

Bladder Cancer Patient Guide

1. Intangiriro

Kanseri y'uruhago ni indwara ikunda gutangirira imbere mu ruhago. Nk'uko bigenda ku zindi kanseri nyinshi, kuyibona hakiri kare bituma ubuvuzi bugira akamaro kandi bigatanga amahirwe menshi yo gukira.

Hari igihe ibimenyetso byayo bitagaragara neza cyangwa abantu bakabyirengagiza. Abandi bashobora kuyimenya ari uko bagiye kwa muganga kwisuzumisha ibindi biterekeranye nayo. Ikimenyetso simusiga cyane ni **amaraso mu nkari**. Niba ubonye unyara kahazamo amaraso ugomba kwihutira kubibwira muganga .

Hari uburyo bwinshi bwo kumenya ko urwaye ndetse no kuvura kanseri y'uruhago. Iyi nyandiko irasobanura ibimenyetso byayo, uburyo bwo kuyisuzuma, n'uburyo bwo kuyivura. Kuyimenya hakiri kare no gushaka ubufasha vuba bishobora kugira uruhare rukomeye ku buzima bwawe.

2. Menya ibyigenzi

Kanseri y'uruhago ni iki?

Uruhago ni urugingo ruba mu nda yo hasi umubiri ubikamo inkari mbere y'uko zisohoka. Inkari ni imyanda y'amazi avanzemo indi myanda itaboneshwa amaso, isohoka mu mubiri iciye mu mpyiko.

Kanseri y'uruhago ibaho igihe uturemangingo tw'uruhago dukura nabi, tugakora ibibyimba (tumors). Ibi bibyimba akenshi biba bifite ubushobozi bwo gukura bikarenga uruhago bigakwira ahandi mu mubiri.

- **Kanseri itinjira mu mitsi y'imikaya(NMIBC: Non Muscle Invasive Bladder Cancer):** Iguma imbere mu ruhago, ntijye mu mikaya y'uruhago. Iyi iba itararenga cyane kandi ifite uburyo bwinshi bwo kuvurwa ukaba wagumana uruhago, gusa ifite ubushobozi bwo gukomeza gukura igakwira n'ahandi cyangwa ikaba yagaruka nyuma yo kuvurwa.
- **Kanseri yinjira mu mitsi y'imikaya(MIBC: Muscle Invasive Bladder Cancer):** yinjira mu mikaya kandi irushaho kuba ikomeye, kuko ijya mu mikaya y'uruhago. Ikeneye kuvurwa vuba kandi isaba gukuramo uruhago rwose burundu hanyuma ugahabwa indi nzira y'inkari (urinary diversion).

Ibitera Kanseri y'uruhago

- Bishobora guturuka ku gisekuru (mu muryango)
- Imiti imwe ikoresheya mu kuvura kanseri (urugero ni nka cyclophosphamide)
- Guhabwa ubuvuzi bukoreshye imirasire mu gice cyo ku nda yo hasi (pelvic radiation)
- Itabi (ni kimwe mu byongera ibyago cyane)
- Gukorana n'imiti cyangwa ibikoreshe by'ubutabire bikorerwamo plastiki, amarangi, imisatsi, uruhu cyangwa amapine.

Uko Kanseri y'uruhago ikura

Uruhago rugizwe n'uduce dutandukanye tugeretse kamwe ku kandi.. Kanseri z'uruhago zitangirira imbere.

- **Kanseri itinjira mu mikaya, NMIBC:** Iguma imbere gusa ariko ishobora gukomeza gukura ikinjira mu mikaya iyo itavuye..
- **Kanseri yinjira mu mikaya, MIBC:** Ifata imbere mu ruhago hanyuma ikajya mu mikaya y'uruhago, ikaba ishobora gukwira mu bice bikikije uruhago nka prositate, mu duturugunyu cg amasazi (Lymph nodes), mu bihaha, mu nyama zo mu nda nk'umwijima cyangwa mu bindi bice by'umubiri.

