Cancer Information for Patients and their Families
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To download a print-ready copy of this material, visit:

https://www.k4health.org/toolkits/cancersupportmaterials
Tips on talking with patients about cancer:

• Make sure you have time to talk without interruptions, and don’t act in a hurry.
• Ask patients about the journey that brought them to you, and what they know about their diagnosis.
• Speak with patients and their family members about their diagnosis gently but honestly.
• Speak clearly, using simple words and language that patients can understand.
• Use the illustrations in this flipchart to explain information about cancer.
• Encourage patients and their family members to ask questions and listen to their concerns.
• Remember that a well informed patient will follow instructions better and live more comfortably.

Engeri y’okwogerako n’abalwadde ku bikwata ku kkookolo:

• Kakasa nti olina obudde obumala okwogera awatali. kutaataaganyizibwa era teweeyisa nga ali mu bwangu.
• Yogerako n’abalwadde ku bye bayiseemu, ku nsonga ezibaleese ne ku ki kye bamanyi ku mbeera yaabwe.
• Mu bukakkamu, yogerako n’abalwadde n’abenganda zaabwe ku bikwata ku mbeera gye balimu.
• Kozesa olulimi n’ebigambo abalwadde bye bategeera obulungi;
• Weyambise eby’okulabirako (ebifaananyi) ebiri mu katabo kano okunnyonyola ebikwata ku kkookolo.
• Saba abalwadde n’abenganda zaabwe okubuuza ebibuuzo era owulirize ensonga zaabwe.
• Jjukira nti omulwadde gw’onnyonnyodde obulungi ajja kusobola bulungi okugoberera ebiragiro era abeere mu bulamu obw’emirembeko.
What is cancer?

- The human body is made up of millions of tiny cells.
- Normal cells grow and divide to make new cells as the body needs them.
- Usually, when cells get too old or damaged, they die. Then new cells take their place.
- Cancer is a disease where the body’s cells grow abnormally.
- Cancer cells continue to grow and divide until there are too many.
- Cancer cells also move to other parts of the body, which a normal cell cannot do.

Kkookolo kye ki?

- Omubiri gw’omuntu guzimbibwa obukadde n’obukadde bw’obutoffaali.
- Obutoffaali obwa bulijjo bukula era ne bweyabuluzaamu okukola obutoffaali obuggya olw’okuba omubiri gubwetaaga.
- Obutoffaali bufa bwe bukaddiwa oba bwe bukosebwa. Kati olwo obutoffaali obuggya nebutwala ekifo kyabwo.
- Kkookolo bwe bulwadde obuleetera obutoffaali bw’omubiri okukula mu ngeri etali ya bulijjo.
- Obutoffaali bwa kkookolo bwongera okukula n’okweyabuluzaamu okutuusa nga bungi ekisusse.
- Obutoffaali bwa kkookolo era busaasaanira ebitundu by’omubiri ebirala, obutoffaali obwa bulijjo kye butakola.
ORIGINAL TUMOUR

SPREADING TO DIFFERENT PARTS OF THE BODY
What is metastasis?

Cancer cells can start in any part of the body. They can also move to other parts of the body and grow there. When cells move to other parts of the body, this is called metastasis. The type of cancer is named after the place where it started. If cancer started in the breast, then it is called breast cancer.

Ensaasaana ya kkookolo mu mubiri

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.
What causes cancer

• There is no one cause of cancer.
• There are “risk factors” that increase one’s chance of getting cancer. These include:
  ◊ Some types of infections, such as human papillomavirus (HPV) and HIV
  ◊ Breathing tobacco smoke or smoke from burning Polythene bags or papers.
  ◊ Being overweight, or eating a diet without enough fruits and vegetables
  ◊ Older age.

Ki ekireeta kkookolo?

• Kkookolo taleetebwa kintu kimu.
• Waliwo “ebintu ebimu ebiiyinza okuteeka omuntu mu mbeera” eyinza okumuviirako okufuna kkookolo. Mu bino mulimu:
  ◊ Ebika by’endwadde ezimu ezireetebwa obuwuka nga human papillomavirus (HPV) n’Akawuka ka Siriimu
  ◊ Okussa omukka gwa ttaaba oba omukka oguva mu buveera nga bwokyebewa
  ◊ Okubeera omunene ekisusse, oba okulya emmere etaliiko nva ndiirwa zimala
  ◊ Emyaka gy’obukadde.
Is cancer contagious?

