

U sheegista caruurtaada inaad kansar qabto

Telling your child you have

cancer



*Waxaan hayaa
wax muhiim ah
oo aan kuu
sheego...*



FRUITFLY
COLLECTIVE



Illustrations by Emma Swinhoe.

Waxaan ka cabsi qabaa inaad kansar qabtid



Dhaktarkaagiibaa kuu sheegay inaad kansar qabto...

Your doctor has told you that you have cancer...

... dabadeedna waxay u muuqatay in adduunkaagiba kala daatay

... and it feels as if your world has fallen

A
P
A
R
T.....



Balse waxaad tahay waalid waa inaad go'aan gaartaa. Caruurtaad maad u sheegi?



But you are a parent and you have to make a decision.

Do you tell your children?

Waxa laga yaabaa inaad go'aansato in u sheegisto ay warwar gelin doonto.



Ma doonayo inaan walwal geliyo iyaga...

You may decide that telling them will make them worry.

Dabadeed waxa laga yaabaa inaanad waxa uga sheegin uga sheegin kansarkaaga.



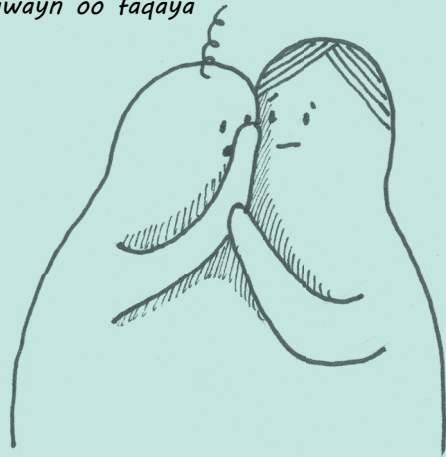
So you may choose not to say anything to them about your cancer.

Balse waxa laga yaabaa in ilmahaagu dareemo waxyaalo kala duwan oo guriga ka dhacaya. Sida dad waawayn oo qolaal xiran kuwada hadlaya.



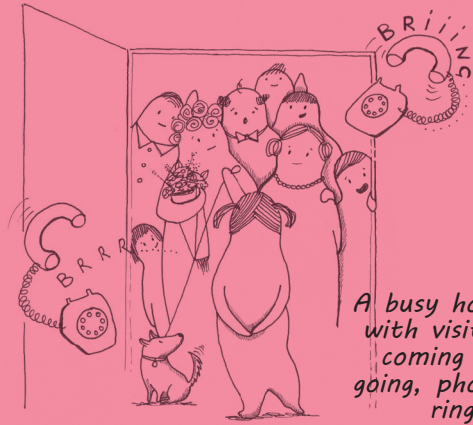
Adults talking behind closed doors

Dad waawayn oo faqaya



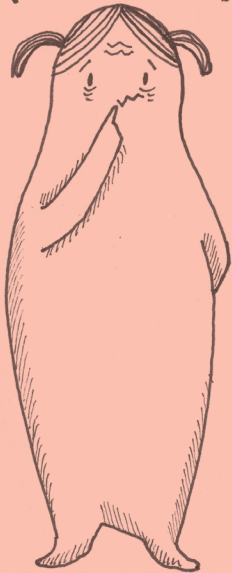
Adults talking in whispers.

Guri mashquula oo booqasho imanayso kana baxayso, teleefanno dhacaya.



A busy house with visitors coming and going, phones ringing.

H m m m m



In kasta ilmahaagu ha le'ekaadee waxay dareemi doonaan in wax qaldan yihiin.

No matter how old your child is they will pick up that something is wrong.



Tani waxa laga yaabaa inay ilmahaaga wareeriso ama warwar geliso...

This may lead to your child feeling confused and worried or...



... cadho geliso oo baqdin geliso...



...angry and frightened

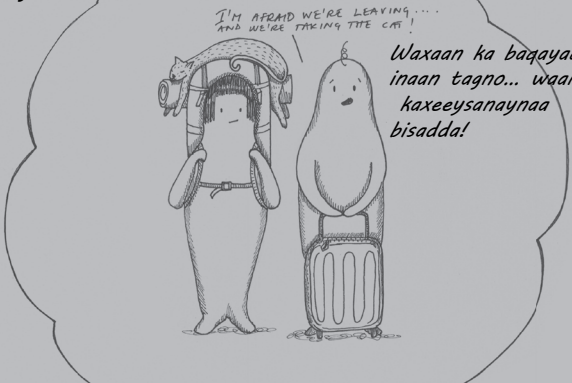


... Ama gaar u saarto oo cidlayso.



...or left out and alone.

Waxa laga yaabaa inay sawirtaan waxyaalo aad uga sii xun oo...



Waxaan ka baqayaa inaan tagno... waanan kaxeeyanaynaa bisadda!

They may start to imagine much worse things and...