Ibimenyetso bya Kanseri y'uruhago

Abantu bamwe bagira ibimenyetso, abandi ntibabigaragaze bigatuma bayimenya yararenze. Hari n'ababona ibimenyetso bitari iby'umwihariko kuri Kanseri y'uruhago ntibabihe agaciro cyane cyane ko ibyinshi muri ibi bimenyetso biboneka no mu zindi ndwara z'urwungano rw'inkari n'imyanya myibarukiro.

Ibimenyetso bikunda kuboneka ni:

- Amaraso mu nkari (ni ikimenyetso kiboneka kenshi cyane)

- Kugira ubushake bwo kunyara kenshi cyangwa byihutirwa.
- Kubabara mu gihe cyo kunyara
- Kubabara mu nda hasi
- Kubabara mu mugongo, mu nda, n'ahandi

Icyitonderwa: Amaraso mu nkari ntibihita bivuga ko ufite kanseri. Bishobora guterwa n'ubundi burwayi cyane cyane infegisiyo yo mu nkari (urinary tract infection), gukomereka ku mpyiko, uruhago cg imiyoboro y'inkari (urinary tract trauma), kugira ibuye mu mpyiko, kanseri y'impiko cyangwa ubundi burwayi bw'impiko budasaba kubaga n'ibindi bitandukanye. Igihe ubonye amaraso mu nkari cg ku gitsina, ni ngombwa kureba muganga w'imiyoboro y'inkari n'urwungano myibarukiro (urologist), ugusuzumwa hanyuma ugahabwa ubufasha.

Ibipimo bikoreshwa mu gusuzuma kanseri y'uruhago

Iyo muganga wawe akeka ko ushobora kuba ufite kanseri y'uruhago, ashobora kukohereza kureba umuganga w'inzobere mu ndwara z'umuyoboro w'inkari n'urw'ungano myibarukiro (urologist). Urologist azabanza akubaze amateka ajyanye n'uburwayi bwawe hanyuma akore n'isuzuma ry'umubiri. Nyuma ashobora kukubonaho andi makuru akoresheje ibi bipimo bikurikira:

Ibipimo by'amaraso: ni isuzuma ry'amaraso rikorwa kugira ngo harebwe niba amaraso yawe ahagije cyane cyane ko uba watakaje amaraso mu nkari. Mu maraso ashobora no gupima mo ibipimo bireba umwijima n'impiko bitewe n'urwego atekereza ko uburwayi bawe buriho cyangwa se ubundi burwayi bwaba bugendana n'ubwo ufite ndetse n'ibindi bipimo byamufasha gufata umwanzuro ku buvuzi ukwiye.

Kureba mu ruhago na Kamera (Cystoscopy): ni uburyo muganga areba imbere mu ruhago rw'inkari akoresheje igikoresheho kiriho kamera kitwa cystoscope inyuzwa mu mumuyoboro w'inkari (urethra) ikagera mu ruhago. Iki kizami gishobora gukorwa mu buryo bubiri:

1. **Kureba mu ruhago hakoreshejwe agapira ka palasitiki (Flexible cystoscopy):** hakoreshejwe cystoscope yoroheje, ibasha kugororwa no guhinwa kugira ngo yerekezwe aho muganga ashaka kureba. Akenshi ikorerwa mu biro bya muganga, ukaboneraho gusuzuma niba hari akantu kadasanzwe cyangwa hakwiye gufatwa akanyama (biopsy) ko gupima muri laboratwari kuko niko kemeza ko ari Kanseri koko.
- 2.

3. **Kureba mu ruhago hakoreshejwe cystoscope idahinwa (Rigid cystoscope):** hakoreshejwe cystoscope ikomeye kandi itagororoka cg ngo ihinwe, ifite umwanya wo kunyuzamo ibikoreshe. Ibi bituma muganga afata utunyama two mu ruhago akeka ko turimo kanseri cyangwa akabaga utubyimba (tumors). Akenshi ibi bikorwa mu cyumba cyo kuvura babaga (operating theatre), kandi uba wateywe ikinya kugira ngo utababara.

