

SOMALI MAMMOGRAM EDUCATION PROJECT (EthnoMed and Harborview Medical Center, Seattle, WA)

Slide #	ENGLISH	SOMALI
1.	<p>What are Mammograms and Breast Cancer? This video is about mammograms and breast cancer.</p> <p>You may be watching this video because your health care provider asked you to get a mammogram.</p>	<p>Waa maxay Raajada Naasaha iyo Kansarka Naasaha? Fiidiyowgan wuxuu ku saabsan yahay raajada naasaha iyo kansarka naasaha.</p> <p>Waxa laga yaabaa inaad fiirsaneyso ama daawanaysid fiidiyowgan sababta oo ah bixiyahaaga daryeelka caafimaadka ayaa ku weydiiyay inaad iska qaadid raajada naaska.</p>
2.	<p>Introduction</p> <p>Sometimes, illnesses hide in our bodies and they don't show up until they are difficult to treat. Breast cancer is like this.</p> <p>If breast cancer is found early, the chance is greater that a woman will survive and live a long and healthy life.</p> <p>A mammogram is a test or screening that can sometimes find breast cancer when it is very small.</p> <p>A mammogram is the best test doctors have to find breast cancer early.</p>	<p>Horudhac</p> <p>Marmarka qaarkood, jirooyinku waxay isku qariyaan gudaha jidhkeena lamana arko illaa eey gaaraan iney adkaato daaweyntooda. Kaansarka naasuhu waa sidan oo kale.</p> <p>Haddii kansarka naaska la helo goor hore, waxey suurtagal u tahay oo ey badineysaa iney haweyneydu badbaado oo ku noolaato nolol dheer oo caafimaad leh.</p> <p>Raajada naasku waa baaritaan ama fiirin marmarka qaarkood heli kara kansarta naasaha marka uu aad u yar yahay.</p> <p>Raajada naasku waa baaritaanka ugu fiican ee dhakhaatiirtu sameyn karaan si goor hore loo helo kaansarka naaska.</p>

	<p>This mammogram machine takes pictures of the inside of the breast.</p> <p>It will not cause injury to your breast.</p>	<p>Mishiinkan raajada naaska wuxu sawiro ka qaadaa gudaha naaska.</p> <p>Uma keenaya wax dhaawac ah naasahaaga.</p>
3.	<p>What is a mammogram?</p> <p>Mammograms can find breast cancer when it is the size of a small seed. A breast lump needs to be about the size of a cherry before a woman can feel it herself.</p>	<p>Waa maxay raajada naasku?</p> <p>Raajada naasku waxay heli kartaa kansarka naaska marka cabbirkiisu la'eg yahay iniin yar. Fud ama buro ku jira naaska waa in cabbirkiisu la qiyaas yahay hal xabbo oo ah jeeri (cherry) ka hor inta aan haweenaydu iskeed u dareemin.</p>
4.	<p>Sometimes a mammogram finds a lump that is not cancer. Or it may miss cancer that is there. Mammograms are not perfect but they can make a big difference for some women.</p> <p>Ask your health care provider to tell you more about the risks and benefits of getting a mammogram.</p>	<p>Mararka qaarkood raajada naasku waxey heli kartaa buro ama fud aanan kansar aheyn. Ama waxaa laga yaabaa iney gafto ama aaney arkin kansar meesha ku jira. Raajada naasku ma aha mid aad kaamil u ah laakiin isbedel weyn ayey ku sameyn kartaa haweenka qaarkood.</p> <p>Weydii dhaqtarkaaga cafimaad inuu kuu sheego wixii dhibaato ama faa'iido ee ka iman kara saarida raajada naasaha.</p>