Cancer is NOT a contagious disease that spreads from person to person.

- You cannot get cancer by caring for a cancer patient, spending time with them or eating with them.
- Some cancers may be caused by viruses and bacteria that can spread from person to person. However, the cancers caused by these viruses and bacteria cannot spread from person to person.

Kkookolo akwaata?

Obulwadde bwa kkookolo omuntu TASOBOLA kubufuna nga abujja ku mulala.

- Tosobola kufuna kkookolo olw’okulabirira, okubeera oba okulya n’omulwadde wa kkookolo.
- Ebika bya kkookolo ebimu biyinza okuleetebewa abuwuka obuyitibwa Virus oba obuyitibwa bacteria obusobola okusaasanyizibwa okuva ku muntu omu okudda ku mulala. Wabula, kkookolo aleetebewa obuwuka buno tasobola kusaasaanyizibwa kuva ku muntu omu kudda ku mulala.
Is cancer inherited?

• Some cancers can run in families. But, cancer is not passed on from mother to child like HIV.
• Cancer is caused by changes in the way cells divide. These changes almost always happen during a person’s lifetime as a result of risk factors like smoke from tobacco or burning buveera.

Kkookolo bamusikira?

• Ab’oluganda abamu bayinza okwesanga nga balwala ekika kya kkookolo ky’ekimu. Wabula kkookolo tasobola kukwaata mwana muto ng’ava ku nyina nga bwekiri ku kawuka ka mukenenya.
• Kkookolo aleetebwa olw’enkyukakyuka mu ngeri obutoffaali bw’omubiri gye bweyabuluzaamu. Enkyukakyuka zino zibeerawo mu bulamu bw’omuntu olw’ebintu ebimu ebimuteeka mu katyabaga nga omukka oguva mu ttaaba oba mu buveera nga bwokyebewa.
Why me?
Why me?

- People with cancer often ask, “Why me?” “What did I do wrong to get cancer?”
- Cancer is a disease that can affect anyone, anywhere, in any country, at any time.
- Cancer is not a punishment for your past actions. And it is not caused by witchcraft.
- Cancer is not your fault, and there is almost never a way to find out what caused it. Instead, focus on taking good care of yourself now.

Lwaki nze?

- Abalwadde ba kkookolo batera okubuuza, “lwaki nze?” “Nakola nsobi ki okufuna kkookolo?”
- Kkookolo bulwadde obusobola okukwata omuntu yenna, mu kifo kyonna, mu ggwanga lyonna, obudde bwonna.
- Kkookolo ssi kibonerezo olw’ebyo bye wakola mu biseera by’emabega era taleebetwa ddogo.
- Kkookolo ssi nsobi yo, era ssi kyangu kumanya ki kyamuleeta. Wabula, ggwe essira liteeke ku kwerabirira bulungi.
How can one know if they have cancer?

Any of these could be signs of cancer and need to be checked by a health worker:

◊ Unexplained weight loss.
◊ Skin changes.
◊ Unusual bleeding.
◊ Lump or swelling.
◊ Unexplained pain.
◊ Any major changes in your body.

Omuntu asobola atya okumanya oba alina kkookolo?

Omuntu alina akamu ku bubonero buno ayinza okuba nga alina kkookolo era kimwetaagisa kukeberwa omusawo:

◊ Okukenena okutategeerekeka
◊ Olususu okufuuukuuka
◊ Okuvaamu omusaayi okutali kwa bulijjo
◊ Ekizimba
◊ Obulumi obutategeerekeka
◊ Enkyukakyuka mu mubiri.
How does the doctor know I have cancer?

If the health worker thinks you might have cancer, they will ask you to have a biopsy to make sure. They may also ask you to have other investigations like x-rays, scans, and blood tests. Often, they will want you to have more than one of these tests.

Omusawo ategeerera ku ki oba nina kkookolo?

Omusawo bw’asuubira nti wandiba ne kkookolo, ajja kukusaba ogyibweeko akanyama okukakasa oba omulina oba nedda. Ayinza n’okukusaba wekkeneenyezebwe mu ngeri endala nga okubibwa akifaananyi, okugenda ku ka tivi n’okukukeberebwa omusaayi. Ebi-seera ebisinga bajja kukusaba okeberebwe mu ngeri ezisukka mu emu.
What is a biopsy?

