

MAI TSARO

DA MASU NASARA



THIS BOOK BELONGS TO

(Your Name)

Today's Date ____/____/____

QUESTIONS TO ASK YOUR DOCTOR

What type of cancer do you have? _____

What is the name of your chemotherapy regimen? _____

How many cycles of Chemotherapy do your doctors think you may need? _____

How many days do you receive chemotherapy with each cycle? _____ days

How far apart are your chemotherapy cycles? _____ weeks

KEEPING TRACK OF YOUR TREATMENT

Circle if you experience any of the symptoms throughout treatment

Nausea/vomiting, constipation, diarrhea, fatigue, mouth sores, pain, stomach pain,
headache, tingling in hands/feet, fever, worried/nervous, Sad/unhappy, problems
sleeping, cough, Other: _____

THE DATE FOR EACH CYCLE OF CHEMOTHERAPY TREATMENT

Cycle 1 date: ____/____/____

Cycle 5 date: ____/____/____

Cycle 2 date: ____/____/____

Cycle 6 date: ____/____/____

Cycle 3 date: ____/____/____

Cycle 7 date: ____/____/____

Cycle 4 date: ____/____/____

Cycle 8 date: ____/____/____

THE NUMBER OF BLOOD AND PLATELET TRANSFUSIONS

Blood Transfusion: _____

Platelet Transfusion: _____

TALLY THE NUMBER OF NIGHTS YOU SLEPT AT THE HOSPITAL

Kauye koyaushe wuri ne mai ban sha'awa ga yara saboda yana da abubuwan kasada masu yawa! Hutun makaranta shi ne lokaci mafi kyau na jin dadin rayuwar karkara.



Wannan labarin ya fara ne da wani karamin abokinmu a can, sanye da riga mai launuka iri-iri, mai suna Samuel.



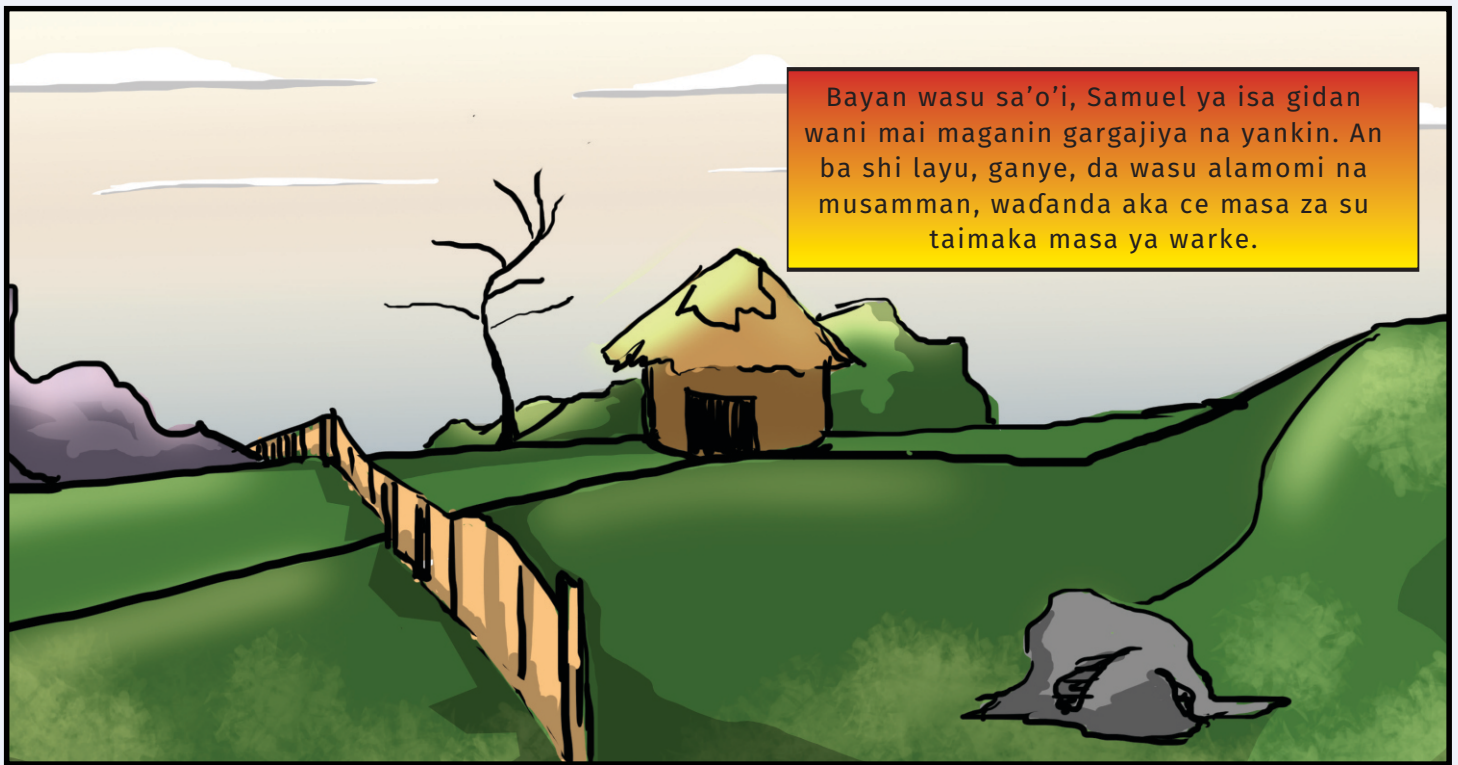
Tsawon makonni, yana ta watsi da wani ciwo da rashin jin dadi da ba a saba gani ba a cikinsa, yana dauka cewa ciwon ciki ne kawai. Yana fatan ciwon zai daina ba da daɗewa ba.