...ay kaba fekeraan in iyaga qaladka loo haysto.



Adiga!

Adiga!

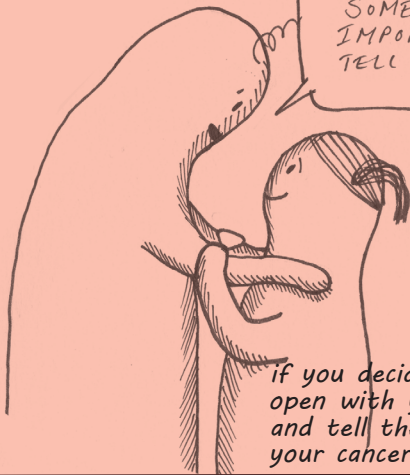
think that they are to blame.

Adiga!

Hadii aad go'aansato in aad u furfurnaato ilmahaaga oo aad u sheegto kansarka lagaa helay

Waxaan hayaa wax muhiim ah oo aan kuu sheego...

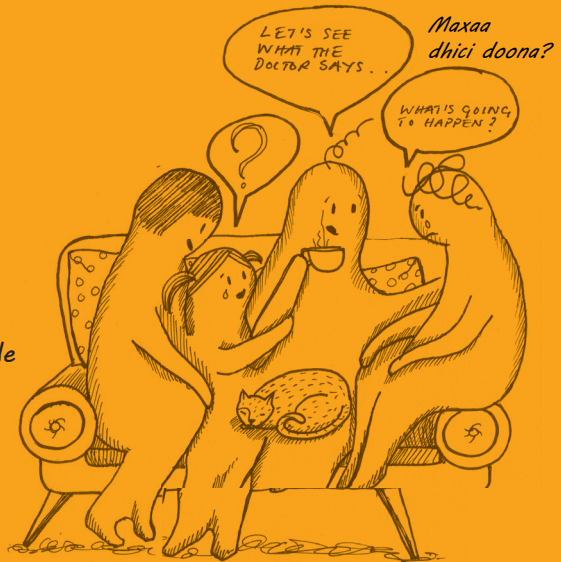
I HAVE SOMETHING IMPORTANT TO TELL YOU.....



if you decided to be open with your child and tell them about your cancer diagnosis

Ma jiri doonto sabab aad u qarsato walwalka iyo walaacaaga ama aad sheekooyinka sir uga dhigtaa.

Aan aragno waxa dhakhtarku dhahayo



There would then be no reason to hide your stress and worries, or hold conversations in secret.



Ilmahaagu wuxu dareemayaa inuu idinka mid yahay, la taageerayo oo la jecelyahay, ismana canaan doonaan. Waad is taageeri kartaan.

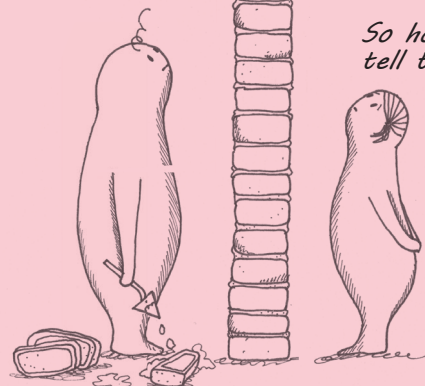
Your child will feel included, supported and loved and more importantly won't blame themselves.

Inaad ilmahaaga ka ilaaliso waxyeelo waa mid dabiici ah balse ka tegistooda ayaa ka waxyeelo badan karta.

Haddaba sideebaad ugu sheegi?

Protecting your child against any harm is natural but it can be more harmful to leave them out.

So how to tell them?



Dooro meel deggan iyo waqti maalinta ka mid ah oo bilaa buuq ah



Choose a calm space and a quiet time of day

Hadii aad leedahay wax ka badan hal ilmo, isku day inaad u sheegto iyagoo wada jooga.



If you have more than one child try to tell them together.

Ka dalbo qof inuu kula joogo si uu kuu taageero.



AUNTIE
Eedo/Habaryar



CLOSE FRIEND
Saaxiibo isku dhow



MOTHER
Hooyada



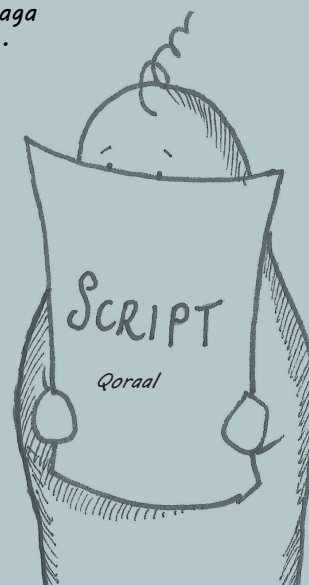
GRANDAD
Awoowe



SCHOOL TEACHER
Macallinka Iskuulka

Ask someone to be with you for support.