• During a biopsy, the doctor removes a small piece of the tumour to examine under a microscope. Sometimes, this is done with a needle; sometimes the doctor cuts out a small piece of the tumour.
• Biopsies do NOT cause cancer to spread to other parts of the body.
• Biopsies do NOT leave a big wound. Only a very small piece of the tumour is removed.

Okugyako akanyama kye ki?

• Mu kugyibwako akanyama, omusawo afuna akatundutundu ku kizimba ak’ektebejjebwa mu kyuuma. Oluusi kino kikolebwa nga beeyambisa empiso; oluusi omusawo asala akatundu ku kizimba.
• Okugyibwako akanyama TEKIREETERA kkookolo kusaasaanira bitundu bya mubiri bira.
• Okugyibwako akanyama TEKIREKAAWO kiwundu kinene. Akatundu akagyibwa ku kizimba katini ddala.
What are cancer stages?

Most cancers have four stages. Stage refers to how large the tumour is, and if it has spread.

◊ Knowing the stage of the cancer helps the doctor decide what type of treatment is best and how well it will work.

◊ Stage 1 or 2 means that the cancer has not spread to other parts of the body, and can more easily be treated.

◊ Stage 3 means it has begun spreading, and will be more difficult to treat.

◊ Stage 4 means the cancer has spread to many other places in the body and probably cannot be cured.

Emitendera gya kkookolo

Kkookolo asinga ayita mu mitendera ena. Omutendera gutegeeza ekizimba bwe kyenkana obunene ne oba kkookolo asaasaanidde ebitundu ebirala.

◊ Okumanya omutendera gwa kkookolo kiyamba omusawo okusalawo ekika ky’obujanjjabi ekisinga obulungi era n’engeri gye kinaakolamu.

◊ 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 abeera muzibu wakujanjjaba.

◊ Omutendera ogw’okuna (4) kitegeeza nti kkookolo amaze okusaasanira ebitundu by’omubiri ebirala era ayinza obutawona.
How is cancer treated?

- The most common treatments for cancer are surgery, chemotherapy, and radiation. A person with cancer may have any or all of these treatments.
- The kinds of treatment your doctor prescribes will depend on:
  ◊ The type of cancer
  ◊ The stage of the cancer
  ◊ Your age and overall health.
- Treatment can either be to cure the cancer, control it, or treat problems it is causing.

Enzijjanjaba ya kkookolo

- Obujjanjabi bwa kkookolo obusinga okumanyibwa bwe buno: okulongoosebwa, okuweebwa eddagala, n’okukalirirwa. Omulwadde wa kkookolo ayinza okujjanjabibwa mu emu ku ngeri ezo oba zonna.
- Ekika ky’obujjanjabi omusawo kyakusalira kisinziira ku bino:
  ◊ Ekika kya kkookolo
  ◊ Omutendera gwa kkookolo
  ◊ Emyaka gyo n’embeerayo ey’obulamu.
- Obujjanjabi buyinza okugendererwamu okuwonya kkookolo, okumukakkanyako oba okujjanjaba ebizibu byaleeta.
What is cancer surgery?

- Some cancers can be removed through surgery.
- Surgery is best for cancer tumours that have not spread to other parts of the body.
- Surgery may be used to cure cancer, or to treat other problems caused by the cancer.
- Patients should ask their doctors what the purpose of the surgery is.

Okulongosebwa kye ki?

- Ebizimba bya kkookolo ebimu bisobola okugyibwamu okuyita mu kulongoosebwa.
- Okulongoosebwa y’engeri esinga obulungi ku bizimba ebitannasaasaanira bitundu bya mubiri bira.
- Okulongoosebwa kuyinza okweyambisibwa okuwonya kkookolo, oba okujjanjaba ebizibu ebirala ebiba bireeteebbwa kkookolo.
- Abalwadde ba kkookolo balina okubuuza abasawo baabwe ekigenderwa ky’okulongoosebwa.
What is chemotherapy?

- Chemotherapy is medicine that kills cancer cells or slows their growth.
- Usually, the medicines are dripped into the blood through a tube and needle.
- Some can be swallowed in tablets or syrups.
- Chemotherapy may be given to cure cancer, or to shrink the cancer or help the patient feel more comfortable.
- The purpose of chemotherapy differs for different patients.
- Ask your health worker why you will be given chemotherapy.

