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Kookolo w'Amabeere



Okugumira okukosebwa okuva ku bujjanjabi bwa homoni obwa kookolo w'amabeere

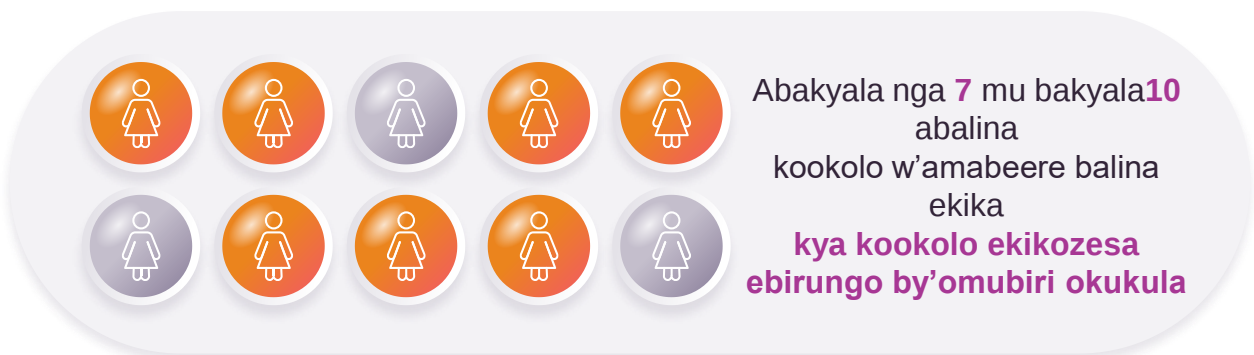
Akatabo k'abalwadde ba kookolo azuukusibwa singa homoni zimwekwatako

Kookolo w'amabeere kye ki?

Koko w'amabeere ye kookolo asinga okulabika mu **bakyala**, naddala abo abawezezza **emyaka 50 egy'obukulu oba okusingawo**.

Waliwo ebika ebikulu bisatu:

- > **Kookolo w'amabeere ey'eyambisa** ebirungo by'omubiri okukula (Hormone receptor positive)
- > **Kookolo w'amabeere ow'ekika kya HER2**
- > **Kookolo ow'amabeere ow'ekika kya Triple negative** (ekika kino tekirina obusobozi bw'okwekwata ku birungo by'omubiri)



Okusobola okuzuula oba nga kookolo w'amabeere ali mu kika ekikozesa ebirungo by'omubiri okukula, abasawo bayinza okwekenenya akanyama ka kookolo (**akanyama**) nga bakoze ekyuuma ekizimbulukusa.

Muno bwe mubaamu **obutaffaali bwa kookolo w'amabeere ey'eyambisa ebirungo by'omubiri okukula**, olwo obujjanjabi obusingayo obulungi bwe weetaaga okufuna bwe **bujjanjabi obulemesa omubiri okufulumya ebirungo oba obulemesa enkwatagana wakati w'ebirungo by'omubiri ne kookolo w'amabeere (hormone (endocrine) therapy)**.

