



Canadian Cancer Society  
Société canadienne du cancer

## Ennakiyaang

Zhanda Canadian Cancer Society enchiyaang, nniigaaniimi miigaadmaang maanda mogwaat bemaadzijik; niibna wenpash nyaadmaagejik, en'kiijik gewe, miinwaa begdingejik yaawak nyaadmaagejik maanda nan'kiyaang, nmiigwechwi'aanaanik kina gonda. Maanda ennakiyaang Canadian Cancer Society:

- Nmiigwenaa zhonyaa wii-ndagkenjgaadek ezhi-nakiimgak nawach ezhi-mogwaat bemaadzijik
- Ngaazmaanaanik gimaak weweni wii-zhitoowaat naaknigewnan waa-naadmaagwaajin bemaadzijik wii-mno-bmaadziwaat
- Nda-knoomaagemi washme weweni waa-zhi-naagdawendizang noondaash wii-piichi-nniizaanzing wii-mog'ong
- Ndoorsastamookiimi ge-zhi-mogpa wiya
- Nnaadmawaanaanik bemaadzijik maanda enaapnejik

Gnoonshinaang giishpin geyaabi gegoo waa-zhi-kwedwewne ezhi-gkendming maage ezhwebzing mog'ong, ezhi-naadmaageyaang, maage gegoo wii-bgidnigeyin.



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## Gego Miinwaa Wiikaa Wiya Da-Mog-sii

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Canadian Cancer Society maanda gii-maawndoobiyaanaawaa zhanda ezhibiigaadek. Geyaabi go wiya daa-waabmaan mshkikii-ninwan maage mshkikii-niniikwen; gego booni-waabmaa-ke gonda, maanda eta nji mzin'igan yaaman.

Gaawii memkaach daa-ke-kwedwe-sii giishpin wiya wii-aan'ke-mzinaakzang maanpii ezhibiigaadek, maanda shwii go aabdek zhiwi wii-zhibiigaade: *Wiiba Mkigaadek Gegoo Miinwaa Ndagkenmigoong; Ninwak Ge-gkendmawaapa.* Canadian Cancer Society 2008.

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# Wiiba Mkigaadek Gegoo Miinwaa Ndagkenmigoong

*Ninwak Ge-gkendmawaapa*



## Gego Miinwaa Wiikaa Wiya Da-Mog-sii

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# Wiiba Mkigaadek Gegoo Miinwaa Ndagkenmigoong *Ninwak Ge-gkendmawaapa*

Znagat wii-gkendming minj bezhik bemaadzit enji-mog-gwenh bekaanzit dash wiya maanda enji-zhiwebzi-sik. Gaawii gegoo waa-zhichgeng wiya wii-bwaa-mog'ot nendaagdadiik, temgat dash go ge-zhichgempa noondaash wii-piichi-nniizaanziyin maanda wii-naapneyin. Na'ii ge-zhi-maajtaamba, weweni naagdawendiziyin.

Na'ii maanpii mzin'igning debaadjigaadek, niwing nikeyiing ge-zhi-mogwaapa ninwak miinwaa wiiba ge-zhi-mkigaadegba giishpin maanda naapneyin ndagkenmigooyin maage giishpin gegoo zhi-moozh'idzayin maage gegoo moozhtooyin gwiiyoong kwejmat gmishkkii-niniim maage gmishkkii-niniikwem wii-ndagkenmik. Na'ii wiya ge-zhi-mog'pa: **prostate-  
ing, da-pniimning, gchi-nagzhiing, miinwaa  
nagayng.** Niibna gegoo te noondaash epiichi-zegendaagok pii dash mog'ong, wiya ge-nji-moozh'idzapa gegoo zhayaat. Waabam gmishkkii-niniim maage gmishkkii-niniikwem wii-gwekwendman. Giishpin wiya wii-mog'ot, daa-de-naandwechgaza giishpin wiiba mkigaazat maanda naapnet.