Sii qayb waxaad odhan lahayd, iyo jawaabaha laga yaabo inaad kaga jawaabto su'aalaha.



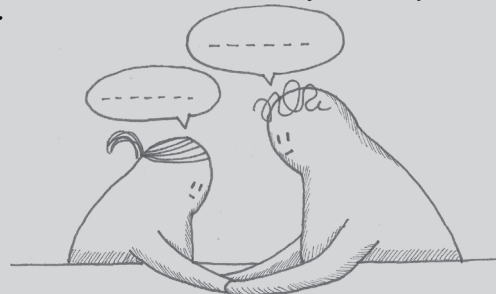
Rehearse what you might say and the answers you might give to their questions.

Ku biloow jumlado fudfudud.



Start with simple and short sentences.

Daacad ahaw oo isticmaal kelmadda 'kansar'. Sii ilmahaaga waqti uu macluumaadku ku dego - inaad aamustaa waa caadi. Waydii bal in wax walaac ah qabaan. Ka jawaab su'aalaha. Waa caadi hadii aad garan waydo dhammaan jawaabaha.



Give your children time to take information in. Be honest. Silences are O.K. Ask if they have any worries. It is O.K to say you don't have the answers to their questions.

Ka jawaab su'aalhooda. Waa caadi hadii aad garan waydo dhammaan jawaabaha. Waa caadi inaad muujiso dareemo. Ha u qaadanin inay qabaan isla cabsida aad qabto oo kale. Ha samaynin ballan qaadyo aanad oofin karayn ama ha saadaalin mustaqbalka. U sheeg inaad jeceshahay oo markastana la daryeeli doono.



It's OK to show emotions. Don't assume they have the same fears as you and don't make promises you can't keep. Try not to predict the future. Tell them you love them, and that they will always be looked after.

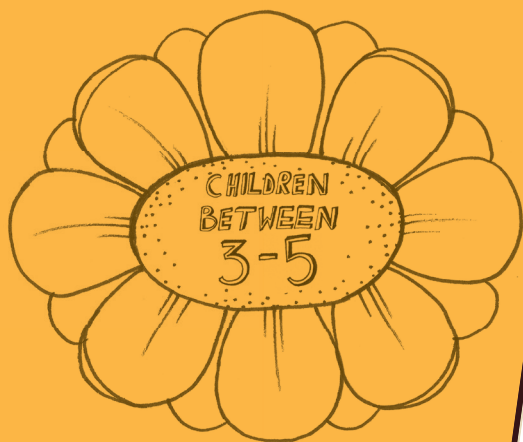
EVERY CHILD IS DIFFERENT

Qoys kastaaba waa qaab gooni ah. Sidaad ugu sheegi lahayd kansarka lagaa helay waxay ku xirnaan doontaa da'dooda iyo qaabka qoysku u wada xiriiro.

Every family is different. How you tell them about your cancer diagnosis will be dependent on their age and how your family communicate.

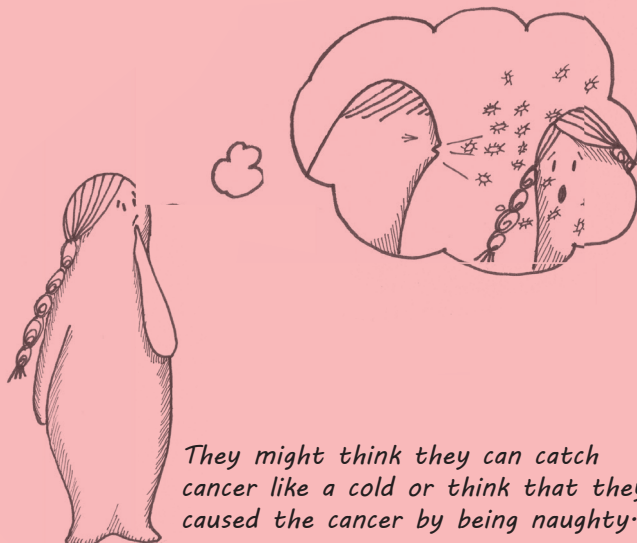
Caruurta da'doodu u dhaxayso 3 - 5 sano lahoow fahan fudud oo xanuunada ah.

Carruurta u dhexeysa 3-5



Have a very basic understanding of sickness.

Badanaa waxay u qaataan inay kansarka sida durayga u qaadi karaan iyo in akhlaaq xumadoodu kugu sababtay kansarka.

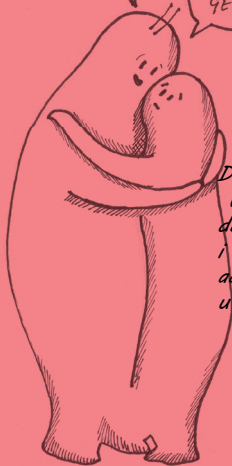


They might think they can catch cancer like a cold or think that they caused the cancer by being naughty.