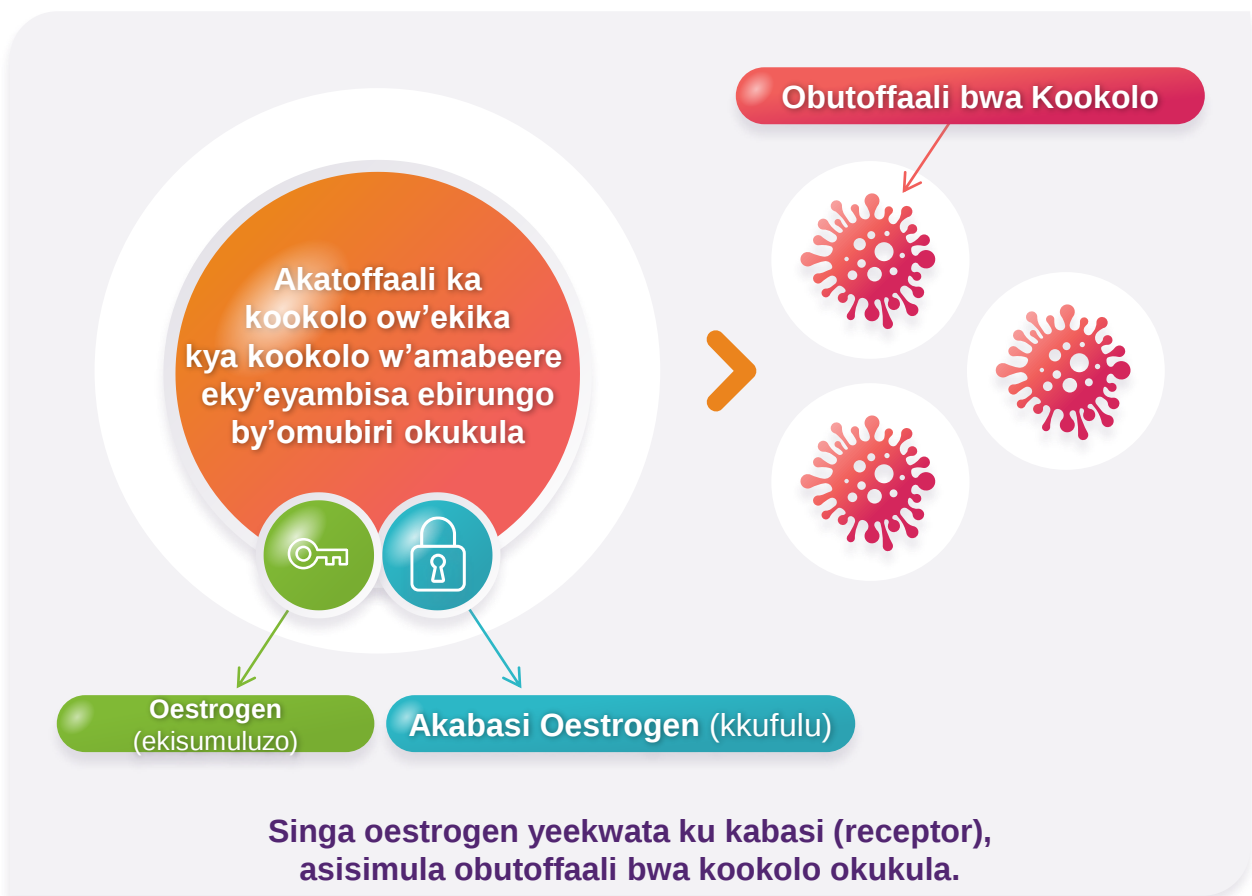


Obutaffaali bwa kookolo w'amabeere bukula butya?

Obirungo by'omubiri gw'omukyala ebyekuusa ku kwegatta, gamba nga **oestrogen** n'ekirala ekiyitibwa **progesterone**, biyamba obutaffaali bwa kookolo okukula.

Mu kika kya kookolo eky'eyambisa ebirungo by'omubiri okukula, mulimu **ebirungo bya puloteyini** oba **obubasi (receptors)** obuwliriza era nga bukwatagana n'ebirungo bino.

Lowooza ku **kabasi (receptor)** akayitibwa **oestrogen** ng'**ekkufulu**, ate **oestrogen** ng'**ekisumuluzo**. Ekisumuluzo **bwe** kisisinkana **ne kkufulu**, kija **kusisimula** akatoffaali ako okukula.



