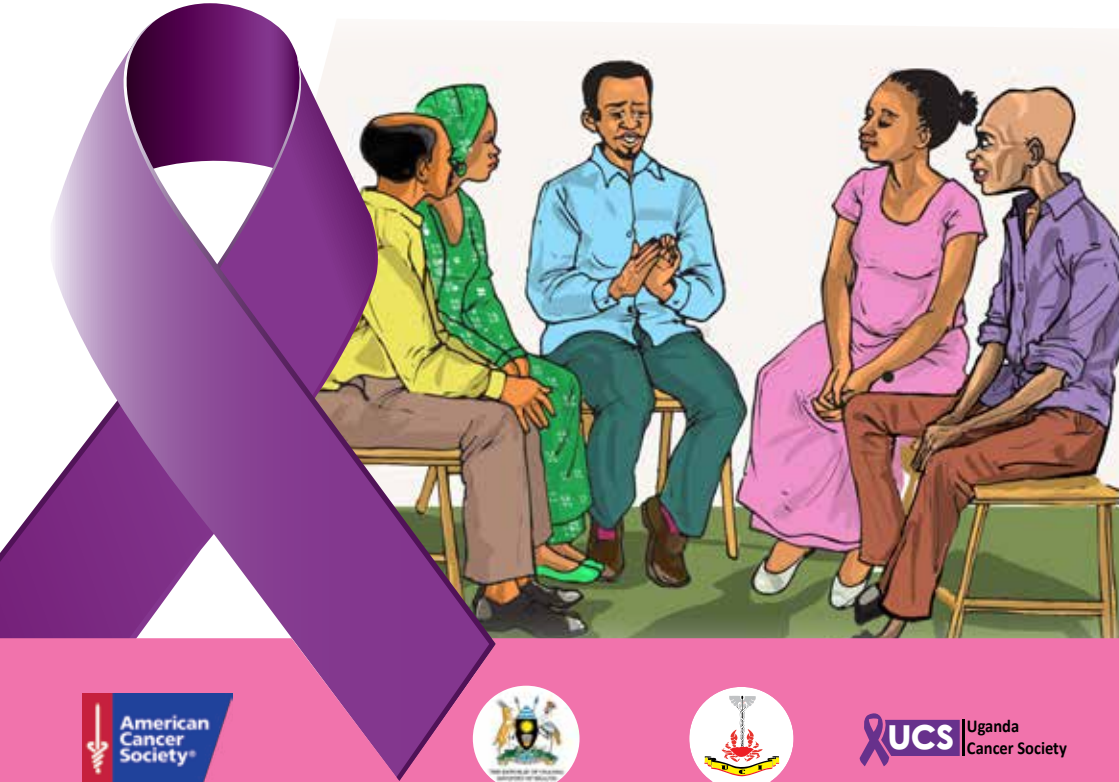


ENGERI

Y'okugumira Embeera nga olina Kkookolo

AKATABO K'ABALWADDE



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Okusiima

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December, 2016

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“Mbadde n’obulwadde bwa kkookolo (Cancer) ow’amabeere okumala emyaka kumi namukaaga (16) era singa saaguma nenongoosebwa, wamu n’okukozesa obujjanjabi obwampeebwa abasawo, singa nafa da.”

Ono omu ku bayambi ab’omu byalo mu Uganda Women’s Cancer Support Organization (Ekibiina ekiyamba abakyala abalwadde ba kkookolo mu Uganda).

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2.

Ennyanjula

Ng'omazze okutegeera nti olina kkookolo osanga enkyukakyuka nyingi ku bulamu bwo era n'ofuna ebirowozo n'ebibuuzo bingi ddala.

Mu katabo kano, twanukula ebimu ku bibuuzo ebingi ebiyinza okukujira ebikwatagana ne kkookolo era n'enzijanjabo ya kkookolo. Katusubire nti bino bye tukunyonnyola binakuyamba wamu n'abeekawo.

Kino tekitegeeza nti towuliriza musawowo oba omujjanjabi byakugamba. Nabo bye bakugamba bikuyamba nnyo era lye kkubo erisinga obulungi okutegeera ekiriwo mu mubiri gwo n'obujjanjabi obunakukulako obulungi.

3.

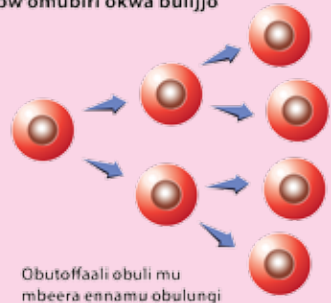
Kkookolo kye ki?

Kkookolo bwe bulwadde obuleetera obutoffaali bw'omubiri okukula era nebweyabuluzamu mu ngeri etali ya bulijjo etaliiko kkomo. Kino kireetera omubiri obutakola bulungi nga bwe guteekeddwa kukola.

Obutaffaali bwe buki?

Omubiri gw'omuntu guzimbibwa obukadde n'obukadde bw'obutoffaali. Obutoffaali obwa bulijjo bukula era ne bweyabuluzamu okukola obutoffaali obuggya olwokuba omubiri gubwetaaga Obutoffaali bufa bwe bukaddiwa oba bwe bukosebwa. Kati olwo obutoffaali obuggya nebutwala ekifo kyabwo.

Okweyabuluzamu kw'obutoffaali bw'omubiri okwa bulijjo

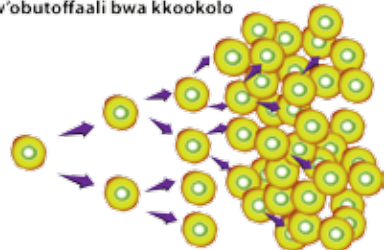


Obutoffaali obuli mu mbeera ennamu obulungi

Obutaffaali bwa Kkookolo si bwa bulijjo

Obutoffaali bwa kkookolo ssi bwa bulijjo. Bwongera okukula n'okweyabuluzamu okutuusa nga bungu ekisusse. Obutoffaali bunu bubuutikira era ne busingira ddala obutoffaali obwa bulijjo obungi nekireetawo obuzibu mu kifo kkookolo w'aba ataandikidde. Obutoffaali bwa kkookolo era butambula ne bugenda mu bitundu by'omubiri ebirala, obutoffaali obwa bulijjo kye butakola.

Okweyabuluzamu kw'obutoffaali bwa kkookolo



Obutaffaali bwa kkookolo

4.

