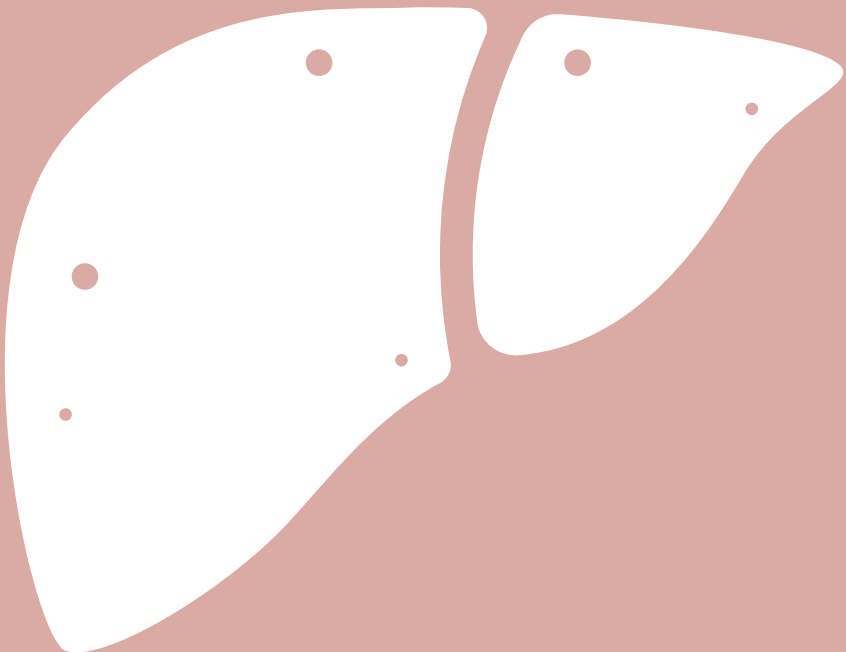


# Fahamka Kansarka Beerka (Hepatocellular Carcinoma)



Casharada Kansarka Beerka

**FAHAMKA  
KANSARKA BEERKA  
(HEPATOCELLULAR  
CARCINOMA)  
EE MARAYA  
MARXALADDA HORE**



# Waa maxay beerka?

Beerku waa xubinta ugu weyn ee jirka bini'aadamka, marka laga reebo maqaarka. Wuxuu le'eg yahay kubbadda cagta wuxuuna ku fadhiiya qaybta midig ee sare ee ubucda, diaphragm-ka hoostiisa balse caloosha ka kore. Beerka waxa uu leeyahay in ka badan 500 oo shaqo sida:

Habaynta  
iyo kaydinta  
nafaqooyinka

Wasaq ka  
saarista dhiigga

Shaandhaynta  
iyo sun ka  
saarista  
kiimikooyinka

## Waa maxay marxaladda hore ee kansarka beerka?

Hepatocellular carcinoma (HCC) waa kansar ka soo baxa unugyada beerka ee loo yaqaana hepatocytes. Hepatocytes waa unugyada ugu muhiimsan ee beerka waxayna qabtaan shaqada ugu badan ee beerka si ay u ilaaliyaan caafimaadka jirka.

HCC waa **cudur cakiran** oo inta badan ku soo dhex gabada cudurada kale ee beerka.



HCC waa cudur cakiran oo inta badan ku soo dhex gabada cudurada kale ee beerka. Marka qofka laga helo kansarka HCC-ga, kooxda daryeelka caafimaadku waxay go'aamiyaan goobta kansarka uu kaga yeelo beerka iyo heerka baaxidiisa gaarsiisantahy, haddii ay jiraan, inuu faafay cudurka, iyadoo la adeegsanaayo hab loo yaqaano marxaladeynta kansarka (staging). Kansarrada beerka ku dhaca way kala duwan yihiin, waxaana muhiim ah in lala shaqeeyo koox ka kala socota takhasusyo caafimaad oo kala duwan si loo abuur qorshe daaweyn oo u gaar ah baahida shakhsiyeed ee qof kasta.

Marxaladda hore ee kansarka HCC-ga guud ahaan waxa loola jeedaa kansarka ku yaala beerka oo la daweyn karo ama lagula tacaali karo qalliin ama beddelaad. Dadka qaba kansarka HCC-ga ee marxaladda hore, waxaa lagula tacaali karaa in la burburiyo ama la saaro unugyadda qansarka qaba.

