina 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.

### Kamakyesi isi babaalolelela balwaale:

Imbuka ifuura buukali, baalwaale beekaana khuufuna bayopuse lwe khuurya. Ne niwikayaasa khuufuna bayopuse nasho shikayaasa khuufuna buukaangi. Biba biry, kaansa atsyanga nga atsowa, nga eloosela khuusalanila mwibili. Kanikhakho n'umulwaale khu lomo iye khuurya ukhwo. Kanikhakho isi umukaangi asontsoole buulayi bubweene isaambo isi bayopuse shikholekhamwo, naluundi elemwo bireebo byoosi byeesi umulwaale anyala waaba nabyo.



## Manya kaansa anyala waakaangibwa waawona?

Khuuba ni kaansa sishimanyisa shiri utsya khufwa ta. Siinga umulwaale arakikhilawo buukaangi luundi waabumaliilisa buulayi bubweene nga bushiili, iliwo ikhabi ingali naabi iye kuuwona.

Iliwo bibiindu biikali bibiinyala khukhwookesa imbuka isi umulwaale anyala waayila nga ashiili mulamu lwanyuma lwe khuufuna kaansa. Bitweela khu nibyo bino:

- ⚙️ Shikuuka sha kaansa ni waheena mwibili isi aba waanyoolekhanile
- ⚙️ Shiikheengo sheesi kaansa uyo aba woolilekho
- ⚙️ Siinga kaansa aba nga asalanilaka khaangu namwe nga atsyamba
- ⚙️ Kimiiko ky'umulwaale umweene ni saambo isi aabamwo nga ashiili khuwaambibwa kaansa ta
- ⚙️ Isaambo isi umulwaale ahaambamwo buukaangi.

Reebakho umukaangi shiina sheesi umulwaale anyala waasuubila

# 11.

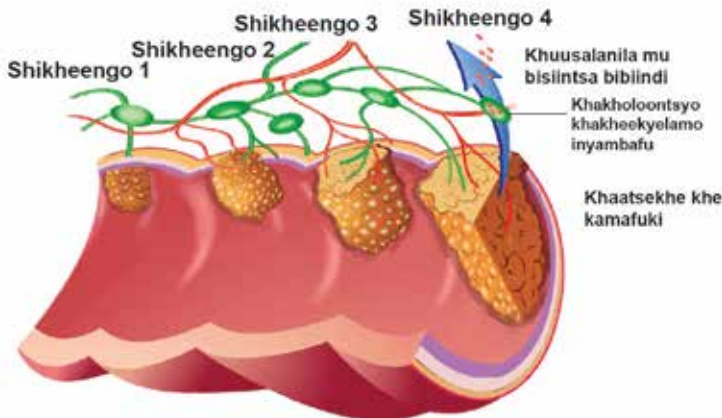
## Biikheengo bya Kaansa

Siinga umuundu anyoolekhana nga ali 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 ashiili khusalanilaka mwibili ta, nashiryo anyala waakholebwakho akhali buusiro buukali ta.
- Shikheengo 3 shimanyisa shiri kaansa waarakikhile khusalanilaka, nashiryo aba atsy'a khuba mukosi naabi uwe khuukaanga.
- Shikheengo 4 imanyisa iri kaansa waasalaniila khaale mu bisiints'a bibiindi bye kumubili, nashiryo shaamanyisa shiri kuuwona shili shihangafu.

Umulwaale aakha khuureeba Dokita amusontsoole shikheengo shiina isi kaansa olelemwo, na shiina sheesi shimanyisa mu bulamu bweewe.



## 12. Tsisaambo tse bukaangi

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.