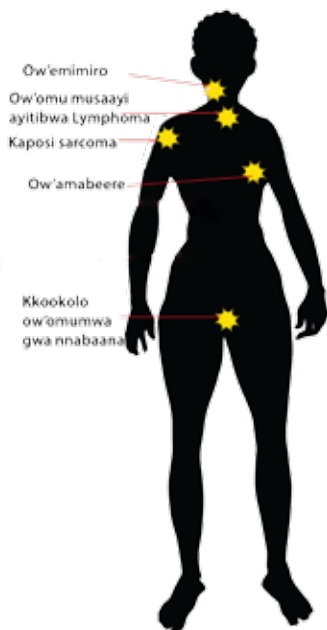
Ebika bya kookolo

Obutoffaali bwa kookolo busobola okutandikira mu kifo ky'omubiri kyonna. Busobola n'okusaasaanira ebitundu by'omubiri ebirala ne bukulira eyo. Ekika kya kookolo kiwebwa erinnya okusenziira ku wa gye kyatandikira. Kookolo bw'aba yatandikira mu bbeere, ayitibwa kookolo w'amabeere.

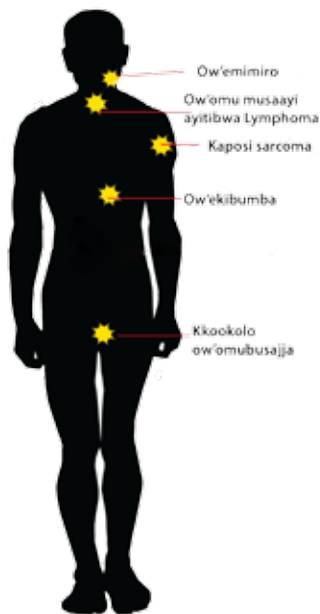
Waliyo ebika bya kookolo bingi. Ebika ebimu bikula era nebisaasana mu kaseera katono nnyo ate ebirala bikula mpola. Enzijanjaba ya kookolo eyakukana okusenziira ku kika kya kookolo.

Omuntu bw'abeera ne kookolo, omusawo ajja kwetaaga okumanya ekika kyennyini ky'alina.

Kkookolo asinga okweyoleka mu bakyala e Uganda:

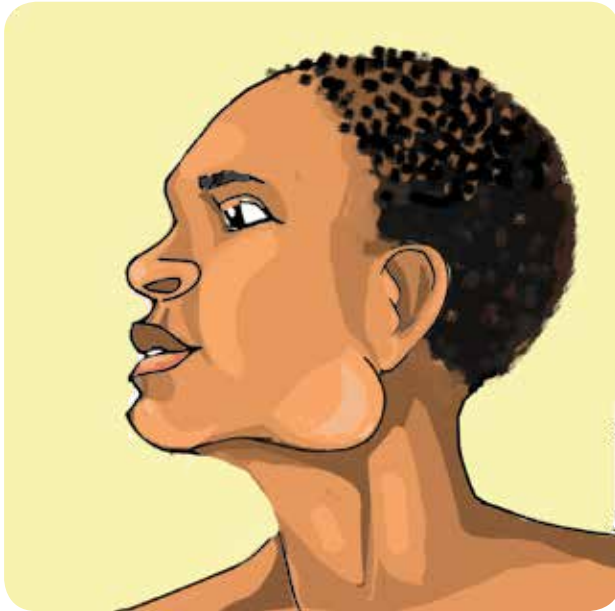


Kkookolo asinga okweyoleka mu basajja e Uganda:



Ebizimba bye biki?

Ebika bya kkookolo ebisinga bireeta ekizimba naye ssi buli kizimba nti kibeera kkookolo. Omusawo asobola okujja akatundu ku kizimba okusobola okukekkenneenya okulaba oba kaleetebwa kkookolo. Waliwo ebika bya kkookolo nga kkookolo w'omusaayi ebitalaeta bizimba. Kkookolo ow'ekikula kino okulira mu butoffaali bw'omusaayi oba mu butoffaali obulala obw'omubiri.



5.

Kiki ekireeta Kkookolo?

Kkookolo taleetebwa kintu kimu, wabula waliwo embeera ez'obulabe eziyinda okukifuula ekyangu omuntu okufuna kkookolo. Era ze Zino:

◆ Ebika by'endwadde ezimu ezireetebwa obuwuka nga human papillomavirus (HPV) n'Akawuka ka Siriimu.



◆ Okussa omukka gwa ttaaba oba omukka oguva mu buveera nga bwokyebwa. Okussa omukka oguva mu yyingini ezikozesa amafuta ga ddiizero kiteeeka omuntu mu bulabe bw'okulwala kkookolo.



◆ Okubeera omunene ekisusse, oba okulya emmere etaliiko nva ndiirwa zimala.



◆ Okukaddiwa. Emibiri gyaffe bwe giba gikaddiwa n'embeera y'okuba nti gyanguyirwa okulwala kkookolo yeeyongera.



Kkookolo TALEETEBWA ddogo oba maanyi malala gonna ag'enjawulo. Kkookolo asobola okukwata omuntu yenna, mu kifo kyonna, mu ggwanga lyonna, obudde bwonna.

6.

Kkookolo akwaata? (Omuntu asobola okumufuna okuva ku mulala?)

Obulwadde bwa kkookolo omuntu TASOBOLA kubufuna nga abujja ku mulala. Tosobola kufuna kkookolo olw'okulabirira, okubeera oba okulya n'omulwadde wa kkookolo.

Ebika bya kkookolo ebimu biyinza okuleetebwa abuwuka obuyitibwa Virus oba obuyitibwa bacteria obusobola okusaasanyizibwa okuva ku muntu omu okudda ku mulala.

Wabula, kkookolo aleetebwa obuwuka buno tasobola kusaasanyizibwa kuva ku muntu omu kudde ku mulala.



7.

Kkookolo bamusikira?

Mu bika bya kkookolo ebimu kisangiddwa nga obutoffaali obumu obw'ekikula ekitali kya bulijjo buyinza okusikirwa okuva ku bazadde. Olw'ensonga eyo abantu abava mu famile emu bayinza okwesanga nga balwala ekika kya kkookolo kyekimu, wabula omuzadde tasobola kumusiiga mwanawe nga bwekiri ku kawuka ka siriimu, era omwana tasobola kumutwaala nga bw'ayinza okutwala obuwavvu n'amaaso g'omuzadde we.

Kkookolo aleetebwa olw'enkyukakyuka mu ngeri obutoffaali bw'omubiri gye bweyabuluzamu. Enkyukakyuka zino zibeerawo mu bulamu bw'omuntu olw'ebintu ebimu ebimuteeka mu katyabaga nga omukka oguva mu ttaaba oba mu buveera nga bwokyebwa.



8.

Lwaki nze mu bantu bonna ?

Abalwadde ba kkookolo bangi babuuzza” lwaki nze?””Kiki kyenakola nze okulwala kkookolo?” Abantu abamu bagamba nti kkookolo kibonerezo olw’ekintu ekibi kye baakola mu bulamu bwabwe oba kye bataakola. Kumpi buli omu y’ebuuza oba alina kye yakola n’ekireeta kkookolo.

