

Okulabilira Abalwadde ba Kkookolo

AKATABO K'ABAJJANJABI



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1.

Okusiima

Akatabo kano kakoledwa The Johns Hopkins Center for Communication Programs ku lw'ekitogole kya gavumenti ya Uganda eky'ebiyobulamu ne Uganda Cancer Society ate nga aba American Cancer Society beebataddemu ensimbi. Abakugu okuva mu bitongole ebikola ku kirwadde kya kkookolo mu Uganda beebaawa amagezi eg'ekikugu n'okuteekateeka ebimu ku biri mu katabo kano nga basinziira ku kunoonyereza okwakolebwa mu balwadde ba kkookolo ne mu ba balabirira. Ebimu ku biri mu katabo kano byaggyibwa mu butabo obwa wandiikibwa ne bukakasibwa aba American Cancer Society, MacMillan Cancer Support, ne U.S. National Cancer Institute. Aba DESIGNiT Ltd., Uganda beebaateekateeka ebifaananyi.

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2.

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3. Ennyanjula

Bw'oba olabirira omulwadde wa kkookolo akatabo kano kako. Kaddamu ebibuuzo ebikwata ku kkookolo by'oyinza okubeera nabyo era ne kakuyigiriza n'engeri y'okulabiriramu omulwadde.

Kalambika engeri z'osobola okulabiriramu omulwadde wa kkookolo okuviira ddala nga y'akakimanya nti amulina, nga ali ku bujjanjjabi n'oluvannyuma lw'okumala okufuna obujjanjjabi.

4.

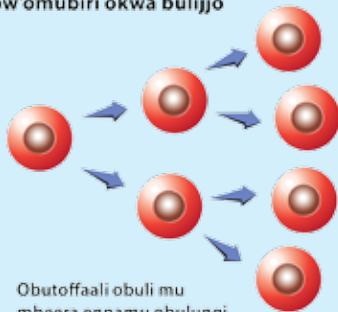
Kkookolo kye ki?

Kkookolo bwe bulwadder 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 buba bwe bukaddiwa oba bwe bukosebwa. Kati olwo obutoffaali obuggya nebutwala ekifo kyabwo.

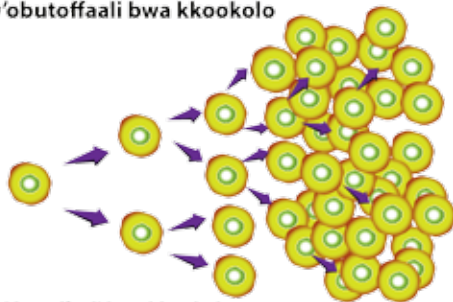
Okweyabuluzamu kw'obutoffaali bw'omubiri okwa bulijjo



Obutaffaali bwa Kkookolo si bwa bulijjo.

Obutoffaali bwa kkookolo ssi bwa bulijjo. Bwongera okukula n'okweyabuluzamu okutuusa nga bungi ekisusse. Obutoffaali buno 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



5.

Ebika bya kkookolo

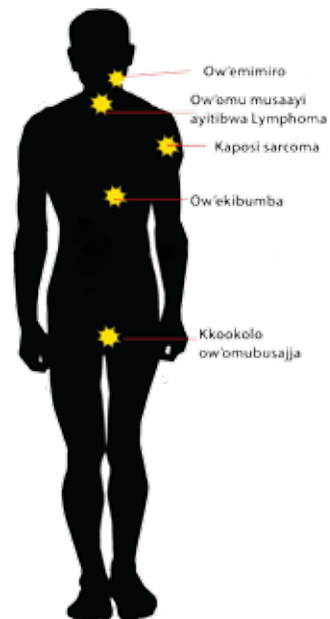
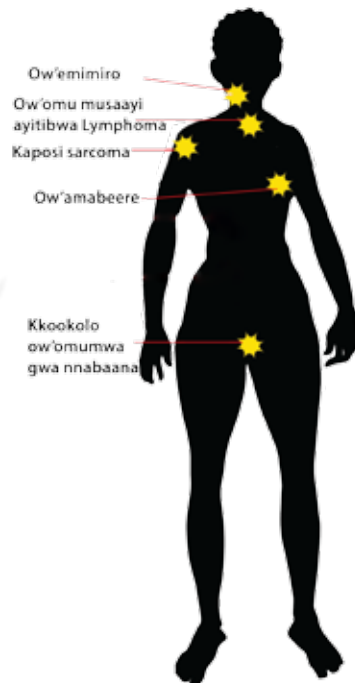
Obutoffaali bwa kkookolo busobola okutandikira mu kifo ky'omubiri kyonna. Busobola n'okusaasaanira ebitundu by'omubiri ebirala ne bukulira eyo. Ekika kya kkookolo kiweebwa erinnya okusinziira ku wa gye kyatandikira. Kkookolo bw'aba yatandikira mu bbeere, ayitibwa kkookolo w'amabeere.

