

WAX KU SAABSAN KANSARKA BEERKA

Kansarka beerka waa kansar ka soo bilaabma unugyada beerka. Beerku waa xubinta ugu weyn ee jirka bini'aadamka, marka laga reebo maqaarka. Wuxuu le'eg yahay kubbadda cagta wuxuuna ku fadihyaa qaybta midig ee sare ee ubucda, diaphragm-ka hoostiisa balse caloosha ka kore. Beerka aad buu mashquul u yahay wuxuuna leeyahay in ka badan 500 oo shaqo sida:



“Beerku waa dheemanka qarsoon ee jirka.”

Lewis R. Roberts M.B., Ch.B., Ph.D.
Barafasoorka ee Caafimaadka,
Qaybta Gastroenterology iyo
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- Habaynta iyo kaydinta nafaqooyinka
- Wasaq ka saarista dhiigga
- Shaandhaynta iyo sun ka saarista kiimikooyinka
- Wuxuu soo saaraa xameetida si ay u caawiso dheefshiidida
- Wuxuu soo saaraa maadada albumin-ka, taas oo caawisa ilaalinta mugga dhiigga
- Wuxuu soo saaraa maadooyinka xinjirowga ka hortaga si dhiigbax uusan u dhicin
- iyo shaqooyin kale oo badan

KANSARKA BEERKA KA SOO FARCAMA

Kansarka beerka ka soo aslama waa kansar ka soo bilaabma unugyada beerka. Kani wuu ka duwan yahay kansarka faafa, ama kan ka soo farcama oo ka so bilaabma qayb kale oo jirka ah oo dabadeedna ku faafa beerka. Jadwalka soo socda wuxuu bixinayaa dulmar ku saabsan noocyada kansarka beerka ka soo farcama.

Nooca Kansarka Beerka ee Aasaasiga ah	Waxa ay tahay inaad ogaato	Heerka Badnidiisa	Dadka aalaa uu saameeyo
Kansarka Beerka [Hepatocellular Carcinoma (HCC)]	<ul style="list-style-type: none"> • Wuxuu ka bilaabmaa unugyada beerka ee hepatocyte loo yaqaano 	<ul style="list-style-type: none"> • 75-85% kiisaska kansarka beerka ee aasaasiga ah waa nooca HCC-ga 	<ul style="list-style-type: none"> • Ragga ka weyn 60 sano • Dadka la nool xanuunka beerka ee aan weligii bogsan
Kansarka Beerka [Fibrolamellar Hepatocellular Carcinoma (fHCC)]	<ul style="list-style-type: none"> • Waa nooc aad u yar oo ka mid ah nooca ee HCC-ga 	<ul style="list-style-type: none"> • Waa kansar aad dhif u ah, oo u dhigma in ka yar 1% dhammaan kiisaska HCC-ga 	<ul style="list-style-type: none"> • Haweenka ka yar 35 sano
Kansarka Dhuunta Xameetida [Cholangiocarcinoma (CCA)]	<ul style="list-style-type: none"> • Wuxuu ka bilaabmaa tubbada xameetida • Nooca Intrahepatic CCA-ga loo yaqaan wuxuu ka bilaabmaa tuubada xameetida ee ku taala gudaha beerka • Nooca Extrahepatic CCA-ga loo yaqaan wuxuu ka bilaabmaa tuubada xameetida ee ku taala dibadda beerka 	<ul style="list-style-type: none"> • Waxay u dhigantaa 10-25% dhammaan kiisaska kansarka ee beerka ka farcama 	<ul style="list-style-type: none"> • Ragga ka weyn 60 sano • Dadka qaba caabuqa noolaha beerka
Kansarka Burada Beerka (Hepatoblastoma)	<ul style="list-style-type: none"> • Waa kansar caruurta ku dhaca oo aan badneyn 	<ul style="list-style-type: none"> • Waa dhif iyo naadir 	<ul style="list-style-type: none"> • Carruurta ka yar 4 sano

DHIBAATADA KANSARKA BEERKA EE ADUUNKA

Kansarka beerka waa dhibaato caalami ah, sanadka 2020-kiina, wuxuu ahaa kansarka lixaad ee ugu badan adduunka, wuxuuna ahaa kansarka saddexaad ee ugu dhimashada badan adduunka oo dhan. Sida laga soo xigtay Ururka Caafimaadka Adduunka, waxaa jiray in ka badan 900,000 xaaladood oo kansarka beerka ah iyo 830,000 oo dhimasho ah oo ka dhashay kansarka beerka sanadkii 2020 dhexdiisa.