Watakila malaria ce??

Hmm... Ban tsammanin haka ba. Wannan ciwon yana hana ni jin dadin wasana. Yana ji kamar ya fi yadda yake a makon da ya gabata. Bari na gama wasa sai in koma gida.







Bayan wasu sa'o'i, Samuel ya isa gidan wani mai maganin gargajiya na yankin. An ba shi layu, ganye, da wasu alamomi na musamman, wafanda aka ce masa za su taimaka masa ya warke.



WADANNAN
ALAMOMI NA
MUSAMMAN ZA SU
SA KA JI DADI,
DANA.



Ko da yake magungunan gargajiya suna da tasiri wajen magance wasu cututtuka, ba sa iya magance wasu manyan matsalolin lafiya kamar wanda Samuel yake fuskanta. Bayan ya tafi, maimakon ya ji sauki, ciwon ya kara tsananta, kuma kwallon da ke cikin cikinsa ta ci gaba da girma.

*Amfani da reza ko wukaƙe marasa tsafta tare da wasu mutane kuma yana jefa Samuel cikin haɗarin kamuwa da cututtuka kamar HIV.

Bayan yan kwanaki, babban abokin Samuel, Blessing, ta lura da shi yana tafiya cikin rashin jin dadi kusa da cibiyar sayayya, sai ta je wurinsa don ta ga ko yana lafiya.

Kai na!

Samuel! Kana kama da mara lafiya. Komai lafiya kuwa??

Oh, sannu Blessing.

Ban gan ki a can ba. Ban ji dadi ba. Na yi makonni da yawa ina fama da ciwon ciki, kuma ina iya jin wata kwallo a cikina.

Kwallo?!?

Samuel, ya kamata ka je ka ga **likita**! Na ji labarin mutane daga yankinmu suna korafin irin waɗannan abubuwa. Dole ne ka ga likita yau!

Bari in taimaka maka ka je **asibitin** da ke kusa. Muna buƙatar tabbatar da cewa wannan ba wani abu ne mai tsanani fiye da ciwon ciki kawai ba...

Yana da muhimmanci ka yi magana da abokanka idan ka ji cewa akwai wani abu da ba daidai ba.

Blessing ta shawo kansa ya hau keke zuwa asibitin da ke kusa.

Dole ne koyaushe mu ga **likita** ko kwararren ma'aikacin lafiya idan abin ya shafi lafiyarmu!

Blessing ta san wasu matasa kaɗan a kauyen da aka gano suna da cutar **lymphoma**. Ko da yake ba ta san cikakkun bayanai ba, ta fahimci amfanin samun ingantaccen magani daga kwararrun ma'aikatan lafiya.

Na taɓa jin labarin wasu matasa a yankinmu da suka samu alamomi irin naka, kuma waɗanda suka samu magani **sun warke**.

Blessing, ban tsammanin abin yana da tsanani ba, amma zan ga likita saboda ina son in samu sauki.

Kai, saurayi, me ya sa kake riƙe cikinka? Kana da wata irin rashin lafiya ne? Ina fatan za ka sauka nan ba da daɗewa ba domin ba na son kamuwa da duk abin da kake da shi!

Ku bar shi mana, ba ku ganin yaron yana cikin ciwo? Yana zuwa **asibiti** ne domin samun taimako.

Yadda mutane suka mayar da martani ga rashin lafiyar Samuel yana sa ya kara jin muni. Wannan kuma ana kiransa wariya (stigma). Kai ma za ka iya taimakawa wajen yaƙi da wariya a cikin al'ummarku ta hanyar hana ta idan ka gan ta.

Sun isa asibitin.

Ina matuƙar son samun taimako yanzu. Na riga na ji kunyar rashin zuwa asibiti tun da wuri.

Don Allah, zo ka shiga tare da ni...

Na yi farin ciki da mun fita daga keken. Na yi haƙuri da yadda waɗancan mutanen suka yi maka. Ina tare da kai, kuma tabbas zan shiga asibitin tare da kai.

Na ji labarin kansa...
Zan mutu ne?
Akwai magani idan abin da kake tunani ke nan ne? Na ji labarin wasu dattawa a kauyen da suka kamu da kansa kuma hakan ba kasafai yake karewa da kyau ba...



Na ji labarin wani jarumi mai taimaka wa yara masu fama da kansa mai suna

**MAI TSARO
(GUARDIAN)!**



Ina fatan **MAI TSARO** wzai
taimake ni saboda na ji cewa
kansa yana kama da wani
dodo da aka saki a cikin jiki.

Kwayoyin kansa suna kama da dodanni a cikin jikinka waɗanda suke ci gaba da girma ba tare da iko ba har sai an samu wata kwallon kari (tumor), kamar wadda ke cikin cikin Samuel. Yawanci hakan yana faruwa ne saboda kamuwa da kwayar cuta (virus) ko wani sinadari mai guba. Wannan kari zai ci gaba da girma kuma ya fara girma idan ba a yi masa magani yadda ya kamata ba.

HOSPITAL



Babban Asibitin yana da likitoci waɗanda suke da kwarewa wajen gano cututtuka, ba da shawara da kuma kula da masu fama da kansa, ciki har da waɗanda ke da lymphoma.

Let's talk about CANCER

LEARN. FIGHT. HOPE

Bayan likita ya yi magana da kai
kuma ya duba lafiyarka...

Sannu Samuel, sunana **Dr. Bello**. Kana da abokiyar kirki mai suna Blessing. Ta yi daidai da ta kawo ka nan nan take. Alamomin da kake nunawa sun nuna cewa kana da lymphoma.