### Bikuuka bye 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

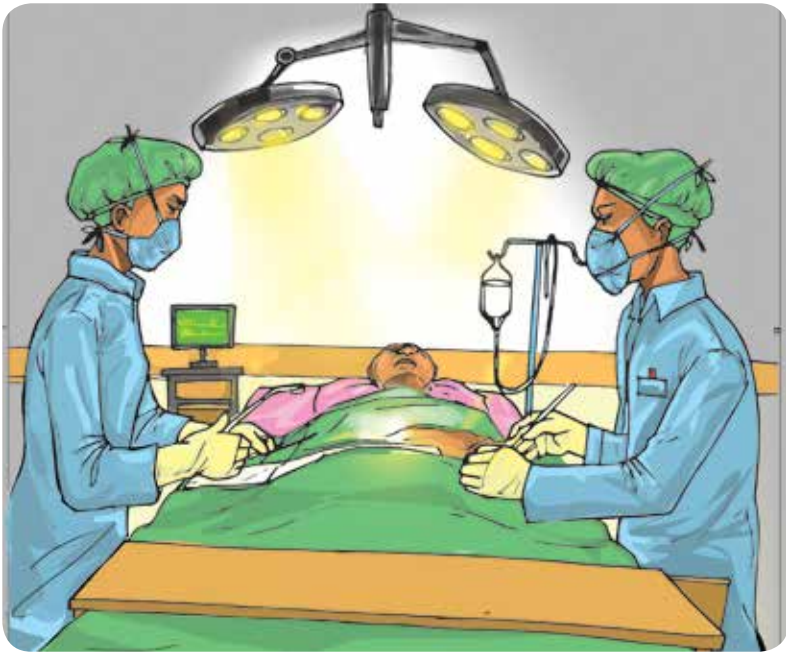
Lipeesa liliikanibwa mu khukaanga lisintsiila khu shikuuka sha kaansa, ni imbuka isi kaansa anyala waayila khuuwona. Lwanyuma lwe bukaangi, kaansa anyala waakobola luundi, shaaba nga shikanisa buukaangi bwe saambo ikiindi. Siinga umulwaale aba nga amenya aleeyikho ni isi likaangilo lili, aba ali ni khuuba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

### **Kamakyesi isi babaalolelela balwaale:**

Reebakho umulwaale siinga aba akana utsye ni naye nga atsyatsya khufuna bibyaamile mu bayopuse (khaanyama kheesi baayila khuutsya khupima). Imbuka ifuura buukali babaandu baakali beesiindukha naabi nga nio baliwuliile bari bali ni kaansa. Shinyala shaaba shihaangafu umulwaale khuuwulila namwe khuushebulila shishiindu shishiindi shoosi lwaanyuma lwaawo. Nashiryo kane shikhukanise khuubona uri uba aambi naabi khuuwulila byeesi Dokita aloma. Unyala waakana khuurona byoosi byeesi Dokita akanikha. Lwanyumakho shinyala shaakhukanisa khuuboolela umulwaale sheesi Dokita akanikhile.

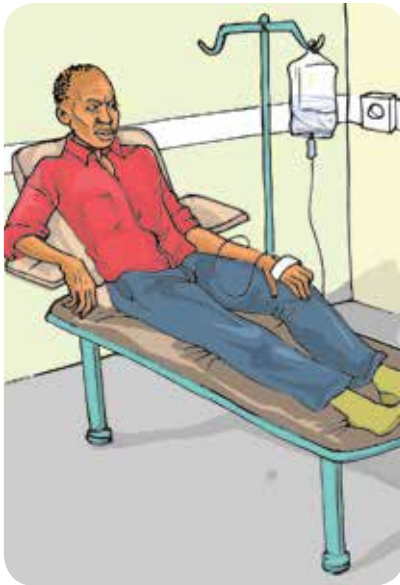
## Khukhwaara

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 kamasunguluula (prostate), khaasiintsa akho khoosi khanyala khaarusibwamwo. Khukhwaara sikhuraambisibwa khu bikuuka bya kaansa byoosi ta. She khuubonelakho: kaansa uwe mu mafuki (lukemiya) akaangibwa buulayi nga uraambisa kamasuuswa. Khukhwaara khunyala khwayeeta mu khukaanga, kuuwonesa ni khuukhiinga, namwe khuukaanga ni bikosi bibiindi byeesi kaansa areera.



## 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 bureerefu mu mafuki. Ne kakaandi kamilibwa nga kamakeleenda. Ni lwekhuuba ndi kamasuuswa kano katima kaatsya mu buli shisiintsya 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 khuno nakhwo khuraambisibwa khukhwiira buutofwaali bwa kaansa namwe khuukhiingilisa khuutsowa khwabwo. Iliwo bibyuuma bya buraawa bibisiindikha tsisasani khuutsya tsyeeraka buutofwaali bwa kaansa mu shisiintsa she kumubili. Tsisasani tsino tsinyala tsyeeraka ni buutofwaali bubuuli buulayi bubwesaane ni buutofwaali bwa kaansa. Ne shonyene ndi, buutofwaali bubuuli buulayi bwiilayo bweyoombekha, ne butofwaali bwa kaansa sibunyala ta. Khuura mushuuma khuno sikhulimo bukhafu namwe khukhwoosha ta, naluundi s'uwulilamwo buurafu ta. Khukhwooshelela khuno khunyala khwaaraambisibwa khwonyene, namwe khunyala khwaaraambisibwila atweela ni khukhwaara, namwe ni kamasuuswa (Kemo). Khukhwooshelela khuno khunyala khwaaraambisibwa khuuwonesa kaansa, namwe khuuboombesa isaambo isi abalaahamwo, namwe khuuyeeta umulwaale khukhwiwulila bulayikho.