Bw’oba olina ebirowozo ng’ebyo, toli wekka. Ebirowoozo n’endoowooza nga ezo nyingi nnyo mu balwadde ba kkookolo. Oteekwa okumanya nti kkookolo si kibonerezo olw’okuba olina kye wakola mu bulamuubwo.

Munange tewekubagiza oba tobeerawo nga wejjusa olw’okuba wafuna kkookolo, oba kiki kye wandibadde okola okwekuuma obutafuna kkookolo. Kati kyooba okola nyiikira kwerabirira bulungi.



9.

Omusawo amanyira ku ki nti ndwadde kkookolo?

Oyinza okuba nti wagenda ew'omusawo nga towulira bulungi, ekyaletera omusawo okulowooza nti olina kkookolo. Awo omusawo wanonyereza obubonero bwa kookolo.



Omusawo bw'asubira nti wandiba ne kkookolo, ajja kukusaba ogyibweeko akanyama okukakasa oba omulina oba nedda. Ayinza n'okukusaba okubibwe akifaananyi, okugenda ku kattivi n'okukukeberegwa omusaayi. Ebiseera ebisinga bajja kukusaba okeberegwe mu ngeri ezisukka mu emu.



Okukebera kkookolo w'amabeere n'owa nabaana:

Kisangidwa nga emirundi egimu, omuntu asobola okuba nga alina kkookolo natalaba buboneero bwona. Ekitongole kye'byobulamu kiwa abantu amagezi okugendanga mu malwaliro bekebeze oba balina kkookolo w'amabeere n'owa nabaana oba nedda. Kino kibasobozese okutandika okujjanjabibwa nga bukyaali. Kiyamba okuzuula kkookolo ono nga bukyaali ng'obubonero tebunnalabika.

Obubonero bwa Kkookolo obusinga okweyoleka mu bantu

Waliwo obubonero obuteekeddwa okwekebejjebwa era teweerilirikirira musawo ku kukebera. Kkookolo gy'akoma okuzuulibwa amangu n'emikisa gy'okuwona gye gikoma okweyongera. Obubonero bwa kkookolo obusinga okweyoleka mwe muli:



Okukenena okutategerekeka



Ekizimba



Okuvaamu omusaayi okutali kwa bulijjo



Olususu okufuukuuka olutakoma



Obulumu obutategerekeka

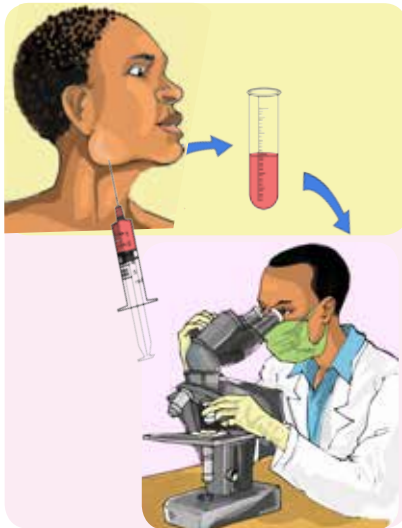
Wabula obubonero buno busobola okuleetebwa ekintu ekitali kkookolo. N'olwekyo kikulu nnyo okulaba nti omusawo abukebera amangu ddala nga bwekisoboka. Waliyo obubonero bwa kkookolo obulala bungi obutamenyeddwawo. Naye bw'olaba enkyukakyuka yonna mu ngeri omubiri gwo gye gukolamu oba mu ngeri gy'owuliramu- naddala nga kimaze akabanga oba nga embeera yeeyongera kwonooneka- genda omusawo akukebere.

10.

Okugyibwako akanyama kye ki?

Okugyibwaako akanyama y'engeri yokka esobola okukakasa oba omuntu alina kkookolo oba nedda. Mu kugyibwaako akanyama, omusawo afuna akatundutundu ku kizimba ak'ekebejjebwa mu kyuuma. Oluusi kino kikolebwa nga beeyambisa empiso; oluusi omusawo asala akatundu ku kizimba. Naye omusawo awa omulwadde eddagala erikkakkanya obulumu nga bamukolako.

Mu kanyama bwe muzuulibwamu obutoffaali bwa kkookolo, omusawo asobola okukakasa ekika kya kkookolo n'engeri gy'asuubirwa okukulamu.



- ◆ Okugyibwako akanyama TEKIREETERA kkookolo kusaasaanira bitundu bya mubiri birala.
- ◆ Okugyibwako akanyama TEKIREKAAWO kiwundu kinene. Akatundu akagyibwa ku kizimba katini ddala.

11.

Emitendera gya kkookolo

Omuntu bw'azuulibwa nti alina kkookolo, omusawo ajja kukakasa obunene bw'ekizimba ne oba kkookolo asaasaanidde ebitundu ebirala okuva weyatandikira. Kino kye kiyitibwa omutendera gwa kkookolo. Okumanya omutendera gwa kkookolo kiyamba omusawo okusalawo ekika ky'obujjanjjabi ekisinga obulungi n'okulaba oba omuntu asobola okuwona.

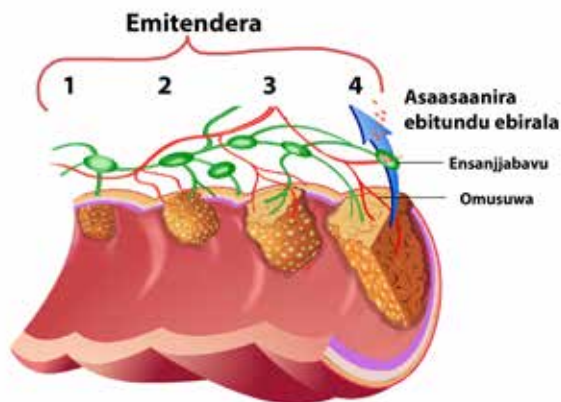
Kkookolo asinga atera okubeera n'emitendera ena:

Omutendera ogusooka (1) oba ogw'okubiri (2) kitegeeza nti kkookolo tannasaasaanira bitundu bya mubiri birala, era asobola okuba omwangu w'okujanjjaba.

Omutendera ogw'okusatu (3) kitegeeza nti kkookolo atandise okusaasaana era abeera muzibu wa kujanjjaba.

Omutendera ogw'okuna (4) gwe mutendera ogusembayo. Kitegeeza nti kkookolo asaasaanidde ebitundu by'omubiri ebirala era tasobola kuwonyezebwa.

Saba omusawowo akunnyonyole emitendera egyo kyegitegeeza era n'omutendera kkookolo akuluma mwaagwa.



12.

Kkookolo ananzita?

Ssi buli kiseera nti kkookolo aleetera omuntu okufa. Bw'otandika era n'omalayo obujjanjjabi nga bukyaali, emikisa mingi nti ojja kuwona.

