West Midlands cancer alliance

NHS

# Fahamka Kansarrada Maqaarka ee Dhifka ah

## Merkel Cell Carcinoma (MCC) — Kansarka Unugyada Merkel

## Macluumaad iyo taageero loogu talagalay bukaannada iyo qoysaskooda



# Maxay buug-yarahani ka hadlayaa?

Buug-yarahani wuxuu bixinayaa macluumaad ku saabsan **Merkel Cell Carcinoma (MCC) — Kansarka Unugyada Merkel** iyo daaweymaha laga yaabo in laguu soo bandhigo. Ujeeddadiisu waa inuu ka jawaabo qaar ka mid ah su'aalaha laga yaabo inay maskaxdaada ku jiraan adiga ama dadka kuu dhow. Buug-yarahani ma beddelayo wada-hadalka aad la yeelanayso kooxdaada caafimaadka, laakiin wuxuu kaa caawin karaa inaad si wanaagsan u fahanto waxa laga wada hadlayo.

Haddii lagugu ogaaday cudurkaaga isbitaalka deegaankaaga, waxaa laga yaabaa in laguu gudbiyo **specialist centre — xarun takhasus leh** oo khibrad u leh daaweynta iyo maaraynta MCC.

Haddii aad qabto su'aalo dheeraad ah, fadlan la xiriir **Clinical Nurse Specialist (CNS) — Kalkaalisada/Kalkaaliyaha Takhasuska Caafimaad**. Waa inaad hore u haysataa faahfaahinta xiriirkooda, laakiin haddii aadan haysan, fadlan weydii xoghayaha dhakhtarkaaga inuu ku siiyo.

# Waa maxay MCC?

Dhakhaatiirtu waxay hore u aaminsanaayeen in MCC uu ka bilaabmo unugyo gaar ah oo maqaarka ah oo loo yaqaan **Merkel cells — unugyada Merkel**, kuwaas oo naga caawiya inaan dareemno taabashada fudud. Si kastaba ha ahaatee, khubaradu hadda waxay aaminsan yihiin in tani laga yaabo inaysan sax ahayn. Saynisyahannadu weli waxay baranayaan MCC, waxaana jira fikrado kala duwan oo ku saabsan halka uu ka bilaabmo. Inkastoo aynaan weli garanayn halka uu si sax ah uga bilaabmo, haddana waxaan ognahay sida loo ogaado loona daweeyo.

MCC waa nooc dhif ah oo kansarka maqaarka ah kaas oo u muuqda sida buro adag oo aan xanuun lahayn oo maqaarka ku taal. Aad ayuu uga dhif badan yahay noocyada kale ee kansarka maqaarka, waxaana UK gudaheeda sanad kasta la ogaadaa tiro yar oo xaalado ah. Xaaladdani waxay inta badan ku dhacdaa dadka waaweyn, gaar ahaan dadka ka weyn 50 sano, waxaana si badan loogu arkaa dadka leh maqaarka midabkiisu khafiif yahay. Waxay sidoo kale u badan tahay inay ku dhacdo dadka leh **immune system — hab-**

**dhiska difaaca jirka** oo daciif ah, sida **transplant recipients — dadka lagu sameeyay xubno lagu tallaalay** ama dadka qaata **immunosuppressive medication — daawooyinka hoos u dhiga hab-dhiska difaaca jirka**.

MCC badanaa wuxuu ka samaysmaa meelaha maqaarka ah ee si weyn u soo gaadhay iftiinka qorraxda, inkastoo uu ka soo muuqan karo meel kasta oo jirka ah, oo ay ku jiraan jirridda iyo gacmaha iyo lugaha. Mid ka mid ah astaamaha muhiimka ah ee kansarkan waa inuu si dhakhso ah u kori karo isla markaana uu awood u leeyahay inuu ku faafo meelo kale oo jirka ah. Sidaas darteed, waa muhiim in si degdeg ah loo garto oo daaweynta aan dib loo dhigin.