Khaladkaaga ma aha ee waa cudur

IT'S NOT YOUR FAULT, IT'S AN ILLNESS

THE DOCTORS ARE TRYING TO HELP ME GET WELL...



U sheeg in kansarku cudur yhay, oo dhakhaatiirtu daawayntaada la tacaalayaan, iyo inaan waxay sameeyeen ama dhaheen aanu kuu keenin kansarka.

Dhakhaatiirtu waxay isku dayayaan inay i caawiyaan si aan caafimaad u helo

Tell them that cancer is a sickness, that the doctors are trying to make you better and that nothing you did or said made them get cancer.

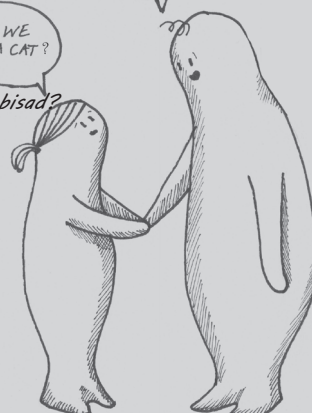
Waxa laga yaabaa inaanay ku waydiin wax us'aalo ah. Waxa laga yaabaa inay u falceliyaan sidii oo aanay waxba dhicin, doonaana inay baxaan oo iska ciyaaraan.

Waxaan qabaa kansar

I HAVE CANCER

CAN WE GET A CAT?

Ma heli karnaa bisad?

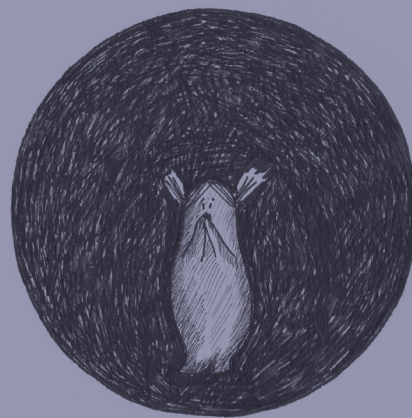


They most likely won't ask any questions. They probably will react like nothing has happened and want to go and play.

Waxa laga yaabaa inay u dhaqmaan si caruurnimo ah sida inay isku kaajaan ama nuugaan suulkooda ama ay...

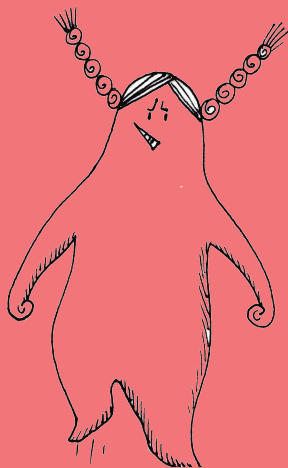


They may start to behave younger, like wetting the bed or sucking their thumb or



... Ka baqaan mugdiga
... being afraid of the dark

Waxa laga yaabaa inay mararka qaar u dhaqmaan si cadho leh oo bilaabaan inay wax halgaadaan ama qaniinaan.



They may also start behaving angrily and start hitting and biting.

Ku taageer ilmahaaga inaad:

Support your child by:

Dhegaysto ciyaartooda
Listening to their play

U soo jeedo dareenkooda
Being alert to their feelings

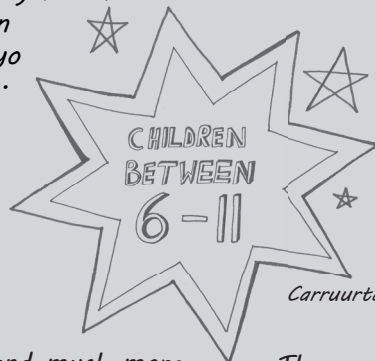
Hawlqabadyada ku dhegenaato
Sticking to routines

Ka jawaabto su'aalhooda

Answer their questions



Caruurta da'doodu u dhaxayso 6-11 sano wax badan ayay kansarka ka fahmi karaan balse waxa iska dhima ayay badanaa ku buuxsadaan aqoontooda iyo fikradadhooda.



Waxa laga yaabaa inay wali rumaysnaan karaan inay kansarka qaadi karaan ama sababeen.

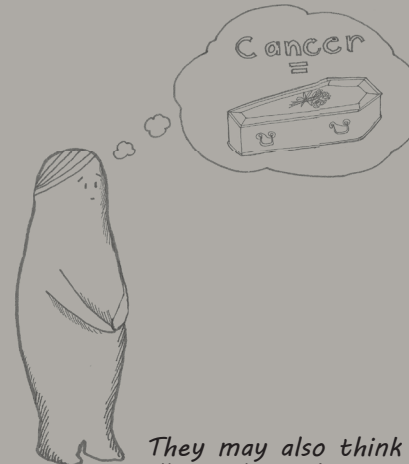
Caruurta u dhexeysa 6-11

Can understand much more about cancer but they often fill gaps in their knowledge with their own ideas.