PET scan (Positron Emission Tomography): ni isuzuma ryo gufata amashusho akoresheje imiti yerekana aho kanseri iri n'ukuntu ikura. Ubu buryo ntiburagera mu Rwanda.

Gufotora inzira y'inkari uturutse emu ruhago (Retrograde Pyelogram): ni amafoto afatwa akagaragaza imiyoboro y'inkari ituruka ku mpyiko ikagera ku ruhago (ureters) kuko uburwayi bwo muri iyi nzira y'inkari bugira ibimenyetso nkibya Kanseri y'uruhago kandi rimwe na rimwe kanseri y'iyi miyoboro izana na kanseri y'uruhago.

Gukata ikibyimba cyo mu Ruhago, Transurethral Resection of Bladder Tumor (TURBT): ni kubagwa bishobora gukorwa hakoreshejwe cystoscope ikomeye twavuze haruguru, bikaba biba n'igice cy'isuzuma kuko muganga abona ikibyimba akanagikata kugira ngo kijyanwe muri laboratwari gupimwa ngo hemezwe koko ko ari kanseri.

Gupima uturemangingo two mu nkari (Urine cytology): ni isuzuma ry'inkari mu laboratwari kugira ngo harebwe niba harimo uturemangingo twa kanseri.

X-rays, CT scan cyangwa MRI: ni isuzuma ry'amashusho ryifashishwa mu gusuzuma igice cyose cy'umubiri muganga akeka ko hari aho gihuriye n'uburwayi bwawe.

Ibyiciro bya kanseri y'uruhago (Grades and Stages of Bladder Cancer)

Hari uburyo bubiri bukoreshwa mu gupima no gusobanura kanseri:

Urwego rw'ubukana (tumor grade): tureba uko uturemangingo twa kanseri duhindutse. Uturemangingo turi ku rwego rwo hejuru (high grade) tuba tudasanzwe cyane kandi tugira ubukana bukomereye, bikaba bigira ibyago byinshi byo kwinjira mu mikaya y'uruhago.

Urwego rw'aho kanseri igeze (tumor stage): tureba uko kanseri yikwirakwije mu ruhago no mu bindi bice by'umubiri.

Muganga ashobora kumenya urwego rwa kanseri akoresheje gufata utunyama duto (biopsy), akenshi gikorwa mu gihe cya TURBT. Nyuma, pathologist (inzobere mu gusuzuma uturemangingo) areba neza icyitegererezo kugira ngo amenye urwego kanseri igezeho.

Ibyiciro bya kanseri y'uruhago ni ibi:

Ta: Kanseri iri ku gice cy'imbere cy'uruhago ariko itagera mu mikaya.

Tis (Carcinoma in situ): Kanseri iri ku rwego rwo hejuru, igaragara nk'agace k'umutuku mu ruhago.

T1: Kanseri yarenze ku gice cy'imbere ariko itaragera mu mikaya.

T2: Kanseri yinjiye mu mikaya y'uruhago.

T3: Kanseri yarenze ku mikaya y'uruhago igera mu bice biyikikije.

T4: Kanseri yakwirakwiye mu bice bya hafi, nko ku prostate mu bagabo cyangwa mu bice by'inyanya myibarukiro ku bagore.

Muri NMIBC, kanseri iba itarakura ngo igere ku mikaya (ibice: Tis, Ta cyangwa T1).

Muri MIBC, kanseri ikura ikagera ku bice byimbitse by'uruhago (T2 no kuzamura), kandi uturemangingo twayo tuba dushobora gukwirakwira mu mubiri. Irangiye kuyivura.

Ubuvuzi bwa Kanseri y'Uruhago

Uburyo bwo kuvura buhitamo bushingira ku:

urwego kanseri igezeho (stage), uko ikura, ubuzima bwawe muri rusange, n'imyaka yawe.

Muganga w'inzobere (urologist) azareba aho kanseri igeze n'ubukana bwayo, hanyuma agusobanurire uburyo bwiza bwo kuyivura hashingiwe ku rwego rw'ibyago bike, bigereranyije cyangwa byinshi.