Lymphoma wani nau'in kansa ne da ke haifar da kari a cikin kwayoyin lymph, kamar waɗanda ke cikin ciki, mukamuki, wuya, mararsa, da hammata.

Kai na!
Shin lymphoma cuta ce mai yaɗuwa? Ko abokiyata Blessing za ta iya kamuwa da ita yanzu ma?

A'a, kada ka damu. Kansa BA cuta ce mai yaɗuwa ba, kuma ba za a iya ba abokanka ita ba.

Likitan ya kawo wa Samuel dan bege...

Labari mai dad'i!!

Za ka iya fara maganinka yanzu,
kuma da fatan za a kawar da kansar gaba daya!

Wane irin magani zan buƙata?? Kuma tsawon yausha zai ɗauka??



Ana kiran maganin **chemotherapy**, kuma akwai yiwuwar a warke, amma dole ne ka kammala dukkan maganin da aka tsara maka.



Yawanci, maganin yana ɗaukar kwanaki 3-5 na shan magungunan chemotherapy ta hanyar bututun IV a asibiti, sannan a yi hutun makonni 2-3 a gida. Sai a maimaita hakan kusan sau 6-8.

Duk maganina? Me zan yi, kuma tsawon yausha maganin zai ɗauka?



Magunguna da jiyya da Samuel
zai samu daga likitoci da
ma'aikatan jinya a asibiti suna
kama da **MAI TSARO** ga lafiyarka.
Suna taimakawa wajen kashe
kwayoyin kansa masu hadari.



Kwayoyin kansar
suna son su yaɗu
kuma su yi girma
cikin sauri a
dukan jikinka...





Amma godiya ga **MAI TSARO**

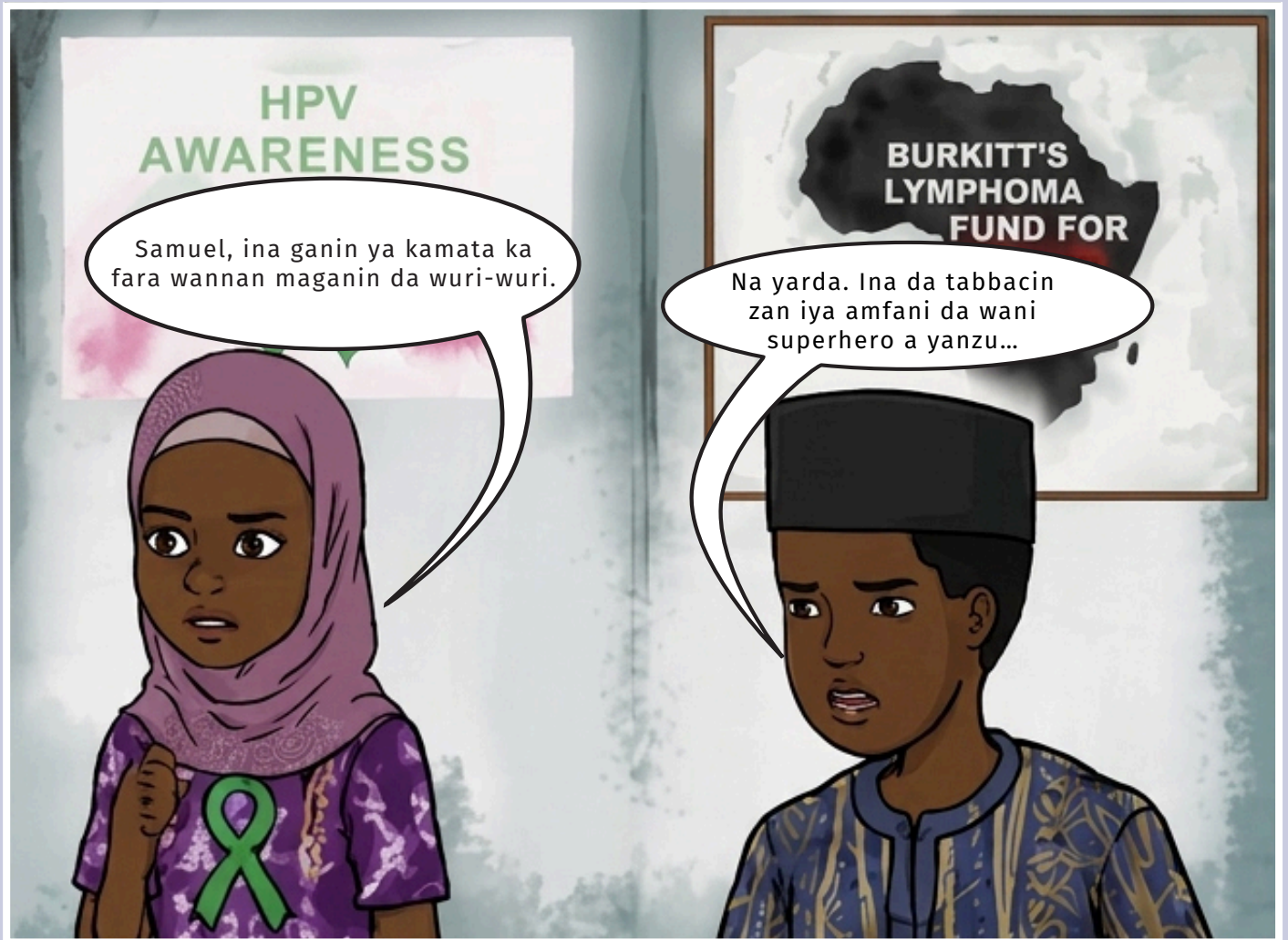
wanda yake zuwa ta hanyar wani magani na musamman da ake kira chemotherapy, tare da taimakon likitoci da ma'aikatan jinya, za a iya kashe kwayoyin kansar.