## Wiiba Mkigaadek Gegoo Miinwaa Ndagkenmigoong

Na'ii edming “wiiba mkigaadek”, shki-maajii-mog'ot wiya mkawin maanda zhiwebzit. Giishpin wiiba mkigaadenik wiya mog'ot, washme gwech wenpanat wiya wii-nnaandweyin. Gkendming waa-kawaabndaming miinwaa aapiichin oo-waabmin mshkii-nini maage mshkikii-niniikwe wii-ndagkenmigoong, washme wenpanat wiiba wii-mkigaadek giishpin wiya mogot. Aakmendan ezhayaayin mno-zhayaayin gwiiyoong, miinwaa giishpin gegoo maanda zhi-aanjsek, oo-waabam mshkikii-nini maage mshkikii-niniikwe. Washme wiiba wiindmawat gmishkkii-niniim maage gmishkkii-niniikwem, washme wiiba da-gshkitoon gegoo wii-nda-zhichgeng.

Na'ii edming “ndagkenmigoong”, test miin'goong maage ndagkenmigoong wendgwenh gegoo da-naapneng, wiiba wii-mkigaadek giishpin wiya mog'ot. Aanin ezhi-mog'ong, gaawii gegoo te-snoo waa-zhi-ndagkenmigoong wiiba maanda wii-mkigaadek naapneng, aanin dash wii go dnawa ezhi-mog'ong daa-mkigaade wiiba, waawaach go gegoo jibwaa-zhi-moozhendizyin. Daa-naadmaagon go wiya ndagkenmin wii-mkawin aapji go wiiba giishpin emajii-moggwenh; mii maanda pii zhisek da-de-nnaandwegoongba. Na'ii gego daa-mkigaade ndagkenmigoong, giishpin gegoo etegwenh waa-nji-maajii-mog'ot wiya, daa-nnaandwechgaaza dash wiya jibwaa-maajii-mog'ot. Giishpin gegoo myegnaagok mkaming ndagkenmigoong, da-ndawendaagot geyaabi aanin gegoo wiya wii-zhi-dnagkenmin.

Kina go ngoji zhanda Canada temgad waa-zhaang wii-ndagkenmigoong wendgwenh gegoo da-zhi-mog'ot wiya. Bangii wii go bebkaan maanda zhise wii-ndagkenmigoong; gaawii kina province-an naasaap zhichge-siiwak. Enso-bboon'gizing dbaabmigoom wii-gkendming waa-zhi-ndagkenmigoong giishpin gegoo zhi-moozhendizsiing. Giishpin gitziim maage gewii maaba gitziiman maage wiidzhaanan wiyaa gaa-mog'ogwenh, gnamaa go gegii washme gdaa-nniizaanis wii-mogyin, washme dash wiiba gdaa-maajii-ndagkenmigoo maage washme gdaa-aakwi-ndagkenmigoo. Kwejim gmishkkii-niniim maage gmishkkii-niniikwem giin gegii ge-nishingba wii-zhi-ndagkenmigooyin.

Aabdek dash wii go wii-gkendman gaawii gegoo te-snoo mooshkin go egwekwendaagok zhi-ndagkenmigoong. Nawaa go naa, naan'godnong ndagkenmigoong, mog'ong zhi-mkaagoom, gaa dash gegeti mog-siim, maage gaawii gegoo mkigaade-snoo, gegeti dash wii go mog'om. Gwech dash wii go, zhaabwii'gon go wiya ndagkenmin.

## Prostate-ing mog'ong

Biinjiyiing zhiwi prostate gland-ing nji-maajtaamgat wiya mog'ot. Canada ninwak enjbaajik mogwaat, mii zhiwi gwech waanji-ntaa-mogwaat; 65 washme enso-bboon'gizjik ninwak maanda ewaanji-ntaa-naapnejik. Giishpin wiya oosan, wiikaaneyin, maage zhishenyin maanda gaa-naapnen'gwenh maage giishpin wiya mekdewzit aawit, washme nniizaanzi maanda shkiniigit wii-naapnet.

### Ge-zhichgamba

Giishpin 50 maage washme enso-bboongizyine, kwejim gmishkkii-niniim maage gmishkkii-niniikwem ge-zhi-nniizaan'kiba miinwaa ge-zhi-naadmaagyamba ndagkenmigooyin wendgwenh da-mogyin prostate-ing.