Waxaa jira habab badan oo kala duwan oo marxaladeynta kansarka ah (staging). Laba hab oo badanaa laga isticmaalo gudaha Maraykanka waxaa ka mid ah hababka loo yaqaan **Tumor Node Metastasis (TNM)** iyo **Barcelona Clinic Liver Cancer (BCLC)**.

# Daawaynta suurtagalka ah ee marxaladda hore ee kansarka HCC-ga

Noocyada qaliinka ee lagu saaraayo kansarka waxaa ka mid ah:

## **Qaliinka lagu saaro unugyadda qansarka qaba ama qayb ka mid ah beerka:**

Waa qaliin lagu saaro qaybta beerka ee leh unuga(yada) kansarka qaba



## **Beddelida Beerka:**

waa qaliin lagu saaro beerka qofka laguna beddelo beer kale oo uu qof ugu deeqay



Haddii qofka caafimaadkiisa uu sarreeyo oo qalliin lagu sameeyn karo, kansarradaan si buuxda ayaa loo saari karaa iyadoo qalliin la istacmaalaayo ama waxaa lagu daaweyn karaa in qofka beerka loo beddelo.

Haddii beddelitaank beerka uu yahay mid ikhtiyaar ah, markaa waxaa la istacmaali karaa daaweyn ku meel gaar ah inta la sugaayo beddilida si loo xakameeyo fiditaanka kansarka. Daaweynta ku meel gaarka ah waxa ka mid noqon kara jaritaanka, dhiig ka xerida iyo gubista unugyada kansarka qaba, ama daawo qaadasho.

Haddii adiga ama qof aad jeceshahay laga helay kansarka HCC-ga, taasi waxay noqon kartaa mid xanuun badan iyo waqti adag. Xusuusnow inaad keligaa ahayn. GLI ayaa halkaan kuu joogtaa oo diyaar u ah inay ku siiso agab, macluumaad, iyo taageero.

# UNDERSTANDING INTERMEDIATE HEPATOCELLULAR CARCINOMA



# Waa maxay kansarka beerka (hepatocellular carcinoma) ee maraya marxaladda dhexe?

Kansarka HCC-ga ee maraya marxaladda dhexe guud ahaan waxa loola jeedaa kansarka beerka ka soo aslama ee aan weli ku faafin qarjindhada jirka ama xubnaha fog laakiin aan si buuxda qaliin loogu baabi'in karin. Inta badan ungyadaan kansarka qaba waxaa lagu daaweyn karaa laguna maarayn karaa burburin, dhiig ka xirista xiddadda iyo daawaynta shucaaca.

## Daawaynta kansarka HCC-ga ee maraya Marxaladda Dhexe

### Burburinta ungyada kansarka qaba

Burburintu (Ablation) waa daawayn ku meel gaar ah lagu beegsanaayo oo baabi'isa ungyada beerka ee kansarka qaba iyada oo ungyadaas aan jirka laga saaraynin waxayna u fiican tahay dadka qaba burooyinka yaryar ee kansarka iyo marka qaliinka aan u ahayn xal wanaagsan.

#### Noocyada burburinta ungyada:

##### Radiofrequency ablation (RFA):

se realiza con ondas de radio de alta energía



##### Microwave ablation (MWA):

se realiza con ondas electromagnéticas



##### Cryoablation

waxaa la istacmaalaa qabow aad u daran



##### Nooca loo yaqaano percutaneous ethanol injection (PEI):

waxaa la istacmaalaa aalkolo adag waxaana lagu duraa unugga jirran



Dhibaatooyinka ka dhalan kara burburinta unuga kansarka qaba waxa ka mid ah calool xanuun, lallabbo iyo matag, shuban, iyo cunto xumo.

## Xanibaadda xididdada dhiigga

Xanibaadda xididdada dhiigga (embolization) waa qaab maaddooyin si toos ah loogu duro xididdada dhiigga siiya burooyinka kansarka qaba ee beerka si loo dilo unugyada kansarka qaba. Xanibaadda xididdada dhiigga waxaa inta badan loo isticmaalaa dadka qaba burooyinka kansarka ee aadka u waaweyn oo aan lagu daweeyn karin burburin kuwaas oo beerkoodu si fiican u shaqeeynaayo.

