

Bowel Cancer Factsheet

Brava



Kansar ya matumbo (Bowel Cancer)

Yiiko kuwaawe kasiize kansar ya matumbo huviloowa [kolorektal kansar].

Karka UK kila maaka zaaydi ya waantu 35,500 hupata maradi ya kansar ya matumbo kila maaka.

Maradi ya matumbo ishtambuloowa karka waantu 10 katikaawo 9 huqadiroowa qfanyilizoowa dawa.

Ni chintu gani yaami takulangalo ruuhuya?

Alaama izi yiiko kuwaazo siwo sababu ya kansar lakini ni suura kuwaawe ku haqiiqisha na daqtari.

Ichiwaawe weene chintu yoyote karka alaama izi na ichiwa mudaye ni wiki 4-6, maambile daqtariwo

- **Maazi khulawo tusiini ama maazi huraasho matuzi (miimba ku dhaqaaqa) bilaa ya sababu waadehe. Maazi yiiko kuwa malusi ambo hundru naku walo.**
- **Mabadiliko karka hali ya choolo (kama qshuwata ambo yaabisi) bila ya sababu, naanko hineendro zaaydi ya wiki 6.**
- **Miisaaniyo qpuunguka bilaa sababu**
- **Miimba kulaaza (matuumbo) ambo ntundu ya tuusi**
- **Kuhisa matuumbuwo kuwa suwo ntupu bacadi ya qpata choolo**

Karka haali niingi, hayiwi kuwaayo ni kansar lakini waantu huwono chintu alama karka izi ni laazima ku mona daqtari waawo. Alama izi yiiko kuwaazo inaayo sababu yingine, laakini ni suura zaaydi qfaanya balani na daqtari (GP) qpata haqiiqishoowa.

Ichiwaawe naayo su'aali huquso afiya yaako taqaadira kubiga simu ya Khidma ya Afya NHS Direct telefoon 0845 4647

Sources: Cansarbackup UK and Beating Bowel Cansar

Manchester Public Health Development Service

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English



Bowel cancer

You might also hear bowel cancer being called colorectal cancer.

Over 35,500 people are diagnosed with bowel cancer each year in the UK.

When bowel cancer is found early, around 9 out of 10 people can be cured.

What should I look out for?

These symptoms are unlikely to be caused by cancer but it is best to get them checked out with your doctor.

If you notice any of these symptoms and they last longer than 4-6 weeks, tell your doctor.

- **Bleeding from your bottom or blood in your poo (bowel motion) without any obvious reason. The blood may be dark or bright red in colour.**
- **A change in your normal bowel habit (such as diarrhoea or constipation) for no obvious reason, lasting longer than six weeks**
- **Unexplained weight loss**
- **Pain in the tummy (abdomen) or back passage**
- **A feeling of not having emptied your bowel properly after a bowel motion.**

In most cases, it won't be cancer but people who notice any of these symptoms should see their doctor. The symptoms may have other causes, but it is best to make an appointment to have them checked out with your GP.

If you have questions about your health you can contact NHS Direct on **0845 4647**

Sources: Cancerbackup UK and Beating Bowel Cancer.

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