Ebbanga omuntu ly'amala ku nsi oluvannyuma lw'okulwala kkookolo lisinziira ku bintu bingi. Ebimu ku byo bye bino:

- ◆ Ekika kya kkookolo, era n'ekitundu ky'omubiri waali.
- ◆ Omutendera kkookolo mwatuuse
- ◆ Oba kkookolo akuluma wa kika ekikula amangu oba ekikula empolampola.
- ◆ Emyaka gyo n'embeera y'obulamu bwo bwe bubadde nga tonnafuna kkookolo.
- ◆ Engeri omubiri gwo gye gusiima enzijanjababa n'eddagala.



13.

Enzijanjjaba za Kkookolo ez'enjawulo

Enzijanjjaba omusawo gy'akusalira esinziira ku kika kya kkookolo, omutendera kkookolo gw'atuuseeko, emyaka gyo n'embeeraayo ey'obulamu.

Ebigendererwa by'obujjanjabi.

Obujanjjabi buyinza okugendererwamu okuwonya kkookolo, okumukkakkanyako oba okujjanjaba ebizibu byaleeta. Weetaaga okubuuza omusawo ekigendererwa ky'obujjanjabi bw'aba akugambye.

Ebika by'obujjanjabi

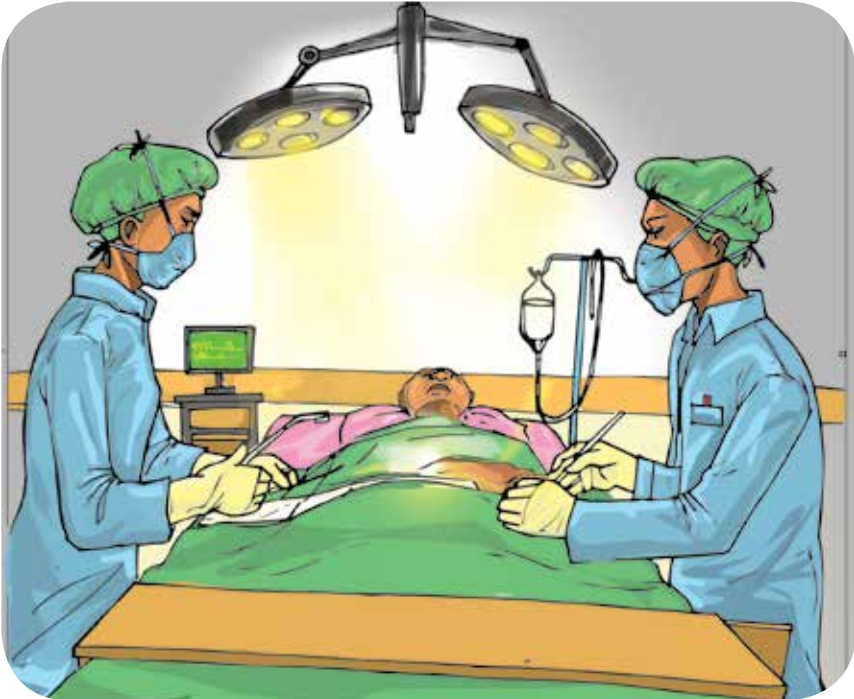
Obujanjjabi bwa kkookolo obusinga okumanyibwa bwe buno: okulongoosebwa, okuweebwa eddagala (chemo), n'okukalirirwa. Omulwadde wa kkookolo ayinza okujanjjabibwa mu emu ku ngeri ezo oba zonna.

Ebisale by'okujjanjaba kkookolo

Okujjanjaba kkookolo kutwala obudde n'ensimbi nyingi. Oluvannyuma lw'okumaliriza obujjanjabi, kkookolo asobola okuddamu era nekyektaagisa ekika ky'obujjanjabi ekirala. Ssente ezisaasaanyizibwa mu kujjanjaba kkookolo zisinziira ku kika kya kkookolo ne ku bbanga omuntu ly'amala ne kkookolo. Omulwadde bw'aba abeera wala n'ekifo awajjanjabirwa kkookolo, aba ajja kwetaaga okusasula ebisale by'entambula, okugula emmere n'okusasulira aw'okusula.

Okulongoosebwa

Okulongoosebwa kuyinza okweyambisibwa okujjama ekizimba kya kkookolo. Naye omusawo ayinza n'okujjama ebitundu ebimu ebiba biriiriddwa kkookolo. Omuntu bw'abeera ne kkookolo w'amabeere, ekitundu ky'ebbeere oba ebbeere lyonna liyinza okusalibwaako. Omusajja bw'abeera ne kkookolo w'omu busajja, akasigo akakola amazzi agayamba enkwaso z'omusajja okutambula kayinza okugyibwaamu. Okulongoosebwa kuyinza okweyambisibwa okuwonya kkookolo, okumukkakkanyako, oba okujjanjaba ebizibu ebirala ebiba bireetebbwa kkookolo. Okulongoosebwa tekweyambisibwa kujjanjaba buli kika kya kkookolo; okugeza, kkookolo w'omusaayi ajjanjabibwa na ddagala (chemo).



Okujanjabisa eddagala (chemo)

Okujanjabisa eddagala (chemo) kwe kukozeza eddagala ery'enjawulo okutta obutoffaali bwa kkookolo oba okukendeeza ku nkula yaabwo. Eddagala erimu litonnyezebwa mu musaayi nga beyambisa empiso ate eddala limiribwa mu mpeke. Olw'okuba eddagala lino lisaasaanira kyenkana buli kitundu ky'omubiri; ddungi nnyo mu kujjanjaba kkookolo aba asaasaanye. Okujanjabisa eddagala kuyinza okweyambisibwa okuwonya kkookolo, oba okuyamba omulwadde okumala akabanga nga mulamu.



Okukalirirwa

Okukalirirwa nakwo kukozezebwa okutta oba okukendeeza ku ngeri obutoffaali bwa kkookolo gye bukulamu. Ekyuuma eky'enjawulo kiweereza ddoozi y'amasanyalaze ewerako okutta obutoffaali bwa kkookolo. Amasanyalaze gasobola n'okukosa obutoffaali obulamu obuliraanye obutoffaali bwa kkookolo. Wabula obutoffaali obulamu busobola okwebbulula, ekitasoboka kukolebwa butoffaali bwa kkookolo. Okukalirirwa tekwookya era tekuluma. Okukalirirwa kusobola okukozezebwa kwokka oba okukozezebwa awamu n'okulongoosebwa oba n'eddagala. Okukalirirwa kusobola okweyambisibwa okuwonya oba okukendeeza ku nkula ya kkookolo n'okusobozesa omulwadde okuwulira ku mirembe.



14.

Buzibu ki obuyinza okuva ku bujjanjabi bwa kkookolo?