Tetwagala butoffaali bwa kookolo kusiisimulwa bukule kale nno ekyo tukikyuusa nga tuwa abalwadde **obujjanjabi obulemesa omubiri okufulumya ebirungo oba obulemesa enkwatagana wakati w'ebirungo by'omubiri ne kookolo w'amabeere (hormone (endocrine) therapy).**

Ebika by'obujjanjabi obulemesa omubiri okufulumya ebirungo oba obulemesa enkwatagana wakati w'ebirugo by'omubiri ne kookolo w'amabeere (hormone (endocrine) therapy)

Waliwo ebika by'obujjanjabi obulemesa omubiri okufulumya ebirungo oba obulemesa enkwatagana wakati w'ebirugo by'omubiri ne kookolo w'amabeere (hormone(endocrine) therapy) eby'enjawulo. Buno butera kugabibwa ng'empoke buli lunaku. Gakola nga **gakendeeza** obungi **bw'ebirungo by'omubiri** obutaffaali bwa kookolo w'amabeere bye bufuna, nga:

Buzibikira ebirungo by'omubiri (ekisumuluzo) ne bitatuuka ku **kabasi (kkufulu)**

oba

okuyimiriza okukolebwa kw'ebirungo by'omubiri (ekisumuluzo)

oba

mu **kukyusa** engeri **akabasi (kkufulu)** gye kakola

01

Obujjanjabi bw'ebirungo by'omubiri obukwasaganya engeri ekirungo kya estrogen gye kikola mu mubiri (Selective oestrogen receptor modulators (SERMs))

- > Tamoxifen
- > Toremifene

Akataffaali ka Kookolo



Okuzibikira ekirungo eky'omubiri (ekisumuluzo) ne kitatuuka ku **kabasi (kkufulu)**

02

Eddagala erijjanjaba kookola w'amabere eriziya ekirungo kya aromatase okufulumizibwa (Aromatase inhibitors (Ais))

- > Anastrozole
- > Letrozole

Akataffaali ka Kookolo



Okuyimiriza homoni (ekisumuluzo) n'etasobola kukolebwa

03

Eddagala erijjanjaba kookolo w'amabeere nga likendeeza okufulumizibwa kw'ekirungo kya estrogen (Selective oestrogen receptor degraders (SERDs))

- > Fulvestrant (mpiso)
- > Giredestrant (mpeke emiribwa)

Akataffaali ka Kookolo



Mu kukyuusa engeri akabasi gye (kkufulu) kakola

Kino kiziya obutaffaali bwa kookolo okufuna amaanyi ge bwetaaga okukula n'okwekubisaamu.

Lwaki kya mugaso okumira empeke



Kya **mugaso okumira empeke ez'ebirungo by'omubiri buli lunaku** olw'okukuyamba okukendeeza ku buzibu bwa kookolo okudda. Ekisinga obulungi kwe kuzimira nga nnamba ne giraasi y'amazzi. Zisobola okumiribwa ku makya oba ekiro mu kiseera ky'okulya oba ng'omaze okulya emmere.

Ekintu ekikulu kwe kulaba nti **obeera n'akaseera akatakyukakyuka** akagya mu ngeri gy'otambuzaamu obulamu.



Abakyala **3** ku **4** bakisanga nga kizibu okumira empeke buli luvannyuma lw'ekiseera ekigere

Okumira empeke **buli lunaku okumala waakiri emyaka 5** oba n'okusingawo kisobola okuziyiza kookolo okudda.

Eddagala bw'olivaako oba bw'otolimira buli luvannyuma lw'ekiseera ekigere, waliwo obulabe obw'amaanyi obwa kookolo **okuddamu okulabika oba okudda**, ate nga kino kikosa emikisa gy'okubeera omulamu.

Akatabo kano kakulungamywa ku nsonga ezawamu era kawa abalwadde nga ggwe amagezi **okugenda mu maaso n'okumira empeke eziziya ebirungo by'omubiri (endocrine)** buli luvannyuma lw'ekiseera ekigere.

Okukosebwa okuva ku bujjanjabi buno kwe kuliwa?



Era nga bwe kiri ku ddagala eddala lyonna, obujjanjabi obuziyiza ebirungo by'omubiri busobola okuvaamu okukosebwa **okw'engeri ezimu**, era kino kiyinza okuba nga kye kiremesa abakyala abamu okuzimira buli luvannyuma lw'ebbanga eggere.

