

Maikutlo a tlwaelehileng a fihlelang balwetsi ba kankere



Kgalefo – o ka ikutlwa o halefetse ho ba tlasa seemo sena, hore ha o a tlameha ho ba tlasa sona ebile o sa fumane toka



Kgatello ya maikutlo/ho hlomoha – o ka ikutlwa o hlomohile kapa o lahlile tshepo hape o iphumana o tla dikededi kapa o lla kgafetsa



Boikahlolo – o ka ikutlwa o le molato ka ho bea bao o ba ratang nakong e thata ka baka la kankere ya hao kapa o ikutlwe eka kankere ena ke kotlo bakeng sa ho itseng



Ho tshwenyeha/ho kgathatseha – o ka kgathatseha hore na o sa tla kgona ho tswela pele ho sebetsa, hore ke mang ya tla hlokomela ba lelapa la hao ha o ntse o kula, hore na kalafo e tla sebetsa kapa tjhe le tse ding tse ngata



Letswalo – o ka tshaba kalafo eo o tlamehang ho e fumana

Ana ohle ke maikutlo a tlwaelehileng ao o fetang ho ona ha o tobane le kankere empa a boima ho a toba ha o le mong. Fumana motswalle kapa wa lelapa ho bua le yena ka maikutlo a hao. O ka letseta **Tele Counselling ya CANSA mahala: 0800 22 66 22 | info@cansa.org.za**



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TSAMAISO YA

ditshwaetso tse ka thoko tsa kalafo ya kankere

MOLOMO O OMELETSENG

- > Nwa metsi a seng makae kgafetsa kapa o monye leqhwa
- > Eketsa marothodi a seng makae a lamunu ka metsing ho kgothaletsa tlhahiso ya mathe
- > Etsa leqhwa ka lero la ditholwana ka hara terei ya leqhwa ebe o a monya
- > Sebedisa Vaselini, mafura a lekgala, kapa setshaswa sa manepe dipounameng ho thibela hore di se ome kapa tsa petsoha

HO NYEKELWA KE PELO/ HO HLATSA

- > Ja eng kapa eng e nang le kgemere, ho tea mohlala, ginger ale, tee ya kgemere, dibiskiti tsa kgemere
- > Se ikgathatse ka ho leka ho ja hararo ka letsatsi. Ja ha o kgona le ha o ikutlwa hore o tla kgona.
- > Ja hanyenyane ka dinako tse itseng.
- > Eketsa ho tse nowang ho thibela ho fellwa ke metsi mmeleng ha o hlatsa. Nwa hanyenyane le ka lenama kapa o monye leqhwa.
- > Ha o hloleha ho bea taolong ho nyekelwa le ho hlatsa, buisana le mohlakomedi wa tsa bophelo wa hao ka meriana e ka o thusang.

PIPILELANO

- > Eketsa ka ho tse nowang
- > Ja faeba ka moo o ka kgonang, jwaloka ditholwana tse tala le meroho e metala (di hlatswisiswe) le dihlahiswa tse nang le mabele
- > Leka ho nwa lero la diprunu
- > Ha pipitlelano e sa rarollehe, buisana le mohlakomedi wa hao ka meriana e ka o thusang

DISO TSA MOLOMONG

- > Kgakgatsa ka metsi a letswai kapa sehlatswa molomo se thibelang dikokwanahloko pele le kamorao ho kalafo ebang diso tsa molomong di eso iponahatse
- > Monya leqhwa nakong ya kalafo ya chemotherapy ha ho kgonahala
- > Ebang diso tsa molomong di se di iponahatse, sebedisa sehlatswa molong se nang le thibela tshwaetso
- > Ja dijo tse bonolo jwaloka yoghurt, mabele, sitjhu kapa dino tse nkang boemo ba dijo. Leka ho sebedisa lehlokwa la ho nwa
- > Ja dijo di phodile kapa di bata

LETSHOLLO

- > Qoba ho nwa lebese kapa dihlahiswa tsa lona
- > Bokelletsa boka-lebese ba metsi bo bang teng ha ho bedisitswe raese kappa outsu. Emela metsi a fole ebe o a nwa. A mang a bee sehatsetsing ho tla wa nwa hamorao.
- > Eketsa ho nwa dino ho thibela ho fellwa ke metsi mmeleng.
- > Sebedisa mafura a mokwallo kapa vaselini ho potoloha dibonong, pele ho qala ho hlohlona kapa ho qala ho tswa madi.
- > Ha o hloleha ho tliša letshollo tlasa taelo, buisana le mohlakomedi wa tsa bophelo mabapi le meriana e ka thusang.

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Ho sireletsa

MMELE

wa hao



Ja dijo tse matlafatsang. Etsa bonnete ba hore dijo tsohle tse tala di a hlatswisiswa pele di jewa hape le tse tswang lewatle, kolobe le kgoho di phehwa ka nepahalo.