They can still believe that they can catch cancer, or that they caused it.

Waxa sidoo kale laga yaabaa in u maleeyaan in dhammaan dadka kansarka qaba dhintaan.

Kansar =



They may also think that all people with cancer die.

Waxa laga yaabaa in ilmahaagu dareemo murugo, cadho, walaac, ama si fudud looga yaxyaxsiin karo. Waxa laga yaabaa inaanay dugsiga u soo jeedsan Karin ama...



Your child may feel sad, angry, anxious, guilty or be easily embarrassed. They may not be able to pay attention at school, or ...

... Ay isku daayaan inay si xad dhaaf ah u fiicnaadaan.



they may try to be extra good.

Waxa laga yaabaa inay ka warwaraan in lagaa kaxeeyo, oo ay dabadeed ka baqaan waxyaalo iyo xaalado cusub.



They may worry about being separated from you, and be afraid of new things and situations.

Ku taageer ilmahaaga inaad: Support your children by:

U sheegto isbedelkasta oo muuqaalkaaga ku yimi ama cidda daryeeli doonto

Preparing them for changes to your appearance. Tell them of changes about who is looking after them.

La hadasho macalimiintooda

Talking to their teachers

Hawlqabadyada joogtayso

Keeping to a routine



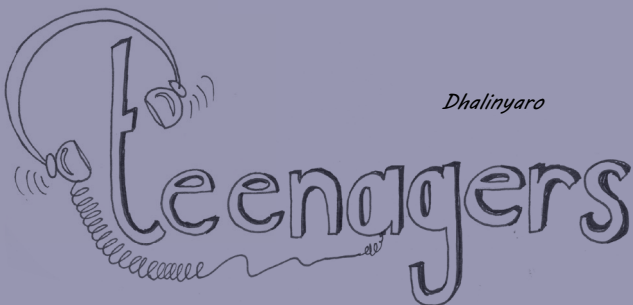
Ka qayb geliso shaqooyinka ka socda guriga

Include them in jobs round the house

Ku adkayso in qof kasta oo kansar qabaa aanu dhiman

Assure them that not everyone with cancer dies

Caruurta waawayn waxaa lagaa yaabaa inay isla cabsida kuwa yaryar oo kale qabaan. Waxay dareemi doonaan dareemo kala duwan waxaana laga yaabaa inay u baahdaan waqti goob u gaar ah. Saaxibadoodu waxan noqon doonaa il taageereed muhiim ah.



Older children may have similar fears to younger children. They will feel a range of emotions and may need time and space to themselves. Their friends will be an important source of support.

Waxa laga yaabaa inay u dhaqmaan sidii oo aanay rumaysan, taasoo laga yaabo inaad ka xumaato, balse iyaga u noqon kartaa hab ay ula qabsan karaan oo fiican. Da'yarta waxa laga yaabaa inay u halgamaan inay helaan madax banaani dheeraad ah, balse haddana ay danbi ka dareemaan isla taas.



They may behave as if they are in denial, which may be upsetting to you, but can be a good coping mechanism for them. Teenagers may struggle with wanting more independence, but feel guilty about doing so.

Ku taageer caruurta waawayn inaad:
Support older children by:

Siiso fraaqa
Giving them space

U soo jeediso bal inay kuugu raaci karaan ballan dhaqtareedkaaga xiga
Offer a trip to the hospital with you

Ku taageerto inay la kulmaan saaxiibadooda
Encouraging them to see their friends

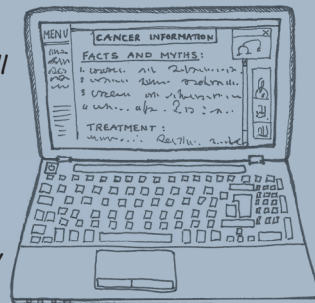
U diyaar ahaato su'aaladooda iyo walaacyadooda
Being there for their questions and worries

Ilaaliso shuruucda guriga
Keeping house rules

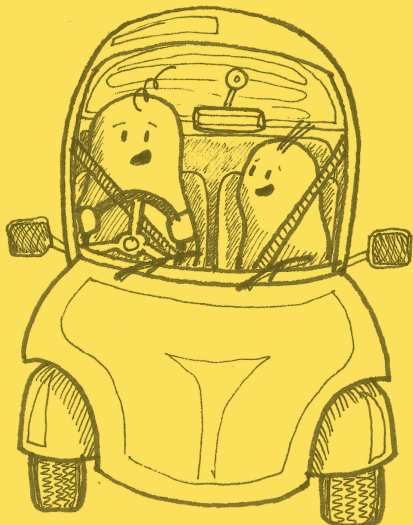


Caruurta waawayn waxay macluumaad ka heli karaan khadka Xasuusi in macluumaad kasta oo ay akhriyaan aanu wada run noqon Karin.
U soo jeedi dhowr websayt oo la isku hallayn karo

... Older children will get information from online sources. remind them that not all information they read will be true. Suggest a few reliable websites.



