

U DAWAI GEMCITABINE NA KA BYNTA KA JINGPANG BAM-PONG JONG KI PIPE KSANG

Lada u doktor jong phi u ong ban pyndonkam da u dawai Gemcitabine ban sumar ia ka jingpang Bam- Pong, kine harum ki long ki mat jingtip shaphang une u dawai.

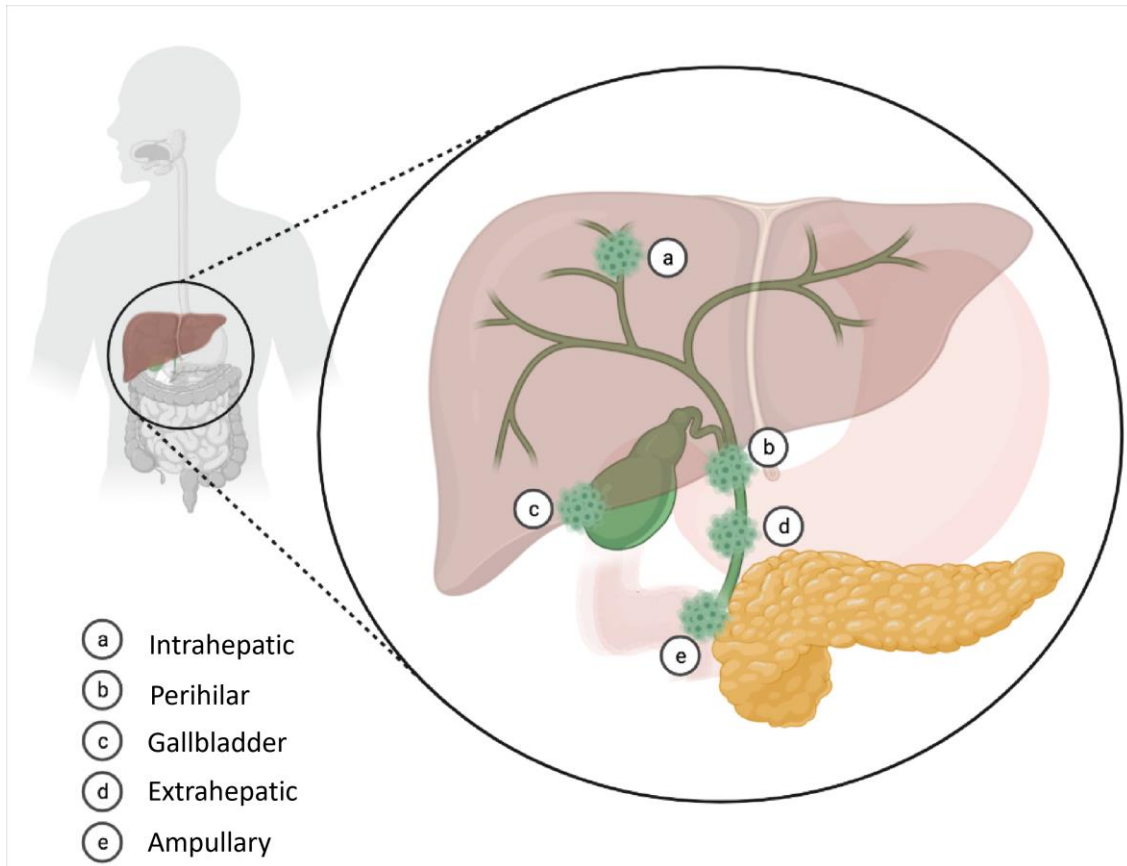
KA JINGPANG BAM PONG JONG KI PIPE KSANG

Ki pipe ksang ki dei kiba sdang na u dohnud bad u ksang bad ki treikam da kaba rah ia ka um ksang sha ka snier rit. Ka um ksang ka iarap ban tylliat ia ka bam ha ka snier rit.