Bulijjo kiba kizibu okuteebereza anaafuna okukosebwa, naye wabaawo okufaayo okubalondoola, era **ng'okunoonyereza bwe kulaze** waliwo **ebintu bingi bye** tuyinza okukugamba **ebiyinza okuyamba**.

Okukosebwa okusinga okulabika:

Olubugumu

Okutuuyana ekiro

Okusannyalala/okulum wa mu nnyingo

Obukalu mu bakyala

Okukyukakyuuka mu mbeera

Ekimenyoomenyo

Okutaataagana mu kufuna otulo

Waliwo era **okukosebwa okutalabikalabika** naye **nga kwamaanyi** era nga kwetaaga okufaako, gamba:

Omusaayi okwekwata

Kookolo wa nnabaana

Okumenyaka amagumba



Okugenda kw'abakyala mu nsonga kuyinza okutaataagana, n'obusobozi bw'okuzaala ne bukyuuka **mu bakyala** abatannakoma kuzaala.

Empeke eziziyiza ebirungo by'omubiri kitundu kikulu nnyo ku bujjanjabi bwo obwa kookolo w'amabeere era zirina kumiribwa buli luvannyuma lw'ebbanga eggere zisobole okukola obulungi. Awo nno, bw'ofuna okukosebwa **ne kukulemerako** oba ne **kukutawaanya**, tukusaba oyogereko n'abakujjanjaba kubanga bayinza okukukusiza doozi oba ekika ky'obujjanjabi.

Okukosebwa okutera okubaawo

Olubugumu n’okutuuyana ekiro

Olubugumu n’okutuuyana ekiro bijja lwa nkyukakyuuka ey’amangu mu bbugumu ly’omubiri. Oyinza okuwulira olubugumu n’okutuuyanirira oba okumyukirira mu bwenyi. Abantu abamu bagenda okusisimuka nga bajjudde entuuyo.

Oyinza okuweebwa **eddagala ery’enjawulo** (laba olukangaga oluli wammanga) okukuyamba okukendeeza ku lubugumu. Kikulu nnyo okwogerako n’omusawo wo **ku miganyulo** n’obuzibu **obuyinza okubaawo** ng’omize ddagala eryo.

Si buli omuntu nti abisanga nga birungi kale nno waliwo ebintu ebirala eby’okugezaako.

Eddagala	Okukendeeza ku mirundi olubugumu gye lujja n’obungi bw’olubugumu okutuuka ku:	Okukosebwa okusobola okubaawo
Eddagala eriziyiza okwesika oba ensimbu (Anticonvulsants (gabapentin, pregabalin)	70 / 100	Okukala akamwa, okukala amaaso, okusinduukirirwa emmeeme, okulumwa omutwe
Antidepressants (venlafaxine, paroxetine, fluoxetine)	60 / 100	Okusinduukirirwa emmeme, okulumwa omutwe
Antihypertensive (clonidine)	40 / 100	Okusinduukirirwa emmeme, okuddukana, okulumwa omutwe
Eddagala eritereeza ebinywa by’okukawago (Bladder muscle relaxant (oxybutynin))	40 / 100	Okukala mu kamwa, kaamungulunze, okubulwa otulo



Ebintu ebirala eby'okugezaako

Abantu abamu bakisanga nti eddagala **ly'ebiriisa erimu** liyinza okukendeeza ku lubugumu. Mu lyo mulimu **evening primrose oil, soy, black cohosh, vitamini E, ne sage**. Naye tewali bukakafu bwa maanyi buva mu kunoonyereza obulaga nti lisobola okuyamba. Mu ngeri y'emu, eddagala ly'ebiriisa erimu liyinza okuleetera obujjanjabi bw'ebirungo by'omubiri obutakola bulungi.

