

## Baarista PSA (antijenka u gaar ah qanjirka ragga ee 'prostate' la yiraahdo) ee loogu talagalay kansarka qanjirka 'prostate'

*Xaashi warbixineed oo loogu talagalay ragga ku talajira baarista PSA*

### Waa maxay ujeeddada buugyarahan?

Kansarka qanjirka 'prostate' waa xaalad cudur oo daran. Baarista PSA, oo hore u tilmaami karta kansarka qanjirka 'prostate', waa kuu diyaar haddii aad rabto in lagu baaro. Hase yeeshee, waxay khuburiintu isku diiddan yihiin waxtarka ay baarista PSA leedahay. Markaa taas awgeed ayaa loo wadaa cilmibaaris farabadan waxayna weliba taasi sabab u tahay la'aanta barnaamij qaran oo lagu baaro kansarka qanjirka 'prostate' Ingiriiska (UK) gudihiisa. Ujeeddada xaashidan warbixineed waa in warbixin dheellitiran lagaa siiyo baarista PSA iyo waxyaabaha aad rabto in aad ka fikirto. Waxaannu rajaynaynaa in ay kaa caawin doonto in aad go'aan ka gaarto haddii ay habboon tahay in aad baarista marto, laakiin ma jirto jawaab fudud oo sax ah ama qalad ah. Waxaannu kugula talinaynaa in aad warbixintan kala hadasho takhtarkaaga ama kalkaaliye xafiis takhtar oo tababbaran lana hadal lammaanahaaga.

### Waa maxay qanjirka 'prostate'?

Qanjirka 'prostate' waa qanjir galmeed oo ku yaalla kaadi-haynta ragga hoosteed. Waxuu keenaa dareere dhacis oo gargaar ka bixiya soo saarista shahwo caafimaad leh. Qanjirka 'prostate' waxuu ku hareersan yahay tuubada (la yiraahdo 'urethra') ee kaadi-haynta ka qaada kaadida oo sii marta guska si ay u baxdo. Taas awgeed, dhibaatooyinka qanjirka 'prostate' saameeya waxay mararka qaar saamayn karaan kaadidaada waxaana suurogal ah in ay beddelaan galmadaada.

### Maxaannu ka ognahay kansarka qanjirka 'prostate'?

Kansarka qanjirka 'prostate' waa kansarka ugu badan ragga Ingiriiska waana sababta labaad ee keenta in ay iyagu kansarka u dhintaan. Sanad kaste Ingiriiska gudihiisa qiyaas ahaan 35,000 oo rag ah ayaa laga helaa kansarka qanjirka 'prostate' waxaana cudurka u dhinta 10,000. Kansarka qanjirka 'prostate' sidaas uguma sii badna ragga da'doodu ka hoosayso 50 jir, dadka cudurka laga helana waxay da'doodu meelhexaad tahay 70 ilaa 74 jir. Waxay halistu u korodhsan tahay ragga iyaga qoyskoodu taariikh u leeyahay kansarka qanjirka 'prostate' iyo ragga madow Afrikaan ah iyo kuwa madow Kaarabiyan ah. Kansarka qanjirka 'prostate' waxuu weliba ku sii badan yahay waddamada galbeed, taasoo tilmaamaysa in uu ku xiran yahay arrimaha la xiriira habnoleedka, sida cunto qaadashada.

Kansarka qanjirka 'prostate' waxuu u kordhi karaa aayar ama si aad u dhakhso badan. Kansarrada aayar u kordha waa caadi waxaana dhici kartaa in aanay keenin calaamado ama soo afjarin nolosha.

- Kansarka qanjirka 'prostate' waa sababta labaad ee keenta in ragga Ingiriisku ay kansarka u dhintaan
- Sanad kaste Ingiriiska gudihiisa qiyaas ahaan 35,000 oo rag ah ayaa laga helaa kansarka qanjirka 'prostate' waxaana cudurka u dhinta 10,000.
- Kansarka qanjirka 'prostate' sidaas uguma sii badna ragga da'doodu ka hoosayso 50 jir.