Tijaabi qaabab kala duwan oo aad ula hadli karto, sidii adoo gaariga kula dhex hadlaya ama...



Try different ways to communicate, like talking in the car or...

...farriin ugaga tegaya guriga dhexdiisa, ama qoraal u diraya ama isticmaalaya nootbaadhka qoyska ee qof kasta wax ku qori karo.



Maalinta hakuugu wacnaato Iskuulku. Aan wada hadalno caawa. Balantaydu waa 2:30, ma jeclaan lahayd inaad timaado?

... leaving messages around the house, or texts or using a family notepad that everyone can write on.

Waan ku jeclahay



Caruurta waa ku wacan yihiin la qabsashada hadii la taageero oo ay dareemaan inaad daacad u tahay. Taageero ayaa u diyaara adiga iyo qoyskaaga. Waan ognahay inay adag tahay balse waxay nala tahay inay roon tahay inaad usheegto caruurtaada kansarkaaga.



Children are good at coping if supported and feel that you are being honest with them. There is support out there for both you and your family. We know it's hard but we think it will be really helpful to tell your children about your cancer.



Haddaad dareento inaad talo deeraad ah ubaahan tahay, la hadal kalkaalisadaada. Way ku caawin doonaan.

If you feel you need more advice, do talk to your nurse.

Taageero iyo Hanti Dheeraad ah

Further Support and Resources

Websaytyo

- **Daraasadda Kansarka Boqortooyada Ingiriiska: www.cancerhelp.org.uk**
- **Macmillan Cancer Support www.macmillan.org.uk**
- **Riprap for teenagers: www.riprap.org.uk**
- **Fruit Fly Collective: www.fruitflycollective.com/parents**
- **Winston's Wish: www.winstonswish.org.uk**

Websites

- **Cancer Research UK: www.cancerhelp.org.uk**
- **Macmillan Cancer Support www.macmillan.org.uk**
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- **Fruit Fly Collective: www.fruitflycollective.com/parents**
- **Winston's Wish: www.winstonswish.org.uk**

Sharxista Kelmadaha Adag

Difficult Words

Suuxin

Daawo qofka bennada oo seexisa si aanay u dareemin wax xanuun ah markay qalliin gelayaan.

Anaesthetic

A medicine that makes someone go to sleep so they don't feel any pain when they have an operation.

Buro

Aan kansar ahayn Kuus ama soo bax jidhka ku yaal oo aan khatar ahayn

Benign

Not cancer. A bump or lump on the body that isn't dangerous.

Baayoobsi

Marka dhakhtarku eego unugyada jidhka si uu ogaado bal inay kansar leeyihiin iyo in kale.

Biopsy

When the doctor looks at cells in the body to see if they're cancer or not.

Dhiig eegis

Baadhis lagu eegayo sida dhiigu yahay.

Blood count

A test that checks how healthy the blood is.

Kansar

Kansarku waa marka unugyo dhaqan xumoonaya ay ka joojiyaan unugyada caafimaad qaba shaqadooda. Unugyada dhaqan xumoonaya waxay noqon karaan buro amase waxay mushkilad ku keeni karaan dhiiga. Sidoo kale waxay ku fidi karaan jidhka. Waxa jira in ka badan 200 nooc oo kansar ah.

Cancer

Cancer is when misbehaving cells stop healthy cells from doing their job. The misbehaving cells can grow into a lump or can cause problems in the blood. They can spread around the body too. There are over 200 different types of cancers.

Unugyo

Jidhku waxa uu ka samaysan yahay balaayiin shay oo yaryar oo loo yaqaan unugyo, mid kastaa shaqo ayuu qabtaa si uu jidhkaaga uga dhigo mid shaqaynaya oo caafimaad qaba.

Cells

The body is made up of billions of tiny things called cells, and each has a job to make your body work and stay healthy.

Daawayn Kiimikaad

Daawo awood badan oo burburisa unugyada kansarka

Chemotherapy

Strong medicine that destroys cancer cells.

Sawirka PET | Sawirka CT | Sawirka MRI

Tijaabooyin kala duwan oo sameeya sawiro si ay dhakhtarka u tusaan waxa ka dhex dhacaya jidhka qof gudihis.

PET scan | CT scan | MRI scan

Different tests that makes pictures for doctors to be able to see what's happening inside someone's body.

Baadhitaano

Marka dhakhtarku ogaado waxa qofka xanuunka ku hayo

Diagnosis

When the doctor works out what is making someone sick.