# 13.

## Bihaangafu shiina byeesi ufuna lwe buukaangi?

Khukhwaara, Khuura umulwaale mu shuuma, ni khuuraambisa kamasuuswa, bilikhoni 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 bikyeekhe. Bihangafu bibiitsa lwe buukaangi binyala byaakholebwakho namwe byakaangibwa. Bihangafu byeesi umuundu afuna lwaanyuma lwe khukhwaaribwa bisiintsila khu saambo iye shishaaro.

### **Bihangafu byeesi ufuna lwe Khureebwa mu shuuma:**

Khuura umulwaale mu shuuma Shishiikhola 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 shisiintsa shiina she kumubili sheesi balikho bakaanga.



## Bihangafu bye khuuraambisa kamasuuswa (Chemo)

Bihaangafu bibyaama mu khuraambisa kamasuuswa alala bibawo khu mbuka isi umulwaale aba nga 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



buuluwe buukali



khukhwibwakalibwa  
ni tsintsiina 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, balwaale baalala baraambisa bye khuubiimba khu murwe, nga kamatsuune keesi bakula busa, tsikofwiila, ni bibiindi.

## **Isaambo isi kuuwaambamwo khuunyalukhaka khwe mukhanwa:**

Khuunyalukhaka khwe mukhanwa nibwo bukoontsyo bubuururaka mukhanwa. Bukoontsyo buno bunyala bwaaba burandaafu peee,namwe bunyala bwaabakho bubuundu buuwaangawaanga akari. Bukoontsyo buno bunyala bwaatsaata kamafuki. Khuunyalukhaka khuno khunyala khweetsa ni buurafu buukali, shaakila n’umulwaale woowo waalekha khukana khuulya namwe khuunywa ta.

### **Sheesi baaloleleli be balwaale banyala baakhola**

- ⚙️ Raambisa i tooki khukhwiisheenga mukhanwa khuubona buurandaafu namwe buwaangawaanga, bubwaamamwo kamakoontsyo.
- ⚙️ Raambisa butsekhe nga umuwa biinywa, shishiinyala shaamunyalisisa kuumilakho khakhaandu khuutsya muunda.
- ⚙️ Muwekho biilyo biwolu/bibyaangu. Miinaka biilyo shimubeele shaangu khuulyakho.
- ⚙️ Kanikhakho ni Dokita amuwekho kamasuuswa kakaawosawosa bukoontsyo ubwo nga ashiili khulya biilyo.
- ⚙️ Muwekho kamasuuswa kakaawosawosa butsiina mu dakika nga 30, nga ushiili kuumuwa biilyo ta.

## 14.

## Khukhwiwulilakakho buulayi nisho shi?

Lwanyuma lwe buukaangi, iliwo balwaale babaandi babaafuna sheesi balaanga bari Remishoni, ne babaandi bawonesebwa. Remishoni 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 umulwaale wa kaansa yuno aba nga s'aabonekhakho buubonelo bwoosi bwa kaansa kuumala kimiiko nga 5, abweene awo Dokita anyala waaloma ari umuundu uyo waawonile. Khuuwona shimanyisa shiri mbaawo sheesi uba ubonakho luundi shishihaambakana ni kaansa lwanyuma lwe bukaangi.



## Buukaangi bwe angaaki bwe Khuuwosawosa buutsiina

Bukaangi bwe khuuwosawosa bwiimikha naabi khu lomo iye khuubona iri buutsiina sibuba buukali, khuutsiinikhana mu mwoyo, ni khukhwiiwulilaka buubi lwa kansa. Kamasuuswa ke khuuwosawosa kano katsiila atweela ni buukaangi bubuundi bwoosi. Buukaangi bwe khuuwosawosa sibuli bubuuwonesa kaansa ta.

Kaansa areera khuutsiinikhana. Ne khuutsiinikhana khuno khunyala khwaaboombesebwa, namwe khwaawosawosebwa nga buukaangi bwaawebwile.

