

Ia eo Komaron Etal im Kakōlkōl ilo Ejelok Wonan ak Driklok Wonan

Call im lale elane komaron bok kakōlkōl ko ejelok wonaer
Breast & Cervical Cancer Control Program (808) 692-7489

O'ahu

Kalihi-Pālama Health Center
(808) 848-1438
(808) 792-5576

Kapi'olani Women's Center
(808) 973-3015

Kōkua Kalihi Valley
(808) 791-9410

Ko'olauloa Community Health
and Wellness Center
(808) 293-9216 (Hau'ūla)
(808) 293-9231 (Kahuku)

The Queen's Medical Center
(808) 691-7747

Waimānalo Health Center
(808) 954-7147

Wai'anae Coast Comprehensive
Health Center
(808) 697-3594 (Wai'anae)
(808) 697-3882 (Waipahu)

Hawai'i

Bay Clinic
(808) 961-4075 (Hilo)
(808) 930-0422 (Kea'au)
(808) 965-9711, ext. 1 (Pāhoa)

Hāmākua Health Center
(808) 775-7206

West Hawai'i Community
Health Center
(808) 326-5629 (Kona)
(808) 323-8005 (Kealakekua)

Maui

Hui No Ke Ola Pono
(808) 442-6856

Moloka'i

Moloka'i Women's Health Clinic
(808) 553-3197

Kaua'i

Ho'ōla Lāhui Hawai'i
(808) 245-7767

Lāna'i

Lāna'i Women's Center
(808) 565-6919

Nan Kolaplok Jela eo kin Kejbarok in Ittum

Call ak lolok ijo kwoj takto ie. Elane ejelok am takto,
call e lok community health center eo ebaak e eok.

O'ahu: Ke Ola Mamo (808) 845-3388

Maui: Hui No Ke Ola Pono (808) 244-4647

Hawai'i: Hui Mālama Ola Nā 'Ōiwi (808) 969-9220

Kaua'i, Ni'ihau: Ho'ōla Lāhui Hawai'i (808) 240-0100

Moloka'i, Lāna'i: Nā Pu'uwai (808) 560-3653

Call agencies kein ak lale websites kein:

American Cancer Society (800) 227-2345
www.cancer.org

National Cancer Institute 1-800-4-CANCER
(1-800-4-422-6237)
www.cancer.gov

Susan G. Komen for the Cure www.komen.org

'Imi Hale Native Hawaiian Cancer Network www.imihale.org

Kamolol nan rein ilo pija in, aolep mour jen cancer (L-R):

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Breast Health Care Kejbarok In Ittit Ko Ta Eo Aolep Kora Rej Aikuj Jela



Kōj Kōra in Majōl jej aikuj kejarok ejmour
ko ad make nan bamle ko ad

Ewi wawein am naj jiban eok make

1. Jela kin ejmour eo an ro ilo bamlee eo im kojelaik takto eo elane ro rebaak e eok ar wor aer naninmij in breast cancer.
2. Lori wawein ko nān kejbarok ittit ko im kajitok iben takto eo kakōlkōl ta ko rekka nān kwe.
3. Jela kin enbwinum make im elane ejelok oktak . Ba nān takto eo am elane kwoj enjake an lon oktak ilo ittum.
4. Katak kin kawotata ko renaj kolaplok am maron bok cancer in ittit.

Elane cancer in ittit ej mokaj aer loi,
9 kora ro ibwiljin 10 renaj mour.

Jet kawotata ko jejela kaki im remaron
kolaplok an kora ro lon cancer ilo ittier.

- Yio (ekawotata lok ilo am riittolok)
- E juon kora (ak emaan ro rej bar cancer ilo ittier)
- Bamlee im/ak elane ear wor cancer ibbam
- Ear wor jorren ilo ittum (ebboj, dren ej toor)
- Ittit ko am rej “ben ak kijneñe” (Itti ko rebben im kijneñe, elaplok tissue in ittit ko jen tissue ko rekiriji)
- Am kar jade nān radiation ke kwoj drik
- Bok hormone replacement therapy ak komadmod ko kin hormone

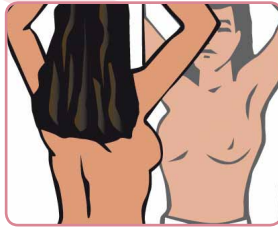
Eiten aolep kora ro ewor cancer in ittit ibber ejelok
kawotata ko ijelokin wōt drettan im ke ej
einwot juon kora.