Habdhiska difaaca

Qayb jidhka ka mid ah oo qofka ka dhigta mid caafimaad qaba iyadoo meesha ka saaraysa jeermiska ku jira jidhka gudhihiisa. Waxay la dagaashaa xanuunka hadii qofku bukoodo.

Immune system

The part of the body that helps someone stay well by getting rid of germs inside the body. It fights illness if somebody does get sick.

Intravenous (IV)

Gelinta cirbad xidid (halka dhiigu ka qulqulo jidhka)

Intravenous (IV)

Putting a needle into a vein (where blood flows in the body).

Malignant

Qaab kale oo kansar loo dhihi karo Unugyo ama buryooyin dhaqan xumoonaya.

Malignant

Another way of saying cancer. Cells or lumps that are misbehaving.

Metastasis

Marka unugyada aan caadiga u dhaqmayn ee kansarku u socdaalaan qaybo kale oo jidhka ah.

Metastasis

When the misbehaving cancer cells have traveled to another part of the body.

Lalabo

Xanuun dareemis

Nausea

Feeling sick

Oonkoolaji

Kelmad caafimaadeed kansarka loogu talo galay

Oncology

Medical term for cancer

Daawayn xanuunka sahalaysa

Marka dhakhtarku aanu awoodin inuu kansarka ka joojiyo inuu koro, basle uu qofka siiyo daawo dareensiinaysa inuu reeyay xanuunkana joojinaysa.

Palliative treatment

When the doctors can't stop the cancer from growing, but give the person medicine to make them feel better and stop the pain.

Hab socodka xanuunka

Waxa suurto gal ah inay dhacaan marka qof kansar qabo, khaasatan fursadooda ay ku reeyn karaan iyo waxa dhici kara daawaynta ka bacdi.

Prognosis

What is likely to happen when someone has cancer, especially their chance of getting better and what might happen after treatment.

Raadiyow Teraabi

Fallaadhoo aan muuqan oo raajo ah kuwaaso gala jidhka si ay u dilaan unugyada kansarka.

Radiotherapy

Invisible beams called x-rays that go into the body to kill cancer cells.

Waxyelooyinka

Daawayntu waxay shaqada ka joojin kartaa unugyada caafimaadka qaba iyo sidoo kale kuwa kansarka lehba. Tani waxay sababi kartaa mushkilado, sida daal, xanuunsasho ama timo daadasho.

Side effects

Treatment can stop healthy cells from working, as well as cancer cells. This can cause problems, such as tiredness, feeling sick or losing hair.

Buro

Kuus jidhka ku yaal oo aanay ahayn inuu ku yaal.

Tumour

A lump in the body that shouldn't be there.

Ka Jawaabista Su'aalaha Caruurta ee Kansarka ku Saabsan

Answering Children's Questions about Cancer

1. Waa maxay kansar?

Jidhku waxa uu ka samaysan yahay unugyo. Unugyadu waxay ka shaqaysiiyaan jidhkeena. Aad bay u yaryar yihiin ilaa xad aad u baahanayso mikriskoob si aad u aragto. Unugyada kansarka lehiye waa kuwo ay ku jiraan awaamiir dhaawacan markaa si aan caadi ahayn bay u shaqeeyaan, ma dhegaystaan jidhka nuqulo badana way iska sameeyaan oo soo saaraan kuus ama buro. Waxa jira in ka badan 200 oo nooc oo kansar ah. Aad bay u badan yihiin sababtoo ah kansarku waxa uu ku dhici karaa nooc kasta oo unug ah ee jidhka ku yaal (waxaana jira noocyo badan oo unugyo ah)

What is cancer?

The body is made up of cells. Cells make our bodies work. They are so tiny that you need a microscope to see them. Cancer cells don't look or act like normal cells. They don't allow our normal, healthy cells to work properly. They can grow very fast and spread. Cancer cells may group together to form a tumour. There are many different types of cancer, and cancer can grow anywhere in the body.

2. Sidee baad ku qaadi kartaa kansar?

Wali waxa jira waxyaalo badan oo aynaan ka ogayn sida kansarku u bilaabmo iyo waxa sababa. Mararka qaar kansarka waxa sababi karaa kiimikaadyo, dikhawga hawada (qiiq), noocyo fayrasyo ah, iyo waxyaalo kale oo ku jira jidhka gudhiisa iyo dibadiisaba. Inta ugu badan kansarka waxa lagu qaadaa nasiib ahaan, taaso la macno ah ma jiraan wax qofka qaba kansarku uu ka qaban karo si uu isaga ilaaliyo qaadistiisa.

How do you get cancer?

There is still a lot we don't know about how cancer begins and what causes it. Sometimes cancer can be caused by chemicals, air pollution (smoke), certain viruses, and other things both inside and outside the body³. Waa maxay farqiga u dhexeeya kansarka dhiiga iyo ka naasaha?