# Calaamadaha iyo astaamaha

Calaamadaha iyo astaamaha MCC badanaa waxaa ka mid noqon kara isbeddello maqaarka ah oo si lama filaan ah u soo baxa oo si dhakhso ah u kora, sida:

• Buro adag oo aan xanuun lahayn oo maqaarka ku taal

• Buro cas, casaan khafiif ah ama guduud ah oo laga yaabo inay dhalaal u ekaato

• Meel ama dhibic si dhakhso ah u weynaanaysa muddo toddobaadyo ah

• **Lesion — meel maqaarka ka dhaawacantay** oo dhiigta ama noqota nabar furan

# Sidee loo ogaadaa?

Ogaanshaha MCC badanaa wuxuu ka bilaabmaa in khabiir uu baaro maqaarka. Haddii khabiirku ka welwelo, waxaa laga qaadaa muunad unug ah waxaana lagu baaraa **microscope — mikroskoob**, sababtoo ah tani waa habka keliya ee lagu xaqiijin karo ogaanshaha cudurka.

Marka MCC la aqoonsado, waxaa laga yaabaa in la sameeyo baaritaanno dheeraad ah sida **scan — sawir-qaadis caafimaad**, si loo hubiyo in kansarku ku faafay meel kale oo jirka ah iyo in kale.

Inta lagu jiro ballamahaaga, waxaad filan kartaa in kooxda caafimaadku kuu sharaxdo marxalad kasta oo habka ah iyo waxa baaritaannadu ka kooban yihiin. Waxaa laga yaabaa inaad la kulanto xubno kala duwan oo ka tirsan kooxda takhasuska leh, oo ay ku jiraan **dermatologists — dhakhaatiirta maqaarka, surgeons — dhakhaatiirta qalliinka, oncologists — dhakhaatiirta kansarka** iyo CNS-kaaga.

Marka dhammaan baaritaannada laguu dhammeeyo, kiiskaaga waxaa lagaga hadli doonaa kulan ay leeyihiin **Multidisciplinary Team (MDT) — koox khubaro ah oo ka kala socda takhasusyo caafimaad oo kala duwan**. Khubarada ka kala socda takhasusyo kala duwan ayaa si wadajir ah u eegaya natiijooyinkaaga, waxayna isla go'aaminayaan qorshaha daaweynta ee adiga kugu habboon.

Baaritaannada iyo ballamaha badanaa si degdeg ah ayaa loo qorsheeyaa, waana in lagugu wargeliyaa waqtiga la filayo. CNS-kaaga wuxuu diyaar u yahay inta lagu jiro geeddi-socodkan oo dhan inuu ka jawaabo su'aalahaaga, kuu sharaxo natiijooyinka, kuna taageero marka aad u gudubto daaweynta.

# Ikhtiyaarrada daaweynta

Daaweynta aad heli doonto waxay ku xirnaan doontaa:

• Meesha MCC uu ka bilaabmay iyo cabbirkiisa

• In uu ku faafay iyo in kale

• Caafimaadkaaga guud iyo fayo-qabkaaga

MCC waxaa lagu daaweyn karaa siyaabo kala duwan. Kuwaas waxaa ka mid ah **surgery — qalliin, radiotherapy — daaweynta shucaaca, chemotherapy — kiimoterabi, immunotherapy — daaweynta kicisa hab-dhiska difaaca jirka**, ama mararka qaarkood isku-dar daaweymahan ah. Haddii loo baahdo, waxaa lagu siin doonaa macluumaad dheeraad ah oo ku saabsan daaweynta.

Waxaa sidoo kale laga yaabaa in laguu tixgeliyo **clinical trial — tijaabo caafimaad** haddii mid la heli karo oo kugu habboon. Haddii sidaas tahay,

kooxda caafimaadku waxay kuu sharxi doontaa faahfaahinta si aad u go'aansato haddii aad doonayso inaad ka qaybqaadato.

Kooxdaada healthcare — daryeelka caafimaadka ayaa kugula talin doonta habka daaweynta ee adiga kugu habboon.