KANSARKA BEERKA GUDAHA MARAYKANKA

Kansarka beerka waa dhibaato sii kordheysa gudaha dalka Maraykanka, tirada dadka Maraykanka ah ee uu ku dhacay kansarka beerka aad bay kor ugu kaceeysay dhowr iyo tobankii sano ee la soo dhaafay. Ururka Kansarka Maraykanka ayaa qiyaasaya in ka badan 42,000 oo Maraykan ah ay maqli doonaan kelmada ah "waxaad qabtaa kansarka beerka" sanadka 2021, sidoo kale in ka badan 30,000 oo qof ayaa u dhiman doona kansarka beerka sanadka 2021.

KHATARTA, BAARITAANKA, YARAYNTA KHATARTA, IYO ASTAAMAHA KANSARKA

Waxyaabaha qaarkood ee kansarka keeni kara waxay kordhiyaan furadda inuu qofka ku dhaco kansarka beerka.

Inaad lahaato arrin khatar ah, ama xitaa dhowr arimood oo halis ah, macnaheedu maaha in qofka uu ku dhici doono cudurkaas, sidoo kale dadka qaar oo aan lahayn wax khatar ah oo keeni kara cudurka ayaa laga yaabaa inuu ku dhaco kansarka beerka. Si kastaba ha ahaatee, inaad lahaato wax ka badan hal arrin oo keeni kara cudurka ayaa kordhisa fursadda in qofka uu ku dhaco kansarka beerka sidoo kalena badi dadka laga helay kansarka beerka (hepatocellular carcinoma) waxay ahaayeen dad la nool cudurada beerka ku dhaca ee aan bogsan.

Nasiib wanaag, haddi xanuunka la ogaado isagoo marxalad hore ku jira, markaas kansarka beerka si fiican ayaa loo daweyn karaa.

Beerka wuxuu leeyahay awood gaar ah oo uu dib iskugu hagaajin karo marka uu dhaawacmo ama ay jug soo gaarto. Inkastoo awoodda dib isku hagaajinta ay caadiyan weligeed socoto, balse haddi uu jiro dhaawac socda muddo dheer, beerku wuu daalaya wuxuuna gabayaa awoodiisii dib isu hagaajinta. Marba haddii beerka uu gaaro xaaladdaan dayactirka daalida ah, dhaawac dheeraad ah haduu yimaado wuxuu keenayaa in unugyada beerka lagu beddelo qolfo qalalan, oo sidoo kale loo yaqaano fibrosis, halkii ay ka ahaan lahaayeen unugyada beerka ee shaqeeya.



Beerka caafimaadka + Dhaawac halis ah → Leh qolfo qalalan (Fibrosis) → Cudurka nabraha beerka (Cirrhosis) → Kansarka Beerka

Fibrosis-ku wuxuu sababaa inuu beerka qabsan waayo shaqadiisii caadiga aheyd. Marka unugyada qolfaha noqday ay ugu dambeyntii beddelaan qaybo badan oo beerka ah, waxaa markaa la yiraahdaa xanuunka beerka (cirrhosis). Cudurka Cirrhosis-ka waa xaalad halis ah oo nafta halis gelin kara.

Waxyaalaha qaar ee laga qaado kansarka, sida sigaarka, waa la bedeli karaa halka kuwa kale, sida jinsiga qofka uu ku dhashay iyo da'da sii kordhaysa, aan la bedeli karin. In badan oo ka mid ah waxyaalaha laga qaado kansarka beerka (hepatocellular carcinoma) iyo kansarka tuubada xameetida (intrahepatic cholangiocarcinoma) waa isku mid, waxaana ka mid ah:

- Cudurka nabraha beerka (Cirrhosis)
- Cagaarshowga uu keeno fayraska
- Tubaakada
- Khamriga

Kansarka Extrahepatic cholangiocarcinoma isagu wuxuu leeyahay waxyaabo laga qaado oo ka duwan kansarrada kale. Booqo globalliver.org si aad wax badan uga ogaato waxyaabaha laga qaado oo gaarka u ah nooc kasta oo kansarka beerka ah.