Giishpin washme enniizaanziwne wii-mogyin prostate-ing wi nji zhaazhi wiya besha enwemat wi gii-naapnet maage mekdewzit aawyin, kwedwen wendgwenh washme wiiba maanda da-zhi-maajii-ndagkenmigoomba.

Maanda ge-zhi-ndagkenmigoomba wiiba wii-mkigaadek giishpin e-mogyine prostate-ing:

- **Digital rectal exam (DRE):** gdiiaang nikeyiing nji-ndagkenjgaaza wa prostate gland. Mjikaawnan biiskawaan mshkikii-nini maage mshkikii-niniikwe mii dash nengaach biinjiyiing zhi-njiitaat wii-moozhtoot wendgwenh da-bkozit wa prostate maage gegoo myegendaagok da-tek prostate-ing.
- **Prostate-specific antigen (PSA) test:** ndagkenjgaade mnik mskwiing etek prostate-specific antigen; na'ii maanda yaawang antigen, zhiwi prostate-ing enji-zhi'oomgak.

Daa-naadmaagemgadoon wiiba wii-mkigaadek giishpin prostate-ing mogyin, nanda PSA miinwaa DRE zhi-ndagkenmigoong, na'ii dash wii go daa-zhiwebat, nishaa dbishkoo prostate-ing mogyin daa-kidoomgadoon nanda gegeti maanda naapneswan, maage gaawii daa-mkigaade-snoo maanda naapneyin msawaa go maanda zhi-ndagkenmigooyin. Naangodnong, mkigaadek mogyin maanda zhi-ndagkenmigooyin, gaawii gchi-nniizaan-sinoo wi ezhi-mogyin zhiwi prostate-ing. Aapji shwii go nishin kwejmat mshkikii-nini maage mshkikii-niniikwe minj giin epiichi-nniizaanziwne wii-mogyin prostate-ing miinwaa ge-zhi-naadmaagyamba, ge-zhi-nniizaan'kiba gewe, ndagkenmigooyin.

### Ge-kawaabndamba

Waabam gmishkkii-niniim maage gmishkkii-niniikwem giishpin:

- Niibna nching aabdek zhiishiigiyin, memdage go niibaadbik
- Memdage zhayaayin wii-zhiishiigiyin
- Znagziyin wii-maajii-zhiishiigiyin maage wiingaabdooyin zhiishiigiyin
- Gshkitoo-swan wii-zhiishiigiyin
- Gaawaanh zhiishiigiyin, noondaash mnik zhiishiigiyin, maage boonjiwang gnibiishim megwaa zhiishiigiyin
- Mooshkin gii-maajaamga-snogwenh gnibiishim zhayaayin shkwaa-zhiishiigiyin
- Jaagzigyini gegoo zhayaayin maage wiisginezyin zhiishiigiyin
- Mskwi temgak zhiishiigiyin maage baashkzigeyin
- Wiisginezyin baashkzigeyin

Prostate-ing mog'ot gnamaa maanda wiya daa-nji-zhiwebzi, naan'godnong shwii go bkaan gegoo maanda daa-nji-zhiwebzi, dbishkoo baagshing zhiwi prostate-ing maage maaba mdidat.

## Mog'ong Piniing

Piniing nji-maajtaamgat maanda zhi-mog'ong. Gaawii gwech ntaa-mog-siiwak piniing ninwak, giwi shwii go 15 piinish 49 enso-bboon'gizjik washme nniizaanziwak maanda wii-naapneyaat. Gshkichgaade maanda wii-maazhchigaadek, memdage go giishpin wiiba mkigaadek maanda wiya nikeyiing zhi-mog'ot.

### Ge-zhichgemba

Gkendan njida gwech ezhayaayaat gdapniimak, ndagkendizan gewe zhiwi aapiichin. Na'ii ewanjinihing pii zhiwi wii-ndagkendizyin, shkwaa-gziibiigzheyin giizhoowaaboong; bangii dbashish wi pii biwak piniik, miinwaa nookziwak. Wiindmaw weyiip gmishkkii-niniim maage gmishkkii-niniikwem giishpin gegoo zhiwi zhi-megaabndizyin.