### Noocyada dhiig ka xirista xididdada:

#### Dhiig ka xirista xididdada loo yaqaano Trans-arterial (TAE):

waxaa la adeegsadaa qurubyo yaryar



#### Trans-arterial chemoembolization (TACE):

waxaa la adeegsadaa daawooyinka kiimoterabiga



#### Nooca loo yaqaano Drug-eluting bead chemoembolization (DEB-TACE):

waxaa la adeegsadaa iniino yaryar oo laga buuxiyay daawooyinka kiimakada



#### Radioembolization:

waxaa la adeegsadaa iniino shucaac sii daaya (oo aad u yaryar)



Waxyellooyinka ka imaan kara dhiig ka xirista unugyada waxaa ka mid ah calool xanuun, lallabbo iyo matag, qandho fudud, tabar darro, daal, iyo nabarro.

## Daaweynta shucaaca la adeegsado

Daaweynta shucaaca waxay isticmaashaa fallaaro tamar sare leh si loo dilo unugyada kansarka qaba. Noocyada shucaaca:

### Tipos de radiación:

#### Daaweynta shucaaca dibadda (EBRT):

waxaa la adeegsadaa qurubyo yaryar oo raajatada ay sii dayso waxaana aagga bugta laga saaraa dhanka dibadda jirka



#### Nooca loo yaqaan Stereotactic body radiation therapy (SBRT):

waxaa la adeegsadaa qurubyo yaryar oo raajatada ay sii dayso laakiin tani waxay leedahy kuuro aad u sarreeya oo waqtiyo isku dhow ah



#### Radioembolization:

waxaa la adeegsadaa iniino shucaac sii daaya (oo aad u yaryar)



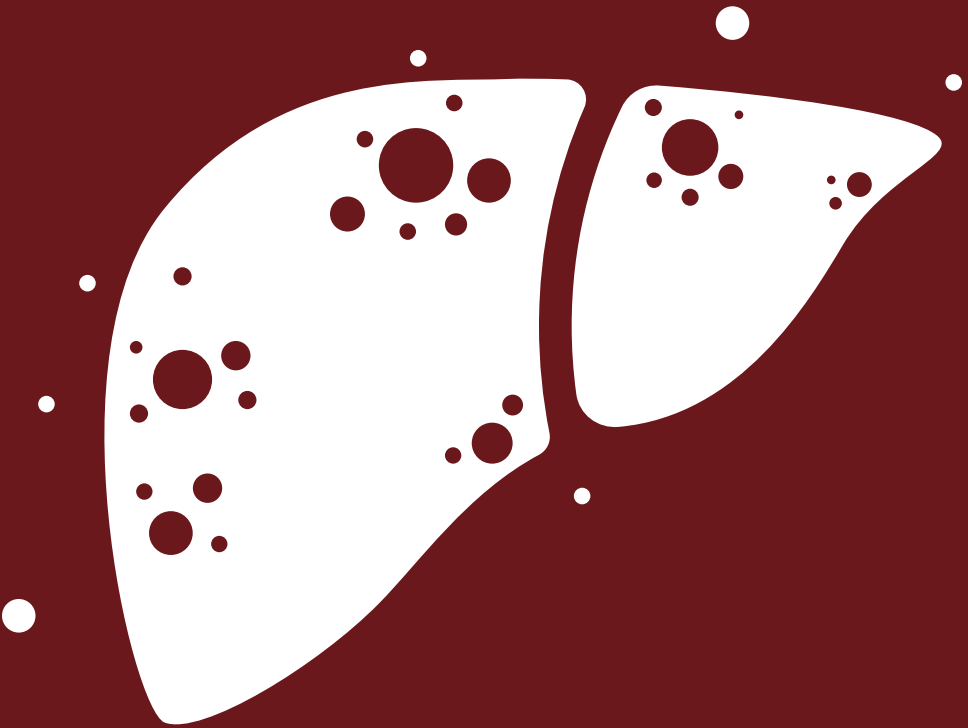
#### Proton beam therapy:

waxaa la adeegsadaa borotoono halkii laga adeegsan lahaa qurubyada raajatada waxaana jirka laga saaraa dhanka dibadda



Dhibaatooyinka ka dhalan kara daaweynta shucaaca waxaa ka mid ah isbeddelo ku yimaada meelaha shucaaca lagu shiday ee maqaarka, taasoo isugu jira in uu maqaarka guduud noqdo, biyo gashto ama uu diirka ka dhaco, lallabbo iyo matag, daal, shuban, iyo cunto xumo.