Haddii aad halis ugu jirto kansarka beerka, la hadal dhakhtarkaaga oo samee qorsho baaritaan oo habboon oo yaree khatartaada mar kasta oo ay suurtoagal tahay.



BAARITAANKA

Baaritaano ayaa loo sameeyaa dadka xanuunka khatarta ugu jira si loo ogaado cudurka goor hore. Haddi xanuunka la ogaado isagoo marxalad hore ku jira, markaas kansarka beerka si fiican ayaa loo daweyn karaa. Ururka Maraykanka ee Daraasaadka Cudurada Beerka (AASLD) waxaa uu ku taliyaa in lala socdo kansarka beerka ee dadka qaangaarka ah ee qaba cudurka beer xanuunka (cirrhosis) iyadoo la isticmaalaayo baaritaano ultrasound-ka ah oo ay la socdaan baaritaannada dhiiga ee loo yaqaan alfa-fetoprotein test lixdii biloodba mar. Dadka da'doodu ka weyn tahay 40 sano ee qaba cagaarshow nooca B ee aan qabin cudurka beer xanuunka ayaa iyaguna sidoo kale lagula talinayaa inay maraan baaritaanka la socodka kansarka beerka.

“Baaritaanka kansarka beerka laguma talinaayo in dadweynaha guud ay qaataan sababtoo ah lama xaqiijin in baaritaankaas uu yareeyo khatarta dhimashada kansarka beerka. Hase yeeshee, dadka qaba xanuunada beerka ee joogtada ah waxay halis dheeraad ah ugu jiraan kansarka beerka waxaana laga yaabaa inay tixgeliyaan baaritaanka, sida dadka qaba:

- Caabuqa cagaarshowga nooca B
- Caabuqa cagaarshowga nooca C
- Xanuunka loo yaqaano Nonalcoholic steatohepatitis
- Xanuunka beerka ee ka dhasha khamriga
- Xanuunka beerka ee ka dhasha sababo kasta oo kale”

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ASTAAMAHA

Kansarka beerka ee maraya marxaladda hore wuxuu leeyahay calaamado iyo astaamo yar, waaba haddii ay jiraan. Sababtoo ah tani waa qeyb ka mid beerku inuusan lahayn neerfayaasha xanuunka qaada, kaliya xuubka ama kaabsalka ku wareegsan beerka ayuumbaa qaba neerfayaashaas. Sidaa darteed, kansarka beerka aad ayuu un weynaan karaa, kaliya wuxuu xanuun keenaa un marka uu bilaabo inuu ku fido xuubka ku wareegsan beerka.

Marka kansarka beerka uu ku sii weynaado jirka, calamadaha caadiga ah la arko waxaa ka mid ah:

- Xanuunka laga dareemo qaybta sare ee caloosha
- In buro ama culeys laga dareemo caloosha
- Dibiro/calool barar
- Rabitaanka cuntada oo yaraada
- Inaad dhereg dareento xitaa markaad cunto yar cuntid
- Daciifnimo iyo daal
- Lalabbo iyo matag
- Cagaarshow (maqarka oo jaalle noqda) iyo
- Qandho

YARAYNTA KHATARTA IYO KA HORTAGGA KANSARKA

Uruurka Kansarka Maraykanka ayaa qiyaasaya in ilaa 70 boqolkiiba kiisaska kansarka beerka, gaar ahaan kansarka beerka (hepatocellular,) lagaga hortagi karo iyadoo loo maraayo in wax laga beddelo hab nololeedka qofka. Waxaa ka mid noqon kara:

- Tallaalka cagaarshowga nooca B, kaas oo lagu taliyay in la siiyo dhammaan dhallaanka marka ay dhashaan iyo dadka waaweyn ee leh khatarta sii kordheysa
- Daawaynta cagaarshowga uu keeno fayraska - fayraska cagaarshow nooca C waa la daweyn karaa, fayraska cagaarshow nooca B isaguna si guul leh ayaa loo daweyn karaa loona maarayn karaa
- In laga fogaaddo khamriga xad dhaafka ah
- Joogtey miisaanka caafimaadka leh, sidoo kale haddii aad qabto cudurka baruurta beerka fadhiisatay ee aan khamriga ka dhalan (NAFLD) ama aad qabto xanuunka loo yaqaano nonalcoholic steatohepatitis (NASH), isku day inaad hab nololeedkaaga wax ka beddesho
- Sigaar ha cabbin
- Cab kafeega - Waxaa jira caddaymo isa soo taraya oo sheegaya in cabista ugu yaraan laba koob oo kafee ah maalintii ay yarayso horumarka cudurka beerka iyo khatar u ahaanshaha kansarka beerka

Marka laga shakiyo inuu jiro kansarka beerka, dhowr nooc oo kala duwan oo baaritaanno ah ayaa la isticmaali karaa si loo uruuriyo macluumaad dheeraad ah, oo ay ku jiraan baaritaannada dhiigga, baarista sawir-qaadista, haddii ay suurtoagal tahayna in beerka laga soo gooyo cad yar. Haddii la ogaado inuu kansar jiro, baaritaanno dheeraad ah ayaa la sameyn doonaa si loo go'aamiyo in kansarka uu ku faafay meel ka baxsan beerka.

Macluumaadkaan dheeraadka ah wuxuu kooxda daryeelka caafimaadka ka caawiyaa inay soo jeediyaan talooyin ku saabsan daawaynta habboon.

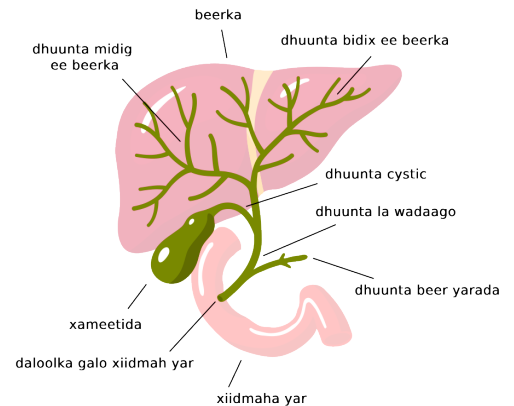
KANSARKA DHUUNTA XAMEETIDA (CHOLANGIOCARCINOMA)

Noocaan kansarka ee beerka ku dhaca ee aadka dhiifka u ah wuxuu ka dhashaa dhumaha xameetida. Waxaa jira tuubooyinka xameetida oo ku yaala beerka dhexdiisa, marka tuubooyinkaas uu kansar ku dhaco, waxaa loo yaqaanaa intrahepatic cholangiocarcinoma. Marka tuubooyinka xameetida ee ku yaala dibadda beerka uu kansar ku dhaco, waxaa loo yaqaanaa cholangiocarcinoma.

Kansarka Extrahepatic cholangiocarcinomas waxaa mararka qaarkood loo sii kala qaybiyaa laba qeybood oo ah peri-hilar ama hilar cholangiocarcinomas, kaas oo ka dhasha tubbada xameetida ee u dhow beerka, iyo cholangiocarcinomas distal, kaas oo ka dhasha qaybta xameetida ee u dhow halka tuubada xameetidu ay ka gasho mindhicir yaraha.

Marka qofka laga helo kansarka dhuunta xameetida (cholangiocarcinoma), baaritaanno dheeraad ah ayaa la sameyn doonaa si loo go'aamiyo in kansarka uu faafay iyo in kale, haddii uu faafayna, ilaa intee. Nidaamkaan, oo loo yaqaano marxaladeynta kansarka (staging), wuxuu ka caawiyaa kooxda daawaynta inay fahmaan kansar intee le'eg ayaa ku jira jirka wuxuuna sidoo kale ka caawiyaa inuu u bidhaamiyo wada tashiga laga yeelanaayo nooca daawada ku habboon.