Ka jingpang bam pong pipe ksang ka kynthup lang ia kine harum -

- 1) **Ka Cholangiocarcinoma** – kane ka kynthup ia lai jait ki jingpang bam-pong pipe ksang katkum ka jing ia id jong kine ki pipe ksang –
 - a) Ka Intrahepatic cholangiocarcinoma- Ka jingpang bam- pong ka sdang na ki pipe ksang kiba don hapoh u dohnud
 - b) Ka Perihilar cholangiocarcinoma - Ka jingpang bam- pong ka sdang na ki pipe ksang kiba don shabar u dohnud
 - c) Ka Distal/extrahepatic cholangiocarcinoma- Ka jingpang bam- pong ka sdang na ki pipe ksang kiba don shabar u dohnud bad ka pur ruh sha ki bynta kiba kham sha jngai na u dohnud.
- 2) **Ka Gallbladder carcinoma** - Ka jing pang bam - pong jong u Ksang
- 3) **Ka Ampullary carcinoma** – Ka jingpang bam - pong kaba sdang na ka jingiasoh hapdeng u pipe ksang bad ka snier rit

Lyngba ine i kot lyngkdop ba phi ioh, kan kham iarap ia phi ban sngewthuh ia ka jingpang bam – pong pipe ksang ha ka met jong phi. U doktor jong phi un sa batai kham bniah kaba kumno ka jait jingpang bam - pong kaba phi don bad haduh katno ka lah pur.



UEI UNE U DAWAI GEMCITABINE?

U dawai Gemcetine u dei u dawai uba ju ai ia ki nongpang kiba ioh ia ka jingpang bam - pong(ba ju khot u dawai chemotherapy) uba treikam da kaba pyniap ia u khniang bam - pong da kaba pynsangeh ia ka jingroi stet jong u. Tangba, une u dawai u lah ruh ban ktah ia kiwei ki dkhot met kiba khlem shitom bad u lah ban pynmih ia ki side effects.

KUMNO BAN SUMAR DA U DAWAI GEMCITABINE?

Phin ioh ia une u dawai Gemcetine ha hospital, ha ka chemotherapy unit. U Gemcetine u dei u dawai inject ba ju ai da kaba bsuh ia u cannula- u pipe ban pynrung ia ka dawai ha u thied snam barit lyngba ka kti jong phi. Ia une u cannula, yn sa weng noh ynda lah dep ioh ia u dawai Gemcetine. U doktor jong phi un sa khmih bniah katno donkam ban ai ia u dawai Gemcetine da kaba pynshong nongrim ia ka snem jong phi, ka jingkhia, ka jingjrung bad kiwei de ki jingshitom kiba don lypa. U Gemcetine u wan tang ha ka inject bad ym pat don dawai kuli haduh mynta.

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KI RUKOM BAN AI IA U DAWAI GEMCITABINE

Phin ioh ia une u dawai Gemcitabine ha ki cycles. Kawei ka cycle ka neh 4 taiew.

Phin ioh ia u dawai ha ka sngi kaba nyngkong jong ka taiew kaba nyngkong, ka sngi kaba phra jong ka taiew kaba ar bad ha ka sngi kaba khatsan jong ka taiew kaba lai. Ha ka taiew kaba saw, hap ban sangeh dawai shuwa.

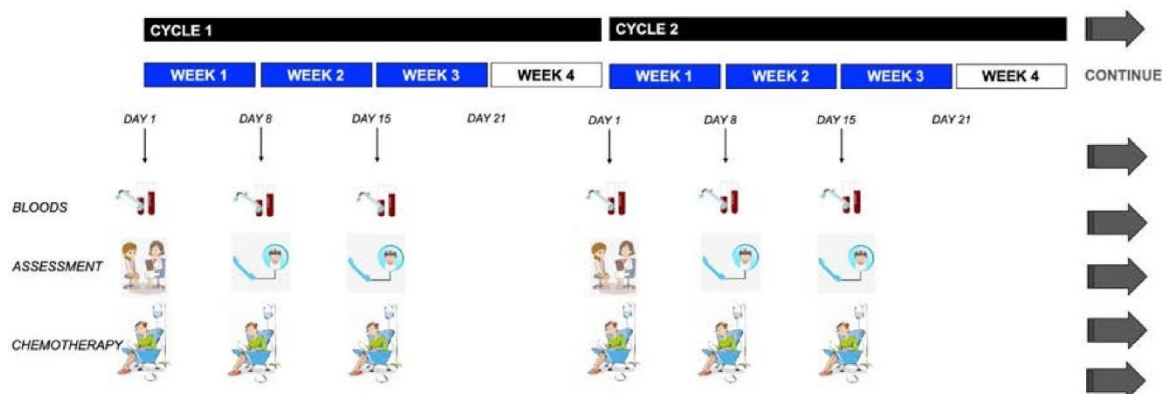
Ha ka sngi ba nyngkong (sngi – 1) jong ka taiew ba nyngkong jong ka cycle jong phi, phin hap ban wan sha hospital khnang ba u doktor un peit bniah bad eksamin ia phi bad phin hap leh ia ki test snam ha shuwa ban sdang ka jing sumar.