Waliyo ebika bya kkookolo bingi. Ebika ebimu bikula era nebisaasana mu kaseera katono nnyo ate ebirala bikula mpola. Enzijanjababa ya kkookolo eyakukana okusinziira ku kika kya kkookolo.

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

Kkookolo asinga okweyoleka mu bakyala e Uganda:

Kkookolo asinga okweyoleka mu basajja e Uganda:



Ekizimba kye ki ?

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.



Eri abalabirira abalwadde: Kakasa nti omulwadde ategeera bulungi, ki kkookolo kyategeeza. Yogera ku kkookolo mu bulambulukufu are obuuze n'omusawo ebibuuzo.

6. Ki ekireeta kkookolo?

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

⚙ Ebika by'endwadde ezimu ezireetebwa obuwuka nga human papillomavirus (HPV) n'Akawuka ka Siriimu. Akawuka ka HPV kakifuula kyangu omuntu okulwala kkookolo w'omumwa gwa nnabaana. Abantu abalina Akawuka ka siriimu banguyirwa okufuna kkookolo w'olususu n'womumwa gwa nnabaana



⚙ 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 era SSI kikulimo. Kkookolo SSI kibonerezo eri omulwadde wa kkookolo olw'ekyo kye yakola.

7.

Kkookolo omuntu asobola okumujja ku mulala ?

Obulwadde bwa kkookolo omuntu TASOBOLA kubufuna nga abujja ku mulala nga bwekiri ku kawuka ka siriimu. 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.

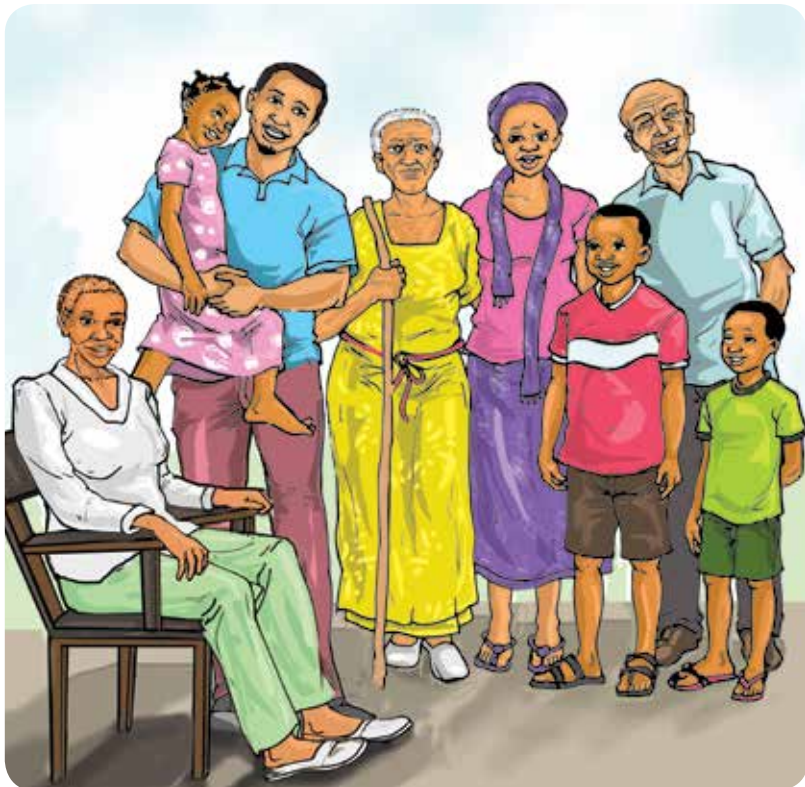


8.

Kkookolo asikirwa ?

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 obuwanvu 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.