Habka ugu badan ee la isticmaalo waa nidaamka loo yaqaano TNM ee ay soo saareen Guddiga Wadajirka Kansarka ee Maraykanka (AJCC). TNM waxay u taagan tahay Tumor Node Metastasis, wuxuuna nidaamkaan kala saaraa heerka kansarka wuxuuna sidoo kale qeexaa baaxadda kansarka oo ay ku jiraan cabbirkiisa, goobta uu ku yaalo iyo tirada burooyinka kansarka qaba. Marxaladaha TNM-ku waa I, II, III, IV.



HAB DHISMEEDKA TUUBADA XAMEETIDA

DAAWEYNTA KANSARKA DHUUNTA XAMEETIDA (CHOLANGIOCARCINOMA)

Daaweynta kansarka dhuunta xameetida (cholangiocarcinoma) waxay ku xirnaan doontaa dhowr arrimood, oo ay ka mid yihiin heerka cudurka uu maraayo. Daaweynta waxaa ka mid noqon kara:

- Qalliin
- Gubis
- Daawooyinka kiimakada
- Daawada ku meel gaarka ah lala beegsanaayo
- Daawada kor u qaada difaaca jirka
- Daryeelka (xanuun dhimista) taageero siinta

Wixii macluumaad dheeraad ah oo ku saabsan daawaynta kala duwan ee kansarka dhuunta xameetida (cholangiocarcinoma), booqo globalliver.org/livercancer

KANSARKA BEERKA (HEPATOCELLULAR CARCINOMA)

Noocan kansarka ee beerka ku dhaca ee aadka u badan wuxuu ka bilaabmaa unugyada beerka ee loo yaqaano hepatocytes. Inta badan kansarka HCC-gu, in ka badan 90 boqolkiiba, wuxuu ku dhacaa dadka qaba cudurada beerka ee aan bogsan sida xanuunka nabraha beerka (cirrhosis), cagaarshowga uu keeno fayraska, cudurada beerka ee khamriga ka dhasha, ama xanuunka loo yaqaano steatohepatitis ee aan khamriga ka dhalan.

Marka laga shakiyo inuu jiro kansarka beerka, dhowr nooc oo kala duwan oo baaritaanno ah ayaa la isticmaali karaa si loo uruuriyo macluumaad dheeraad ah, oo ay ku jiraan baaritaannada dhiigga, baarista sawir-qaadista iyo baaritaanka cad yar laga soo gooyo beerka. Haddii la ogaado inuu kansar jiro, baaritaanno dheeraad ah ayaa la sameyn doonaa si loo go'aamiyo in kansarka uu ku faafay meel ka baxsan beerka.

Macluumaadkaan dheeraadka ah ee qeexaya marxaladda xanuunka ayaa ka caawisa kooxda daryeelka caafimaadku inay soo jeediyaan talooyin ku saabsan daawaynta habboon iyadoo lagu salaynaayo halka uu cudurku ku yaalo iyo haddii uu faafay. Nidaamkaan waxaa loo yaqaannaa marxaladeynta kansarka (staging). Waxaa jira laba hab oo badanaa loo isticmaalo kansarka HCC-ga gudaha dalka Mareykanka: waxay kala yihiin nidaamka loo yaqaano TNM ee ay soo saareen Guddiga Wadajirka Kansarka ee Maraykanka (AJCC) iyo nidaamka Barcelona Clinic Liver Cancer (BCLC).

- Marxaladaha TNM-ku waa I, II, III, IV
- Marxaladaha BCLC waa O, A, B, C, D

Labada nidaamba waa kuwo caddayn ku salaysan waxaana loo isticmaali karaa in lagu hago maareynta iyo daryeelka kansarka HCC-ga. Daaweynta waxaa lagu talinayaa iyada oo lagu saleynaayo goobta kansarka uu kaga yaalo beerka. Kansar kasta oo ku dhaca beerka way kala duwan yihiin, waxaana muhiim ah in lala shaqeeyo koox ka kala socota takhasusyo caafimaad oo kala duwan si loo aburo qorshe daaweyn oo u gaar ah baahida shakhsiyeed ee qof kasta.