Wannan yana ba jiki damar samun damar warkewa.



Don haka ka tuna, maganinka yana kama da wani **jarumin kariya** (superhero) na musamman na jikinka.





Bayan 'yan kwanaki, Samuel ya koma asibiti domin fara shirin magani, kuma wata ma'aikaciyar jinya mai kirki ta taimaka masa.





Daga nan Samuel ya fara chemotherapy cikin kwanaki masu zuwa, kuma ya mai da hankali wajen zuwa dukkan alƙawurran da aka ba shi a kan lokaci da kuma samun lafiya kuma.

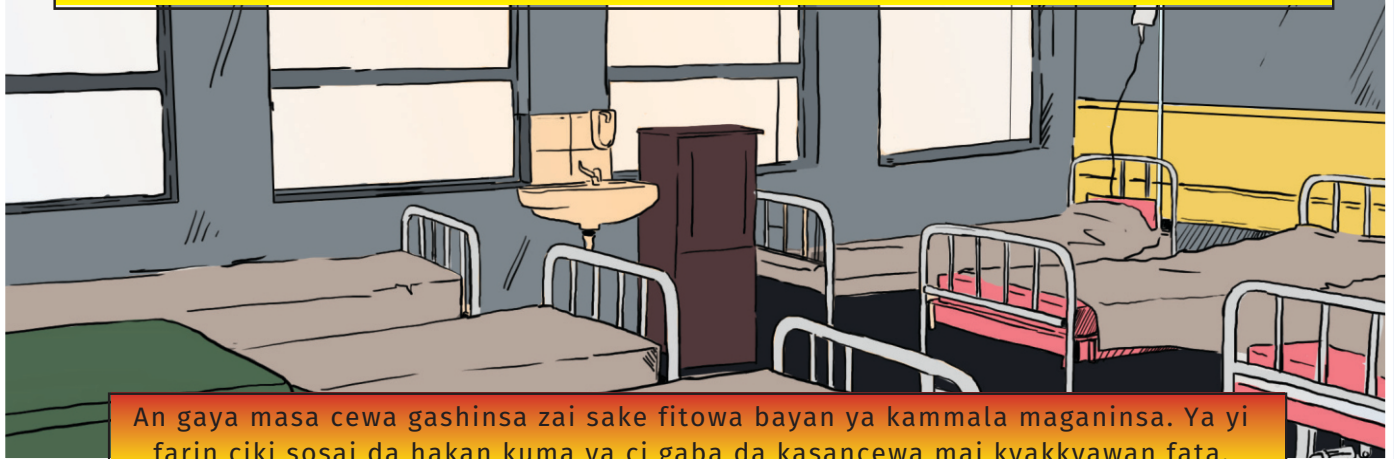
Bayan 'yan kwanaki, Samuel ya kamu da zazzabi kuma aka kwantar da shi a asibiti na wasu kwanaki domin a ba shi maganin kashe kwayoyin cuta ta hanyar IV, don ya samu sauƙi. Ma'aikaciyar jinyar ta tuna masa cewa jikinsa ya yi rauni saboda yaƙar kansar, don haka yana da muhimmanci ya guji zama tare da abokansa da suke da zazzabi, don kada shi ma ya kamu da rashin lafiya.



Wani lokaci abubuwa suna yi wa Samuel wuya, amma yana kasancewa da ƙarfi da kuduri!

Idan kana da zazzabi ko kana rashin lafiya yayin da kake gida tsakanin zaman magani, ka zo asibiti nan take. Yana da muhimmanci ka saurari jikinka kuma ka sanar da likitocinka nan take idan wani abu bai yi daidai ba.

Babban asibitin yana da duk abin da ake buƙata don tabbatar da cewa Samuel ya samu taimako da kulawar da yake buƙata. Wani lokaci tafiya mai nisa domin samun magani na iya zama da wahala, amma asibitocin ƙwararru ne kawai suke da kayan aikin kula da masu fama da kansa.