9. Obubonero bwa kkookolo obusinga okweyoleka

Waliwo obubonero obuyinza okulaga nti omuntu yandiba ne kkookolo obutalina kubuusibwa maaso naddala nga bubaddewo okumala akabanga oba nga embeera yeyongera kwonooneka. Obubonero obwo bwe buno:



Okukenena okutategeerekeka



Ekizimba



Okuvaamu omusaayi okutali kwa bulijjo



okufuukuuka olutakoma



Obulumi obutategeerekeka

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 obutamenyeddwa wano. 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. Kkookolo azuulibwa atya?

Ebiseera ebisinga omulwadde asooka n'akyalira omusawo olw'okuba aba alina obubonero bwa kkookolo. Oluusi kkookolo azuulibwa mu kwekkebejja omuntu oba amulina.

Okukebera oba omuntu alina kkookolo

Oluusi kisoboka okuzuula kkookolo naye nga obubonero tebunnalabika. Minisitule y'ebyobulamu ekkaatiriza nti abantu bandisaanye bagendenga beekebejebwe abasawo; era n'abakyala basaanye okwekebeza kkookolo w'omumwa gwa nnabaana n'owamabeere newankubadde nga tebannafuna bubonero. Kino kiyamba okuzuula kkookolo nga bukyaali.

Eri abalabirira abalwadde: Bw'oba tokeberebwanga ko kkookolo w'omumwa gwa nnabaana oba ow'amabeere, kano keekaseera okukikola. Obubaka buno osobola okubuulirako ab'oluganda lwo abalala.

Omusawo bw'asuubira 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.

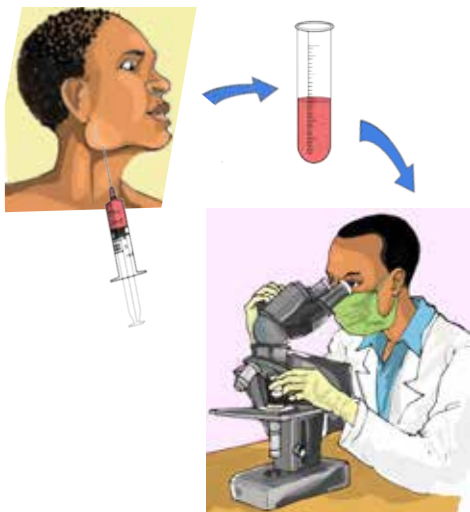
11. Okugyibwaako akanyama kye ki ?

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 obulumi nga bamukolako.

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

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

Eri abalabirira abalwadde:
Ebiseera bingi abalwadde beewala okugyibwaako akanyama olw'okutya. Okulwaawo okugyibwaako akanyama kireetera omuntu okutandika okufuna obujjanjabi nga buyise. Wabula mu kadde ako ye kkookolo yeeyongerera kukukola na kusaasaanira bitundu birala. Yogerako n'omulwadde ku nsonga ezimuleetera okutya. Saba omusawo anyonnyole bulungi engeri akanyama gye kagenda okugyibwaako era addemu n'ebibuuzo by'omulwadde.



12. Kkookolo awona?

Ssi buli kiseera nti kkookolo aleetera omuntu okufa. Bw'otandika era n'omalayo obujjanjabi 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 ne wa waali mu mubiri
- ⚙ Omutendera gwa kkookolo gw'aliko
- ⚙ Kkookolo bw'aba okula mangu oba mpola
- ⚙ Emyaka gy'omulwadde n'embeera y'obulamu bwe bwe yali nga tannafuna kkookolo
- ⚙ Engeri eddagala gye likolamu mu mubiri gwe

Buuzza omusawo ki omulwadde ky'ateekeddwa okusuubira.

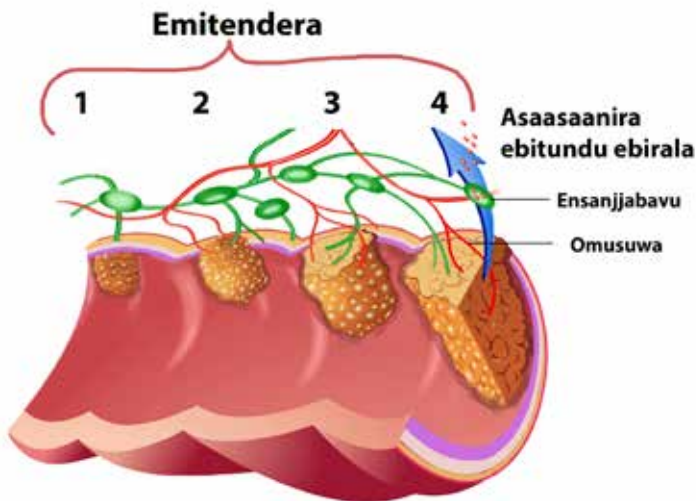
13. Emitendera gya kkookolo

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 ebeera muzibu wakujanjjaba.
- ❁ Omutedera ogw'okuna (4) gwe mutendera ogusembayo. Kitegeeza nti kkookolo asaasaanidde ebitundu by'omubiri ebirala era tasobola kuwonyezebwa..