Aapiichin zhaam gmishkkii-niniim maage gmishkkii-niniikwem wii-ndagkenmik, gda-pniiming bekish wi pii wii-ndagkenmik.

### Ge-kawaabndamba

Waabam gmishkkii-niniim maage gmishkkii-niniikwem giishpin:

- Bkozyin gda-pniiming
- Gaagiidziyin gda-pniiming
- Dbishkoo gegoo e-gzigong etegi maage gegoo ewiigshkaagi zhayaayin niisiyiing zhiwi gmasdaang maage zhiwi gda-pniiming
- Dewnezyin niisiyiing gmasdang miinwaa zhiwi enji-nkawziyin

Da-pniiming mog'ot gnamaa maanda wiya daa-nji-zhiwebzi, naan'godnong shwii go bkaan gegoo maanda daa-nji-zhiwebzi.



## Mog'ong gchi-nagzhiing

Biinjiiyiing zhiwi gchi-nagzhiing miinwaa ni-ekwaawaabiising maanda gchi-nagish gwech nji-maajii-shkaamgadni wiya maanda nikeyiing zhi-mog'ot. Mii maanda eko-nsing ewaanjiniizaanzivaat ninwak miinwaa kwewak wii-zhi-mogwaat maanpii Canada. Bwaatmaach maanda maajtaamgadmi maanda wiya zhi-mog'ot, gkendaagot gewe maanda gwech waa-ni-zhi-maajiiing. Shki-maajtaamgak maanda, gaawii gnamaa wiya gegoo daa-zhi-moozhwendiz-sii maage gegoo daa-moozthoo-siin zaam dbashish zhiwi wiya masdaang, waawaanak zhiwi te wii-maajiiing tumour, washme wii-ni-mchaamgak. Ndagkenmigoong, daa-mkigaaza wiya giishpin maajii-mog'ot gegoo jibwaa-zhi-moozhendizat. Daa-de-naandwe'gaaza wiya giishpin wiiba mkigaazat maajii-mogot.

### Ge-zhichgemba

Giishpin 50 maage washme nso-bboon'gizyin, fecal occult blood test (FOBT) yaan enso-niizho-bboon'gak go naa gnigenh. Maanda zhi-ndagkenmigoong, bangii moowich daapnigaade, zhiibaawaabnjigaade dash wii-waabndaming giishpin aapji go bangii zhiwi mskwi tek. Gaawii go pane wiya mog-sii giishpin mskwi te-nik zhiwi moojiing. Bkaan gegoo zhiwi mskwi daa-nji-te, dbishkoo polyps (gegoo myaajiiing gaa'sh wii go mog'ong nji), bgoshkaak ngoji nagish, gnamaa gewe go hemorrhoids.

Giishpin bangii zhiwi mskwi mkigaadek pii wi FOBT miin'goong, geyaabi gegoo wiya zhi-ndagkenmaa:

- **Colonoscopy:** biinjiiyiing gchi-nagzhiing naabiignigaade egaachaabiigak tube aapji go egaaching waaskonenjigaans miinwaa mzinaazgaans tek wii-waabndang kina weweni wi nagish wa mshkikii-nini maage mshkikii-niniikwe.
- **Sigmoidoscopy:** biinjiiyiing zhiwi ni-ekwaawaabiising wi gchi-nagish naabiignigaade egaachaabiigak tube aapji go egaaching waaskonenjigaans miinwaa mzinaazgaans tek wii-waabndang kina weweni wi nagish wa mshkikii-nini maage mshkikii-niniikwe.

- **Double-contrast barium enema:** zhiibaawaatesjigaadeni wiya doo-gchi-nagish miinwaa ni-ekwaawaabiising gchi-nagish; barium nakaazam tsgan washme weweni wii-naagok biinjiiying wi gchi-nagish.