5.	Where can I get mammograms?	Halkee baa la igaga qaadi karaa raajada naaska?
	Your health care provider's office will tell you where to go for a mammogram.	Xafiiska bixiyahaaga daryeelka caafimaadka ayaa kuu sheegi doona meesha aad u tagi doontid raajada naaska.
	Sometimes the mammogram will be done in the building where you see your doctor. But sometimes it is in a mammogram van, like this one.	Marmarka qaarkood raajada naaska waxa lagu qaadaa gudaha dhismaha aad ku aragtid dhakhtarkaaga. Laakiin marmarka qaarkood waxa lagu qaadaa gudaha bas yar oo loogu talagalay raajada naaska, sida kan oo kale.
6.	It is warm and comfortable inside.	Gudaheedu waa mid diiran oo raaxo leh.
7.	Most insurance companies and Medicare cover the cost of mammograms. And, in many parts of the U.S., low-cost or free mammograms are offered through national programs and community organizations. More information about this is provided at the end of this video.	Inta badan hey'adaha caymiska iyo Medicare ayaa bixiya qarashka raajada naaska. Isla markaana, meelo badan oo ah Maraykanka ayaa laga bixiyaa raajada naaska oo kharash yar ama bilaash ah iyada oo la adeegsanayo barnaamijyada qaranka iyo hay'adaha beeshada. Macluumaad dheeraad ah oo taas ku saabsan ayaa laga heli karaa dhammaadka fidiyowgan.
8.	How does the mammogram work?	Sidee bay raajada naasku u shaqeysaa?
	Let's meet Amina. Today is her first mammogram. She is a little nervous.	Aan la kulanno Amina. Maanta waa raajadeedii naaska ee ugu horeysay. Wey yara cabsanaysaa ama wal wal santahay.

9.	<p>When Amina schedules her mammogram appointment, the scheduler asks her to prepare for the test in a few ways. She may want to schedule her appointment during a time that she doesn't have her menstrual cycle, so that her breasts will be less tender. On the day of the mammogram, Amina should not use any powder or deodorant on her arms and chest. She should also wear a two-piece garment that day, if possible.</p>	<p>Marka Amina ballansanayso raajadeeda naaska, qofka ballamada dhigaya ayaa weydiin doona inay dhawr siyaabood isugu diyaariso baaritaankan. Waxa laga yaabaa inay rabto in ballanta loogu aadiyo wakhti eeyan qabin caadada ama dhiigga, si naasaheedu u danqasho yaraadaan. Maalinta raajada naaska, waa in Amina eeyan marin wax bodhar ama carfaya gacmaheeda iyo laabteeda. Waa iney xirataa dhar laba qaybood ah maalintaa, haddii ay suurtagal tahay.</p>
10.	<p>Amina is having her mammogram in a mammogram van. She is greeted by Kathy, the receptionist.</p>	<p>Amina waxa raajada naaska lagaga qaadayaa baska raajada naaska. Waxa salaantay Kathy, oo ah soo-dhaweeyaha.</p>
11.	<p>Kathy gives Amina a gown.</p>	<p>Kathy waxay Amina siisay marada isbitaalka.</p>
12.	<p>Then Amina goes into a private changing room. Amina will need to remove her top and bra and then put on a gown. She can keep her hijab and skirt on.</p>	<p>Ka dib Amina waxay gashay qolka gaarka u ah bedelashada. Amina waa inay iska saarto maradeeda sare iyo keeshaligeeda ama rajabeetadeeda ka dibna xidhato marada isbitaalka. Way daysan kartaa xijaabkeeda iyo goonadeeda.</p>