Omulwadde ateeddwa okusaba omusawo amunyonnyole omutendera kkookolo kw'atuuse era amunyonnyole ki kye kitegeeza.



14. Enzijjanjaba za kkookolo ez'enjawulo

Enzijjanjaba omusawo gy'akusalira esinziira ku kika kya kkookolo, omutendera kkookolo gw'atuseeko, ne ku myaka gy'omulwadde n'embeera ye ey'obulamu.

Ebigendererwa by'obujanjjabi

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

Ebika by'obujanjjabi

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

Ebisale by'okujanjjaba kkookolo

Okujanjjaba kkookolo kutwala obudde n'ensimbi nyingi. Oluvannyuma lw'okumaliriza obujanjjabi, kkookolo asobola okuddamu era nekyektaagisa ekika ky'obujanjjabi 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.

Eri abalabirira abalwadde: Omulwadde mubuuze oba wandyetaaze okugenda naye okufuna eby'ava mu kukebera akanyama. Ebiseera ebisinga abantu batya nnyo bwe bawulira nti balina kkookolo. Sooka okkakkane era oyambe n'omulwadde okukkakkana. Olina n'okufaayo ennyo okuwuliriza obulungi kubanga omulwadde kiyinza okumuzibuwalira okuwulira n'okujjukira ekintu ekirala kyonna oluvannyuma lw'okuwulira nti alina kkookolo. Osobola n'okuwandiika ebyo omusawo by'aba agamba oluvannyuma obimujjukize era obi munnyonnyole.

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 tekweyambisibwa kujjanjjaba buli kika kya kkookolo; okugeza, kkookolo w'omusaayi aijanjjabibwa na ddagala (chemo). Okulongoosebwa kuyinza okweyambisibwa okuwonya kkookolo, okumukkakkanyako, oba okujanjjaba ebizibu ebirala ebiba biretebbwa kkookolo.



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 (chemo) kuyinza okweyambisibwa okuwonya kkookolo, oba okuyamba omulwadde okulwaawo nga mulamu.



Okukalirirwa

Okukalirira nakwo kukozezebwa okutta oba okukendeeza ku ngeri obutoffaali bwa kkookolo gye bukulumu. Ecuuma eky'enjawulo kiweereza ddozi y'amasannyalaze ewerako okutta obutoffaali bwa kkookolo. Amasannyalaze 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'okusobozeza omulwadde okuwulira ku mirembe.



15. Buzibu ki obuyinza okuva ku bujjanjabi bwa Kkookolo?

Okulongoosebwa, okujanjjabisa eddagala (chemo) n'okukalirirwa bisobola okukosa omuntu mu ngeri emu oba endala. Wabula sikyangu kuteebereza ngeri muntu gy'anaakosebwa mu. 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 okujjanjabwa. Okukosebwa omuntu kw'ayinza okuyitamu oluvannyuma lw'okulongoosebwa kw'awukana okusinziira ku nnongoosa.

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



Embiro oba n'okuzibuwalirwa okufuluma



Okuyiwa mu kamwa



Omusujja



Okwanguyirwa okulwala



Okuwulira nga afumitibwa obuyiso mu ngalo ne mu bigere

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

Eky'okukola nga omuntu ayiye mu kamwa

Okuyiwa mu kamwa kitegeeza omuntu okusalika oba okufuna amabwa oba otulututtu mu kamwa. Bino biyinza okweyoleka mu laangi emmyuufu oba enjeru era biyinza n'okuvaamu omusaayi. Okuyiwa mu kamwa kuleetera omuntu okuwulira obulumu mu kamwa era ne kireetera omulwadde obutayagala kulya oba kunywa kintu kyonna.

