

Dee εσε σε wohunu...



**kokoram ho ahyensodee
ne nsenkyerenne ahodoɔ**

Yerehunu kokoram ntem ara no boa gye nkwa, nti se wohunu biribiara a eye soronko ma wo a, bo w'apɔmuden ho animdefoɔ amanee.

Enhia se wobebɔ mmɔden se wobekae kokoram ho nsenkyerenne no nyinaa-tie wo nipadua no na ene wo dɔkota nni nkɔmmɔ se wohunu biriara a eye soronko ma wo a.

Dee etaa de ahyensodee ne nsenkyerenne ahodoɔ yi ba no ye nneema nkumaa bi a enye hu se kokoram- mmom se eye kokoram, na wohunu no ntem a, ebetumi de nsesaee pa ara aba.



**Fa w'ani fa mu hwehwe nsem afoforɔ pii na hwehwe
'CRUK deen nti a kokoram a yehunu no ntem ho hia'**

*Saa nsem yi firi nsem a n'abɔsee firi Kokoram Nhwehwemu UK, ne Macmillan Kokoram Aboafɔ hɔ, na yeasere kwan de redi dwuma bio.

Dee εσε σε wohunu...

Weinom ne kokoram ho ahyensodeε ne nsenkyerenne titire no bi.

Se wohunu biribiara a εye soronko ma wo a, mmu w'ani ngu so.

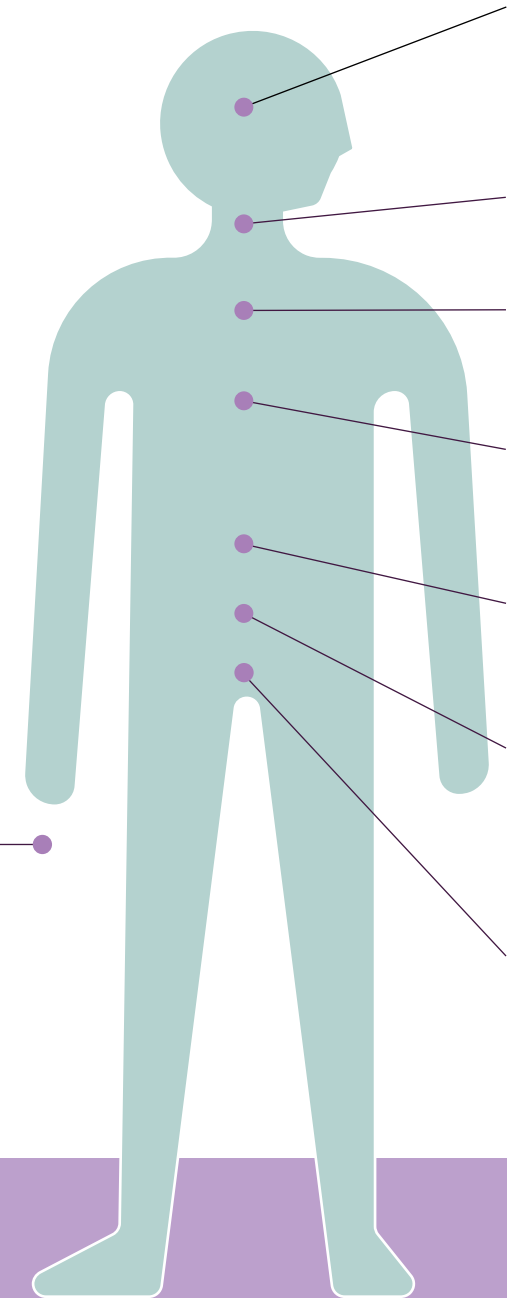
Se εwε krataa yi so anaa enni so no, ma wεnhwehwε mu.

