

## Hay'ada Raajadda

# AQBAARO KU SAABSAN BUKAANKA U BALLANSAN BAARISTA KANSARKA NAASAHA OO LOO YAQAAN MAMMOGRAM

Mamograamka ayaa ah raajo awood yar oo lagu garto kansarka naaska,qaarkood oo aad u yar,oo xataa aan la taaban karin. Baarida ayaa qaadata 30 daqiiqo waxayna u baahan in la isku diyaariyo.

### XASUUSNAW:

1. Ha soo marsan waxyaabaha la isku carfiyo,sida kan taqfalaha la marsado ama boolbiraha ka hor inta aan raajada lagu saarin.
2. isku day in aad xirato labo shay sida(goono iyo shaar ama surwaal iyo shaar)maxaa yeelay,waxaad u baahan in aad iska bixiso dharka ka koreeya dhexdaada oo idil.

Baaridaanka mammogram ayaan laheyn wax xanuun ah,balse waxaad la kulmi kartaa dhib marka lagaa riixo naasahaaga ama la majuujiyo. Ka dib marka naaska lagaa baaro,waxaa muhiim kuu ah in bil walba mar aad eegto naaskaaga. Waa muhiim in aad barato sida naasahaada ay u samaysan yahiin. Ka dib markii aad barato sida jirka caadiga ee naaskaaga aad u dareemi karto,ayaad awood u yeelan in aad dareento hadii wax isbadal ah ay dhacaan. Burooyinka naasaha ayaa ay ogaadaan naagaha nafsadood,sidaa darteed baarid bishii hal mar aad isku samayso ayaa qayb weyn ka qaadanaysa sidii goor hore loo heli lahaa kansarka naasaha.

Hadii aadan balantan iman karin, fadlan soo wac: \_\_\_\_\_  
(Taleefoonka No.)

Maalinta Balanka: \_\_\_\_\_

Waqtiga Balanka: \_\_\_\_\_

Fadlan soo wac taleefoonka \_\_\_\_\_, haddii aad soo daahi, ama aad u baahan tahay in aad ballanka dib laguugu dhigo ama aad wax su'aalado ah aad qabto

## Department of Radiology

### INFORMATION FOR PATIENTS SCHEDULED FOR A MAMMOGRAM

A mammogram is a low-dose breast x-ray that can identify breast cancers, some even too small to be felt. The exam usually takes about 30 minutes and does require some preparation.

#### REMEMBER:

1. Do not put on any deodorant or powder before your exam.
2. Try to wear a two-piece outfit (i.e. skirt and blouse or pants and blouse) because you will need to remove everything from the waist up.

Mammograms usually do not hurt, but it can be uncomfortable when we compress your breasts. After your mammogram, it is important to follow up with monthly breast self-exams. It is important for you to be familiar with your own breasts. After you learn how your normal breast tissue feels, you will be able to recognize a change if one occurs. Most breast lumps are first discovered by women themselves; therefore, doing monthly breast self-exam is a very important part of early detection.

If you are unable to keep your appointment, please call \_\_\_\_\_.  
(Phone No.)

Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Please call \_\_\_\_\_, if you are going to be late or need to reschedule your appointment or have any questions.