Abalabirira abalwadde kye basobola okukola

- ⚙️ Nga weeyambisa ttooci, kebera mu kamwa k'omulwadde olabbe oba mulimu obupaapi obwa laangi emmyuufu oba enjeru, buno butera okufuuka amabwa.
- ⚙️ Omulwadde eby'okunywa bimuweere mu luseke asobole obuteekosa
- ⚙️ Omulwadde muwe emmere egonda. Emmere gisotte omulwadde asobole okugirya obulungi.
- ⚙️ Nga tonnamuwa mmere, omulwadde muwe bino: Anbesol® oba Orajel® ayise mu kamwa kisobole okusannyalaza amabwa n'olwekyo asobole okulya obulungi nga tawulira bulumi
- ⚙️ Nga wabulayo eddakiika asatu (30) alye, omulwadde muwe eddagala erikkakkanya obulumu.

10. 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.



17. Endabirira ey'ekikugu n'okukola ku bulumi

Endabirira ey'ekikugu (palliative care) egendererwamu okukkakkanya ku bulumi, n'okubulwa emirembe okuva ku kkookolo. Endabirira eno ey'ekikugu (palliative care) eteekwa okweyambisibwa awamu n'enzijjanjaba za kkookolo endala. Enzijjanjaba eno tegendererwamu kuwonya kkookolo.

Eky'omulwadde wa kkookolo okuwulira obulumi kitera okubaawo. Naye obulumi busobola okukkakkanyizibwaako ne eddagala.

Abantu bangi balwooza nti bajja kutuusa ekiseera nga tebasobola kubeerawo nga tebakozesezza ddagala likendeeza bulumi. Naye kino ssi bwe kiri kubanga ddoozi n'ebika by'eddagala ebikozesebwa mu Uganda tebisobola kukikiriza kubaawo. Omulwadde bw'awulira obulumi, wetaaga okubuulira omusawo asobole okumuwa oba okumukyusiza mu ddoozi y'eddagala.



Engeri y'okuyambamu omulwadde okwangganga obulumi

- ⚙ Yogerako n'omusawo osobole okumanya eddagala erikkakkanya obulumi otegeere n'enkozesa y'alyo.
- ⚙ Weebuuze ku musawo nga tonnakoona oba kutabula mpeke zikkakkanya bulumi mu mazzi okuzifuula ennyangu z'okumira. Amakerenda agamu gakola ddozi ey'obulabe nga gakooneddwa negamenyeka.
- ⚙ Jjukiza omulwadde okumira eddagala lye ely'obulumi
- ⚙ Weetegereze omulwadde olabe oba ali mu mbeera yonna ekiraga nti ali mu bulumi. Embeera nga okusinda, oba n'obutayagala kwekyuusa mu buliri.
- ⚙ Ebitundu ebiruma omulwadde biyiseeko akawero oba amazzi agabuguma naye ekifo awaakalirirwa okitalize. Okunyigaanyigako nakwo kuyinza okukkakkanya ku bulumi.
- ⚙ Zannyinkiriza omulwadde oba mukole naye ebintu ebimuleetera essanyu asobole okwerabira obulumi.
- ⚙ Omulwadde muwe amazzi agawera anywe
- ⚙ Eddagala ly'obulumi likuumire wala n'abantu abalala naddala abaana n'ebisolo ebizannyisibwa awaka.
- ⚙ Eddagala ly'obulumi likuumire wala n'abantu abalala naddala abaana n'ebisolo ebizannyisibwa awaka.

18. Okulabirira abalwadde

Abalwadde ba kkookolo beetaaga okulabirirwa mu ngeri ez'enjawulo okusenziira ku mutendera kkookolo gw'aba atuuseeko. Ebyetaago by'abantu abaakakizuula nti balina kkookolo bya njawulo nnyo n'ebyaabo abali ku bujjanjabi oba abali mu kaseera k'obulamu bwaabwe akasembayo.



Nga omuntu yaakakizuula nti alina kkookolo

Abantu bawulira okutya, ennaku, obusungu oba ne beekyaawa oluvannyuma lw'okumanya nti balina kkookolo. Abantu bano oluusi obusungu babuzza ku b'enganda, ab'emikwano oba omuntu yenna abasemberera mu kadde ako. Naye ggwe nga omulabirira weetaaga okuba omuguminkiriza era n'otanyiigira mulwadde. Obusungu buggwaawo oluvannyuma lw'akadde.

Abantu abamu bawakanya eky'okuba nti balina kkookolo newankubadde nga kino kibagambiddwa basawo. Abalwadde ab'ekikula kino baba bazibu nnyo okulabirira kubanga bayinza n'okugaana okugoberera ebiragiro by'omusawo oba okwogerako n'abeganda zaabwe ku bikwata ku bulwadde buno. Naye ggwe nga amulabirira, mu buntu bulamu, weetaaga okumujjukiza omusawo by'agambye n'ebirina okusalibwaawo.