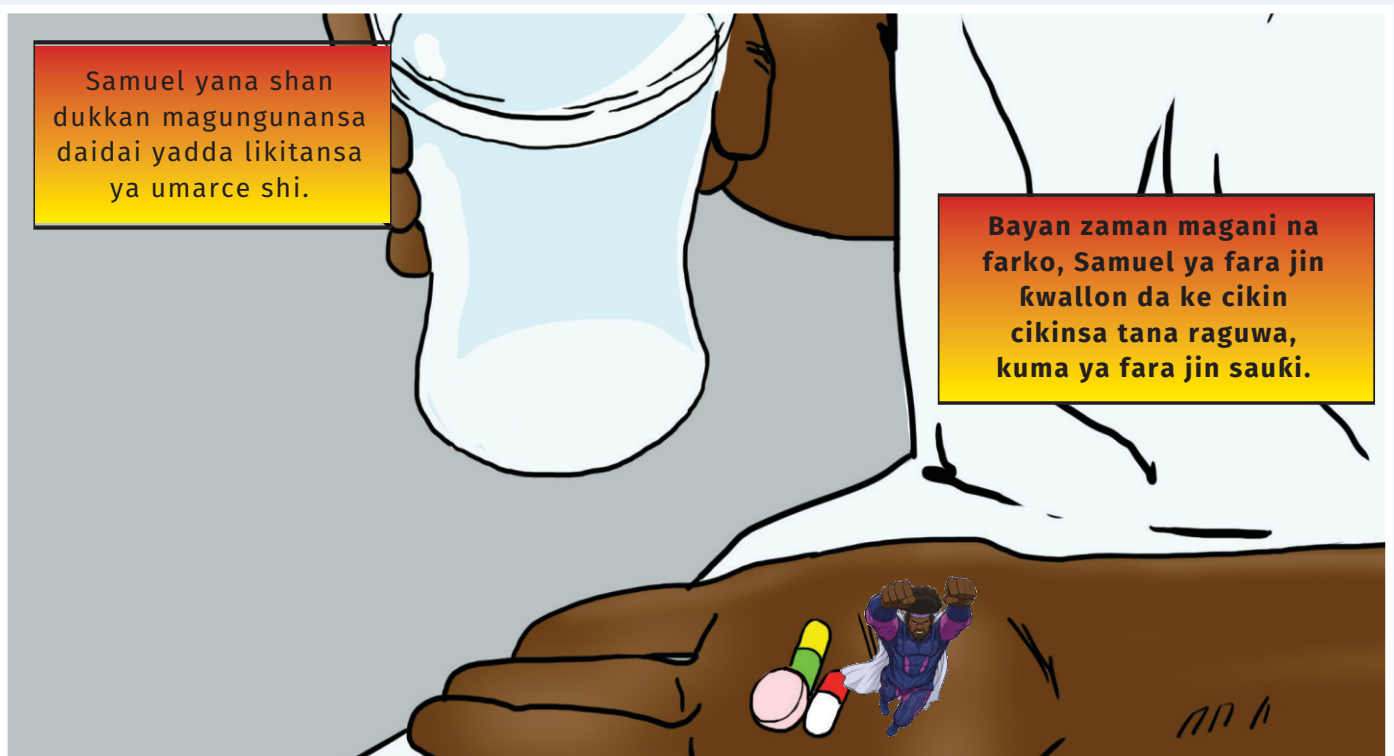


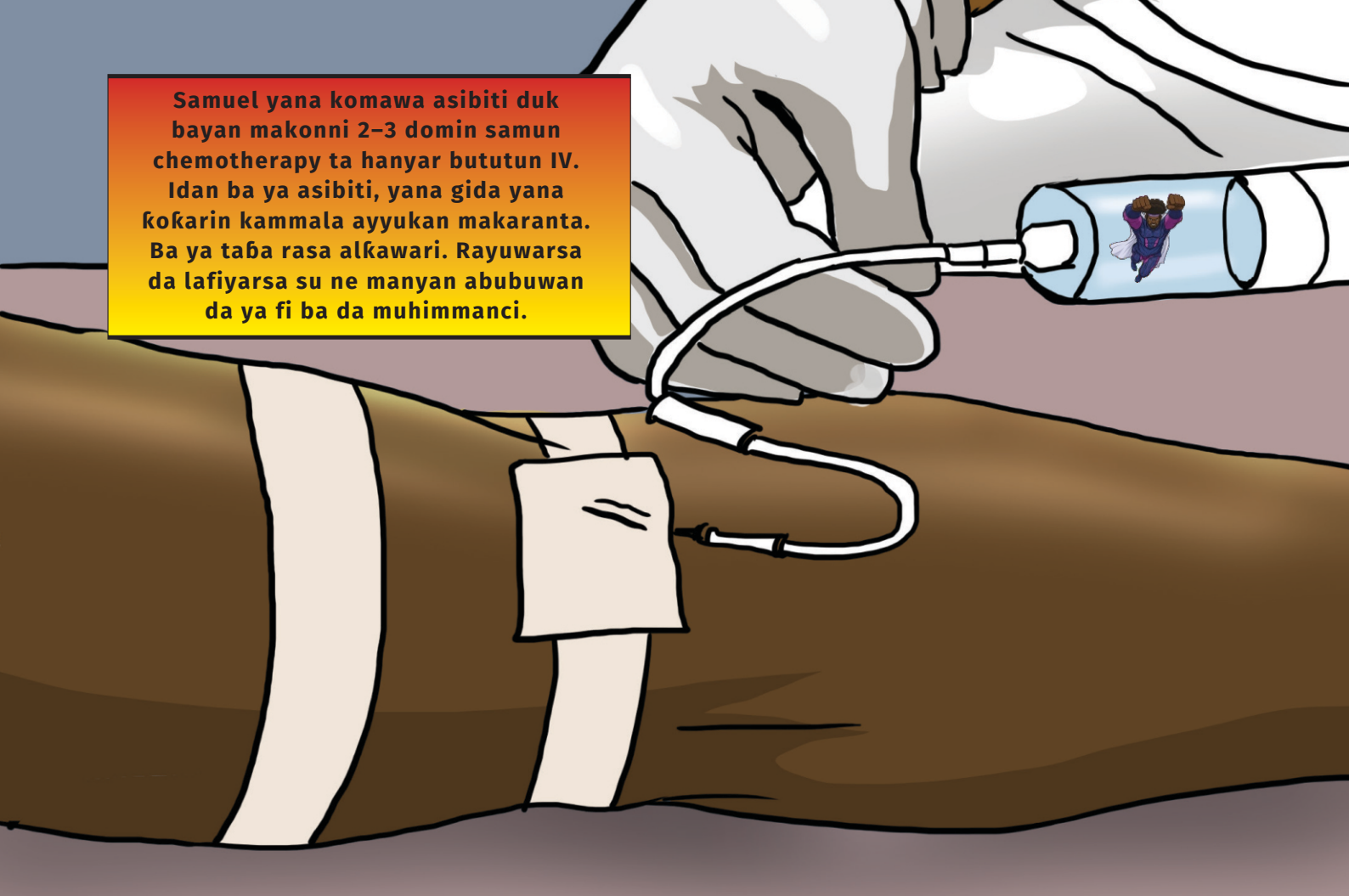
An gaya masa cewa gashinsa zai sake fitowa bayan ya kammala maganinsa. Ya yi farin ciki sosai da hakan kuma ya ci gaba da kasancewa mai kyakkyawan fata.