Beha dijo tse setseng ka sehatsetsing. Di futhumatse ka botlalo pele o di ja hore o bolaye dikokwanahloko.



Leka ho fokotsa kapa **ho tlohela ho tsuba.**



Netefatsa hore o **fumana boroko bo lekaneng** masiu ohle.



Kgutsufatsa ho ipeha kotsing ya tshwaetso – o se ke wa dula nako e telele le metswalle kapa ba lelapa ba kgohlolang kapa ba nang le sefuba, kgutsufatsa le nako eo o bang hara letshwele, ditulong tse phophomang batho, rwala mask ebang o tlamehile ho tswela ntle ditulong tsa setjhaba.

Hlapa matsoho kgafetsa, haholo pele o ka ja.



Hlapa meno kgafetsa.



E ba le taolo kgatellong ya hao ya maikutlo – ha o hloka thuso ka hona letsetsa CANSA ho fumana keletso.



Ikwetlise hanyenyane kgafetsa ka moo o ka kgonang – le ha e kaba fela metsotso e 5-10 ka nako e itseng. (mohlala ke ho tsamaya, yoga).



Netefatsa hore **diruuwa tsa hao di entetswe mahloko.**



Buisana le mohlokomedi wa tsa bophelo wa hao pele o ka nka divitamini kapa diisaplimente hobane tsena di ka sitisana le kalafo ya hao.



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Tshusumetso

ya KALAFOYA KANKERE

ho tsa thobalano

Kankere le kalafo ya yona di ka ba le tshusumetso ho tsa thobalano. Ho bohlokwa ho buisana le ngaka ya hao le molekane wa hao ho fumana ditsela tsa ho tsamaisa boemo bona ka tsela e nepahetseng.

Tse ding tsa ditshusumetso (ha di tshwane ho bohle):

- › Mahlaba kamora phekolo kapa e le sephetho sa kankere, haholo karolong ya pelvic, e ka etsa thobalano e be boima
- › Phetoho ya maikutlo ka seemo sa hao sa mmele (sebopeho sa mmele) e ka ba le tshwaetso ya maikutlo malebana le thobalano
- › Kalafo e ka theola morolo wa hao ho tsa thobalano
- › Maikutlo a ho hanwa ho baratani a atisa ho iponahatsa dinakong tse tjena
- › Kalafi tse ding tsa kankere di ka baka mathatha a pelehi
- › Kgonahalo ya peleho ya bana ba holofetseng - basadi ha ba tlameha ho ima ba le kalafong ya kankere hobane dithethefatsi tsa kankere di ka baka bohole ho masea. Ho bohlokwa ho sebedisa thibela-pelehi ka nako ena

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Ho laola bohloko

Batho ba nahana hore ba hloka ho amohela ho ba mahlabeng hobane ba na le kankere.

HA SE NNETE.

Ho teng meriana a ka behang mahlaba a hao tlase ha taolo.

DINTLHA TSA BOHLOKWA:

- > Nka meriana ya mahlaba ka nako eo o e laetsweng ke mohlokomedi wa tsa bophelo wa hao, ho etsa mohlala, ha o tlamehile ho e nka ka mora hora tse nne tse latellanang, etsa jwalo. O SE KE wa emela ho utlwa mahlaba pele o nka meriana.
- > Ha e le hore o ntse o nka meriana ho ya ka tekanyetso empa o ntse o le mahlabeng, tsebisa mohlokomedi wa tsa bophelo wa hao. A ka nyolosa tekanyetso ya hao, a fetola meriana ya hao kapa a e eketsa. Dula o ntse o buisana le ngaka ya hao ho fihlela mahlaba a hao a ba tlasa taolo.
- > Batho ka dinako tse ding ba nahana hore ho nka mofine ho ka etsa hore ba qetelle ba lemalletse ho yona. Seo ha se no etsahala ebang mofine e nkuwa kamoo e lekanyeditseng bakeng sa taolo ya mahlaba. Ha se nnete hore mofine e tla potlakisa ho shwa ha batho.

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Ho itlwaetsa **BOPHELO** *ka morao ho* **KALAFU**

TSE KA SEHLOOHONG:

Ka dinako tse ding ho ka ba thata ho “kgutlela setlwaeding” ha phekolo e fihla pheletsong.

- › Mmele wa hao o ka utlwahala o fapane, maikutlo a hao a ka utlwahala a fapane, dikamano tsa hao di ka utlwahala di fapane.
- › O ka iphumana o se o sa kgone ho etsa dintho tseo o neng o kgona ho di etsa pele kalafo e qala.

Ho bohlokwa ho ipha nako ya ho itlwaetsa.

- › Mamela mmele wa hao, o se ke wa iqobella ka matla
- › Kopa thuso ho ba lelapa kapa metswalle ha ho hlokahala
- › Iphumanele ditlwaelo tse ding, qala dithahasello tse ntjha

Bua le e mong wa baeletsi mohaleng ba CANSA ha o na le mathata a ho itlwaetsa

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