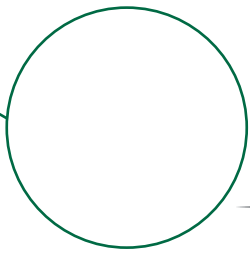


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### *Ka Mālama 'ana iā 'Oe iho a me Ha'i*

Inā 18 a 'oi ou mau makahiki, e nānā pono i kou mau waiū i kēlā me kēia māhina.

**AIA I HEA...**



I mua o ke anianikū



Ma ka 'au'au 'ana



Ma ka moe 'ana

#### **4 'Ano o ka Nānā 'ana i ka Waiū:**

- E hāpai i ka lima 'ākau a kau i ka poho lima ma hope o ke po'o
- E hāhā me nā māhele palupalu o nā manamana o kou lima hema
- E 'ānai ma ka pō'ai i luna a i lalo o kou waiū holo'oko'a
- E hana hou ma ka waiū hema a hana me ka lima 'ākau

Ma kahi o kēlā me kēia manawa like o ka māhina, e nana hou inā ua loli penei:

- Loa'a ka pu'u i 'ano 'ē ke ho'opā 'ia
- Ua 'ano 'ē ka nānā 'ana a i 'ole ma ka ho'opā 'ana i ka 'ili
- Loa'a kahi 'ano mino a i 'ole he pelu ma ka 'ili o ka waiū
- Po'opo'o ka 'ōmaka
- Kulu ke koko a i 'ole ka pilau mai ka 'ōmaka
- Pehu a i 'ole 'ula'ula a wela ke ho'opā 'ia

#### **E ha'i aku i kou kauka inā ua loli kekahi mea.**

He kūpono loa inā e nānā pinepine'ia 'oe e kou kauka a kahu ma'i paha A e hana 'ia ka *mammogram* inā 40 a 'oi ou mau makahiki.

Hiki ke huli a loa'a koke a lapa'au 'ia ka ma'i 'a'ai waiū, inā hiki, ma kou nānā 'ana i kou waiū pono'i, ma ka nānā 'ana a ke kauka, a ma ka *mammogram* nō ho'i!

April 2006 - Hawaiian

Printed in China.

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### **PAPA HELU NO KA PALE 'ANA I KA MA'I 'A'AI**

- ✓ Nāu nānā i kou 'ili nou iho i kēlā me kēia māhina

#### **No ka wahine he 18 a 'oi ona makahiki:**

- ✓ Nāu nānā i kou waiū nou iho i kēlā me kēia māhina
- ✓ Na ke kauka a i 'ole ke kahu ma'i e nānā i kou waiū i kēlā me kēia makahiki
- ✓ E hana 'ia ka PAP test i kēlā me kēia makahiki

#### **No ka wahine he 40 a 'oi ona makahiki:**

- ✓ E hana 'ia ka mammogram i kēlā me kēia makahiki

#### **No ka wahine he 50 a 'oi ona makahiki:**

- ✓ Na ke kauka e nānā i ka 'amo me ka uha

#### **Native Hawaiian Health Care Systems:**

O'ahu	Ke Ola Mamo	845-3388
Hawai'i	Hui Mālama Ola Nā 'Ōiwi	969-9220
Maui	Hui No Ke Ola Pono	244-4647
Lāna'i	Ke Ola Hou O Lāna'i	565-6608
Moloka'i	Nā Pu'uwai	560-3653
Kaua'i	Ho'ōla Lāhui Hawai'i	246-3511



**'Imi Hale**  
Native Hawaiian  
Cancer Network