Okulongoosebwa, okujanjjabisa eddagala n'okukalirirwa bisobola okukosa omuntu mu ngeri emu oba endala. Wabula sikyangu kuteebereza ngeri muntu gy'anaakosebwamu. Abantu ne bwe bafuna obujjanjabi obw'ekika ekimu, kisobokera ddala okukosebwa mu ngeri ez'enjawulo. Okukosebwa okumu kuyinza okuba okw'amaanyi ate nga okumu tekuba kwa maanyi. Okukosebwa okuleetebwa obujjanjabi bwa kkookolo okusinga kusobola okujanjabwa. Okukosebwa omuntu kw'ayinza okuyitamu oluvannyuma lw'okulongoosebwa kw'awukana okusinziira ku nngongoosa.

Okukosebwa okuva ku kukalirirwa:

Okukalirira tekuluma, naye kuyinza okuleetera olususu okufuukuuka n'omuntu okuwulira obukoowu obw'amaanyi. Omuntu atera okuwulira obukoowu okumala wiiki eziwerako oluvannyuma lw'okalirirwa. Obukosefu obulala buyinza okubaawo okusinziira ku kitundu ki eky'omubiri ekikalirirwa.



Okukosebwa okuva ku kujjanjabisa eddagala (chemo):

Okukosebwa kuno kutera kubeerawo mu budde obwo nga omulwadde akozesa eddagala lya kkookolo, wabula kusobola okujjanjabwa. Okukosebwa okutera okuleetebwa eddagala kwe kuno:



Okusinduukirirwa emmeeme n'okusesema



Okuvaamu omusaayi omunji oluvannyuma lw'okusalika oba okufuna obuvune



Obutayagala kulya



Okukoowa ennyo ekiyitiridde



Enviri okukutuka (okutali kwa lubeerera)



Embiro oba n'okuzibuwalirwa okufuluma



Okuyiwa mu kamwa



Omusujja



Okwanguyirwa okulwala (ekiva ku butoffaali obulwanyisa endwadde okukendeera)



Okuwulira nga afumitibwa obuyiso mu ngalo ne mu bigere

Okukosebwa okuva ku kuzozesa eddagala lya kkookolo kuggwaawo oluvannyuma lw'okumaliriza obujjanjabi. Okugeza, enviiri ezaakutuka ng'oli ku ddagala ziddamu nezimera. Naye mu kiseera ekyo nga enviiri zikutuse, abalwadde abasinga bakoze bu wiigi, obugoye, oba enkoofira okubikka emitwe gyaabwe.

15. Nnaalumizibwa nga ndi ku bujjanjabi buno?

Abalwadde ba kkookolo bangi batera okweralikirira obulumi obunaava ku kubajjako akanyama, ku bujjanjabi ne ku kkookolo yennyini.

Abasawo bulijjo bawa abalwadde baabwe eddagala erikkakkanya obulumi nga tebanaba kubajako kanyama oba kubalongoosa. No'lwekyo, enkola zino tezireeta bulumi. Okukalilira era n'okukozesa eddagala (chemo) tebiruma.

Obulumi okuva ku kkookolo yennyini nabwo busobola okukkakkanyizibwa n'eddagala. No'lwekyo tolowooza nti oteekeddwa okubeera mu bulumi olw'okuba olina kkookolo.

Abantu bangi balowooza nti bajja kutuusa ekiseera nga tebasobola kubeerawo nga tebakozesezza ddagala likendeeza bulumi. Naye kino ssi bwe kiri kubanga ddoozi n'ebika by'eddgala ebikozesebwa mu Uganda tebisobola kukikiriza kubaawo.

Bw'oba ng'oli mu bulumi, yogerako n'omusawowo akuyambe okufuna eddagala erikkakkanya obulumi.



16.

Okulabirira omulwadde mu ngeri y'ekikugu kitegeeza ki?

Endabirira ey'ekikugu (palliative care) egendererwamu okukkakkanya ku bulumi, n'okubulwa emirembe okuva ku kkookolo. Endabirira eno tegendererwamu kuwonya kkookolo.

Abantu abamu balwooza nti endabirirwa eno ya balwadde abo bokka abali mu kaseera k'obulamu bwabwe akasembayo. Wabula kino ssi kituufu. Endabirira eno ey'ekikugu (palliative care) eteekwa okweyambisibwa awamu n'enzijjanjaba za kkookolo endala.



17.

Okuggyibwa ku bujanjjabi kye ki?

Oluvannyuma lw'okumaliriza obujanjjabi, abalwadde abamu bagyibwa ku bujanjjabi bwa kkookolo era abamu bawonera ddala. Okuggyibwa ku bujanjjabi kitegeeza obubonero bwa kkookolo bukendeeredde ddala. Omuntu ayinza okuggyibwa ku bujanjjabi okumala ebbanga eggere oba okumuggyirako ddala. Okuggyira ddala omuntu ku bujanjjabi bwa kkookolo kitegeeza nti omuntu takyalina kabonero ka kkookolo konna. Omuntu bw'amala ebbanga lya myaka etaano (5) oba okusukka mu nga aggyiddwa ku bujanjjabi bwa kkookolo era n'ataddamu kufana kabonero ka kkookolo konna, omusawo asobola okugamba nti omuntu oyo awonye kkookolo. Okuwona kkookolo kitegeeza nti oluvannyuma lw'okufuna obujanjjabi, tewali kantu konna keekuusa ku kkookolo kalabika mu muntu era aba taggya kuddamu kumulwala.



18.

Nnaasobola ntya okugumira embeera eno?

Abantu baguma nga balwadde kkookolo era nga bwe baguma nga bafunye ebizibu ebitali bimu mu nsi. Buli omu akikola mu ngeri ye. Oluvannyuma lw'ekiseera awamu n'okuteeka mu nkola ebyo ebya basomesebwa abasawo, batandika okugenda mu maaso n'emirimu gyaabwe gye baakolanga, ebintu bye bayagalanga mu bulamu awamu n'emikwano gye balinanga ku bantu. Ng'onoonya engeri gy'onogumiramumu embeera, osobola okugezaako bino wano:

Fuba nga bw'osobola okumanya ebikwata ku ndwadde ya kkookolo wamu n'obujjanbi bwaayo.

Abantu bangi abalwadde obulwadde buno bakizudde nti bwe bategeera ebibukwatako wamu n'enzijanjjaba yabwo, bafuna obusobozi mu bo, okwanganga embeera ezibasisinkana mu bulwadde.



Welabirire bulungi.

Fuba okulaba nga olabirira bulungi omubiri gwo era weewale n'ebirowoozo ebiyinza okukuleetera okweraliikirira. Lya eby'okulya ebikulagiddwa era weebake ekimala. Kola ne dduyiro zo bulijjo. Fuba okufunangayo akadde buli lunaku, okole ebintu by'onyumirwa okukola. Funayo ku kaseera okubeera n'abantu abo abakufaako nga mikwano gyo, oba omwagalwawo, lowooza ku bintu ebirungi, baako omuntu gw'oyamba oba olyawo n'okuwuliriza enyimba ezitera okukunyumira.