Bino wammanga bye bimu ku by'oyinza okukola okuyamba obutawulira bbugumu n'obutatuuyana:

- > **Ebbugumu ly'omu kisenge kyo likuumire wansi** kozesa essuuka ez'akolebwa mu ppamba, n'akatto akeesigamwa kabeere kagonvu, ne faani (ekyuuma ekiwujja mu bugumu).
- > **Weewale omwenge n'eby'okunywa ebirimu ekirungo kya kafeyini.**
- > **Jjumbira okukola dduyiyo.** Okukola yoga ky'ayamba okukendeeza ku muwendo gw'emirundi gy'olubugumu okutuuka ku bitundu kumpi kimu kyakusatu.
- > **Faayo ku bintu by'olya** era gezaako okukendeeza ku buzito bwo bw'oba ng'okyetaaga.
- > Ebintu bino byonna biyamba naye **ebizuuliddwa ebisinga obulungi mu kunoonyereza ebiyamba okukendeeza olubugumu n'okutuuyana ekiro bwe bujjanjabi bw'obwongo obuyitibwa cognitive behavioural therapy (CBT).**
- > **Obujjanjabi bw'obwongo (CBT)** bujja kukuyamba okulowooza mu ngeri ey'enjawulo ku lubugumu lw'olina n'okutuuyana.
 - Ojja kuyiga okusiima ebitendo n'ebirungi by'olina wamu n'okumanya engeri y'okweggyamu ebirowoozo ebitasanyusa.
 - Bajja kukuyigiriza engeri ennyangu, ey'empola mpola ey'okukkola dduyiyo w'okussa ayamba okukkakkanya engeri okutawaana mu birowoozo gye kukuyisaamu era n'okukuyamba okukkakkana.
 - **Obujjanjabi bw'obwongo (CBT)** busobola okukuyamba okukendeeza ku kutegana abakyala kwe bafuna obuva ku kuwulira olubugumu okutuuka ku bitundu bibiri byakusatu.



Okukaluubirirwa okwebaka

Obuzibu bw'okwebaka buyinza okuba nga buva ku okweraliikirira, okutya, obulumi, oba olubugumu. Olina okweyigiriza empisa ennungi okusobola okwebaka obulungi gamba nga:

- > **Okwebakira mu kiseera kyekimu.** Gezaako okugenda mu buliri era ozuukuke mu kiseera kyekimu buli lunaku kikuyambe okumanyiira okikole bulijjo.
- > **Fulumya ebintu by'amasannyalaze** nga essimu oba kompyuta mu kisenge kyo.
- > **Weewale** eby'okunywa ebirimu ekirungo kya kafeyini ng'ogenda okwebaka.
- > **Weewale** okukola dduyiro ng'ebulayo akaseera katono okwebaka.
- > **Gezaako okufuna obujjanjabi bw'obwongo ku nsonga z'okubulwa otulo.** Kino kisobola okukyusa engeri gy'olowooza okukuyamba okwebaka obulungiko.

Mu kiseera ekimpi omusawo wo ayinza okukuwandiikira empeke z'okwebaka okukuyambako, naye nga nazo era zirina obuzibu bwe zireeta.



Okukyukakyuka mu mbeera

Kya bulijjo okuwulira obubi n'okunyiiga ng'okebeddwa n'ozuulibwamu kookolo w'amabeere era n'okujjanjabwa obulwadde obwo.

Abantu abamu ababaddenga n'okweraliikirira emabega oba okwenyika be basinga okufuna enkyukakyuka mu mbeera mu biseera by'obujjanjabi bwa kookolo w'amabeere.

Kiki ekiyinza okuyamba

Gezaako okweggyako ebireeta enyiike ebimanyiddwa

Bino mulimu okweraliikirira okuva ku kukosebwa gamba ng'olubugumu n'okutuuyana.

Yogerako n'omusawo wo oba nnansi omukugu ku nsonga yonna gy'oyinza okuba nayo. Ayinza okukusindika okugenda okubuddabudibwa, CBT oba okukuwandiikira eddagala eddala okukuyamba.