Ubuvuzi bwa NMIBC (Non-muscle invasive bladder cancer)

Hari uburyo butatu bw'ingenzi:

TURBT (Transurethral Resection of Bladder Tumor) – kubaga hifashishijwe cystoscope.

Intravesical immunotherapy – gushyira imiti mu ruhago ifasha umubiri kurwanya kanseri.

Intravesical chemotherapy – gushyira imiti irwanya kanseri mu ruhago.

Niba ubu buryo budatanga ibisubizo byiza, muganga ashobora kugusaba gukurwamo uruhago.

Ubuvuzi bwa MIBC (Muscle invasive bladder cancer)

Hari uburyo bubiri bukuru:

Kuvanwamo uruhago (cystectomy) – bushobora gukorwa hakoreshejwe chemotherapy cyangwa butayifite. Hari:

Radical cystectomy (gukuraho uruhago rwose)

Partial cystectomy (gukuraho igice cy'uruhago)

Chemotherapy n'imirasire (radiation) – akenshi ikorwa nyuma ya TURBT.

TURBT (Transurethral Resection of Bladder Tumor) Ikorwa unyujijwe cystoscope mu nzira y'inkari, nta kubaga inda.

Uba usinziriye (anesthesia) cyangwa ufite umuti ugabanya uburibwe mu gice cyo hasi (spinal anesthesia).Muganga areba imbere mu ruhago, akata tumor(utubyimba) byose abona, akanasuzuma ahandi hantu hashobora kuba hari impinduka. Akenshi bikorwa inshuro imwe cyangwa zirenze kugira ngo bakuremo kanseri yose.

Ubuwuzi bwo gushyira imiti mu ruhago (Intravesical Therapy)

Ni uburyo bwo gushyira imiti mu ruhago hifashishijwe catheter (akabobo kanyuzwa mu nzira y'inkari). Uru muti uba mu ruhago hagati y'isaha 1–2 mbere yo gusohorwa.

Intravesical immunotherapyIgamije gufasha umubiri kongera ubushobozi bwo kurwanya kanseri.BCG ni imwe mu miti ikoreshe cyane.

Ubuwuzi bukorwa akenshi mu biro bya muganga, ntabwo bikenera kujyanwa ku bitaro.

Nyuma yo gukira, muganga ashobora kugusaba gukomeza gukoresha iyi miti kugira ngo kanseri itagaruka.Intravesical chemotherapy Akenshi ikorwa nyuma ya TURBT.Mitomycin-C na gemcitabine nizo zikoreshe cyane.Iyo miti ishyingirwa mu ruhago kugira ngo yice uturemangingo twa kanseri kandi igabanye amahirwe y'uko igaruka.Iyi miti ikora gusa mu gice cy'imbere cy'uruhago, niyo mpamvu ikoreshe cyane ku NMIBC.Kuvanamo uruhago (Bladder Removal / Cystectomy) Hari ubwo muganga ashobora kugusaba gukurwamo uruhago:ku barwayi ba NMIBC aho ubundi buwuzi bwananiwe,cyangwa ku barwayi ba MIBC kuko iba ikomeye cyane.

Uburyo bwo kubagwa harimo:

Partial Cystectomy: gukuraho igice cy'uruhago mu gihe tumor iri ahantu hamwe gusa.

Radical Cystectomy: gukuraho uruhago rwose. Akenshi bikorwa ku MIBC cyangwa iyo ubundi buwuzi bwatsinzwe.Mu gihe cyo kubagwa, muganga ashobora no gukuraho:Uruhago rwose (bladder),Imitsi itwara inkari (lymph nodes),Igice cya urethra,Prostate ku bagabo,Uterus, ovaries, imiyoboro y'intanga (fallopian tubes), n'igice cya vagina ku bagore.

Akenshi, abamerewe nabi bahabwa chemotherapy mbere yo kubagwa (Neoadjuvant chemotherapy) kugira ngo bongere amahirwe yo gukira. Iyo idakunze gukoreshe mbere, ishobora gukoreshe nyuma yo kubagwa (adjuvant chemotherapy).