3. Unugyada kansarku waxay ku samaysmi karaan meel kasta oo jidhka ka mid ah maadaama jidhku ka samaysan yahay dhamaantiiba unugyo. Kansar dhiigeed waxa uu la macno yahay qofku waxa uu kansar ku leeyahay dhiigiisa, kansar naaseedna waxa uu la macno yahay qofku waxa uu kansar ku leeyahay naasaha.

What is the difference between a blood cancer and breast cancer?

Cancer cells can grow anywhere in the body as the whole body is made up of cells. A blood cancer means the person has cancer cells in their blood and breast cancer means somebody has cancer cells in their breast. All cancers share some characteristics, like uncontrolled growth, but the way a cancer behaves, for example how fast it grows, will differ between each cancer type.

4. Maxay dadka qaar kansar u qaadaan?

Inta badan, dhaqtaradu ma ogaadaan sababta qofku kansarka u qaaday. Way adag tahay inaanad jawaabaha oo dhan helin, balse xaqiiqdu waxay tahay ma haysano. Kansarku caruurta ku dhacaa waa dhif.

Why do some people get cancer?

Most of the time, the doctors do not know why someone gets cancer. It's hard having not all of the answers, but the truth is we don't.

5. Kansar qof kale ma qaadi kartaa?

Kansarku maaha wax aad qof kale ka qaadi karto, sidaad durayga iyo busbuska/hablobaaska Waad u dhawaan kartaa qofka kansarka qaba adigoon ka warwarayn inaad ka qaado.

Can you catch cancer?

Cancer is not something that you can catch from someone else, like you can a cold or chicken pox. You can be close to the person who has cancer and not worry about catching it.

6. Miyaan sameeyay wax sababay kansarka?

Maya. Wax uu qof sameeyay, yidhi ama ka fekeray oo qof kansar u keeni karaa ma jiro.

Did I do something that caused the cancer?

No. Nothing that anyone does, say or thinks can cause cancer in someone else.

7. Waqti intee le'eg ayay daawaynta kansarku qaadataa?

Tani waxay ku xirnaan doontaa nooca kansarku yahay, sida xaaladiisu u daran tahay, iyo daawaynta uu u baahan yahay intay le'eg tahay. Dadka qaar ayaa u baahan hal qalliin, halka kuwo kale u baahan yihiin sannad ama wax ka badan oo daawayn ah.

How long does cancer treatment take?

The time it takes to treat someone with cancer will depend on what type of cancer it is, how serious it is, and how much treatment they need.

8. Waa maxay kiimo teraabi?

Daawo awood badan oo loogu talo galay inay disho unugyada kansarka. Inta badan waxa lagu qaataa cirbad la geliyay xididka ama kiniini ahaan ayaa loo qaataa. Waxa loo baxshaa 'meertooyin' ahaan taasoo la macno ah qofka waxa la siinayaa keemo tarabi hal todobaad waana la daynayaa si uu u nasto muddo ka hor intaanu daawo kale qaadan.

What is chemotherapy?

Sometimes people take medicine called chemotherapy. It uses special kinds of chemicals to destroy cancer cells. It is usually given through a needle inserted into a vein. Your mum or dad will have 'rounds' or 'cycles' of chemotherapy which means they will be given the medicine one week and left to rest for a while before they have more medicine.

9. Waa maxay raadiyo terabi?

U isticmaalista fallaadho tamareed xooggan oo aan muuqanayn aagga jidhka ee kansarka qabta si ay u burburiyaan unugyada kansarka qaba.

What is radiotherapy?

Sometimes people have radiation therapy, or radiotherapy, to help get rid of cancer cells. It is done with a special machine that is made just for cancer treatment. The radiation (powerful energy rays) is given only to the area of the body where the cancer is. It doesn't hurt.

10. Waa maxay 'waxyeelooyinku'?

Saamayn aan la rabin oo ay keento daawaynta kansarku sababtoo ah waxay dhaawacda unugyada kansarka iyo kuwa caafimaad qaba. Waxyeelooyinka wax ka mid ah timod daadad, af xanuun, xanuunsasho, daal iyo miisaan lun. Daawaynta ka dib waxyeelooyinkaas badankoodu way iska tagaan. Daawada kansarku waa inay awood badan yeelataa si ay si fiican ugu shaqayso balse waxay sababtaa waxyeelooyin badan oo qofka ka dhigi karaa mid u muuqda oo dareemaya daciifnimo. Sidoo kale lama macno ah in kansarku ka sii darayo.

What are 'side-effects'?

Side effects of cancer treatment happen because the treatment damages healthy cells as well as killing the cancer cells. You will be able to see some of the side effects such as: hair falling out, scars from surgery, mouth sores and weight loss. Other side effects can't be seen such as: feeling tired, feeling sick, wanting to rest more, not being able to play, feeling weepy and a bit bad tempered. After your mum or dad has finished with all of their treatments, these things will go away.