Aanin ninwak washme nniizaanziwak wii-mogwaat gchi-nagzhiing pii dash gwech ninwak epiichi-nniizaanziwaat. Kwejim gmishkikii-niniim maage gmishkikii-niniikwem pii miinwaa piichi-aakwi maanda nikeyiing ge-zhi-ndagkenmigoomba giishpin:

- Gitziim, gwiikaane, gdawemaa maage gniijaanis maanda gaa-naapnegwenh (memdage go giishpin maaba 45 jibwaa-nso-bboon'gizit gaa-maajii-naapnegwenh maanda)
- Zhaazhi maanda ngoding gaa-naapnewne
- Inflammatory bowel disease eyaamwane maage polyps eyaawaawdwaane
- Gegoo wiya gitziiming wiya enji-aawaashtawsek eten'gwenh ezhi-ngodweyaan'gizit dbishkoo familial adenomatous polyposis (FAP) maage hereditary/non-polyposis colon cancer (HNCC)

### **Ge-kawaabndamba**

Waabam gmishkikii-niniim maage gmishkikii-niniikwem giishpin:

- Gegoo zhi-maanaaji-zhayaayin gmasdaang (baapaagjiishkaayin, mooshkne-zhayaayin, wiisgaakshkadeyin)
- Baabgwaadam maajii-zhaabkaawziyin maage maajii-baasyin
- Mskwi temgak gmoojiing (memdage go mskwaandek maage aapji go dbikaandek)
- Washme gaachaabiigak gmoowich pii dash gwech en'gokwaa
- Aapji go zhayaayin wii-miiziiyin
- Dbishkoo gaawii kina weweni gdaa-gii-miizii-sii zhayaayin
- Maazhdeweyin maage zhashgaweyin
- Aapji go ekziyin
- Geskana gaachiinyin

Gchi-nagzhiing mog'ot gnamaa maanda wiya daa-nji-zhiwebzi, naan'godnong shwii go bkaan gegoo maanda daa-nji-zhiwebzi.

### **Nagayng mog'ong**

Bebkaan ngoji nji-maajii-mog'o wiya nagayng mog'ot zaam bebkaanziwak dnawa cells ebjik nagayng (basal cell, squamous cell miinwaa melanoma). Aapji ntaa-mog'ok Canada enjbaajik basal cell-ing miinwaa squamous cell-ing, neniish dash wii go nanda wenpandoon wii-nnaandwewgoong naapng.

### **Ge-zhichgemba**

Na'ii ewaanji-nishing zhichgeng wii-bwaa-naapng maanda, bbaa-mtaakzhegaabwi-swan enaasmaatek. Maanda ge-zhichgemba gegoo wii-bwaa-zhiwebziyin enaasmaatek yaayin:



- 11:00 kizhep piinish 4:00 shkwa-naawkwek waanji-mshkawaasget giizis, maage giishpin 3 maage washme shpiibiigaadek UV Index, gego enaasmaatek bbaa-yaa-ke. Enji-kajgaak yaan – mtigook biwaat, naami-kajgaatewning – miinwaa 11:00 kizhep jibwaa-nsodbagnek maage 4:00 shkwa-naawkwek shkwa-nso-dbagnek bbaan'kiin gegoo kojiing.
- Gegaan-nagweyaak gegoo, miinwaa genwaabiiggaadewaak, wiikwaan gewe biiskan. Enaangiigak gegoo, byaabsik-ziwan gewe miinwaa weweni egshkiiwgaadek, eshibaayig-sinok gegoo biiskan. Gego wiikwaan nendnge, gdibaang, gdengwaang gtagwaang miinwaa gkwegnaang wii-bwaa-pagndaasget giizis.
- Sunscreen 15 maage washme zhibiigaadek sun protection factor (SPF) nakaazan. Gego nendnge n'gwaan'kok gegoo miinwaa gegoo bboong gewii wii-shoozhzeyin maanda.
- Sunglasses biiskan gegoo wii-bwaa-zhiwebak gshkiinzhoon. Naasaap kina etitegin, weweni gewe etitegin, miinwaa neniish dnawa protection ezhibiigaadek, UVA miinwaa UVB, wenaabndan.