Babaandu baakali bambaasa bari banyala baamanyiila naabi kamasuuswa kano ke khuuwosawosa baalekha khukana khuukalekha ta. Ne seshili shiryo khu bipimo ni bikuuka bye kamasuuswa kakaaraambisibwa mu Uganda ta. Siinga nga umulwaale ali mu butsiina buukali, iwe umuloleleli waakha khuubolela umukaangi yeesi nio anyalise khukhuuronela kamasuuswa, namwe khuushuusakho shikuuka namwe shipimo she kamasuuswa.



## Isaambo isi unyala waayeetamwo umulwaale woowo khuukumila butsiina

- ☀ Kanika isi Dokita namwe umukaangi nio unyalise kuumanya bikuuka bye kamasuuswa shiina bibiikhola khu butsiina ni saambo is karaambisibwamwo.
- ☀ Nyoowa ubone Dokita namwe umukaangi yeesi nga ushiili khukuunyaka namwe khuuyengulaka kamakeleenda lwe khuunyalisa umulwaale khuukamila. Kamakeleenda kakaandi kanyala kaareera shipimo khuuba shiikali luundi she buusiku nga waakakuunyakile.
- ☀ Khakakho khuushebusa umulwaale wa kaansa imbuka shiina isi kakaawosawosa buutsiina kamilibwilakho.
- ☀ Yiitsililisa khuubona imbuka isi umulwaale ewulilila buutsiina, nga waabone alila, namwe asisiinya, namwe nga ewulilaka shifwaabi, namwe nga s'aali khuukana khuusyeendesebwa khu shitaanda ta.
- ☀ Yiitsililisa khuubona oba nga umulwaale ali khuunywa kamasuuswa makali kakaawosawosa buutsiina: ubonela khu khukona naabi, namwe nga ali ni buukosi buukali khukhwiinyukha.
- ☀ Khakakho khumusiinga ni kameetsi kelulwiyuuya, namwe khuuraambisa shiikubo kuumusimuulakho ni kamakeetsi ke lulwiyuuya mu biifwo bibiilimwo butsiina ta, ne nga s'uubirisa shiikubo a shifwo isi bookhelela kaansa. Khuubirisakakho mbolambola nga unyikaka, nga uwaabaabakakho khu shihaafu khu ngaaki, shinyala khuuyeetakho mu butsiina.
- ☀ Bakho ni tsin'gaayo tseesi ureera tsitsiinyala tsaayeetakho umulwaale kuumumalakho inyuunga iye buutsiina.
- ☀ Muwekho kameetsi kamakali ke khuunywa.
- ☀ Biikha kamasuuswa kakaawosawosa buutsiina kano aleeyikho, isi umuundu ukuundi akhanyala woola ta, ni khuufuurira ilala babaana namwe bisolo bye mu ntsu.

## Isaambo iye khuulolelelamwo balwaale

Balwaale ba kaansa bakana naabi khuufunakho buukaangi bwe saambo tsitsiikhali ndweela khuusiintsila khu nyiingo isi buutsiina bwoolilekho. Balwaale nio babaama khuumanya bari baafunile buutsiina bwa kaansa, bali ni bibiikanibwa bya buraawa khukhwaama khuubo babaamenyile nga bali batsiina be buutsiina bunu, nga bali khu bukaangi, namwe abo babaali khu nyanga iyakamayo iye butsiina ubwo.



### Nga nio balifuumbuule bulwaale bwa kaansa

Nga balwaale nio baliwuliile kamakhuuwa kakahaamba khu kaansa, shibabirisa buubi naabi, beesiindukha naabi, kumutaambo kuba mukali naabi, bakhallala luukali, naluundi baba baarafu naabi. Imbuka ikiindi umulwaale anyala waalosa buarafu bweewe khu baandu be muungo mweewe, namwe khu basaale beewe, namwe khu muundu yeesi unyala waaba nga aliwo khu mbuka iyo. Nashiryo iwe nga umuloleleli, waakha khuuba umwikhaliilikhi naabi isi umulwaale uyo, waalekha khwambaasa buubi khu burafu bw'omutsiina ta. Manya uri, buarafu bunu butsya buweelela nga imbuka n'iitsa ibira.

Balwaale babaandi beekaanila ilala bari sibali ni kaansa ta, abe yaakhaba nga bakaangi baamalile khaale khuubamanyisa. Balwaale babekaana khuushiyila bari bali ni kaansa baba baakosi naabi khuulolelela lwekhuuba banyala beekaana khuuloondelela biilakilo byeesi baakaangi namwe Dokita babawa. Namwe banyala bekaana ni khuukanikhakho khu lomo iyo ni be muungo mwaabwe. Nashiryo, iwe umuloleleli w'omutsiina wa kaansa, waakha khuuba umuwolu nga ubashebusa ibyo byeesi Dokita aba waakanikhile, ni neebyo byeesi baba baafukiilisanile n'umukaangi.