Okukola ku busungu ne ku kuwakanya embeera

Osobola okuyamba omuntu okukkiriza nti alina kkookolo era ne mukola enteekateeka okusinziira ku mikisa gye egy'okuwona. Buuzi omuntu oyo oba osobola okumuwererako ew'omusawo. Wuliriza bulungi omusawo by'aba agamba era obuuzi ebibuuzo w'oba totegedde. Fuba nnyo okutegeera omutendera kkookolo w'omuntu oyo gw'aba atuuseeko, emikisa gy'okumujjanjaba n'awona n'ezijanjjaba ez'enjawulo zaasobola okukozesa. Oluvannyuma lw'ebyo ojja kuba osobolera ddala okunnyonyola omulwadde n'okumujjukiza omusawo by'aba agambye.

Okutandika okweyisa mu ngeri ennungi eri obulamu

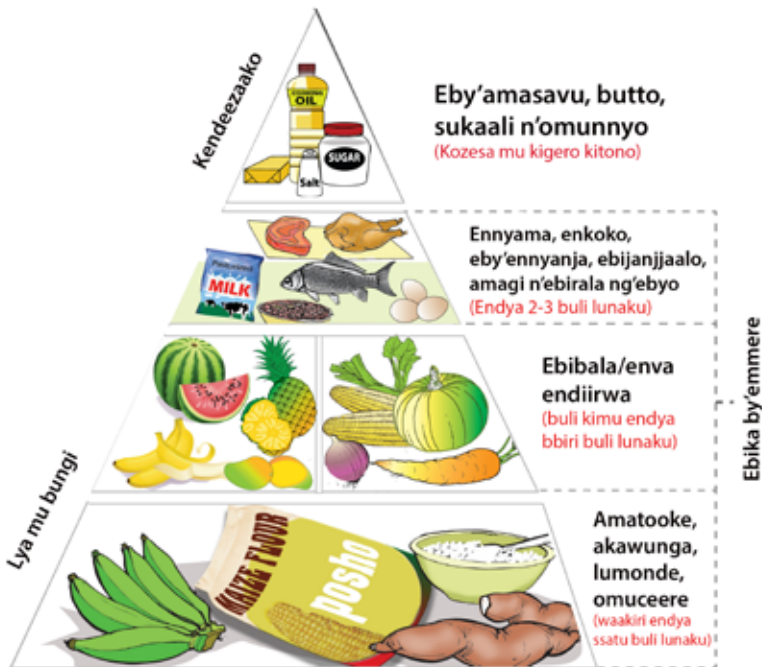
Osobola okuyamba omulwadde okusigala nga w'amaanyi n'okutangaaza emikisa gye egy'okuwona nga omuyamba okulya obulungi, okukola dduyiro, n'okwewala okunywa omwenge ne ssigala.

Endya.

Okutandikirawo okulya ebika by'emmere ebituufu nga omulwadde yakakimanya nti alina kkookolo kimuyambira ddala. Gwe nga amulabirira osobola okumutegekerayo ebijjulo by'emmere ey'enjawulo era ogimuwe nga emala asobole okusigala n'omubiri.

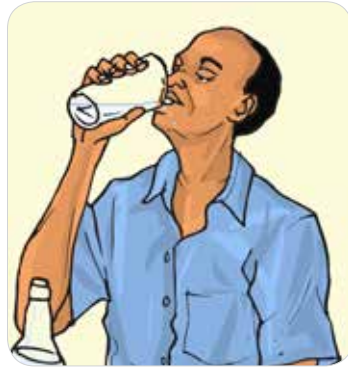
Okulya obulungi kwe kulya waakiri emirundi esatu buli lunaku nga emmere erimu ebiriisa okuva mu biti by'emmere ebisatu.

Ekifaananyi kino wammanga kiraga obungi ne buli kika kya mmere omuntu kyasaanye okulya buli lunaku. Abantu baatekeddwa okulya ebika by'emmere ebiri ku ntiko y'ekifaananyi kino mu kigero ekitono, naye ebiri wansi babirye mu bungi. Emmere erimu amasavu, butto, omunnyo, ne sukaali esobola okuba ey'obulabe eri omubiri bw'eriibwa mu bungi, n'olwekyo omulwadde tateekwa kugirya nnyo.



Amazzi.