Jela Jekjek eo Ejimwe akā Ekā Nan Kwe

Elanne ej 18 am iiō ak rittolok, kwon jino kaminene make kalilen itum bwe kwon maron kule ke eman, ejja eindelo wot.

Lale ne ewor oktak ko

Kabok oktak ko ilo am jutak imaan juon kilaaj. Komman bwe en meram e ijo.



2 Enjake oktak ko

Jibwe AOLEP belaak in ittit ko kajojo im iumin peim nan ebboj im ijoko rekijnene.



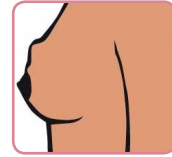
Kakōlkōl ilo ien am tutu im ne kwoj ejobob.



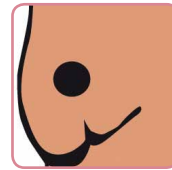
Komaron bar kakilene elane kwoj babu.

Oktak ko Kwoj Aikuj Ba Nan Takto eo Am

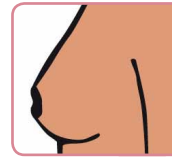
• Jabrewot oktak ko kwoj enjaki me rejjab normal nan kwe (ebboj ko ak kijneēne turin ittit ko.



• Ne elon libwetōr ak loktōk ion itti ko.



• Dren ej toor – einwot botoktok ak emmed jen boran ittit ko.



• Boran ittit ko rej jino aer moon lik lok.

• Metak ak abonono ittit ko.

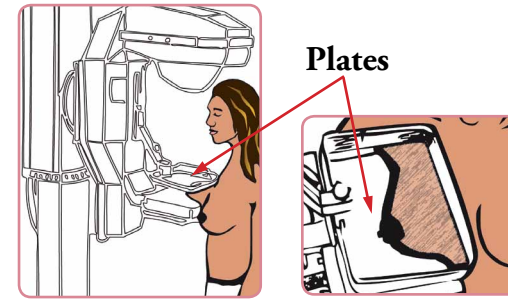
• Ebboj, ekilbiroro, ak ebwil tok ittit ko. Ijoko rebboj rebwil elane jej jibwe.

Mammograms

Mammogram ak kakōlkōl ej X-ray eo ej pijaik tulowa in ittum eo emaron loi ebboj ko redrik nan enjaki.

Naat nan bok kakōlkōl in mammogram:

- Aolep yio nan kora ro 40 aer yio im rittolok.*
- Ne kwodriklok im elon uaan bamlee eo am ear wor in ittit, kenono ibben takto ak nurse eo naat nan kakōlkōl.



Mammograms emaron mokaj an loi cancers ko, ijoko jidrik percent aikuj “lale ak mijeke” mokta jen kelet elane im naat nan bok treatment (chemo ak radiation) ne aikuj. Nan komane kelet eo emon nan kwe, kenono ibben takto in cancer eo am (oncologist) kin jokelet in kilen takto kein.

*American Cancer Society recommends yearly mammograms for women age 40 and over. The US Preventive Task Force recommends mammograms every 2 years for women age 50 and over. Talk with your doctor to find out when you should get tested.

Kakōlkōl Ittum ibben Takto ak Nurse eo Am (Clinical Breast Exam)

Kakōlkōl in ittit ej komman jen takto eo ak nurse eo am. Ej aikuj mottan kakōlkōl ko am aolep yiiō.

- Aolep 3 yio nan kora ro 29-30 drettaer
- Aolep yio nan kora ro 40 yio im rittolok
- En ekutkut nan kora ro ewor ro ilo bamlee ko aer ak wor aer breast cancer ak ar wor ebboj ko ibbāer ak fibroids.

Ilo ien Kakōlkōl:

- Ba nan takto eo am elane ewor oktak ko kwoj loi ilo ittum.
- Jab mijak in kwalok kajitok ko am.