Okujanjjabisa eddagala (chemo) kye ki?

- Chemo kwe kukoza eddagala ery’enjawulo okutta obutoffaali bwa kkookolo oba okukendeeza ku nkula y’abwo.
- Ebiseera ebisinga, eddagala litonnyezebwa mu musaayi okuyita mu luseke n’empiso.
- Eddagala erimu lisobola okumiribwa mu mpeke oba mu sirapu.
- Okujjanjabisa eddagala (chemo) kuyinza okweyambisibwa okuwonya kkookolo, oba okuyamba omulwadde okulwaawo nga mulamu oba okumuyamba okuwulirako ku mirembe.
- Ekigendererwa ky’okujjanjabisa eddagala (chemo) kyawukana ku buli mulwadde.
- Olina okubuuza okubuuza omusawo wo ensonga lwaki ogenda kuweebwa ddagala (Chemo).
What is radiotherapy?

- Radiotherapy is the use of radiation to treat cancer.
- Special equipment sends high doses of radiation to kill cancer in a part of the body.
- Radiation can also harm normal cells near the cancer cells. But normal cells can repair themselves and cancer cells cannot.
- Radiotherapy does not feel hot and it is not painful.
- Radiotherapy may be used to cure cancer, or slow the growth of cancer.
- Ask your health worker why you will be given radiotherapy.

Okukalirirwa kye ki?

- Okukalirirwa kwe kukoza masannyalaze okujanjaba kookolo.
- Ekyuuma eky’enjawulo kiweereza ddoozí y’amasannyala ze ewerako okutta obutoffaali bwa klookolo.
- Amasannyalaze gasobola n’okukosa obutoffaali obulamu obuliraanye obutoffaali bwa klookolo. Wabula obutoffa ali obulamu busobola okwebbulula, ekitasoboka kukolebwa butoffaali bwa klookolo.
- Okukalirirwa tekwookya era tekulumá.
- Okukalirirwa kusobola okweyambisibwa okuwonya oba okukendeexa ku nkula ya kookolo.
- Olina okubuuza omusawowo ensonga lwaki ogenda kukalirirwa.
Does treatment have side effects?

- Chemotherapy and radiotherapy can have side effects.
- Some can be severe and others mild.
- Most side effects go away after treatment ends.
- Common side effects of radiation and chemotherapy are:
  - nausea and vomiting
  - appetite loss
  - temporary hair loss
  - mouth sores
  - fever
  - skin sores and rashes
  - diarrhoea or constipation
  - bleeding or bruising after minor cuts or injuries
  - tingling in hands or feet
  - extreme tiredness.

Buzibu ki obuva ku kujanjjaba kkookolo?

- Okujanjjabisa eddagala (chemo) n’okukalirirwa bisobola okuleetawo obuzibuzibu.
- Ebimu ku bizibu biyinza okuba eby’amaanyi ate nga ebimu ssi by’amaanyi.
- Ebizibu ebisinga biggwaawo oluvannyuma lw’okujanjjabibwa.
- Ebizibu ebitera okuva ku kukanirirwa n’okujanjjabisa eddagala lya kkookolo bye bino:
  - Okusinduukirirwa emmeeme n’okusesesema
  - Obutayagala kulya
  - Okuyiwa mu kamwa
  - Okuwulira nga afumitibwa obuyiso mu ngalo ne mu bigere.
  - Olususu okuyiwa
  - Okuvaamu omusaayi omungi
  - Enviiri okukutuka Okukoowa ennyo
  - Okuddukana oba okuzibuwalirwa okufuluma
  - Obuyiso mu ngalo ne mubigere.
What is palliative care?

- Palliative care focuses on relieving pain, stress, and discomfort caused by cancer. It is not intended to cure the illness.
- Palliative care should be part of cancer treatment.
- Cancer can be painful but the pain can be controlled with medication.
- If you are in pain, tell your health worker so they can give you pain medication.
- Many people think that they will become addicted to pain medication. This is not true with the dosages and types of medicine used in Uganda.

Endabirira ey’ekikugu (palliative care) kye ki?