Omulwadde muwenga amazzi. Abantu beetaaga okunywa giraasi z'amazzi ennene waakiri munaana (8) buli lunaku. Bayinza okwetaaga oby'okunywa ebirala ebiwerako bwe baba basesema, balina embiro oba nga tebalya kimala. Abalwadde balina okwewala okunywa omwenge ne soda.



Okukola dduyiro.

Okukolanga dduyiro kuyamba omulwadde okusigala nga w'amaanyi era kumuyamba okukendeeza okweralikirira, okusinduukirirwa emmeeme, obukoowu, n'okuzibuwalirwa okufulumu. Kuyinza n'okumuleetera okwagala okulya.

Omulwadde bw'aba teyamanyiira kukola dduyiro naye omusawo n'akakasa nti yandisaanye amukole, muperereze atandike okukola dduyira waakiri okumala eddakiika taano ku kkumi (5-10) buli lunaku. Bw'aba yakolanga dduyiro nga tannakizuula nti alina kkookolo era omusawo n'akakasa nti akyasobola okumukola, omulwadde mugambe agende mu maaso n'enkola ye eya dduyiro. Weebuuze ku musawo nga omulwadde tannatandika kukola kika kya dduyiro kyonna.



Mu kufuna obujjanjjabi

Abalwadde abamu basanga akaseera akazibu mu kufuna obujjanjjabi ate abalala nedda. Osobola okuyamba abalwadde okukola ku kukosebwa okuleetebwa obujjanjjabi bwa kkookolo era n’obayamba okumanya ddi lwe beetaaga okugenda ew’omusawo okufuna obuyambi. Okukosebwa okuleetebwa obujjanjjabi bwa kkookolo okusinga kusobola okukkakkanyizibwa.

Abantu batera obutaba na bwaagazi bwa kulya bwe babeera ku bujjanjjabi bwa kkookolo. Bayinza okulyaayo akatini oba n’obutaliirako ddala. Bino wammanga by’osobola okukola okusobola okuyamba omulwadde okulya ekiwerako.

- ⚙ Omulwadde muwe emmere n’obumpwancumpwancu mu bigero ebitono emirundi mukaaga ku munaana (6 ku 8) buli lunaku.
- ⚙ Muwe emmere ezza amaanyi mu mubiri nga akawunga, obumonde, capati nga otaddeko enva nga enkoko, eby’ennyanja, kawo oba ebijanjjalo n’amagi.
- ⚙ Omulwadde bw’aba tayagala kulya, muwe omubisi ogukamuddwa mu bibala, caayi ow’amata oba ssupu.
- ⚙ Eby’okunywa ebinnyogoga n’omubisi ogukamuddwa mu bibala bikuumire awantu omulwadde w’asobola okubyefunira
- ⚙ Omulwadde akamwa bwe kaba kamukayiiirira, oba nga ayisibwa bubi bw’akomba ku bintu by’ekyuuma; gezaako okukozesa wuuma oba obuso obwa ppulaasitiika
- ⚙ Ssi musango gwo omulwadde bw’agaana okulya oba bw’aba tasobola kulya.
- ⚙ Ssenda senda omulwadde okulya wabula tobiyomberamu

Oluvannyuma lw’okulongoosebwa

Abalwadde abalongooseddwa bajja kweraliikira nti banaafaanana batya oluvannyuma lw’okulongoosebwa; naddala abalwadde ba kkookolo w’amabeere abalongoosebwa. Kyandiyamba okusaba eyali ayiseeko mu mbeera ng’eyo okuva mu kitongole ki Uganda Women’s Cancer Support Organisation (UWCSO) okwogerako n’omulwaddewo.

Ekitongole ekyo (UWCSO) kiwa abakyala amabeere amakolerere oluvannuma lw'okulongoosebwa kkookolo w'amabeere.

Okulabirira omulwadde mu kadde k'obulamu akasembayo

Kkookolo w'abantu abamu atuuka ekiseera nga obujjanjabi tebulina kye bu mu kyuusaako era nga bateekwa okumanya n'okukkiriza nti bayinza okufa akaseera konna. Kino kitiisa nnyo omulwadde n'abo abamwetoolodde. Omulwadde wa kkookolo ayinza okuba mu bulumi, ayinza okuba ku ndiri, ayinza n'okutambulayo enta ezitawera oba biyinyza n'okumusobera.