Samuel yana shan dukkan magungunansa daidai yadda likitansa ya umarce shi.

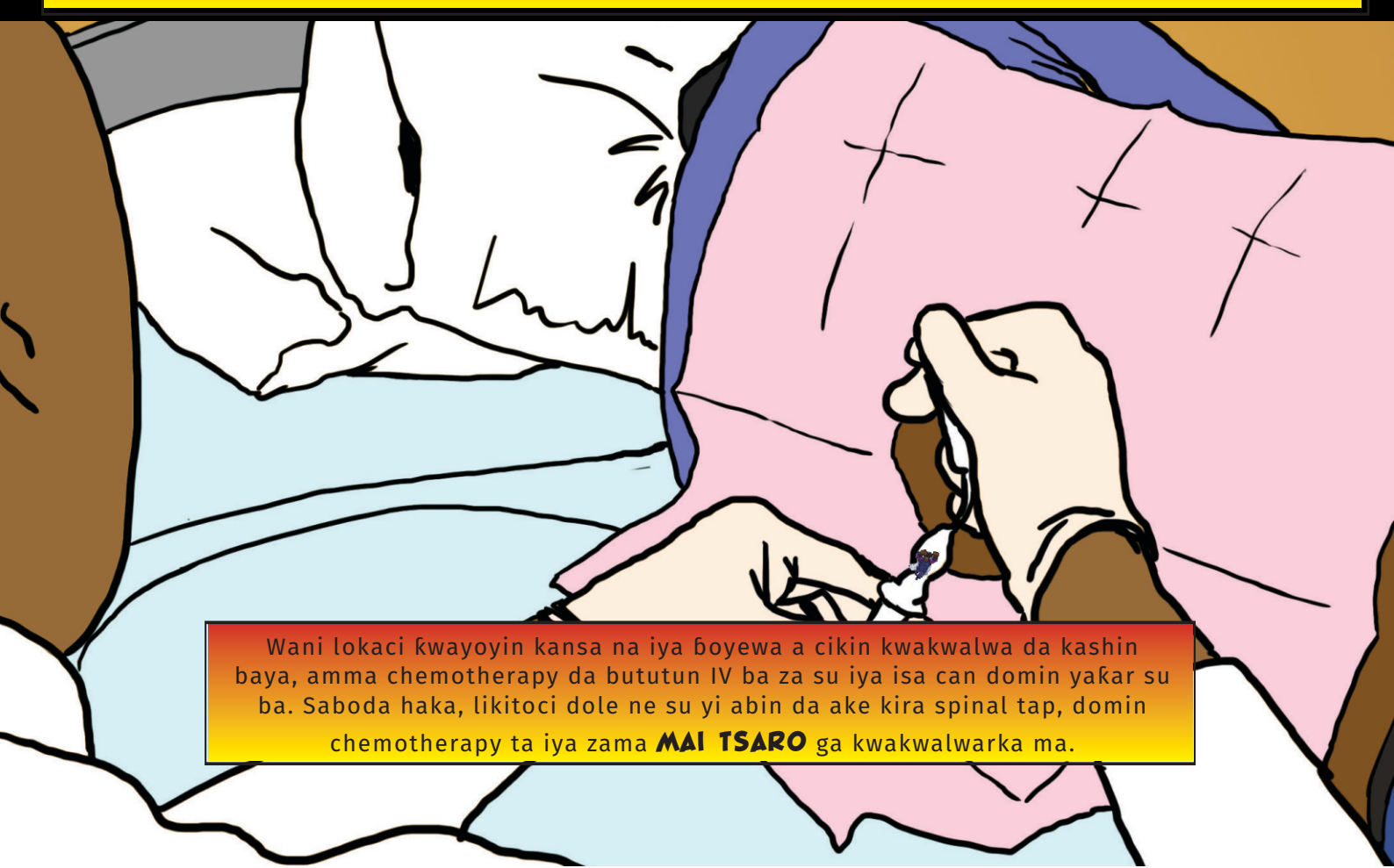
Bayan zaman magani na farko, Samuel ya fara jin kwallon da ke cikin cikinsa tana raguwa, kuma ya fara jin sauki.





Samuel yana komawa asibiti duk bayan makonni 2-3 domin samun chemotherapy ta hanyar bututun IV. Idan ba ya asibiti, yana gida yana kokarin kammala ayyukan makaranta. Ba ya taɓa rasa alƙawari. Rayuwarsa da lafiyarsa su ne manyan abubuwan da ya fi ba da muhimmanci.

Ko da lokacin da Samuel ya daina jin kwallon karin da ke cikin cikinsa, Dr. Bello ya gaya masa cewa har yanzu wasu kwayoyin kansa suna boye a jikinsa, duk da cewa ba ya iya ganinsu ko jin komai daga gare su. **MAI TSARO** zai iya gano su kuma dole ne ya kashe kowace kwayar kansa da ba a iya gani, domin wannan mugun dodo kada ya sake dawowa!



Wani lokaci kwayoyin kansa na iya boyewa a cikin kwakwalwa da kashin baya, amma chemotherapy da bututun IV ba za su iya isa can domin yakar su ba. Saboda haka, likitoci dole ne su yi abin da ake kira spinal tap, domin chemotherapy ta iya zama **MAI TSARO** ga kwakwalwarka ma.