### Waa maxay baarista PSA?

Baarista PSA waa baaris dhiig oo lagu cabbiro caddadka PSA (antijenka u gaar ah qanjirka 'prostate') ee dhiiggaaga. PSA waxaa soo saara qanjirka 'prostate', qaarkiina waxuu ku daataa dhiiggaaga taasoo ku xiran da'daada iyo caafimaadka qanjirkaaga 'prostate'.

Caddadka korodhsan ee PSA waxuu tilmaami karaa in aad qabto kansarka qanjirka 'prostate'. Hase yeeshee, waxaa dhiigga caddadka PSA weliba ku kordhin kara cudurro kale oo aanan kansar ahayn (matalan, bararka qanjirka 'prostate', oo loo yaqaanno 'prostatitis', jeermis gala kaadida). Ragga qaba caddad korodhsan ee PSA qiyaas ahaan 3diiba 2 lagama helo kansarka qanjirka 'prostate'. Hadba sida uu korodhsan yahay caddadka PSA, ayay u sii suurogal tahay in uu tilmaamayo kansarka. Baarista PSA waxaa weliba dhici karta in aanan lagu arkin kansarka jira.

- Baarista PSA waxaa loogu baahan yahay in qofka dhiig laga qaado.
- Haddii caddadka PSA ee dhiiggaagu u korodhsan yahay, waxay tilmaami kartaa in aad qabto kansarka qanjirka 'prostate'.
- Ragga qaba caddad korodhsan ee PSA qiyaas ahaan 3diiba 2 lagama helo kansarka qanjirka 'prostate'.
- Baarista PSA waxaa dhici karta in aanan lagu arkin kansarka jira.
- Baaris keliya la iskuma hallayn karo baarista marar kale ayaa warbixin muhiim ah laga heli karaa.

Marka lagaa qaadayo baarista PSA waa in aadan:

- lahayn jeermis nool oo kaadida ku jira;
- shahwo sii daynin 48kii saacadood ee ugu dambeeyey;
- jimicsi xooggan samaynin 48kii saacadood ee ugu dambeeyey;
- soo marin jarista qayb yar ee qanjirka 'prostate' 6dii toddobaad ee ugu dambeeyey; ama
- soo marin baaritaanka DRE (baaritaanka malawadka ee farta loo adeegsado) toddobaadkii ugu dambeeyey.

Kuwaas mid kastoo ka mid ahi waxuu keeni karaa natiijo ah PSA si aan caadi ahayn u korodhsan.

### Maxaa dhacaya ka dib baarista PSA?

Waxaa caadi ahaan jira saddex fursadood oo ugu muhiimsan oo diyaar ah baarista PSA ka dib:

- **Haddii caddadkaaga PSA uusan korodhsanayn,** waxaa la filanayaa in aadan kansar qabin loomana baahna in tallaabo kale la qaado, inkastoo lagaa qaadi karo baaritaanno dheeraad ah si natiijada loo xaqiijiyo.
- **Haddii caddadkaaga PSA xoogaa korodhsan yahay,** waxay u badan tahay in aadan kansar qabin, laakiin waxaad u baahan kartaa baaritaanno dheeraad ah, oo ay ku jirto baarista PSA.
- **Haddii caddadkaaga PSA si cad u korodhsan yahay,** Takhtarkaaga Guud (GP) ayaa kuu diyaarin doona in aad u tagto takhtar takhasus leh si uu kaaga qaado baaritaanno dheeraad ah oo uu ku ogaanayo haddii aad qabto kansarka qanjirka 'prostate'.