DAAWEYNTA KANSARKA BEERKA (HEPATOCELLULAR CARCINOMA)

Daaweynta kansarka beerka (hepatocellular carcinoma) waxay ku xirnaan doontaa dhowr arrimood, oo ay ka mid yihiin heerka cudurka uu maraayo iyo caafimaadka beerka. Waxaa jira ikhtiyaaro badan oo daaweyn ah oo la heli karo oo ay ka mid yihiin:

- Qalliin, oo uu ka mid yahay beddelida beerka
- Burburinta unugyada kansarka qaba
- Xaninbaadda xididdada dhiigga
- Gubis
- Daawayn ku meel gaar ah lala beegsanaayo oo ay ka mid yihiin:
 - Daawada loo yaqaano Kinase inhibitors
 - Unugyada difaaca jirka ee macmalka ah
 - Daawada kor u qaada difaaca jirka
- Daryeelka (xanuun dhimista) taageero siinta

Wixii macluumaad dheeraad ah oo ku saabsan daawaynta kala duwan ee kansarka HCC, booqo globalliver.org/livercancer

TIJAABOYINKA CAAFIMAADKA

Tijaabooyinka caafimaadka waa daraasado cilmi baaris ah oo dad ku lug leh. Tijaabooyinka caafimaadka waxay dhaliyaan in daaweyn cusub iyo siyaalo lagu wanaajin karo daryeelka kansarka beerka ay hormaraan. Tijaabooyinka caafimaadku waxay sidoo kale go'aamiyaan in daaweyntu ay ammaan tahy oo ay waxtar u leedahay daaweynta kansarka beerka.

Tijaabooyinka caafimaadka waxay hormariyaan:

- Habab cusub oo xanuunka lagu ogaado
- Daawooyinka iyo daawooyinka cusub
- Nooc cusub oo daawaynta la iskugu dhafo
- Habab cusub oo loo wajaho qaliinka ama gubista

Tijaabooyinka caafimaadka si heer sare ah ayaa loo xakameeyay loona habeeyay. Waxaa maalgelin kara dawladda federaalka, machadyada caafimaadka, shirkadaha dawooyinka, iyo hay'adaha gaarka ah. Kala hadal dhakhtarkaaga arintaan si aad wax badan uga barato tijaabooyinka kugu habboon ka dibna booqo [ClinicalTrials.gov](https://www.clinicaltrials.gov), waa xogo daraasado caafimaad ah oo ay maalgeliyeen hay'adaha gaarka iyo kuwa dowlada ah kuwaas oo lagu qabto aduunka oo dhan.

KA BADBAADIDA KANSARKA BEERKA

Marka daawaynta lagu dhammeeyo, weydiiso dukumentiyada daawayntaada si aad diiwaan geliso ogaanshaha saxda ah ee cudurka, daawaynta ka hortagga kansarka iyo hababka iyo baadhitaanada kale ee qaybta ka ahaa safarka kansarka beerka. Tani waxay muhiim u noqon kartaa dhakhaatiir kasta oo daryeel ku siin doono mustaqbalka.

Safarkaaga adiguu gaar kuu yahay, kansarka beerkuna wuxuu noqon karaa cudur ay adag tahay in la daweeyo. Tixgeli inaad raadsato taageero si adiga iyo kuwa aad jeceshahayba aad uga gudubtaan caqabadaha.



MACLUUMAADKA LA HELI KARO

Global Liver Institute www.globalliver.org

National Cancer Institute www.cancer.gov

American Cancer Society www.cancer.org

Cholangiocarcinoma Foundation www.cholangiocarcinoma.org

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Hay'adda Global Liver Institute waxay xogtaan u bixisaa adeeg ahaan. Looguma talagalin in ay beddesho booska xirfadlayaasha caafimaadka ama talooyinka kooxdaada daryeelka caafimaadka. Waxaan si adag u soo jeedinaynaa inaad la tashato kooxdaada daryeelka caafimaadka haddii aad wax su'aalo ah ka qabto daryeelkaaga gaarka ah.