Sisinkanako ne banno abali mu mbeera nga gy'olimu

Wegatte ku balwadde banno kuba sikyangu ng'oli bwoomu mu mbeera bw'etyo. Wegatte ku bantu oba ebibiina ebiyamba abalwadde ba kkookolo kuba buli lw'oyogera ne munno omulwadde wa kkookolo, weyongera okufuna ebirowoozo ebipy'a ne wesanga nga tokyeraliikirira nnyo. Era kino kikuyamba obutabeera awo nga wekubagiza ng'olowoza nti ggwe wekka omulwadde wa kkookolo. Abantu abo abalala bakuyambako okuwulira nti toli bwoomu mu mbeera.



19.

Okwogerako n'abe wammwe n'emikwano nakyo kiyamba nnyo

Kya mugaso nnyo okubuulirako ab'e wammwe era n'emikwano gyo nti oli mulwadde wa kkookolo era n'engeri gy'osuubira okukuyambamu mu kizibu ekyo.

Abalwadde bangi batya nti ab'enganda zaabwe oba ab'emikwano bagya kubadduka era babeewale bwe bamanya nti balina kkookolo. Naye mwattu, ssi bwekitera okubeera.

Naye abaagalwabo n'emikwano gyo bayinza okuzibuwalirwa okwogera ku bikwata ku kkookolo. Bayinza obutamanya kya kukugamba ekinaakuyamba okuwulira obulungi ko.



Waliwo bino ebiyinza okukuyambako:

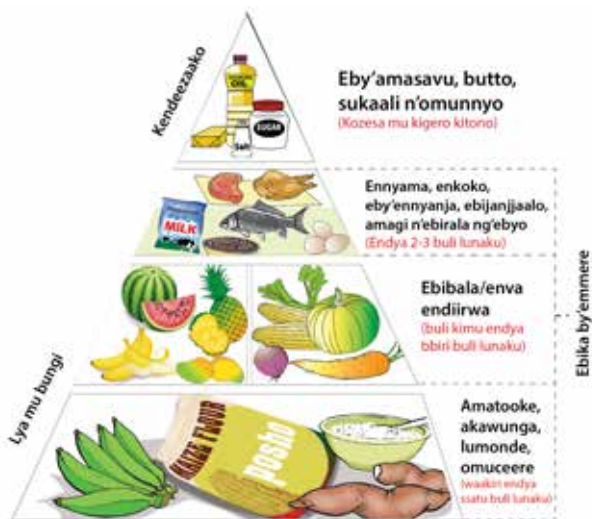
- ◆ Buulira abantu bo abeeka ne mikwano gyo nti olina kkookolo w'owuulira nti osobola okubabulira. Kino kikulu nnyo, ate bw'otobabuulira, bayinza okunyiiga n'okulumwa nga babitegede okuva ku bantu abalala.
- ◆ Babuulire kkookolo akuluma wa ngeri ki, n'enzijjanjaba gy'ogenda okufuna era babuulire nti tagenda kubakwata
- ◆ Kkiriza ab'olugandabo n'abe mikwano bakuyambe mu bwetaavu bwo.
- ◆ Bulira abo abukuli okumpi engeri gy'owuliramu. Sikyangu naye bwe bamanya kiyinza okukuyamba mu ngeri ezitali zimu.
- ◆ Ekiseera kiyinza okutuuka nga tokyasobola kukola bintu ebimu bye wakolanga nga tonnafuna kkookolo, Kino bwe kikutuukako buulira ab'e wamwe ne mikwano gyo bakitegeere
- ◆ Kiba kirungi abantu b'e wammwe ne mikwano gyo ne basigala nga bakola buli kintu nga bwe baakolanga nga tonnafuna kkookolo. Ate tebalina kuswaala olw'okuba babikola.
- ◆ Bw'owulira nga okwatiddwa ennaku n'okunyolwa, yogerako n'omusawo, omwagalwa wo oba omuntu omulala yenna gwe wesiga.

Fuba okulaba nti obeera mulamu obudde bwona

Okulya emmere entuufu, okukola dduyiro, n'okwewala okukola ebintu ebitali birungi eri bulamu nga okufuweeta sigala n'okunywa omwenge oguyitiridde kikuyamba okusigala ng'oli mulamu era nga olina amaanyi.

Endya: Okulya ebika by'emme ebituufu nga tonnatandika bujjanjabi, nga oli ku bujjanjabi n'oluvannyuma lw'obujjajabi kikuyamba okusigala n'omubiri, okukola ku kosebwa okuletebwa obujjajabi, era nekikuyamba n'okuwona amangu.

Endya entuufu kwe kulya waakiri emirundi esatu (3), nga emmere erimu ebiriisa okuva mu biti by'emme ebisatu ebirambikiddwa wano. Otekeddwa okulya ebika by'emme ebiri ku ntikko y'ekifaananyi kino mu kigero ekitono, naye ebiri wansi birye mu bungi. Emmere erimu amasavu, butto, omunnyo ne sukaali esobola okuba ey'obulabe eri omubiri gwo bw'eriibwa mu bungi n'olwekyo wegendereze obutagiryanya nnyo.



Abalwadde ba kkookolo batera nnyo obutayagala kulya naddala nga bali ku bujjanjabi. Naye ate nga balina okulya obulungi. Emmere bw'eba ekusinduukiriza emmeeme, gezaako okugirya mu bugero obutonotono emirungi egiwreako. Fuba okulya buli ky'owulira nti okyagala. Emmere bw'egaana, fuba okunywa omubisi ogukamuddwa mu bibala, amata ne supu owa buli ngeri.

Amazzi n'ebyokunywa ebirala bya mugaso nnyo eri obulamu bw'omuntu. Gezaako okunywa giraasi z'amazzi ennene munaana (8) buli lunaku. Ate bw'oba osesema, ng'oddukana oba nga tolya kimala ojja kwetaaga eby'okunywa ebiwerera ddala. Oteekwa okwewala okunywa eby'okunywa eby'ongeddwamu sukaali; soda, kaawa n'omwenge.

Dduyiro:

Okukola dduyiro kikuyamba okusigala nga olina amaanyi; obutanakuwala oba obuteeralikirira, kikuyamba obutakoowa nnyo, ne kikuyamba n'okukendeeza ku kusinduukirirwa emmeeme n'olubuto okwesiba. Kiyinza n'okukuyamba okufuna obwagazi bw'okulya.