# Daaweynta ka dib / Follow Up — Dabagal

Daaweynta MCC ka dib, kooxdaada takhasuska leh ayaa si dhow kuu dabagali doonta shanta sano ee soo socota. Ballamaha **Follow Up — dabagalka** badanaa way ka badan yihiin sanadaha ugu horreeya, marka khatarta kansarku dib ugu soo laaban karo ay ugu sarreyso.

Booqashooyinkan waxaa ka mid noqon kara baaritaan jireed, hubinta maqaarka iyo **lymph nodes — qanjirrada limfiga**, iyo mararka qaarkood baaritaanno sawir-qaadis ah haddii kooxdaadu u aragto inay lagama maarmaan yihiin. CNS-kaaga wuxuu sii ahaan doonaa qof muhiim ah oo aad la xiriiri karto muddadan, wuxuuna kaa caawin karaa isku dubbaridka ballamaha iyo ka jawaabidda su'aalahaaga.

Kooxdaadu waxay ku bari doontaa oo kugu dhiirrigelin doontaa inaad si joogto ah guriga uga baarto maqaarkaaga iyo qanjirrada limfiga. Waxyaabaha aad iska ilaalinayso waxaa ka mid ah:

• Meeshii hore ee cudurku ku jiray oo xanuunta, bararta, ama muuqaalkeedu si lama filaan ah isu beddelo

• Buro kasta oo si dhakhso ah u weynaanaysa, si degdeg ah u koraysa, ama isbeddello aan caadi ahayn oo maqaarka ah oo ka dhaca meel kasta oo jirkaaga ah, xitaa haddii aysan u dhowayn meeshii hore

• Inaad dareento ama aragto burooyin cusub oo kuu dhow, sida kuwa ku jira qanjirrada limfiga

Haddii aad aragto mid ka mid ah calaamadaha kor ku xusan ama wax kale oo kaa walaacinaya, la xiriir CNS-kaaga si aad talo dheeraad ah u hesho. Xitaa haddii aadan hubin in isbeddelku muhiim yahay iyo in kale, had iyo jeer way

ka wanaagsan tahay in la baaro. Kooxdaadu waxay u joogtaa inay ku taageerto, waxayna doorbidayaan inaad si hore ula soo xiriirto haddii aad wax walaac ah qabto.

# West Midlands Skin Cancer services / Trusts

# Adeegyada kansarka maqaarka / NHS Trusts ee West Midlands

| | |
|---|---|
| Queen Elizabeth Hospital Birmingham (part of University Hospitals Birmingham - UHB)<br><br>Headquarters Address:<br>Queen Elizabeth Hospital Birmingham, Mindelsohn Way, Edgbaston, Birmingham, B15 2GW<br><br>Main switchboard:<br>0121 371 2000<br><br>Website:<br>https://www.uhb.nhs.uk/ | Skin Cancer Nursing Team:<br>0121 371 6777<br><br>Email address:<br>QEskincancerCNS@uhb.nhs.uk |
| Solihull, Good Hope and Heartlands Hospitals (part of University Hospital Birmingham - UHB)<br><br>Solihull Hospital, Lode Lane, Solihull, B91 2JL<br><br>Good Hope Hospital, Rectory Road, Sutton Coldfield, Birmingham, B75 7RR<br><br>Heartlands Hospital, Bordesley Green, Birmingham, B9 5SS<br><br>Main switchboard for all 3 Trusts: 0121 424 2000 | Skin Cancer Nursing Team:<br>0121 424 4523<br><br>Email address:<br>hgsskincancercns@uhb.nhs.uk |