**FAHAMKA KANSARKA  
BEERKA MALXAYSTA  
(METASTATIC  
HEPATOCELLULAR  
CARCINOMA) EE  
MARAYA MARXALADDA  
UGU DAMBEEYA**





## Waa maxay kansarka Beerka Malxaysta (Hepatocellular Carcinoma) ee maraya Marxaladda ugu dambeeya?

Kansarka malaxda ama Kansarka Beerka Burada (hepatocellular carcinoma) ee ku jira marxaladaha ugu dambeeya waa kansar ku faafay qanjidhada jirka ama xubnaha kale ee ka baxsan beerka. Waxaa lagu taliyaa in daawooyin la qaato kuwaas oona noqon kara qaab kaniiniyo ah ama cirbado la duraayo xididdada dhiigga. Noocyada daawooyinka inta badan laga isticmaalo gudaha Maraykanka waxaa ka mid ah daawooyinka kala ah kinase inhibitors, monoclonal antibodies iyo daawaynta difaaca jirka (immunotherapy).

## Daawaynta kansarka HCC-ga ee ku jira marxaladaha ugu dambeeya

### Daawada loo yaqaano Kinase inhibitors

Kinase inhibitors waxay xiraan borotiinada loo yaqaano kinases, kuwaas oo ah borotiinno fariimo muhiim ah u sida xarunta kantaroolka unugga, si loo joojiyo korriinka kansarka. Daawooyinka waxaa lagu bixiyaa qaab kaniini ah.

- Tusaalooyinka ee daawooyinka loo yaqaano kinase inhibitors waxaa ka mid ah sorafenib (Nexavar®), lenvatinib (Lenvima®), regorafenib (Stivarga®), cabozantinib (Cabometyx®).
- Waxyeellooyinka ka dhalan kara waxaa ka mid ah daal, cunto xumo, barar iyo xanuun ku yimaada gacmaha iyo cagaha, dhiig kar saa'id ah, miisaan lumis, shuban, iyo calool xanuun.

### Unugyada difaaca jirka ee macmalka ah

Unugyada difaaca jirka ee macmalka ah (Monoclonal antibodies) waa noocyo shaybaar lagu sameeyay oo ah borotiinnada habka difaaca jirka kuwaas oo ka joojiya unugyada kansarka qaba inay sameeyaan xidido cusub si ay unugyada kansarku u gaajoodaan oo ay u dhintaan. Daawooyinka waxaa lagu duraa xididdada dhiiga iyadoo bukaanka uu joogo isbitaalka ama xafiiska dhakhtarka waxayna ku socdaan in muddo ah.

- Tusaalooyinka ee daawooyinka loo yaqaano monoclonal antibodies waxaa ka mid ah bevacizumab (Avastin®), taas oo la isla qaato daawada atezolizumab (Tecentriq®), iyo ramucirumab (Cyramza®).
- Waxyeellooyinka ka dhalan kara waxaa ka mid ah dhiig kar saa'id ah, daal (daal daran), dhiig-bax, hoos u dhaca tirada unugyada dhiigga cad (taasi waxay kor u qaadi kartaa halista ah inuu caabuuq dhasho), madax-xanuun, nabaro afka ka soo baxa, cunto xumo, shuban, intaasi waxaa dheer daawada ramucirumab waxaa ka dhalan kara cillad ku timaada shaqada maskaxda.

### Daawada kor u qaada difaaca jirka

Daawada kor u qaada difaaca jirka (Immunotherapy) waxay isticmaashaa dawooyin si loo caawiyo habdhiska difaaca jirka ee qofka inuu helo oo uu burburiyo unugyada kansarka qaba. Daawooyinka waxaa lagu duraa xididdada dhiiga iyadoo bukaanka uu joogo isbitaalka ama xafiiska dhakhtarka waxayna socdaan in muddo ah.