- Gego nakaaz-ke biindik wii-nji-tisang en'kaazang. Naasaap go giizis enaasget gewii zhiwi waaskonenjangan en'kaazngin naasgemgadaan, ultraviolet rays gewii zhiwi wiya debnaan, daa-jaagza dash go gewe zhiwi miinwaa nagayng gegoo daa-zhiwebzi washme dash daa-nniizaanzi nagayng wii-mog'ot.
- Dbaabndizan aapiichin nagayng. Gkendan ezhnaagziyin miinwaa wiindmaw gmishkkii-niniim maage gmishkkii-niniikwem giishpin gegoo zhi-gweknaagziyin.

### **Ge-kawaabndamba**

Waabam gmishkkii-niniim maage gmishkkii-niniikwem giishpin:

- Bkaan zhinaagziyaat maage bkaan naazwaat, maage washme ni-mdidat wiya mole maage birthmark eyawat
- Ngoji magiiyin naash dash noojma-swan
- Mskwiiwyin, gzhiibiiyin, maage mskozyin miinwaa piikziyin memiin gnagayng

Nagayng mog'ot gnamaa maanda wiya daa-nji-zhiwebzi, naan'godnong shwii go bkaan gegoo maanda daa-nji-zhiwebzim.



## **Noondaash wii-piichi-nniizaanziyin wii-mogyin**

Niibna gegoo nawach ngoji zhibiigaade – aanin znagat wii-nsastaming maage bebkaan aanin zhibiigewak. Na'ii'sh wii go gkenjgaade noondaash piichi-nniizaanzim wii-mog'ong giishpin weweni naagdawendizang. Aapta maage go washme niibna bemaadzjik daa-n'gaasjigaadani wii-mogwaat weweni naagdawendizwaat miinwaa gimaak dbaajmowaat ezhi-nishing naagdawendizwaat Canadians. Na'ii ge-zhichgamba:

- Gaawii gdaa-zgaswaa-sii miinwaa gaawii gdaa-yaa-sii zegswaajik yaawaat.
- Wi mnik maajing vegetable maage maanwang ngoding miijing, naaning piinish mdaaching maanda mnik gdaa-miijan vegetables miinwaa maanwang enso-giizhgak. E-miiziishkaagemgak gewe miinwaa aapji e-bmidew-sinok miijim wenaabndan. Giishpin mnikweyin, gego washme niizhing mnik mnawding mnikwe-ke mnikwewin enso-ngo-giizhik.
- Aakwi-bmaajin. Ga-naadmaagon gewe maanda wii-bwaa-zaamgaamyin.
- 11:00 kizhep piinish 4:00 shkwaa-naawkwek waanji-mshkawaasget giizis, maage giishpin 3 maage washme zhibiigaadek UV Index, gego enaasmaatek bbaa-yaa-ke. Dbaabndizan aapiichin nagayng. Gkendan ezhnaagziyin miinwaa wiindmaw gmishkkii-niniim maage gmishkkii-niniikwem giishpin gegoo zhi-gweknaagziyin.
- Naagdoon ezhi-mkawaataagziwaat negdendgik ezhi-maajii-mog'ong da-zhi-ndagkenmigoong aapiichin. Giishpin gkendman wendgwenh gitziim, maage gitziiman gewii, miinwaa wiya gnoshenh maage gzhishenh da-gii-mogot, ga-naadmaagnaawaa maanda gmishkkii-niniim maage gmishkkii-niniikwem gewe wii-naaknigeyek giin gegii ge-zhi-ndagkenmigoomba miinwaa ge-piichi-aakwi-ndagkenmigoomba.
- Waabam gmishkkii-niniim maage gmishkkii-niniikwem maage wiya bekaanzit gegoo ezhi-naadmaaget wii-mno-bmaadzing, giishpin maammanaabndaman gegoo bkaan zhayaayin pii dash gwech ezhayaayin.
- Naagdoon zhibiigaadek waa-zhi-aangwaamzing nakaazyin, zgaknaman maage ngoji pagdaman enniizaanak gegoo mshkiki maage bkaan gegoo yaabdak endaang maage enji-nakiing.