Bw'oba tewamanyiira kukola dduyiro naye omusawo n'akakasa nti wandisaanye omukole, tandika mpola (nga omukola okumala eddakiika taano ku kkumi (5-10) buli lunaku). Bw'oba wakolanga dduyiro nga tonnakuwala nti olina kkookolo era omusawo n'akakasa nti okyasobola okumukola, genda mu maaso n'enkola yo eya dduyiro.



Wuliriza omubiri gwo, bw'okoowa nga owummula

- ◆ Webuuze ku musawo wo nga tonnatandika kukola kika kya dduyiyo kyonna
- ◆ Tandika mpola
- ◆ Gezaako okukola dduyiyo okumala ekiseera kitono emirundi ngiwera naye nga owummula ku buli mulundi
- ◆ Ssembyayo okugolola ebinywa

Bino byebimu byoyinza okwongerezako:

- ◆ Tambula tambulamu oluvannyuma lw'ekyeggulo
- ◆ Twalako mikwano gyo mu bifo w'otera okusanyukirako bulijjo nga mu mazina oba wesanyuseemu awaka ng'owuliriza ennyimba oba olyawo n'okuzina.
- ◆ Yera era yonja awaka wo
- ◆ Kola mu nnimiro yo
- ◆ Bw'oba mu takisi oba ku booda giveeko nga okyalinayo akabanga akawerako okatambule
- ◆ Bw'oba gy'ogenda ssi wala, tambula wo mu kifo ky'okulinnya takisi oba booda.



Okubeera n'obulamu obweyagaza:

Okubeera n'obulamu obweyagaza tekitegeeza kulya bulungi kyokka, naye kitegeeza n'okuva ku mize egiyinza okukosa obulamu bwo. Emize ebiri egisinga obukulu gye wandisaanye okukyusaamu kwe kufuweeta sigala n'okunywa omwenge oguyitiridde.

Teli taaba oba sigala mulungi.

Bw'oba onywa sigala, enjaga, shisha oba amayirungi lekeraawo! Gamba ne banno abakwetoolodde bakikomye kubanga bwossa omukka gwa sigala, oba wuwo oba wa mulala, gwonoona amawuggwe go, omutima gwo n'ebitundu by'omubiri gwo ebirala. Omukka gwa sigala gwongera obulabe eri omuntu abadde tannafuna kkookolo okumulwala.



Bw'oba onywa omwenge, kendezaako.

Omwenge oguyitiridde butwa obwonoona obwongo, endowooza, neguleeta n'endwadde eza buli ngeri mu mubiri gw'omuntu. Mu balwadde ba kkookolo, omwenge gugaana eddagala okukola nga bwe lirina okukola. Guleetera omulwadde okwekyaawa, n'atandika okwekweeka abantu be ne mikwano gye.



21.

Kkookolo agenda ku kyusa ki ku bulamu bwange ng'omusajja oba omukazi?

Kkookolo ayinza okukyuusa okwagala kw'omuntu okw'okunyumya akaboozi ak'ekikulu. Mu balwadde ba kkookolo abamu okwagala kwaabwe okw'okunyumya akaboozi k'ekikulu kukyuukamu katono oba tekukyukira ddala ate abalala ne beesanga nga okwagala kwaabwe okw'okunyumya akaboozi k'ekikulu kukendeeredde ddala. Bino byonna bibaawo olw'ebintu nga okweralikirila, obukoowu oba obuzibu obuva ku kubujanjjabi bwofunye mu ddwaliro.

Waliwo kkookolo naddala ow'omumwa gwa nabaana n'owakawago atera okuleetera abantu okuvaamu omusaayi mu bitundu byaabwe eby'ekyaama. Singa ovaamu omusaayi mungi oluvannyuma lw'okunyumya akaboozi k'ekikulu, webuuze ku musawowo akujjanjjaba.

Bw'olongosebwa, buuzi omusawo wo ebbanga lye wetaaga okulinda nga tonnaba kwegatta na muntu yenna mu kaboozi ak'ekikulu.

Kkookolo takwaata. Tosobola kumusiiga mwamiwo oba mukyalawo. Era tosobola kumusiiga mwanawo ng'ofunye olubuto.

22.

Kkookolo anangaana okuzaala?

Osobola okufuna olubuto ng'oli ku nzijanjjaba ey'okukalirira (Radiotherapy) oba ey'eddagala lya kkookolo (chemo). Wabula, okukalirira n'okukozesa eddagala lya kkookolo (chemo) biyinza okuleetera omuntu okuzaala omwana aliko obulemu. N'olwekyo okubirizibwa okukozesa enkola ya famire pulanangi (Kizala gumba) okwewala okufuna olubuto ng'oli ku bujjanjabi bwa kkookolo; n'okumala wiiki oba emyezi emitonotono oluvannyuma lw'okumaliriza obujjanjabi. Omukazi bw'aba ali lubuto, kiba kirungi nabuulira omusawo.

Abakyala bwe babeera ku bujjanjabi bwa kkookolo, abamu beesanga nga bayosezza okugenda mu nsonga oba obutagenderamu ddala. Naye kino tekitegeeza nti tebasobola kufuna mbuto. Mu basajja abamu, enzijanjjaba ya kkookolo eyinza okukendeeza oba okw'onoona enkwaso zaabwe ezisangibwa mu mazzi gaabwe ag'ekyaama. Naye emirundi egisinga, oluvannyuma lw'okumaliriza obujjanjabi bwa kkookolo, abasajja baddamu ne basobolera ddala okuzaala.



Eky'okweralikirira obutaddamu kuzaala olw'enzijanjjaba ya kkookolo kibaawo. Yogerako n'omusawo singa obweralikirivu buno buba buzze.

Naye, oluusi, okukalirira (Radiotherapy) ne Chemo abasawo bye bakozesa okujanjjaba kkookolo w'omu busajja (prostrate cancer) era ne kkookolo w'omumwa gwa nabaana (Cervical cancer) n'owensawo y'amaggi g'abakyala (ovarian Cancer) bitera okulemesa abasajja abo oba abakazi okuddamu okuzaala. Era n'okujanjjaba kkookolo okuyita mu nkola ey'okulongoosebwa oluusi kuyinza okuvirako omukazi oba omusajja obutaddayo kuzaala. Okusinga ennyo, kino kitera okubaawo nga okulongoosebwa kwetaagisizza okujjumu ebimu ku bitundu by'ekyaama oba ebitundu ebikwatagana n'okuzaala. Awo nno, omukazi oba omusajja oyo, ayinza obutaddiramu ddala kuzaala.

Aw'okugenda okufuna okumanyisibwa ku kkookolo n'obujjanjabi

Awajjanjabirwa kkookolo

Uganda Cancer Institute (UCI): Old Mulago Road, Uganda Cancer Institute Campus, Kampala; essimu: 0414 540 410; Bakebera n'okuzuula kkookolo mu ngeri ey'ekikugu, bawa obujjanjabi obw'ekika ky'okukozesa eddagala (chemo), okukalirira; balabirira abalwadde abatasuubirwa kuwona mu ngeri ey'ekikugu.