Ha ka sngi ba phra(sngi -8) jong ka taiew ba ar bad ha ka sngi ba khatsan(sngi – 15) jong ka taiew ba lai, phin hap ban leh biang ia ki test snam.

U doktor jong phi u lah ban ai lad ia phi ban leh ia ki test snam ha kano kano ka laboratory na sha bar bad ban phah ia ki report lyngba ka message ha ka sngi shuwa ban sdang ka jing sumar khnang ba phin lait ban sah miet.

Phi hap ban batai bniah lada don kino kino ki jingshitom hadien ba lah dep ia ka jingsumar ba nyngkong khnang ba ka jing ai ia u dawai kan long kaba beit bad ryntih katkum ka jingdonkam jong ka met.

Gemcitabine cycle: 3 taiew ban ioh dawai, 1 taiew khlem pyndonkam dawai



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HADUH KATNO CYCLES NGAN HAP BAN IOH IA U DAWAI GEMCITABINE?

U doktor un sa batai bha ia phi ia ka jingjrong jong ka jingsumar jong phi. Man ka cycle jong ka jingsumar jong phi kan neh shi bnai(4 taiew). Hapdeng ka jingsumar, lada ki duna ki side – effects, te phin ioh haduh 3 bnai ka chemotherapy. Hadien kata u doktor jong phi un sa leh ia ka scanning ban peit lada u trei kam ne em u dawai Gemcitabine. Lada ka paw ba ka jingpang bam - pong ka lah kham rit bad duna, u doktor u lah ban ai shuh sa 3 bnai ia ka chemotherapy. Hadien ba dep 6 bnai pura ia ka jingsumar, u doktor un sa batai ia phi lada dang donkam ban bteng ia ka jingsumar lane ban pynsangeh shuwa.

KI SIDE EFFECTS JONG U GEMCETABINE.

Ki don ki side effects jong une u dawai, hynrei kam mut ba phin ioh lut ia ki baroh. Phi lah ban ioh katno katne na ki. Lada phim ioh ia kino kino ki side effect ruh, kam mut ba u dawai um trei kam.

Kine ki side effects ki ju jah noh hadien ba lah kut ka jingsumar.

Kumba lah batai bniah ha neng, une u dawai Gemcitabine u treikam da kaba pynsangeh ia ki cells ha ka met ban nang roi stet. Da kaba sumar da une u dawai, u pyniap ym tang ia ki cells jong ka jingpang bam - pong hynrei u lah ban ktah ruh ia ki cells ha kiwei kiwei ki dkhot met kum ka shyntur, ki snier bad ka snam. Hynrei hadien ba lah kut ka jingsumar, kine ki cells kiba khlem shitom kin sdang ban roi biang bad wanrah ia ka jing khlaiñ ha ka met.

U doktor jong phi un ai ruh ia ki dawai ban pynduna ia kine ki side effects.

Ki side effects kiba kham paw eh ki long kumne -

1) Ka jingktah ia ka snam -

- a) **Duna ki white blood cells(wbc)** - Ki white blood cells ki dei kiba don hapoh ka snam kiba iada ia ngi na bun jait ki jingpang. Lada kine ki wbc ki duna, phin lah ban kham kloiban kem pang katkum ka jing batai harum. Kine ki wbc ki ju sdang ban duna ynda lah dap 10 lane 14 sngi jong ka jingdih dawai, namar kata, kan bha ba phin kiar ban leit sha bar ne sha ki jaka ba khapngiah katba dang don ha ka jingsumar.