- Tusaalooyinka ee daawada Immunotherapy-ga waxaa ka mid ah atezolizumab (Tecentriq®), taas oo la isla qaato daawada bevacizumab (Avastin®), pembrolizumab (Keytruda®), iyo nivolumab (Opdivo®), taas oo la isla qaato daawada ipilimumab (Yervoy®).
- Waxyeellooyinka ka dhalan kara waxaa ka mid ah inuu qofka daal ama daciifnimo dareemo, qandho, qufac, lallabbo, cuncun, finan maqaarka ah ka soo baxa, cunto xumo, xanuun laga dareemo murqaha ama kalagoysyada, calool-istaag ama shuban, iyo cillad ku timaada difaaca jirka - halkaas oo jirku uu weeraro xubnaha kale ee jirka ee caafimaadka qaba sababtuna ay keentay daawada difaaca jirka.

## Daryeelka Taageero siinta

Dad badan ayaa aaminsan in daryeelka xanuun dhimista (palliative) uu la mid yahay daryeelka la siiyo dadka dhimashada un sugaayo. Labadu waa is shabahaan sababtoo ah hadafkoodu waa in dadka xanuunka la nool la siiyo raaxo iyo daryeel. Daryeelka xanuun dhimista waxaa la bixin karaa iyadoon la eegeynin da'da bukaanka iyo marxalada uu maraayo cudurka. Daryeelka dadka geerida un sugaayo (Hospice) waa daryeel caafimaad oo lagu caawiyo qof qaba jirro halis ah si uu u noolaado nolol fiican ilaa iyo inta suurtoogalka ah.

# SU'AALAHA AAD WAYDIIN KARTO



## Dhakhtarka

- Waa maxay waayo-aragnimadaada daaweynta kansarka beerka?
- Immisa bukaan oo aniga oo kale ah (oo aan isku da', jinsi iyo isirba nahay) ayaad daaweysay?
- Ma la tashan doontaa khabiiri si aad ugala hadasho daryeelkayga?
  - Yaad la tashan doontaa?



## Su'aalo Guud

- Waa maxay cudurka la iga helay?
- Intee in le'eg ayuu caafimaad qabaa beerkaygu?
- Halkee buu kansarka kaga yaalaa beerkayga?
  - Ma meel kale ayuu kaga yaalaa jirkayga?
- Yaa iga caawin kara helitaanka diiwaanadayda haddii aan rabo inaan la tashado dhakhtar kale?



## Ku saabsan Daawaynta

- Waa maxay dhammaan daawaynta la ii heli karo?
- Miyaan u qalmaa tijaabo caafimaad?
- Waa maxay daawaynta aad ku talinayso iyo sababta?
- Haddii aanan awoodin in la igu sameeyo daawaynta lagu taliyay, maxaa dhacaayo?
  - Taasi maxay iiga dhigan tahay maxayna ugu dhigan tahay caafimaadkayga mustaqbalka?
- Sidee ayay u ekaan doontaa daba-galka daawaynta?
- Daawadaan ma daawayn doontaa kansarka HCC-ga?



## Ku saabsan Taageerada

- Ma jiraan kooxo taageero bixiya oo aniga iyo qoyskayga aan ku biiri karno?
- Sidee buu isbitaalkiinu/xafiiskiinu iiga caawin karaa maaraynta kharashyada daryeelka kansarka?
- Waa maxay kooxaha aan ku biiri karo si aan u helo macluumaad dheeraad ah?

### About Global Liver Institute

Global Liver Institute (GLI) is a 501(c)3 nonprofit organization founded in the belief that liver health must take its place on the global public health agenda commensurate with the prevalence and impact of liver illness. GLI promotes innovation, encourages collaboration, and supports the scaling of optimal approaches to help eradicate liver diseases. Operating globally, GLI is committed to solving the problems that matter to liver patients and equipping advocates to improve the lives of individuals and families impacted by liver disease. GLI holds Platinum Transparency with Candid/GuideStar, is a member of the National Health Council, and serves as a Healthy People 2030 Champion. Follow GLI on Facebook, Instagram, LinkedIn, and YouTube or visit [www.globalliver.org](http://www.globalliver.org).