Takhtarkaaga ayaa kaa qaadi doona baaritaanka malawadka ee farta loo adeegsado (baaritaanka futada [dabada] isagoo isticmaalaya far gacan-gashi ku jirta) si uu u taabto qanjirka 'prostate'. Waxuu weliba tixgelin doonaa taariikhda qoysku u leeyahay kansarka qanjirka 'prostate', asalkaaga jinsiyadeed iyo natiijoyinkii hore ee baarista PSA kuwaasna wuu kaala hadli doonaa. Mararka qaar, baarista kale ee PSA ayaa gargaar ka bixin karta caddaynta xaaladda ama fiirinta wixii isbeddello ah.

### Haddii caddadka PSA korodhsan yahay, waa maxay baaritaannada kale ee la qaban doono?

Haddii caddadkaaga PSA korodhsan yahay, waxaa loo baahan karaa in qayb yar laga jaro qanjirka 'prostate' si loo eego haddii aad qabto kansarka qanjirka 'prostate'. Waxay taasi ka dhigan tahay qayb ka qaadidda qanjirka 'prostate' iyadoo dabada loo maro. Rag badan waxay taasi ku tahay dhacdo ay ka qajilaan oo raaxo daran qaarkoodna waxay ku tilmaamaan mid xanuun leh, inkastoo lagugu caawin karo suuxin kooban. Mararka qaar jarista qaybtu waxay keeni kartaa dhibaatooyin (sida dhiig lagu arko shahwada ama kaadida) ama jeermis. Ragga lagu sameeyo jarista qaybta qanjirka 'prostate' qiyaas ahaan 3diiba 2 lagama helo kansarka qanjirka 'prostate'. Hase yeeshee, jarista qaybta waxaa dhici karta in aanan lagu arkin kansarrada jira qaarkood waxaana suurogal ah in aadan hubaal u ogaan in aadan kansarka qabin ka dib marka aad natiijo saafi ah hesho.

- Caddadka PSA ee korodhsan ee dhiiggaagu waxuu tilmaami karaa kansar, laakiin waxaad weli u baahan kartaa jarista qaybta qanjirka 'prostate' si aad u ogaato haddii aad kansar qabto.
- Ragga lagu sameeyo jarista qaybta qiyaas ahaan 3diiba 2 lagama helo kansarka qanjirka 'prostate'.

### Haddii kansarka hore ee qanjirka 'prostate' la helo, waa maxay fursadaha ii diyaar ah?

Fursadaha ugu muhiimsan ee kaaga diyaar ah waxaqabashada kansarka hore ee qanjirka 'prostate' waxay ku xusan yihiin halkan hoose. Waa in aad takhtarkaaga takhasus leh kala hadasho faa'iidooyinka iyo halista fursad kaste ka hor inta aadan ku dhaqaaqin. Waa in aad ogaato in dhibaatooyinka soo raaca daawaynta qotodheer ay ka mid yihiin isbeddel ku yimaadda galmada iyo madhalaysnimo.

- **Qalliinka** waxaa ka mid ah hawl lagu saaro qanjirka 'prostate'. Waxay ujeeddadu tahay in lagu wada daaweeyo kansarka, laakiin waxaa jira dhibaatooyinka soo raaci kara. Ragga 20kiiba ilaa 3 ayay haleeli karaan dhibaatooyin la xiriira kaadi-haynta 10koodana ilaa 8 waxaa ku adkaan karta in ay kacsadaan ama kacsanaadaan qalliinka ka dib. Ragga qaarkood waxay dareemi karaan biyobax laakiin shahwo ma sii dayn karaan, taasoo ka dhigan in dhalaysnimada waxyeello gaari doonto
- **Daawaynta shucaaca ku salaysan (radiotherapy)** waxay tahay daawayn shucaac loo adeegsado oo lagu sameeyo qanjirka 'prostate' taasoo lagu sameeyo kiliniig bukaansocodka loogu talagalay (**nal dibadeed**) ama tallaallo shucaaceed oo qofka lagu sameeyo