St. Francis Hospital Nsambya: Plot 57 Nsambya Road, Kampala; essimu: 0414 267012; Bawa obujjanjabi bwa kkookolo obw'ekika ky'okukozesa eddagala (chemo) era nebakulagirira n'awokugenda okufuna obujjanjabi bw'okukalirirwa.

Case Hospital: Plot 69/71 Buganda Road, Kampala; phone: 0414 250362; 0701 250362; Bawa obujjanjabi bwa kkookolo obw'ekika ky'okukozesa eddagala (chemo) era nebakulagirira n'awokugenda okufuna obujjanjabi bw'okukalirirwa.

Nakasero Hospital: Plot 14A Akii Bua Road, Nakasero, Kampala; essimu: 0392 346152; 0392 346153; 0312 531400; Bakebera n'okuzuula kkookolo era ne bagaba obujjanjabi omuli okukozesa eddagala (chemo), okulongoosa, n'okulabirira abalwadde abatasuubirwa kuwona mu ngeri ey'ekikugu.

International Hospital Kampala: Plot 4686 St Barnabas Road, Kisugu – Namuwongo, Kampala; essimu: 0312 200400; 0414 309800; 0772 200400; 0712 200400; Bakebera n'okuzuula kkookolo mu ngeri ey'ekikugu, bawa obujjanjabi obw'ekika ky'okukozesa eddagala (chemo), okulongoosa n'okulabirira abalwadde abatasuubirwa kuwona mu ngeri ey'ekikugu.

Abayamba ku balwadde ba kkookolo

Uganda Women's Cancer Support Organisation (UWOCASO):

Plot M3 Suuna Road Ntinda Stretcher, Kampala; essimu: 0414 590 897; Bagabira abakyala abaalina kkookolo w'amabeere amabeere amakolerere; bawa abalwadde ba kkookolo w'amabeere n'owomumwa gwa nnabaana entambula okuva e mulago ku ddwaliro lya kkookolo (UCI); basomesa abantu ku bikwata ku kkookolo w'amabeere n'owomumwa gwa nnabaana.

Uganda Women Health Initiative: Bethel House, Mildmay Centre, Lweza, Entebbe Road, Uganda; essimu: 0772 501 700; Bakebera era ne bajjanjabira bwereere kkookolo w'omumwa gwa nnabaana eri abakyala ab'emyaka gyonna egy'obukulu.

Cancer Charity Foundation/Haven hostel: LRV 1428, Folio 12 Land Kyadondo Block 273, Plot 1021, Namasuba, Kampala; essimu: 0312 111467; 0702 970749; Bawa abalwadde ba kkookolo abava ebweru wa Kampala aw'okusula aw'obweereere nga bwe bafuna obujjanjababi.

Women's Hostel at Mulago: P.O Box 3935, Kampala; essimu: 074 761064; 0705 907078; Bawa abalwadde ba kkookolo w'omumwa gwa nnabaana n'owamabeere nga bwe bafuna obujjanjababi bw'eddagala (chemo) n'okukalirirwa.

Bless a Child Foundation Uganda: P.O. Box 36152, Kampala; essimu: 0200 905945; Bawa abaana abalwadde ba kkookolo n'aba amaka gaabwe ebyetaago ebisookerwako nga eby'obuyonjo, aw'okusula n'engoye nga bwe bajjanjabibwa n'okulabirirwa mu kadde k'obulamu bwaabwe akasembayo.

Awalabirirwa abalwadde mu ngeri y'ekikugu (Palliative care)

Kagando Mission Hospital [KARUDEC]: Off Fort Portal-Mpondwe Road, Kasese; 0772 425150; Bakebera kkookolo n'okulabairira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu.

Kawempe Home Care: Erisa Zone, Kyebando, along Gayaza Road, Kawempe Division, Kampala; essimu: 0414 530414; Balabirira abalwadde b'akafuba, aba siriimu n'aba kkookolo okunsiziira awaka waabwe.

Hospice Africa Uganda (HAU): 130 Mobutu Road, Makindye, Kampala; essimu: 0414 266867; 0704 161120/1/3; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu.

Makerere Palliative Care Unit (MPCU): Mulago Hospital, Kampala; essimu: 0772 595672; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu era ne bayamba n'okulagirira n'okutwala abalwadde gye bateekeddwa okugenda nga bali ku ddwaliro ekkulu ery'e Mulago, erya kkookolo, n'ekisulo ky'abakyala eky'e Mulago.

St. Francis Nagalama Hospital: Nagalama, Mukono- Kayunga Road, Mukono; essimu: 0772 593665; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu.

Kitovu Hospital Mobile: P.O. Box 270, Masaka; essimu: 0481 420113; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu.

Hospice Tororo: Old Administration offices at Tororo General Hospital, Tororo; phone: 0703 916997; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu.

Rays of Hope, Hospice Jinja: Jinja; essimu: 0774 485 099; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona mu ngeri ey'ekikugu mu kitundu ky'e Busoga

Christian Outreach Mission and Evangelism (COME): Mulago Hospital, Kampala; essimu: 0414 389 116; Abakozi aba nnakyeewa balabirira abalwadde ba kkookolo abateesobola n'abali mu

bweetaavu ennyo; babanaaza, babaliisa, babawa engoye n'ebiyokwebikka ne babayamba n'okunoonya eb'enganda zaabwe.

Joy Hospice Mbale: Buwasunguyi Clinic, Mbale; Balabirira abalwadde ba kkookolo abatasuubirwa kuwona n'aba siriimu abanaatera okufa mu ngeri ey'ekikugu.

Little Hospice Hoima: 2A Kijungu Hill, Hoima, 430; essimu: 036 2260000; Balabirira abalwadde ba kkookolo n'aba siriimu abatasuubirwa kuwona mu ngeri ey'ekikugu nga babayambira waka waabwe. Babayamba mu ngeri nga okukkakkanya ku bulumi, okubayamba mu by'endya ne mu by'ensimbi, okubudaabuda ab'omu maka g'omulwadde n'okubayamba oluvannyuma lw'okufirwa.

Patient Relief Mission: Plot 1408, Kawempe Mbogo, Mumyuka Road Block 208; Phone: 0302943221/ 0753848986; Bawa abalwadde ba kkookolo abakyala n'ababalabirira aw'okusula n'entambula nga bwe bafuna obujjanjabi.

Eby'okweyambisa ku mutimbagano gwa yintaneti

Uganda Cancer Society: <http://ugandacancersociety.org/>

American Cancer Society: <http://www.cancer.org/>

MacMillan Cancer Support: <http://www.macmillan.org.uk/>

National Cancer Institute (USA): <http://www.cancer.gov/>