Ekimenyoomenyo

Abantu abamu bawulira nga tebalina maanyi, obunafu n'okukoowa oba **okuwulira ekimenyoomenyo** ne bwe baba nga beebase oba nga bawummudde ekimala.

Okulwanyisa ekimenyoomenyo

Zuula era gezaako okweggyako ebikuleetera obukoowu, ob'olyawo okutuuyana ekiro kutaataaganya otulo two, oba owulira ng'otidde oba nga weeraliikirira.



Manya by'osobola ne by'otosobola era ofune ekiseera okuwummula buli lw'owulira nga weetaaga okuwummula. Lindako ekimenyoomenyo kigende.

Gezaako okukola dduyiyo omusaamusaamu gw'onyumirwa. Abantu 9 ku kkumi baakisanga nti yoga oba dduyiyo akozesa omutima (dduyiyo aleetera omutima okukuba) by'abayamba okukendeeza ku kuwulira ekimenyoomenyo.



Gezaako CBT. Abantu 8 ku 10 baagamba nti CBT abayambako okukendeeza ku kimenyoomenyo.

Okusannyalala mu nnyingo

Bwe tugenda tukula, tusobola okufuna okulumizibwa mu nnyingo nga kiva ku bulumi mu nnyingo (arthritis). Abakyala abamu bayinza okufuna **okulumizibwa mu nnyingo** nga bafuna obujjanjabi bwa kookolo akozesa birungo by'omubiri okukola.

Ng'oggyeeko okulumizibwa mu nnyingo (arthritis), obulumi obwo **tebuleka kukosebwa kwa lubeerera mu nnyingo**. Emirundi egisinga, okusannyalala, okuwulira obubi, n'okulumizibwa bibaawo mu nnyingo entono nga mu kiseke, ne ku bukongovvule, naddala oluvannyuma lw'okutuula ennyo oba okwebaka.



Engeri y'okukendeeza ku bulumi n'okuwulira obubi

Okukola dduyiro mu ebyo by'onyumirwa nga yoga, okusotta eggaali, okuwuga, okuzannya golofu, tenisi oba okutambula obutambuzi byonna birabiddwa nga bikendeeza ku bulumi, okusannyalala, n'okudda mu mbeera.



Omugejjo gusobola okusajjula okulumizibwa mu nnyingo kale nno gezaako okulya obulungi.

Okufumitibwa n'obuyiso (Acupuncture) kuyinza okuyamba abantu abamu. Ojja kulaba oba nga kisobola okukuyamba ng'okikoze emirundi emitonotono.

Okusannyalala mu nnyingo *(byeyongerayo)*



Ebintu ebirala ebikola ku kulumizibwa mu nnyingo

Eddagala erimu nga **eddagala eriziyiza okuzimba** n’**eddagala ly’okwennyika** limanyiddwa mu kukozezebwa okukendeeza obulumi bw’ennyingo, naye liyinda okubeera n’okukosebwa (laba olukangaga oluli wammanga).

Eddagala	Emiganyulo	Obuzibu obuyinza okubaawo
Eddagala ly’okuzimba (Anti-inflammatory drug) (ibuprofen, paracetamol)	Likendeeza obulumi	Okulumwa omutwe, okulwalalwala, okufuukuka mu lubuto oba okuvaamu omusaayi
Eddagala ly’okwennyika (Antidepressants) (duloxetine)	Likendeeza obulumi	OKuddukana, okuwulira otulo, ekimenyooomenyo, puleesa eyawaggulu
Okufumitibwa n’obuyiso(Acupuncture)	Likendeeza obulumi	Lya bbeeyi
Oyiro ava mu njaga	Liyamba abantu abamu	Tewali bujulizi
Vitamini D	Lirabika nga teririna bulabe	Tewali bujulizi
Yoga	Okwongera ku mutindo gw’obulamu	Obutakola (nga bwe kisuubirwa)
Dduyiyo	Okutereeza embeera y’obwongo n’embeera y’obulamu	Obutakola (nga bwe kisuubirwa)

Tewali bujulizi bwesigika bulaga nti oyiro w’enjaga oba vitamini D biyamba.