(**daawaynta dhow**). Waxay ujeeddadu tahay in kansarka la wada daaweeyo, laakiin waxaa jira dhibaatooyin soo raaci kara. Daawaynta shucaaca nal dibadeed ka dib, dadka la daaweeyo nuskood waxaa ku adkaan karta in ay kacsadaan ama kacsanaadaan, waxaana dhici karta in aanay shahwo sii daynin. Ragga 10kiiba ilaa 3 waxaa qaban kara shuban ama dhibaatooyin mindhicirka la xiriira, 25koodna ilaa 1 waxaa qaban kara dhibaatooyin la xiriira kaadi-haynta. Daawaynta dhow ka dib, waxaa kugu adkaan karta in aad kacsato ama kacsanaato, waxaana dhici karta in aadan shahwo sii daynin. Ragga 15kiiba ilaa 1 waxaa qaban kara dhibaatooyin la xiriira kaadi-haynta.

- **Ilaalinta firfircoon, dabagalka firfircoon ama sugista fiirin leh** waxaa ka mid ah baaris joogto ah oo lagu eego in kansarku uusan kordhayn. Ilaalinta firfircoon iyo dabagalka firfircoon, waxaa laguugu soo bandhigi doonaa daawayn, iyadoo ujeeddadu ay tahay in cudurka la wada daaweeyo, haddii uu kansarku kordho. Sugista fiirin leh, waxaa daawaynta loogu soo bandhigi doonaa si loo yareeyo korodhka kansarka. Faa'iidada ay nidaamyadaasi leeyihiin waxa weeyaan iyadoo qofka ka fogeeya dhibaatooyinka soo raaca daawaynta shucaaca ku salaysan iyo qalliinka. Halista ay leeyihiin waxa weeyaan kansarka oo kordhi kara oo gaari kara heer sii daran waxaana loo baahan karaa in lagu celiyo baarista PSA iyo jarista qaybta. Waxaa kugu adkaan karta in aad u adkaysato shakiga taas ku jira.
- **Noocyada kale ee daawaynta ee waxtar leh** waxaa ka mid ah daawaynta hormooneed, daawaynta kiimikeed, daawaynta ku salaysan dhawaaqa dheer ee si xooggan meel ugu toosan iyo heerkulka hooseeya kuwaasoo dhammaantood leh dhibaatooyin soo raaca. Waxaa dhici karta in noocyadaas daawaynta lagu heli karo uun tijaabo daawayn.

### Ma waxaa habboon in aan iska qaado baarista PSA?

#### Faa'iidooyinka baarista PSA

- Niyadda ayaa kuugu degi karta haddii natiijada baaristu ay caadi tahay.
- Waxay kuu tilmaami kartaa in aad kansarka qabto ka hor inta aanay calaamado soo bixin.
- Waxaa lagu soo heli karaa kansarka marxalad hore markaasoo daawayntu ay waxtar yeelan karto.
- Haddii daawaynta guul laga gaaro, waxaa laga fogaanayaa natiijoyinka sida ugu suurogal badan u xun ee kansarka sii daran, iyo weliba dhimashada.
- Xataa haddii kansarku sii daran yahay oo daawaynta aanan guul sidaas u sii badan laga gaarin, haddana waxay caadi ahaan sii dheerayn doontaa nololsha.

#### Xuduudda ay leedahay baarista PSA

- Waxaa dhici karta in aanan lagu arkin kansarka jira iyo in ay si qalad ah dadka niyadda ugu dejiso.
- Waxay keeni kartaa walwal aanan loo baahnayn iyo baaritaanno caafimaadeed marka uusan kansar jirin..
- Ma kala saari karto kansarka aayar u kordhaya iyo ka dhakhso u kordhaya.
- Waxaa kaaga iman kara walwal marka lagu soo helo kansarro aayar u kordhaya oo laga yaabo in aanay weligood keenin calaamado ama soo afjarin nololshaada.
- 48 rag ah ayaa lagu samayn doonaa daawaynta si loo badbaadiyo naf keliya.