## **Isaambo iye kuuwaambamwo buorafu ni khuulekha khufukiilila bye khuuba umulwaale ta**

Unyala waayeeta umulwaale khuufukiilila ari ali ni kaansa, nio anyala khuubakho ni n'goonan'goona khuurakikha lukeendo lwe khuumenyakakho. Reebakho umulwaale khuubona nga unyala kuumuroongesakho nga atsya khuubona umukaangi/Dokita. Rekeeresa buulayi byeesi umukaangi aba ali khuuloma, naluundi ureebe biireebo siinga uba nga siwaamanyile buulayi ta. Khakakho kuumanya inyiingo ya kaansa isi umulwaale woowo olelekho, ni kuumanya oba nga umulwaale woowo anyala waakaangibwa waawona namwe ta, ni bikuuka bye bukaangi byeesi munyala khuuraambisa. Lwanyuma lwayo, unyala waayeeta khusontsoola bibiindu bino isi umulwaale woowo, ni kuumushebusa ibyo byeesi Dokita akanikhile.

## **Isaambo iye kuuwaambamwo bye buulamu bw'umulwaale**

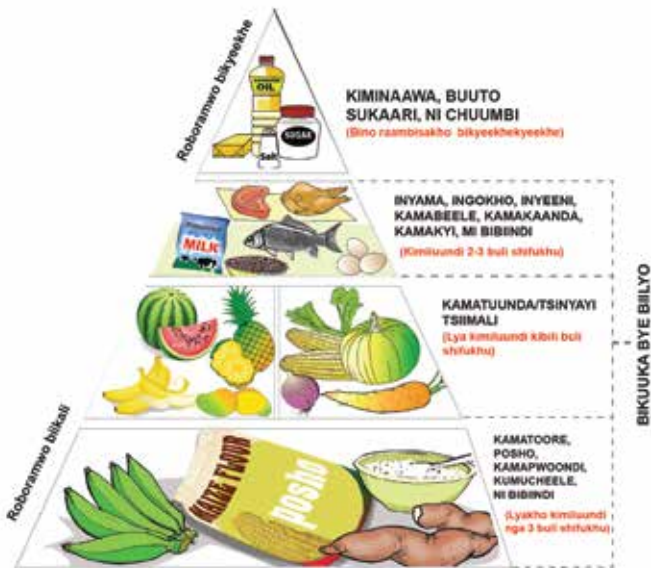
Unyala waayeeta umulwaale khuurama nga ali ni kamaani, ni khuubalaayisakho kumwiyikino kweewe kuumanya ari anawona, nga alya buulayi, khuubakho ni bubwiinyawo bweesi umubirisamwo, ni khuulekha khunywa waraki ni sikala ta.

## Indya indayi

Siinga balwaale ba kaansa bakhakakho khuulya buulayi khukhwaamila khu ndakikha iye buutsiina ubwo, shino shinyala shaabayeeta luukali naabi, nga ni batsya mu moni ni buukaangi. Iwe nga umuloleleli w'omutsiina uyo, unyala waamun'goonan'goonela bya khulya bye tsikabila tsitsiikhali ndweela ta, ni kuumuwa biilyo bibyoola buulayi, shinyalise khuuyeeta umulwaale khuulekha khuweelela kumubili ta.

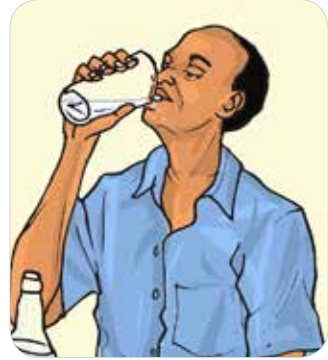
Khuulya buulayi shimanyisa khuulya biilyo bye tsikabila nga tsitaru, kimishiimba nga kitaru namwe khuufuurawo buli shifukhu.