13.	When Amina is done changing, she's greeted by Susan, the technologist. Susan will perform the mammogram. Technologists are always female.	Markey Amina dhammaysay dhar bedelashada, waxaa salaantay Susan, oo ah farsamo-yaqaanka. Susan ayaa sameyn doonta raajada naaska. Farsamo-yaqaanadu markasta waa haween.
14.	Susan will get a Somali interpreter on the phone.	Susan waxay teleefonka soo galin doontaa turjubaan Somali ah.
15.	Susan asks Amina questions about her medical history.	Susan waxay Amina weydiinaysaa su'aalo ku saabsan taariikhda caafimaadkeeda.
16.	Now Amina is ready for the mammogram. She stands in front of the mammogram machine to begin the mammogram screening. It will take about 10-15 minutes to take pictures of her breasts.	Hadda Amina waxay diyaar u tahay raajada naaska. Waxay hor joogtaa mashiinka raajada si loo bilaabo raajada naaska. Qiyaastii waxay qaadan doontaa 10 ilaa 15 daqiiqadood si sawiro looga qaado naasaheeda.
17.	The pictures show the inside of both breasts.	Sawiradu waxay muujinayaan labada naas gudahooda.
18.	Susan places one breast on a plastic plate. Another plate will firmly press the breast from above. The plates will press down on the breast, holding it still while the picture is being taken. More pictures will be taken of this breast, in a few different positions. Then pictures of the other breast will be taken.	Susan waxay hal naas saartay saxan caag ah. Saxan kale ayaa si adag naaska kor uga soo riixi doona. Saxamadu waxay hoos u cadaadin doonaan naaska, oo meesha ku xejin doonaan inta laga qaadayo sawirka. Sawiro kale oo dheeraad ah ayaa laga qaadi doonaa naaskan, dhinacyo kala duwana laga qaadi doonaa. Ka dibna sawiro ayaa laga qaadi doonaa naaska kale.

19.	This is a picture of Susan's hands adjusting a model of a breast. This is to show you how the breast is positioned on the plate.	Kani waxa waaye sawir gacmaha Susan oo hagaajinaya naas la sameeyay. Tani waxaa laguugu tusayaa sida naaska loo dhigo saxanka.
20.	Amina feels some pressure; it's a little uncomfortable for her but it only lasts a few seconds. This discomfort is normal. Most women say that mammograms are uncomfortable. It is different for every woman. If a mammogram is ever painful, let the technologist know and she can adjust the machine.	Amina waxay dareemaysaa xoogaa cadaadis ah; wax yar oo ah raaxo-daro ayay dareemaysaa oo laakiin soconaya dhawr sekan. Raaxo-daradaasi waa caadi. Badi haweenku waxay sheegaan in raajada naasku leedahay raaxo-daro. Haween kastaba gooni ayey u tahay. Haddii raajada naasku marnaba xanuun kuu keento, u sheeg farsamo-yaqaanka si eey wax uga bedesho mashiinka.
21.	Amina waits for a few moments while Susan checks the pictures to make sure the pictures are clear and do not need to be taken again.	Amina waxay sugaysaa dhawr daqiiqadood inta ay Susan ka hubinayso in sawiradu saafi yihiin oo aan loo baahnayn in markale laga qaado.
22.	A doctor, called a radiologist, will look at the pictures to see if everything is OK. Sometimes the radiologist needs more pictures to know if everything is OK. This is common and does not mean a woman has cancer. Amina did not need to go back to the mammogram to have more pictures taken. So, information about Amina's mammogram will soon be sent to Amina and her doctor, Dr. Molnar.	Dhakhtar, loogu waco raajo-yaqaan, ayaa fiirin doona sawirada si loo ogaado in wax kasta fiican yihiin. Mararka qaarkood rajo-yaqaanka wuxuu u baahnaan doonaa sawiro dheeraad ah si uu u ogaado in wax kasta ey wanaagsan yihiin. Tani waa la arkaa inta badan taasina micnaheeda ma aha in haweyneydu qabto kansar. Amina uma baahan iney ku noqoto baska rajada naaska si sawiro dheeraad ah loogu qaado. Macluumaadka ka soo baxa raajada waxa loo diri doona Amina iyo dhakhtarkeeda, Dr. Molnar.