U doktor jong phi un sa test ia ka snam jong phi ha shuwa man ka jingsumar(cycle) ban pynthikna ba kine ki wbc ki biang bad lah long ban sdang ka jingsumar. Hynrei lada ki dang duna, u doktor jong phi u lah ban pynsangeh shuwa ia u dawai chemotherapy.

Kine harum ki long ki dak ki shin jong ki jingpang lada ki duna ki wbc. Phi dei ban phone ia une u nombor _____ lada phi don kano kano ka jingshitom na kine harum

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- Ka jingshit ka ba kiew ia ka 38°C (100.4°F) hadien ba lah dih da u dawai paracetamol
- Suh jier suh khriat
- Sat ryndang
- Jyrhoh
- Pynhiar kpoh
- Suh jyndong.

b) **Ba duna ki red blood cells(rbc)** – Ki red blood cells ki dei ki jait cell kiba rah ia ka oxygen hapoh ka snam. Lada duna kine ki rbc, ngi ju ong ba duna snam (anemia). Lada duna palat ka snam, hap ban ai snam.

c) **Ba duna ki platelets** - Ki platelets ki dei ki jait cell kiba don hapoh ba snam bad kiba iarap ia ka snam ba kan lang (clot) ha ka por ba donkam. Lada duna palat ki platelets, phin mih nam sohmut, min snam na doh bniat ne mih dak saw broi-broi ha ka met. Lada ki platelet jong phi ki duna eh, u doktor u lah ban pynsangeh shuwa ia u dawai chemotherapy jong phi.

2) **Ioh baiong khlieh** - Kine harum ki long ki dak kiba mih ha ka por ba dang dih dawai chemotherapy lane mar ia kut ka jingsumar.

- Jingshit
- Suhkhriat
- Ktha met
- Ktha khlieh
- Sngew tlot.

3) **Kynroi Prie** – Haba kynroi prie, dei ban dih da ki dawai prie. Ka bha ban dih lypa ia ki dawai prie shuwa ba phin sdang kynroi kum ka lad jing iada. Phone ia u doktor jong phi lada ka neh tam ia ka shisngi.

- 4) **Thait met** – ka jing thait met kan long barabor, bad ka lah ban kham jur kat nang iaid ka jingsumar.
- 5) **Bym lah bam** – Wat tieng lane khuslai lada phim lah eh ban bam shisngi arsngi.
- 6) **Lang um ha met** – Ki kjat bad ka dur khmat jong phi ka lah ban sieb. Buh da ka syngkhlieh hapoh ki kjat ban rah ia ki kham shalor ha ka por thiah. Kane ka jing-at kan sa jah hadien ba kut ka jingsumar.

Ki side- effects kiba kham niar

- 1) **Eh kpoh** – Lada ym lait bha ka painkhana, pyrshang ban dih um kumba 2 litar shisngi, bad bam bha ia ki soh bad ki jhur. Lada ym lait painkhana hadien 2/3 sngi, iathuh ia u doktor khnang ban ai da u dawai pynlait kpoh.
- 2) **Pynhiar kpoh** – Phin hap ban pyntip ia u doktor jong phi lada phi pynhiar kpoh tam ia ka 4 sien ha ka 24 kynta. U doktor jong phi un sa ai ia u dawai ban pynsangeh ia ka jingpynhiar(loperamide). Kynmaw ruh ban dih um shibun bad ban kiar ia ki jingbam kum ki soh, ki jingbam ba khleiñ, ka sha bad u coffee.
- 3) **Prum Shyntur** – Phi dei ban shut bniat man ka sngi khnang ba kin iap ki khniang (germs) hapoh shyntur. Ban kiar bad sumar na ka prum shyntur, phi dei ban shut bniat ar sien shisngi da u brut shut bniat ba jem bad ban kynruh da ka um ba lah khleh lang bad 1 shamoit u baking soda lai sien shisngi. Phi dei ruh ban kiar ban bam ia ki soh ba kham jew kum u sohniamtra bad soh jew.
- 4) **Sniehdoh** – Ka snieh doh jong phi ka lah ban pun ksuit.
- 5) **Ktha khlieh** – Dih da u paracetamol lada phi ktha khlieh.