Okuyamba omulwadde okulya:

Ebiseera ebisinga abalwadde babeera tebaagala kulya era weetaaga okubawa emmere mu bigero ebitono emirundi egiwerako. Omulwadde bw'aba tasobola kweliisa ojja kwetaaga okumuliisa. B'woba ogenda okumuliisa kakasa nti atudde bulungi emmere obutamulakira. Ojja kumuliisa ng'okozesa akajjiiko akatono era nga bw'omuwa omulinda namira olwo n'omwongera endala.



Okuyamba omulwadde mu by'obuyonjo:

Omulwadde bw'anafuwa, ojja kwetaaga okumunaaza, okumwalira obuliri n'okumwambaza engoye. Omulwadde bw'aba asobola okuvaako mu buliri kiba kirungi okumugamba n'atuulangako. Bw'aba tasobola kuva mu buliri mukyusengamu. Kakasa nti teyebaka mu kifo ky'ekimu okumala essaawa nnyingi.

Okufirwa n'okukungubaga:

Omulwadde wo nga asemberera okufa, mwembi muyinza okuwulira obusungu, ennaku oba n'okutya. Naye ne bwekiba kizibu kitya, kirungi nnyo okubeerawo ku lulwe. Okumukwatako, okumuwuliriza, okumweenyaamu n'okubeera okumpi naye bimulaga nti ofaayo.

Abalwadde abamu batera okwagala okwogera ku bikwata ku kufa. Bayinza okubuuza ebikwata ku ki kye baba basuubira. Bayinza okubuuza ebibuuzo nga; kinaaluma? Kinaamala banga ki? Era bayinza n'okukubuuza nti "lwaki kino kintuuseeko?" Ssi kyangu kuwulira bibuuzo bino kuba tewali bya kubiddamu, wabula oyinza okumugamba nti, "simanyi". Okumukwata ku mukono n'omuleka n'akaaba olw'ennaku ye kye kisinga ky'osobola okukola.



19. Okwerabirira

Okulabirira omulwadde wa kkookolo sikyangu era kukooya, kweralikiriza ne kunakuwaza n'okunakuwaza. Wabula tewetaaga kumala buli kaddeko ng'olowooza ku mulwadde oba ng'obeeru naye. Weetaagayo akadde akako okuwummula n'okwerabirira osobole okisagala mu mbeera ennungi ekusobozesa okulabirira omulwadde wo.

Okusaba obuyambi n'okwewummuzaamu

Weeteekereteekere yo akadde akako. Saba ab'emikwano oba ab'enganda bakuyambeko okulabirira omulwadde era obagambe n'engeri ki gye basobola okukuyamba. Kino kikuyamba okwefunirayo akadde akako ak'okwerabirira.



Eri abalabirira abalwadde: Laba era owandiike buli kye weetaaga okuyambibwamu. Yitanga enkunggaana z'abomu maka, nga n'omulwadde mw'omutwaalidde osobole okubuuliranga buli omu ekigenda mu maaso. Saba ab'omu maka n'abemikwano bakuyambeko bw'oba weetaaze obuyambi, era na ngeri ki gye basobola okukuyamba. Beera mulambulukufu ku ki ddala kye weetaaga.

Weekuume nga oli mulamu:

Kola dduyiro, lya bulungi era owummule ekimala. Lya emmere okuva mu biti by'emmere ebisatu emirundi esatu buli lunaku. Kolanga dduyiro era weewale okugejja ekiyitiridde. Vva ku sigala bw'oba obadde omunywa. Weewale okunywa omwenge omungi ekiyitiridde.

Weekuume n'abomu makaago obutafuna kkookolo:

Weekebeze kkookolo w'amabeere n'owomumwa gwa nnabaana. Bw'obeera n'akabonero ka kkookolo konna, genda ew'omusawo akukebere. Buulirako ab'omu makaago ne mikwano gyo kyonna ky'omanyi ku kkookolo okugeza; engeri y'okumwewalamu n'engeri gye yeeyolekamu.



20. 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 bajjanjjabira 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'obweere nga bwe bafuna obujjanjjabi.

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 obujjanjjabi bw'eddagala (chemo) n'okukalirirwa.

Bless a Child Foundation Uganda: P.O. Box 36152, Kampala; essimu: 0200 905945; Bawa abaalina abalwadde ba kkookolo n'aba amaka gaabwe ebyetaago ebisookerwako nga eby'obuyonjo, aw'okusula n'engoye nga bwe bajjanjjabirwa 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 abatasubirwa 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'ebyokwebikka 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’okufiirwa.

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/>

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