Shifwaani she khaakoongo khe biilyo khakhaali aasina akho, khakhwookesanisa buukali bwe shikuuka sha buli saambo iye biilyo byeesi umulwaale aakha khuulya khu buli shifukhu. Babaandu baakha khuulyakho biilyo bikyeeke biri khwiiby bibyokesanisibwa umurwe we khaakiingi akho, ne balye biikalikho khwiiby bibyookesanisibwa ibikyele we khaakiingi akho. Khuulya bibiindu nga buuto, kiminaawa, chuumbi, ni sukaari mu bipimo biikali shili she buusiku isi buulamu, nashiryo umulwaale s'aakhila khuulya bibiindu bino mu bukali bwabyo ta.



### ***Khuunywa kameetsi:***

Wakho umulwaale kameetsi, ni bya khunywa bibiindi bibiyeeta buulamu nga bibiikhamulibwa khukhwaama mu matuunda. Babaandu baakha khuunywa kameetsi kakoola tsi gilaasi shinaane tse kameetsi buli shifukhu. Banyala baakanayo shikuuka she bya khunywa shishiindi siinga baba nga balikho balusaka, namwe nga bali ni shihalukho, namwe nga sibali khuulya bulayi ta. Balwaale ba kaansa baakha khuubona bari sibekhupila mu bye khuunywa bibiimeesa ta, atweela ni soda.



### ***Khuubakho ni bubwiinyawo bwe khuukhola***

Khuubakho ni she khuukhola nga bubwiinyawo shiyeeta kumubili kw'omulwaale khuubamo kamaani, naluundi shiyeeta kuumalamwo khukhwiiwusa, buuluwe, khuusombookha khumwoyo, ni khukhwiiwowa muunda. Naluundi shino shinyala shayeeta kumwoyo khuukana khuulya.

Siinga umulwaale aba waakhumanyilila bye bubwiinyawo ta, naluundi siinga Dokita aba waalakiile, unyala waamurakikhisa khuukhola shino she bubwiinyawo khuurakikhila khu dakiika 5 khukhwoola khwi 10, buli shifukhu. Shino siinga abe umulwaale ashikholatsaka buli mbuka, nga ashiili khumanya ari ali ni kaansa ta, naluundi siinga Dokita ashifukiilisa, yeeta umulwaale uyo eloosele ni khuushikholatsaka. Kanikhakho isi Dokita khuunyooowa nga ashiili khurakikha bye bubwiinyawo bino ta.



## Mu mbuka iye buukaangi:

Balwaale baalala babirisibwa buulayi nga bali khu bukaangi, ne babaandi bafuna imbuka imaangafu naabi. Unyala waayeta balwaale bano khuukumila bihangafu bibiireebwa ni bukaangi, naluundi bamanye imbuka isi baba baakaniile buukaangi. Bihangafu bibiireebwa ni buukaangi bibiifuura buukali bikholebwakho.

Imbuka ifuura buukali babaandu baakali kumwoyo kukuukana khuulya kuwayo. Alala banyala khuulya lukyeekhe khuufuurisa nga shaakhila, ni akhuundi baalekha khukanila ilala khuulya ta. Ari bino nibyo bitweela khu biindu byeesi unyala waakhola khuuyeeta umulwaale khuukana khuulya buulayi:

- ⚙️ Khakakho kuuwa umulwaale khe khuulyakho khakyeekhe khukhwaamila khu miluundi kisesaba khukhwoola khu shinaane.
- ⚙️ Muwekho biilyo bibiisamwo kamaani nga posho, buulaasi, chapatti, nga waareerekho inyama ye ngokho, inyama ye khaafu/imbusi, inyeeni, kamakayi, kawo, namwe ni nabutaama.
- ⚙️ Muwekho butuunda buukhamule, chaayi we kamabeele, ni supu siinga umulwaale aba nga s'akana khuulya ta.
- ⚙️ Biikhila umulwaale bye khuunywa ibyo nga butuunda ni bibiindi bibifwaana biryo aambi isi anyala waabifunila khaangu.
- ⚙️ Khakakho khuuraambisa tsiwuuma ni bijiiko bya pulasitiika siinga umulwaale aba nga s'aakana khuuraambisa bibyuuma ta.
- ⚙️ Ukhebiyisa wamweene nga umuloleleli siinga umulwaale aba nga weekanile khuulya ta.
- ⚙️ Ba umuundu umwiisamwo kamaani, ne ukhamusoolanisa nga waalobile khuulya ta.