Bogga internetka ee soo socda ayaa kaa caawin kara in aad ka go'aan gaarto haddii baarista PSA ay adiga kuu habboon tahay: PROSDEx halkan <http://www.prosdex.com>

### Warbixin dheeraad ah

Haddii aad qabto su'aalo ama aad rabto in aad hesho warbixin dheeraad ah oo ku saabsan baarista PSA iyo kansarka qanjirka 'prostate' waxaad kala hadli kartaa takhtarkaaga ama kalkaaliyaha xafiiska takhtarka, ama fiiri mid ka mid ah ilaha warbixinta ee soo socda.

Ururka	Cinwaanka bogga internetka	Lambarka telefoonka
PCRMP	<a href="http://www.cancerscreening.nhs.uk/prostate/">http://www.cancerscreening.nhs.uk/prostate/</a>	
NHS Direct (NHS Toos)	<a href="http://www.nhsdirect.nhs.uk/">http://www.nhsdirect.nhs.uk/</a>	0845 4647
NHS Choices (Xulashooyinka NHS)	<a href="http://www.nhs.uk">http://www.nhs.uk</a>	
Health Talk Online (Wadahadalka Internetka ee Caafimaadka)	<a href="http://healthtalkonline.org/">http://healthtalkonline.org/</a>	
Prostate Link UK (Khadka 'Prostate' ee Ingiriiska)	<a href="http://www.prostate-link.org.uk/">http://www.prostate-link.org.uk/</a>	
Cancer Research UK (Baarista Kansarka ee Ingiriiska)	<a href="http://www.cancerresearchuk.org/">http://www.cancerresearchuk.org/</a>	0808 800 4040
Cancerbackup	<a href="http://www.cancerbackup.org.uk/Home">http://www.cancerbackup.org.uk/Home</a>	0808 800 1234
The Prostate Cancer Charity (Hay'adda samafalka ee Kansarka 'Prostate')	<a href="http://www.prostate-cancer.org.uk/">http://www.prostate-cancer.org.uk/</a>	0800 074 8383
Prostate UK (Qanjirka 'prostate' ee Ingiriiska)	<a href="http://www.prostateuk.org">http://www.prostateuk.org</a>	020 8877 5840
Prostate Cancer Support Federation (Isutagga Taageerada Kansarka 'Prostate')	<a href="http://www.prostatecancerfederation.org.uk">http://www.prostatecancerfederation.org.uk</a>	0845 601 0766

Xaashidan warbixinta ee bukaanleyda loogu talagalay waxaa cusboonaysiiyey Dr Deborah Burford iyo Dr Joan Austoker oo ka socda Ururka Cilmi-baarista Tacliimeed ee Daryeelka Aasaasiga ah ee hay'adda Baarista Kansarka ee Ingiriiska (Cancer Research UK Primary Care Education Research Group), Jaamacadda Oxford (University of Oxford), iyo Barafasoor Michael Kirby, Barafasoorka Booqdaha ah (Visiting Professor) ee Kulliyadda Caafimaadka iyo Cilmi-ga Insaaniyeed (Faculty of Health and Human Sciences), Jaamacadda Hertfordshire (University of Hertfordshire). Warbixinta ku jirta xaashidan waxay ku salaysan tahay qoraallo laga soo qaatay buugyaraha la yiraahdo Prostate Cancer Risk Management Programme information for primary care; PSA testing in asymptomatic men (NHS Cancer Screening Programmes, 2009) (Warbixinta ku saabsan Barnaamijka Maamulka Halista Kansarka Qanjirka 'prostate' ee loogu talagalay daryeelka aasaasiga ah; baarista PSA ee ragga aanan calaamado lahayn (Barnaamijyada Baarista Kansarka ee NHS, 2009)).