Olumu **obulumi bw’ennyingo bukendeera mu myezi mitono** ng’omuntu atandise obujjanjabi bwa kookolo ey’eyambisa ebirungo by’omubiri okukula. Obulumi bwe bweyongera okukutawaanya, tegeezaako ku bakujjanjaba era nga bayinza okukuwa obujjanjabi obw’enjawulo.

Obuzibu mu by'okwegatta mu by'omukwano

Mu kiseera ky'okujjanjaba kookolo, abakyala abamu bayinza okufuna obuzibu mu mbeera zaabwe ez'ebyokuzaala n'obuzibu mu kwegatta mu by'omukwano gamba ng'okubeera abakalu oba okubundula, okulumizibwa mu kwegatta, oba okubulwa obwagazi bw'okwegatta.

Bino bisobola okukosa omutindo gw'embeera yo ey'obulamu n'enkolagana n'abantu.



Okujjanjaba obuzibu bw'okwegatta mu by'omukwano

- > **Kozesa ebizigo ebiseereza** nga pH-neutral gel, obudagala obw'amazzi obuteekebwa mu bukyala okukendeeza ku bukalu n'okulumizibwa.
- > **Tukusaba oyogereko n'omusawo** nga tonnakozeza **ddagala lya mu bukyala (vaginal oestrogen)** kubanga obuzibu **obuyinza okutuuka ku** bakyala abalina ekika kya kookolo w'amabeere ey'eyambisa ebirungo by'omubiri okukula (Hormone receptor positive breast cancer) tebumanyiddwa.
- > **Tokozesa ssabbuuni wa buwoowo yenna oba okwesokoola** mu bukyala bwo, kubanga bino biyinza okukuleetera okwokerera.
- > **Yogerako n'abakujjanjaba** ku nsonga z'okwegatta mu mukwano kubanga baatendekebwa okuwabula ku nsonga eyo.
- > **Gezaakozesa CBT kikuyambe** kubanga kirabiddwa nti kikola bulungi ku nsonga z'okwegatta mu by'omukwano wamu n'enfaanana y'omubiri mu bantu abawonye kookolo.

Ekifunze

- > **Obujjanjabi bwa homoni** bukendeeza obulabe bwa kookolo w'amabeere okudda naye **burina okumiribwa buli luvannyuma lwa kiseera ekigere**.
- > Buli muntu akolebwako obujjanjabi bwa homoni mu ngeri ya njawulo.
- > Okukosebwa kungi okusinga okumanyibwa kuba kwa kiseera era bwe wayitawo emyezi mitonotono kuba tekukyali kwa maanyi, naddala singa abalwadde bakozesa ku magezi agamu ge tebawadde mu katabo kano.
- > Jjukira nti singa **ogenda mu maaso n'okufuna obubonero** obukukema **okukendeeza ku** bujjanjabi bwo obwa homoni oba **okubuviirako** ddala, **tukusaba oyogereko n'omusawo wo**.
- > Asobola okukuwa amagezi agakuyamba omuli n'okudda ku bujjanjabi obulala obwa homoni.



Enkwata y'okukosebwa okuva ku bujjanjabi bwa homoni obwa kookolo w'amabeere

Olupapula lw'obubaka bw'abalwadde lutegekeddwa:

Polofeesa Dame Lesley Fallowfield

Polofeesa Valerie Jenkins

Polofeesa Richard Simcock

Dkt. Qi Ying Lean

Ttiimu ekola ku kunoonyereza kwa lidERA okunoonyereza ku kookolo w'amabeere:

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Michael Davis

Anjula Sharma

Khushboo Shah

Kutereddwaamu ensimbi Roche, F. Hoffman-La Roche

Ebijulizibbwa mw'oyinza okufuna obubaka obulala obusingawo



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