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- Anadwo mfifiteε a ano ye den.
 - Ɔbre
 - Mogyatuo a wontumi nkyere mu anaa honam ani ntwitwiε.
 - Yaw a ano ye den a wontumi nkyere mu anaa yaw a ano nye den.
 - Wo mu duru so tee a wontumi nkyere mu.
 - Nipadua akwaa no ho baabiara a ahono a εye nwanwa.
 - Twa foforε anaa nsesaε wε twa bi ho
 - Kuro a εntumi nwu
 - Twa foforε anaa nsesaε wε honam ani twa bi te se twa a εreyε keεe anaa n'ahosuo resesa
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Se nsenkyerenne ahodoε yi tε kε so, wontumi nkyere mu anaa εye wo nwanwa a, bε wo GP nimdifoε amanεε.

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- Ɛnne a ɛmu nte, ɛnne a afam anaa wa a ɛnkɔ.
- Anom anaa tɛkyerɛma kuro a ɛdi boro nnawɔtwe mmeensa

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- Wobɔ wa a na mogya reba
 - Woberɛ ansa na woatumi amene adee

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- Ahometee
 - Bohyehyee a ɛtɔ kɔ so anaa yaw a ɛfiri aduane yam wɔ nipadua no mu

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- Nsesaee soronko wɔ nufɔɔ anaa kokoo kɛsee, yebea, anaa atenka mu, a nufɔɔ ano anaa honam ani nsakyerabee ka ho.

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- Nsoaee a ɛtɔ kɔ so.
 - Anom a ato/anaa nipadua mu duru so tee a wontumi nkyere mu

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- Yafunu mu dwumadie nsesaee bi, te se ayamtim, ayamhwie anaa agyanan a eba ntentem.
 - Mogya wɔ w'agyanan mu

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- Mogyatuo wɔ w'ase a w'ani nna, a ɔbaa ne ɔbarima nhyiamudie akyi deɛ ka ho, wɔ bra ahodoɔ ntam anaa bere a woatwa bra
 - Wo dwonsɔ a mogya wom
 - ɔhaw ahodoɔ wɔ bere a woredwonsɔ

Kòhunú apomuden ho animdefoṣ na wònhwẹ nsenkyerenne bi

Gye afotuo wò wo òkòta, nẹsẹ, aduyefoṣ anaa GP nimdefoṣ hò sẹ wowò nsenkyerenne bi a ẹretò kò so, wontumi nkyere mu anaa ẹye nwanwa a.

Nnema a ẹsẹ sẹ wohyẹ no nso bere a wo ne wo òkòta, nẹsẹ, aduyefoṣ anaa GP nimdefoṣ redi nkómú:

- Dwene deẹ wopẹ sẹ woka no ho.
- Ebia wobepẹ sẹ wobetwẹ nkyerekyeremu ahodoṣ bi.
- Ẹtò da a ẹye den sẹ wobetumi aye ahyiadie nhyehyeee, ẹho betumi ahia sẹ wobefre aboro baako.
- Fa obi ka wo ho na ọmọa wo.
- Kasa na tie, bọ mmòden kyerekyerẹ nsenkyerenne no mu wò w'ankasa wo ntease mu.
- Di nokorẹ wò w'anoyie biara mu sẹdeẹ wobetumi.
- W'apomuden mu animdefoṣ betumi akyerekyerẹ biribiara a ẹkyere w'adwene mu.
- Kae, nsenkyerenne ahodoṣ no nye adeẹ a ẹsẹ sẹ wodwene ho pii.

Mesere wo kae sẹ, kokoram nhwehwemu botae ne sẹ ebẹhwehwe kokoram ansa na ebia woanya ho nsenkyerenne ahodoṣ. Sẹ woakò nhwehwemu ahyiadie bi nanso wowò nsenkyerenne bi a ẹhyẹ wo so a, mesere wo fre wo GP nimdifoṣ no. Hwehwe pii a ẹfa kokoram nhwehwemu a sikatua biara nni mu ho - **Fa w'ani fa mu na hwehwe pii fa kokoram nhwehwemu anaa hwehwe 'RM Partners Cancer Screening and you'.**



Fre wo GP nimdefoṣ na ma no ntu wo fa mfa biribiara a ẹkyere w'adwene ho.

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