Nyuma yo gukurwamo uruhago, hakenewe ubundi buryo bwo kubika no gusohora inkari (urinary diversion), nko:

Ileal conduit

Continent cutaneous reservoir

Orthotopic neobladder

Imirasire (Radiation Therapy)

Ikoresha imirasire ikomeye yoherezwa ku ruhago kugira ngo yice uturemangingo twa kanseri. Ikoreshwa inshuro 5 mu cyumweru, mu gihe cy'ibyumweru byinshi. Ntikoresheya yonyine, akenshi ihuzwa na chemotherapy na TURBT.

Ingaruka z'ubuvuzi bwa kanseri y'uruhago

Nyuma yo kuvurwa kanseri y'uruhago, hari ingaruka ushobora kugira. Aiko buri muntu aratandukanye, kandi umubiri ushobora kugirira imiti cyangwa ubuvuzi runaka indi mpinduka. Dore zimwe mu ngaruka zishobora kugaragara:

Kubabara (Pain): Nyuma yo kubagwa uruhago, ushobora kumva uburibwe cyangwa kudahorana ituze mu minsi ya mbere. Muganga azagufasha kugabanya uburibwe uko bishoboka.

Gushaka kunyara kenshi cyangwa byihutirwa (Urinary urgency and frequency): Nyuma ya TURBT cyangwa nyuma yo gushyirwa imiti mu ruhago (intravesical therapy), ushobora kumva ushaka kunyara kenshi cyangwa bidatinze. Ibi bishobora gucika buhoro buhoro cyangwa ugahabwa imiti igabanya ibyo bimenyetso.

Kuzungera, kuruka no guhitwa (Nausea, vomiting and diarrhea): Imirasire (radiation) ubwayo ntibabaza, ariko ishobora gutera izi ngaruka.

Ibibazo by'imyanya y'ibiribwa (Gastrointestinal problems): Nyuma yo kubagwa hafi y'inda, imyanya y'amara ishobora gufata igihe kirekire ngo ikore neza. Muganga akomeza kugenzura kugira ngo wirinde ibibazo bijyanye n'imyanya y'ibiribwa.

Ibibazo byo gusohora inkari (Urinary diversion issues): Nyuma yo gukurwamo uruhago, muganga agushyiraho inzira nshya z'inkari (urinary diversion). Hari ubwo hashobora kuba ibyaho (leaks) mu gice gishyirwamo umuyoboro (stoma), cyangwa se hakaba indwara ziterwa na mikorobe (infection).

Gushyuka cyane mu mubiri (Hot flashes): Ku bagore bataragera mu gihe cya menopause, gukurwamo ovaries bishobora gutera gushyuka cyane mu mubiri.

Ibibazo by'igitsina n'uburumbuke (Sex and fertility issues):

Abagabo bashobora guhura n'ibibazo cy'uko batongera kubyara nyuma yo gukurwamo prostate.

Abagore bashobora kudashobora gusama niba uterusi (uterus) yakuwemo.

Abashakanye bashobora kugira impungenge ku mibanire yabo y'igitsina. Ibiganiro hagati y'abashakanye cyangwa kuganira n'umujyanama (counselor) w'inzobere mu bibazo by'igitsina bishobora gufasha.

Inshamake y'amagambo

Abdomen (inda): Igice cy'umubiri kiri hagati y'ijosi n'igitsina (pelvis), gikingira inyama zo mu nda.

Adjuvant Chemotherapy: Imiti ya kanseri itangwa nyuma yo kubagwa.

Bladder (uruhago): Igice cy'umubiri kimeze nk'agasanduku gafata inkari mbere yo gusohorwa. Iyo yuzuye, itanga ubutumwa mu bwonko ko ari igihe cyo kunyara.

Bladder preservation: Gukomeza kugira uruhago cyangwa igice cyarwo, aho kurukuramo rwose.

Biopsy: Gukuramo akayunguruzo k'uturemangingo kugira ngo hasuzumwe niba harimo kanseri cyangwa uko ikomeye.