## Lwanyuma lwe khukhwaaribwa

Baalwaale babaamalile khuubira mu khwaaribwa beheembelela isaambo isi banafwaanamwo lwanyuma lwe khukhwaaribwa. Ni khuufuurira ilala balwaale ba kaansa we libeele babaamala khukhwaaribwa beheembelela naabi lwa shino. Shiba shiilayi khukhwiireebakho khu muundu khukhwaama mu shitoongole sha Uganda Women's Cancer Support Organization (UWOCASO), khukhwiitsa khuukanikhakho isi umulwaale. UWOCASO shiyeeta mu khukaba kamabeele keesi babuumba busa isi bakhasi babaabirire mu khwaaribwa kaansa we libeele.

## **Khuulolelela umulwaale khu mbuka yeewe iseembayo iye buulamu:**

Babaandu baalala bafuna kaansa ukhawona abe yakhaba nga waabaweele buukaangi ta, nga bali ni kuumanyila ilala bari sibatsya khuwona ta, ne batsya khufwa mu mbuka ifwiiti iri. Shino shiheembelesa naabi isi umuundu uuli umulwaale ni isi abo babaumulolelela. Umuundu wa kaansa anyala waaba nga ali mu butsiina buukali naabi, nga waaminyikhila mu bulili, namwe nga anyala khukhwiinyukha waakyeendakho lukyeekhe luri, namwe waawamwo kamakyesi.

## **Khuuyeeta balwaale khuulyakho khaalyo:**

Balwaale imbuka ifuura buukali bawayo kumwoyo ibilyo, nga bulwaale ni butsya nga bwiiloosela. Ari ubawakho khaalyo khakyeekhekyeekhe buli mbuka buli mbuka. Siinga umlwaale aba nga s'aanyala khukhwiiliisa umweene ta, shikhwaakhila kuumuliisakho. Bonela ilala uri umulwaale ekhalakho nio alye, biilyo bilekhe kuumukoka ta. Raambisa khaajiko khaakyeekhe, uwekho umulwaale imbuka khuunyoowa amale khuunyaanya biilyo bibiili mukhanwa, amile, nio umulooselekho bibiindi.



## **Khuuyeeta mu bye buumilyiwu:**

Nga umulwaale naatsya nga awamo kamaani, shikhwaakhila kuumuyeeta khukhwiisiinga, khuushuusa biikonelo, ni kuumushuusa bikwaaro. Siinga umwaale aba nga anyalisa khukhwiinyukha khukhwaama khu bulili, shikhwaakhila kuumuyeeta khuuba nga ekhalakakho imbuka ingali. Siinga umulwaale aba nga s'aanyala khukhwiinyukha khukhwaama mu bulili ta, uli ni kuumuyeeta khuushuukha buli mbuka isi akanila. Bonela ilala uri umulwaale s'aakonelela khu lubeka lutweela imbuka indeeyi ta.

## Imbuka iye khuufwa ni kimitaambo:

Nga umulwaale woowo ni eloosela khuuweetsekehelela, iweewe atweela ni naye mwiwulila buurafu, kumutaambo, ni khuurya khuukali. Ne abe shaakhaba shiirafu shirye, shikhwaakhila khuuba nga uliwo aambi isi umulwaale wa kaansa. Manya uri kuumubeela aambi, kuumureekeresa nga umumuunamuunilakho, namwe kuumuhaambakakho shookesanya shiri winaanayo.

Balwaale baalala bakana naabi khuukanikho khu lomo iye khuufwa. Banyala baakhureebakho shiina sheesi basuubila, namwe sheesi baambaasilisa: Manya buutsiina butsyu khuuba buukali? Namwe manya butsyu khuyila imbuka buleeyi shiina? Umulwaale anyala waareeba ari, "Ne lwashiina shino shilikho shiikholekha khusiise?" Shiba shihaangafu naabi kuuwulila shireebo shishiifwaana shiryo, ate nga mbaawo she khukhwiilamwo ta. Iwe unyala waamubolela busa uri, "Ise naakhumanya ta." Iwe kuuhaambakho khu mukhono kw'umulwaale, naluundi waamulekha waalila kamasika namwe waakanikhakho khu burafu bweesi ali kuuubiramwo, ni kumutaambo kweesi ali khukhwiwulila shili shishiindu sheesi unyala waakhola.



Khuuloolelela umulwaale wa kaansa shiluyisa naabi, shiyembelesa naabi, she kumutaambo luundi wiwulila nga waaramile wenyene. Nashiryo ukhekhala waaba wambaasa buli mbuka khu mulwaale ni kumutaambo kumukali, namwe uri kane umenyatsake ni naye ta. Waakha khuufunakho imbuka waawolakho, ni khuuba mwirekefu mu byambaaso byoowo ni mwibili mwoowo, nio unyalise khuulolelela umulwaale woowo uwa kaansa.