- 6) **Ka jingshoh samthiah** -U dawai chemotherapy u lah ban pynlong iaphi ban shoh samthiah bha. Kiar ban niah kali lane ban trei bad ki machine ba khia ha kane ka por.
- 7) **Lang snam hapoh thied snam** – phone ia u nombor ba lah ai ha neng lada ki sdang ban at ki kjat, ne phi sngew jynjar ban ring mynsiem.
- 8) **Hap sniuh** – U sniuh jong phi un kham stang, tangba un ym hap lut.

Phi dei ban iathuh ia u doktor jong phi lada phi don kino kino kiwei pat ki side effect, khnang ba phin ioh ki dawai kiba biang.

NGA DEI NE EM BAN DIH IA KI DAWAI KIBA NGA JU DIH?

Hooiid phi dei ban dih beit ki dawai kiba phi ju dih. Hynrei phi dei ban iathuh ia u doktor ba sumar ia phi shaphang kine ki dawai.

NGA LONG NE EM BAN AI IA U TIKA (FLU VACCINE) ?

Hooiid, phi dei ban ai ia kano kano ka tika ha shuwa ban sdang ia ka jing sumar chemotherapy. Lada lah sdang ka jingsumar, u doktor jong phi un sa batai ia ka por kaba biang ban ai ia ka tika

KINE HARUM KI LONG KIBA PHI LAH BAN BUD KATBA DANG DON HA KA JINGSUMAR

- Dih kumba 2 liter ka um man la ka sngi khnang ban iada ia u khyllai jong phi.
- Bam ia ki jingbam kiba tei ia ka met. Pyrshang ban bam khyndiat khyndiat bunsien shisngi khnang ba nym kynroi prie. Kiar na ki bam ba sdieh bad kiba khleiñ. Phi lah ban dih da u dawai prie lada donkam
- Pyndonkam da u brut shut bniat ba jem bad kiar ban khi tmaiñ da ka blade khnang ban nym mih snam.
- Kiar na ka sngi. Phong da ki sopti jrong kti bad tah ia ka sunscreen(spf 50) man ba phi mih shabar.
- Phi lah ban king baiong. Ka bha ban kiar ban trei ia ki kam kiba khia bad ban long husiar.
- Pyrshang ban dem pynjahthiat man ba ioh ka por.

- Ban pynduna ia ka jing pang, phi lah ban dih da ki pain killer.
- Buh lypa ki dawai ha ing kum u dawai prie, paracetamol.
- Shuwa ban sdang ka dawai chemotherapy, iathuh lypa ia u doktor jong phi ia kino kino ki dawai ba phi ju dih barabor. Ki side- effects ki lah ban dei na kine ki dawai bad ym na u dawai chemotherapy.
- Lada kano kano ka jingshitom ka neh sah wat hadien ba dih dawai, wat nym artatien ban phone kloï kloï sha hospital.
- Long husiar bha lada phi sdang ban at shi-liang ka kti ne kjat lane phi sdang ban jynjar ban ring mynsiem – ka lah ban dei ba lang snam hapoh thied snam(blood clot)
- Wat nym ai kano kano ka tika katba phi dang don hapoh ka jingsumar chemotherapy.
- Iathuh ia u doktor jong phi lada phi lah armet ha shuwa ban sdang u dawai chemotherapy. Kiar ban armet ha ka por ba dih dawai chemotherapy, bad wat nym ai buiñ katba phi dang don ha ka jingsumar.

LANO NGA DEI BAN PHONE SHA HOSPITAL ?

Lada kano kano ka jingshitom jong phi ka neh tam ia ka 24 kynta bad ka jur bha , phone kloï kloï sha hospital. U hospital emergency nombor - _____

NGA KWAH BAN KHAM TIP BNIAH SHUH SHUH

Lada phi dang kwah jintip shuh shaphang kane ka jingshitom, phi lah ban leit peit na ka internet - *ESMO* website for *Biliary tract cancer: Guide for Patients* and *AMMF The Cholangiocarcinoma Charity* website.

<https://www.esmo.org/for-patients/patient-guides/biliary-tract-cancer><https://ammf.org.uk/patient-guide/>