

# Lung Cancer Factsheet

## Somali



### Kansarka Sambabaha (Lung Cancer)

Waxaa meesha jira wax ka badan 38.000 xaalado cusub ee cudurka kansarka sambabaha sanad kasta ee waddanka UK

Dadka qaarkooda waxay isu arkaan calaamadaha kansarka sambabaha dhowr bilood ka hor inta aysan takhtar u tegin. Waa mid aad iyo aad muhiim u ah inaad si ugu dhaqsiga badan takhtarka ugu tagtaa marka aad isku aragto calaamadaha kansarka sambabaha adiga waa lagu daaweeyn karaa haddii waqti hore la ogaado.

### Waa maxay waxyaabaha aan aniga aan ogaan karo?

Calaamadahan waxaa laga yaabaa inaysan sababin kansarka laakiin waxaa wanaagsan inaad dhaqtarkaaga ka xaqiijiso.

- Qunfac marar badan ama qunfac aad mar hore in muddo aad lahayd oo isbedela
- Neefsasho oo kuugu yaraato
- Infekshan xabadka oo kuugu soo noq noqdo
- Qunfac xaako iyo dhiig soo raaca
- Xanuun isdabajoog ah ama xanuun marka aad neefsanayso ama qunfacayso
- Daal sabab la'aan ama tabar daro
- Miisaankaaga oo is dhimo sabab la'aan ama cuntada oo aadan hami u lahayn

Xaaladaha badankooda kansar ma aha, laakiin dadka calaamahadan isku arka waa inay takhtarkooda arkaan. Calaamadahan waxaa laga yaaba in asbaabo kale ay yihiin, laakiin waxaa wanaagsan inaad takhtarkaaga (GP) balan la sameeysato si loo xaqiijiyo.

Haddii aad leedahay su'aalo ku saabsan caafimaadkaaga waxaad la xariiri kartaa NHS Direct telefoon 0845 4647

Sources: Cansar Research UK and Roy Castle Lung Cansar Foundation

Manchester Public Health Development Service

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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

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