## Loombakho buyeeti ni khuufunakho imbuka iye khukyeendakakho:

Yiifunilakho imbuka iyoowo wenyene. Loombakho baalebe ni basaale khuubawo bakhuyeete. Boolele shiina shisheene sheesi baakhila khuukhola nga bakhuyeetakho. Shino shikhuyeeta iwe nga umuloleleli w'omulwaale khuuwolakho, ni khuufunakho imbuka iye khukhwiwosakho buulamu bwoowo.



## Kamakyesi isi babaawa buuyeeti:

Yambaasa khuubona biindu shiina byeesi ukanamwo buuyeeti. Khola luruungo lwe bibiindu ibyo. Bona uri mwaakananamwo nga be muungo, khuubamanyisa shiina shishiili khuutsya mu moni. Mu mbusano tsino umulwaale umweene naye aakha khuubamwo. Reebakho baalebe ni baasaale babeene nabo khuubona isaambo isi banyala baahaanayo buuyeeti, ni khuubona milimo shiina kyeesi nabo banyala baakholakho. Ba uwan'gali khuubola byeesi unyala waakana.

## Wamweene n'uube umulamu buulayi:

Bona uri ubakakho ni bubwiinyawo bweesi ukholakakho, ube nga ulya buulayi, ube nga ubakho ni khuuwola khukhuumala. Bona uri mu shifukhu ulyakho byakhulya kimiluundi nga kitaru, nga ulya biilyo bye bikuuka biitaru. Yiliinda buulayi ulekhe khuneraka shifwaabi ta. N'uuba nga uli umunywi wa sikala, yaakamisa. Ukhaba unywa naabi bibiimeesa ta.

## Yikhiinga wamweene ni be muungo isi kaansa:

Ni mutsye mwipimise kaansa we kamabeele ni kaansa uwe kumunwa kwa nabaana. Siinga bakhunyoola nga ulikho ni bubonelo bwa kaansa, tsya khaangu ubone Dokita bakhupime buulaayi. Kabananakho ibyo byoosi byeesi umanyile bibiihaamba khu kaansa ni babaandu babaandi: isaambo iye khukhwiliinda, ni buubonelo bwoosi ubumanyise isi baalebe ni baasaale.



## Eena isi unyala waatsya khuufuna bibiifurawo:

### Bye buukaangi bwa Kaansa

**Uganda Cancer Institute (UCI):** Old Mulago Road, Uganda Cancer Institute, Kampala; 0414 540 410; bakhola khu bye khuuteebelesa ni khuukhupiima; bakhwa 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, bakhwa buukaangi bwa kaansa khuubirira mu masuuswa, ni khuurumanibwa isi booshelela.

**Case Hospital:** Plot 69/71, Buganda Road, Kampala, Isimu 0414 250362; 0701 250362; bakhwa khuupimibwa 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; bakhwa 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; bakhwa khuuteebelesa, khuupimibwa, khuupimibwa 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 buumilyiwa, bikwaaro, bye buukono nga n'uuli khu bukaangi, ni ndoleelela iye babaana babaali ni kaansa, atweela ni muungo tsyaabwe.

## **Bye Buukaangi bwe Angaaki bubuuwosawosa buutsiina**

**Kagando Mission Hospital (KARUDEC):** Off Fort Portal – Mpondwe Road, Kasese; 0772 425150; bakuwa 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, bakuwa 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; bakuwa indoleelela iye angaaki iwosawosa buutsiina isi balwaale ba kaansa

**Makerere Paliative Care Unit (MPCU);** Mulago Hospital, Kampala; Isimu: 0772 595672; bakuwa indoleelela iye angaaki iwosawosa buutsiina, ni khuweentsesele 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, bakuwa buukaangi bwe angaaki bubuuwosawosa isi balwaale ba kaansa.

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

**Hospice Tororo:** Old Administration offices at Tororo General Hospital; Isimu: 0703 916997; bakuwa 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 kuuheentsesela 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 kuuuwa.

**Little Hospice Hoima:** 2A Kijungu Hill, Hoima, 430; Isimu: 0362 260000; bakuwa buloleleli isi balwaale babaakhawona ta, nga bali ni kaansa, HIV namwe AIDS kuuubirira mu balwaale babaamila ibulafu, ni buyeeti bwe muungo. Buyeeti buno 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.

## **Isi unyala khuubiimbula waafuna buyeeti bubuufuurawo khu Intaneti**

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 bibiwaamba 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.