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|---|---|
| Sandwell and West Birmingham Hospitals NHS Trust<br><br>Address: Sandwell General Hospital, Lyndon, West Bromwich, B71 4HJ<br><br>Switchboard: 0121 553 1831<br><br>Website: https://www.swbh.nhs.uk/ | Skin Cancer Nursing Team: 0121 507 4493 |
| Shrewsbury and Telford Hospital NHS Trust (SaTH)<br><br>Address: Mytton Oak Road, Shrewsbury, SY3 8XQ<br><br>Main switchboard: 01743 261000<br><br>Website: https://www.sath.nhs.uk/ | Skin Cancer Nursing Team: 01743 261267 (answerphone) or 01743 261107 (secretaries if urgent)<br><br>Email address: sath.skincancernurses@nhs.net |
| South Warwickshire University NHS Foundation Trust<br><br>Address: Warwick Hospital, Lakin Road, Warwick, CV34 5BW<br><br>Website: https://www.swft.nhs.uk/ | Skin Cancer Nursing Team: 01926 495321 Ext: 8284 |
| The Dudley Group NHS Foundation Trust<br><br>Address: Russells Hall Hospital, Pensnett Road, Dudley, DY1 2HQ<br><br>Main switchboard: 01384 456111<br><br>Website: https://www.dgft.nhs.uk/ | Skin Cancer Nursing Team: 01384 456 111 ext 3088 |

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| The Royal Wolverhampton NHS Trust<br><br>Address: New Cross Hospital, Wolverhampton Road, Heath Town, Wolverhampton, WV10 0QP<br><br>Main switchboard: 01902 307999<br><br>Website: https://www.royalwolverhampton.nhs.uk/ | Skin Cancer Nursing Team: 01902 307999 ext 88583 Monday-Friday 8.30-4.30 |
| University Hospitals Coventry & Warwickshire (UHCW)<br><br>Address: University Hospital, Clifford Bridge Road, Coventry, CV2 2DX<br><br>Main switchboard: 02476 964000<br><br>Website: https://www.uhcw.nhs.uk/ | Skin Cancer Nursing Team: 02476 966085 |
| University Hospitals of North Midlands (UHNM)<br><br>Address: Royal Stoke University Hospital, Newcastle Road, Stoke-on-Trent, ST4 6QG<br><br>Main switchboard: 01782 715444<br><br>Website https://www.uhnm.nhs.uk/ | Skin Cancer Nursing Team: 01782 676266 |

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|---|---|
| Walsall Healthcare NHS Trust<br><br>Address: Walsall Healthcare NHS Trust, Manor Hospital, Moat Road, Walsall, WS2 9PS<br><br>Main switchboard: 01922 721172<br><br>Website: https://www.walsallhealthcare.nhs.uk/ | Skin Cancer Nursing Team: 01922 603223<br><br>Email address: wht.skincancerpatientsupport@nhs.net |
| Worcestershire Acute Hospitals NHS Trust<br><br>Address: Worcestershire Royal Hospital, Charles Hastings Way, Worcester, WR5 1DD<br><br>Main switchboard: 01905 763333<br><br>Website: https://www.worcsacute.nhs.uk/ | Skin Cancer Nursing Team: 01905 733876 |
| Wye Valley NHS Trust<br><br>Address: The County Hospital, Union Walk, Hereford, HR1 2ER<br><br>Main switchboard: 01432 355444<br><br>Website: https://www.wyevalley.nhs.uk/ | Skin Cancer Nursing Team: 01432 378942 |

# Ilaha taageerada dheeraadka ah ee bukaannada:

**MCC Online Support Group (International) — Kooxda Taageerada MCC ee Internetka (Caalami) -** Ilaha taageerada MCC

# Adeegyada kale ee guud ee taageerada kansarka:

**Macmillan Cancer Support — Macmillan Cancer Support -** www.macmillan.org.uk

**Cancer Support UK — Cancer Support UK -** https://cancersupportuk.org/

**Cancer Research UK — Cancer Research UK -** Cancer Research UK

**NIHR Be Part of Research — Ka qayb noqo cilmi-baarista**

Patient and Public Resources - West Midlands Cancer Alliance

**West Midlands Cancer Alliance - Skin — West Midlands Cancer Alliance - Maqaarka**

https://wmcanceralliance.nhs.uk/patients-area/patient-information/2633-skin

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