MAI TSARO yana aiki tukuru wajen kashe kowace kwayar kansa da ta rage a boye a jikin Samuel. Wani lokaci, yayin da yake kashe kwayoyin kansa,

MAI TSARO kan kuma kashe kwayoyin lafiya da suke kusa, wanda hakan zai iya haifar da wasu illolin magani, amma kada ka damu. Wadannan illolin na ɗan lokaci ne kawai.



Idan kana jin tashin zuciya ko kana amai, akwai abubuwan da za ka iya yi don taimakawa! Ka riƙa cin kananan abinci sau da yawa. Ka sha ginger. Haka kuma, ka gaya wa likitanka saboda Dr. Bello ya ba ni wasu alluna waɗanda suka taimaka mini sosai!

Idan ka samu raunuka a baki, ka kiyaye bakinka da tsabta ta hanyar kurkure bakinka da ruwan ɗumi mai ɗan gishiri kafin da bayan cin abinci, sannan kuma kafin ka kwanta. Shan magungunan ciwo da cin abinci masu laushi da marasa karfi na iya taimakawa. Kada ka damu domin za su warke cikin kusan mako ɗaya!

Ka ci abinci mai ɗauke da sinadarin gina jiki (protein) domin ya taimaka maka ka kasance da karfi: kwai, goro, man gyada, lentils, wake, nama/ kifi. Idan kana rage kiba, ka tambayi likitanka game da groundnut paste (man gyada mai kauri).

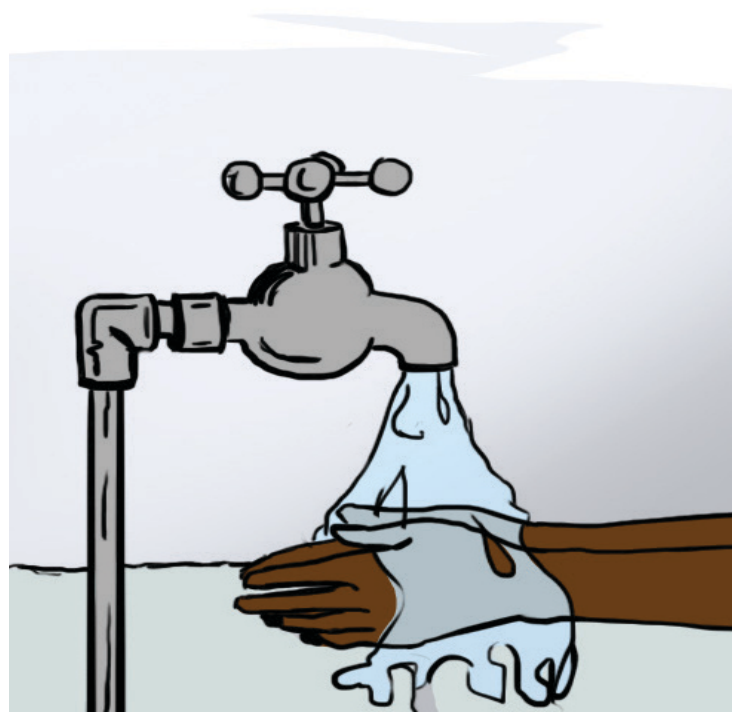
Idan kana fama da maƙarƙashiya, ka sha ruwa da yawa. Kada ka ji kunyar faɗa. Ka gaya wa likitanka saboda akwai magungunan da za su iya taimakawa.

Ka tuna koyaushe ka riƙa cin 'ya'yan itatuwa da kayan marmari da yawa!





Koyaushe ka wanke hannuwanka kafin cin abinci da bayan amfani da bayan gida. Ka tuna ka guji zama tare da mutanen da suke fama da zazzabi. Wannan yana taimakawa wajen hana kwayoyin cuta da kwayoyin germs shiga jikinka kuma yana taimaka maka ka kasance cikin koshin lafiya. **MAI TSARO** yana aiki tuƙuru kuma ba ya bukatar wani cikas kamar kwayoyin germs su hana shi aiki.