- Endabirira ey’ekikugu (palliative care) egendererwamu okukakkanya ku bulumi, okweralirikirira n’okubulwa emirembe okuva ku kkookolo. Enzijjanjaba eno tegendererwamu kuwonya kkookolo.
- Endabirira eno ey’ekikugu (palliative care) eteekwa okweyambisibwa awamu n’enziijjanjaba za kkookolo endala.
- Kkookolo asobola okuleetera omuntu okuwulira obulumi. Wabula busobola okukakkanyizibwako n’eddagala.
- Bw’obeera mu bulumi, buulira omusawowo asobole okukuwa eddagala ly’obulumi.
- Abantu bangi balowoosa nti bajja kutuusa ekiseera nga tebasobola kuberawo nga tebakozesezza ddagala lya bulumi. Naye kino ssi bwekiri kubanga ddoozi n’ebika by’eddagala ebikozesebwa mu Uganda tebisobola kukikkiriza kubaawo.
Can cancer be cured?

- Many factors affect how long a person survives after getting cancer:
  - The type of cancer and where it is in your body
  - The stage of the cancer
  - If your cancer is fast or slow growing
  - Your age and how healthy you were before cancer
  - How you respond to treatment.
- Patients should ask their health workers what to expect.
- Cancer does not always cause death. If you start and complete treatment at an early stage, chances are good that you will survive.

Kkookolo awona?

- Ebbanga omuntu ly’amala ku nsi oluvannyuma lw’okulwala kkookolo lisinziira ku bintu binji. Ebimu ku byo bye bino:
  - Ekika kya kkookolo ne wa w’ali mu mubiri
  - Omutendera gwa kkookolo
  - Kkookolo akulumu bw’aba okula mangu oba mpola
  - Emyaka gyo n’embeera y’obulamu bwo bwe yali nga tonnafuna kkookolo
  - Engeri eddagala gye likolamu mu mubiri gwo.
- Abalwadde balina okubuuza abasawo baabwe ki ekirina okusuubirwa.
- Ssi buli kiseera nti kkookolo aleetera omuntu okufa. Bw’otandika era n’omalayo obujanjjabi nga bukyaali, emikisa mingi nti ojja kuwona.
Telling your family

• Tell your loved ones that you have cancer and how they can help. It’s very hard to cope with cancer all alone.
• Hiding your cancer can make it harder to get treatment and follow your doctor’s instructions.
• Many patients fear that their family or friends will reject them if they learn they have cancer. In fact, this is not usually the case.

Okubuulirako ab’e wammwe

• Buulira abaagalwa bo nti olina kkookolo era ne batya bwe basobola okukuyamba. Ssi kyangu kumanyiira kubeera na kkookolo ku lulwo.
• Obutagamba banno nti olina kkookolo kizibuwaliza ddala okufuna obujanjjabi n’okugoberera ebiragiro by’omusawo.
• Abalwadde banji batya nti ab’enganda zaabwe oba ab’emikwano bagya kubasosola bwe bamanya nti balina kkookolo. Naye amazima gali nti, kino ssi bwekitera okubeera.
Diet and exercise

- Regular exercise and a well-balanced diet can help you feel better and stay strong.
- A well-balanced diet consists of at least three meals each day that contain foods from each of the three food groups.
- Ask your doctor what sorts of exercise you can take. Regular exercise can help reduce stress, nausea, tiredness and constipation. It can also improve your appetite.
- Make sure you drink plenty of water.

Endya wamu n’okukola dduyiro

- Okukolanga dduyiro n’okulya obulungi bisobola okukuyamba okuwulira obulungiko n’okusigala nga olina amaanyi.
- Okulya obulungi kwe kulya waakiri emirundi esatu (3) buli lunaku nga emmere erimu ebiriisa okuva mu biti by’emmere ebina.
- Buuza omusawowo ebika bya dduyiro by’osobola okukola. Okukolanga dduyiro kiyamba okukendeeza okweralikirira,okusinduukirirwa emmeeme, obukoowu, n’okuzibuwalirwa okufulumu. Kuyinza n’okukuleetera okwagala okulya.
- Kikwetaagisa bulijjo okunywa amazzi nga manji ddala.
Where to get more information

Tell patients and family members where they can get more information and support.

W’oyinza okumanyira ebisingawo ku kookolo

Buulira abalwadde n’abenganda zaabwe wa gye basobola okufuna okumanyisibwa n’obuyambi obusingawo.
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