

Lung Cancer Factsheet

Brava



Maradi ya kansar ya saambavu (Lung Cancer)

Kilaa maaka karka UK huwaako zaaydi ya 38,000 hali mpiya ya kansar ya saambavu.

Bacdhi ya waantu huwanaawo alaama huquso maradhi ya kansar ya saambavu kwa muda wa meezi maape qabla yaawo keendra kumwona daqtari yaawo. Ni muhiimu kumona daqtariwo chiwona ruuhuyo alaama ka qisa maradhi ya kansari ya saambavu huqadiroowa qfanyilizoowa dawa ichtambuloowa ka mapeema.

Nlangale chintu gani?

Alama izi yiiko kuwaazo chiza kuwa sababu ya kansar lakini ni suura nto kuwaawe keendra ka daqtari ku hakikisha.

- Qkolola kila mara ambo ubadiliko ya shkololo yaawe wanaayo waqti niingi
- Neefu haba
- Infekshan ya hewesi hurudo ruudo
- Shkololo huraasho birqamu na maazi
- Ulaazo hiineendro ama ulaazo waqti yaawe huneefsato ama hukololo
- Oofu bilaa sababu ama nguvu la'aani
- Upungufu wa miizaaniyo bila sababu ama qtowa hamu yaa chaakuja bilaa sababu

Karka hali niingi hayiwi kuwawo ni kansar, lakini waantu watakuwono ruhuzaawo na alama izi ni lazima keendra kumona daqtri waawo . Alaama izi yiiko kuwa ni sababu yingine, laakini ni suura kuwaawe qfaanya balani na daqtariwo (GP) ku haqiqisha.

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

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English



Lung cancer

There are more than 38,000 new cases of lung cancer in the UK each year.

Some people have the signs and symptoms of lung cancer for many months before they go and see their doctor. It is important to go and see your doctor as soon as you experience any symptoms as lung cancer can be cured if diagnosed early enough.

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.

- **Having a cough most of the time or a change in a cough you have had for some time**
- **Being short of breath**
- **Repeated chest infections**
- **Coughing up phlegm (sputum) with blood in it**
- **An ache or pain when breathing or coughing**
- **Unexplained tiredness or lack of energy**
- **Unexplained weight loss or loss of appetite**

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: Cancer Research UK and Roy Castle Lung Cancer Foundation

Manchester Public Health Development Service