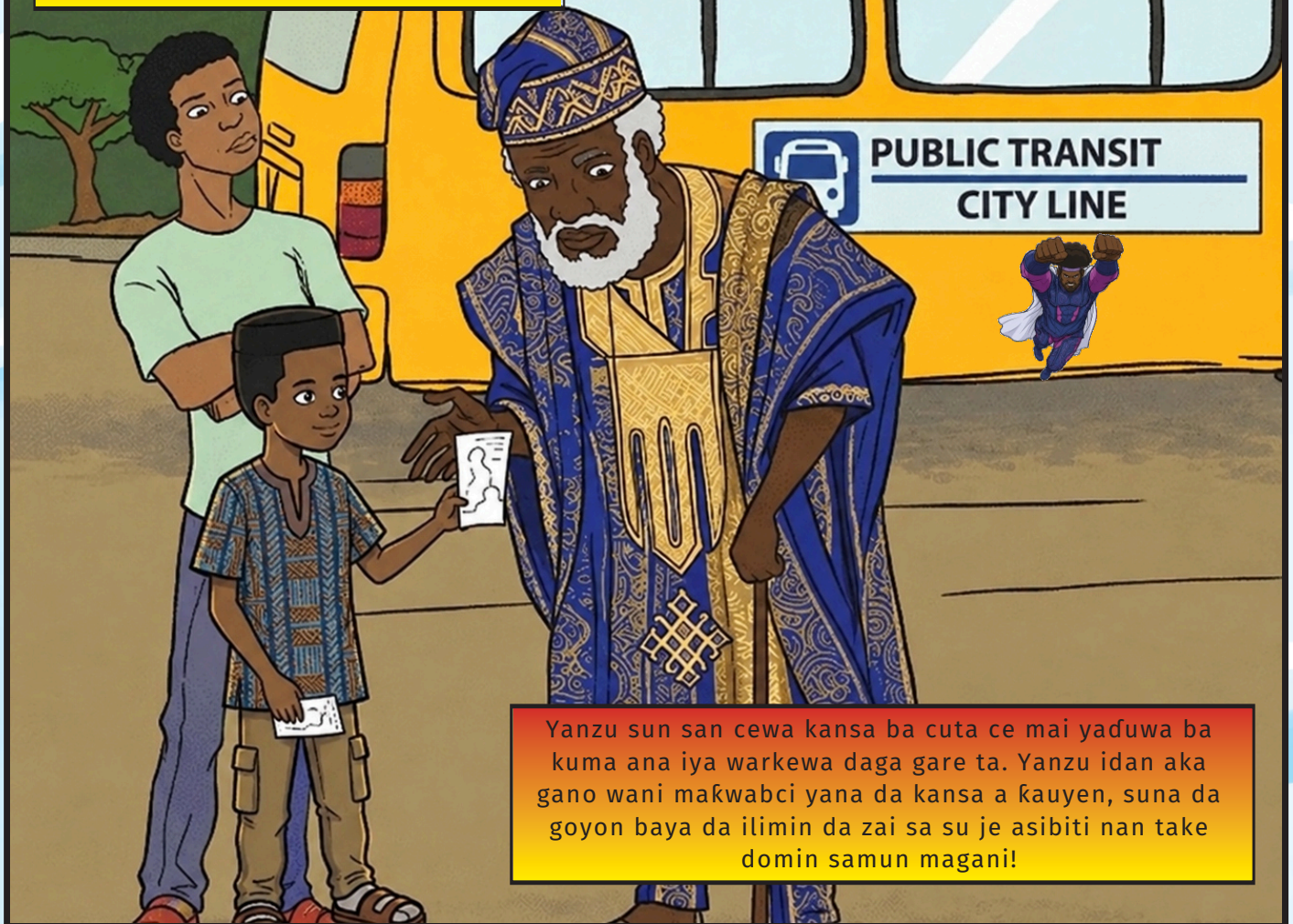
Bayan watanni na ci gaba da samun magani, Samuel ya warke gaba daya kuma ya shirya komawa rayuwarsa ta yau da kullum. Gashinsa ma ya fara sake fitowa, kuma ya dawo da kuzarinsa da koshin lafiyarsa.



MAI TSARO ya kammala aikinsa kuma ya kare Samuel daga kansa.

MAI TSARO yanzu yana tashi zuwa wani wuri domin ya haɗu da wani kungiyar likitoci da ma'aikatan jinya don su ceci wani yaro!

Yanzu Samuel yana cikin koshin lafiya kuma yana da kuzari. Har Dr. Bello ya ba shi wasu takardu daga asibiti game da lymphoma, domin ya iya koyar da al'ummarsa game da kansa.



Yanzu sun san cewa kansa ba cuta ce mai yaduwa ba kuma ana iya warkewa daga gare ta. Yanzu idan aka gano wani makwabci yana da kansa a kauyen, suna da goyon baya da ilimin da zai sa su je asibiti nan take domin samun magani!

Yanzu Samuel ya koma rayuwarsa ta yau da kullum, yana wasa da sauran yara kuma yana jin daɗin rayuwa cikin koshin lafiya!



KARSHE

KA YI MINI KALA!



LET'S PLAY GAMES!

1. Find and circle the words listed below:

- Guardian
- Doctor
- Hospital
- Chemotherapy
- Cancer
- Fever
- Body
- Strong
- Healthy
- Life

N	R	G	L	Q	G	H	P	R	S	P	A	Q	D	W
R	I	E	N	I	E	U	E	R	O	Y	B	H	J	T
X	B	R	C	A	F	V	A	R	O	T	C	O	D	N
Z	W	G	L	N	E	E	Y	R	F	X	C	S	Q	V
Z	N	T	E	F	A	T	Y	N	D	H	Z	T	C	G
R	H	I	K	F	Z	C	A	Y	C	I	B	O	D	Y
Y	C	P	Q	E	Z	U	M	G	B	B	A	G	H	R
C	H	E	M	O	T	H	E	R	A	P	Y	N	O	Z
D	J	O	K	U	L	A	X	X	L	E	D	O	S	I
J	I	J	X	C	Y	E	U	T	E	D	A	R	P	Y
M	B	C	N	M	C	E	R	B	P	H	X	T	I	W
R	U	S	Y	J	E	C	L	E	C	P	A	S	T	G
S	P	A	O	Y	O	H	U	P	W	V	T	B	A	V
G	W	T	T	X	E	O	K	P	D	S	X	N	L	H
Q	K	L	M	I	N	Y	B	W	O	D	P	C	N	P

THE GUARDIAN



2. How many times did you see this small image of in the previous pages?

3. Match the side effects of chemotherapy to the solutions:

- | | |
|-----------------------|--|
| 1. Nausea or Vomiting | a. Drink lots of water, fruits, and vegetables |
| 2. Constipation | b. Take paracetamol, if worse ask your doctor for morphine |
| 3. Mouth Sores | c. Go immediately to the hospital for antibiotics |
| 4. Fever | d. You may need a blood transfusion |
| 5. Fatigued & Pale | e. Eat smaller amounts of food & take ginger |
| 6. Pain | f. Rinse with warm saltwater |

4. Find the 10 differences between the drawings:



Comic Book Credits

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