Chemotherapy: Imiti ikoreshwa mu kwica uturemangingo twa kanseri. Ishobora gushyirwa mu ruhago cyangwa igatangwa biciye mu mutsi (IV).

Comprehensive Metabolic Panel (CMP): Isuzuma ry'amaraso ryo kureba isukari, imiterere y'amazi n'impayiko n'umwijima.

CT-scan: Isuzuma rikorwa hifashishijwe X-ray n'ikoranabuhanga rya mudasobwa, rigatanga amashusho arambuye.

Continent cutaneous reservoir: Uburyo bwo gukora uruhago rw'inyuma hakoreshejwe igice cy'amara, aho inkari zibikwa mu mufuka w'ubukorano imbere mu mubiri.

Cystectomy: Kubagwa bakavanamo uruhago rwose (radical) cyangwa igice cyarwo (partial).

Cystoscope: Umuyoboro muto ufite kamera n'itara, ukoreshwa kureba imbere mu ruhago mu gihe cya cystoscopy. Hari ubworoheje (flexible) n'ubukomeye (rigid).

Cystoscopy: Uburyo muganga anyuza cystoscope mu nzira y'inkari (urethra) akareba imbere mu ruhago.

Hematuria: Amaraso mu nkari.

Ileal Conduit: Uburyo bwo gusohora inkari hifashishijwe igice cy'amara, bigahuzwa n'agafuka k'inkari gashyirwa inyuma y'umubiri.

Intravesical Chemotherapy: Imiti ya kanseri ishyirwa mu ruhago, aho ikora gusa ku ruhago ntigere mu mikaya.

Intravesical Immunotherapy: Imiti ishyirwa mu ruhago kugira ngo ifashe ubudahangarwa bw'umubiri kurwanya kanseri (urugero: BCG).

Kidneys (impyiko): Imyanya ibiri imeze nk'ibishyimbo, ikura imyanda mu maraso igasohorwa mu nkari.

MRI (Magnetic Resonance Imaging): Isuzuma ryo gufata amashusho akoresheje imbaraga za magneti n'imirasire ya radiyo.

Neoadjuvant chemotherapy: Chemotherapy itangwa mbere yo gukurwamo uruhago.

Orthotopic neobladder: Uburyo bwo gukora uruhago rushya imbere mu mubiri hakoreshejwe igice cy'amara, rukabika inkari.

PET scan (Positron Emission Tomography): Isuzuma ryo gufata amashusho hifashishijwe umuti (tracer) winjizwa mu mutsi, ugaragaza aho kanseri iri n'ukuntu ikura.

Retrograde Pyelogram: X-ray ikorwa mu gihe cya cystoscopy, igaragaza ureters n'impayiko hifashishijwe amazi yerekana mu mashusho (contrast).

TURBT (Transurethral Resection of Bladder Tumor): Kubagwa hakoreshejwe cystoscope kugira ngo bakuremo tumors mu ruhago.

Tumor grade: Urwego rugaragaza ubukana bw'uturemangingo twa kanseri (low-grade cyangwa high-grade).

Tumor stage: Urwego rugaragaza uko kanseri ikwirakwiriye mu ruhago cyangwa mu bindi bice.

Urethra (inzira y'inkari): Umuyoboro unyuzwamo inkari iva mu ruhago isohoka hanze. Ku bagabo, unyuramo n'amasohoro.

Urinary diversion: Uburyo bushya bwo gusohora inkari nyuma yo gukurwamo uruhago.

Urine (inkari): Amazi y'umwanda akorwa n'impayiko, aba arimo imyanda n'amazi y'umubiri.

Urine cytology: Isuzuma ry'inkari mu rwego rwo kureba niba harimo uturemangingo twa kanseri.

Urologist: Umuganga w'inzobere mu kuvura indwara z'umuyoboro w'inkari.

Urostomy: Uburyo bwo guhanga umwobo (stoma) ku nda, aho inkari zisohokera, zikajya mu mufuka wo kuzibika.

X-Ray: Imirasire ikoresheya mu gufata amashusho y'imbere mu mubiri.