23.	What happens next?	Maxaa ku xigi doona?
	A few days later, Dr. Molnar gets a report from the doctor who checked Amina’s mammogram pictures.	Dhawr maalmood ka dib, Dr. Molnar ayaa warbixin ka heshay dhakhtarkii fiiriyay sawiradii raajada naaska ee Amina.
24.	Thankfully, Amina’s mammogram does not show cancer or other problems. Dr. Molnar is happy to know this. Amina got a letter telling her the good news.	Nasiib-wanaag, raajadii naaska ee Amina ma muujin kansar ama dhibaatooyin kale. Dr. Molnar wey ku faraxday ogaanshaha arintan. Amina waxay heshay warqad u sheegaysa war fiican.
25.	Amina was very happy when she got the news about the mammogram. At her next appointment with Dr. Molnar they talk about the mammogram. Dr. Molnar tells Amina that she is happy about the result.	Amina aad bey u faraxday markey heshay war ku saabsan raajada naaska. Ballantii ku xigtay oo ey la lahayd Dr. Molnar waxay ka wada hadleen raajada naaska. Dr. Molnar waxay Amina u sheegtay inay ku faraxsan tahay jawaabta ama natiijada.
	Dr. Molnar or the mammogram center will let Amina know when she will need to get a mammogram again – probably in 1 to 2 years.	Dr. Molnar ama xarunta raajada naaska ayaa Amina u sheegi doona marka kale eey u baahnaan doonto raajada naaska- taasoo ah qiyaastii 1 illaa 2 sanno gudahood.

26.	<p>But what will happen if you get a mammogram and a lump is seen in the mammogram pictures? You and your doctor will be contacted.</p>	<p>Maxaa dhici doona haddii lagaa qaado raajada naaska oo fud ama buruq lagu arko sawirada raajada naaska? Adiga iyo dhakhtarkaaba waa lala soo xiriiri doonaa.</p>
	<p>Then, you will probably be asked to have more mammogram pictures taken or other tests. This does not mean that you have cancer. Most of the time, a lump that is seen on the picture is not cancer. It could be swelling or thickening like a cyst or bump. But you and your doctor must be absolutely sure by checking more closely.</p>	<p>Ka dib, waxaa laga yaabaa in lagu weydiiyo in lagaa qaado sawiro dheeraad oo raajada naaska ama baadhitaano kale. Taas macnaheedu ma aha inaad qabtid kansar. Inta badan, buro mise fud lagu arkay rajada ma aha kansar. Wuxu noqon karaa barar ama dhumuc-weynaan sida dhulux ama meel fuursan. Laakiin waa in adiga iyo dhakhtarkaaga si aad ah u hubisaan idinkoo si soke u fiirinaya.</p>
	<p>But what is cancer? Let's learn more about cancer.</p>	<p>Laakiin waa maxay kansar? Aan wax ka ogaano kansarka.</p>
27.	<p>What is cancer?</p>	<p>Waa maxay kansar?</p>
	<p>Cancer is a disease that affects many people. There are many different kinds of cancer.</p>	<p>Kansarku waa jiro dad badan ku dhacdo. Waxa jira noocyo badan oo kala duwan oo kansar ah.</p>

<p>28.</p>	<p>Many people are frightened when they hear about cancer because they know that sometimes people die from this disease. Some people come from countries where medical care is hard to find or is very expensive. In those countries, many people who get cancer will die because they cannot get medical care. Many people survive cancer in the United States because we have an excellent health care system. We also have some tests, like mammograms, that can find cancer early.</p>	<p>Dad badan ayaa ka cabsooda marka ay maqlaan kansar sababta oo ah waxay og yihiin in marmarka qaarkood dadku u dhintaan jiradan. Dadka qaarkood waxay ka yimaadeen wadamo ay dhib tahay in la helo daryeel caafimaad ama uu aad qaali u yahay. Wadamadaasi, dad badan oo uu ku dhacay kansarka waa eey u dhimanayaan sababtoo ah ma heystaan daryeel caafimaad. Dad badan oo ku nool Maraykanka ayaa ka badbaada kansarka sababta oo ah waxaanu leenahay nidaam daryeel caafimaad oo aad u fiican. Waxa kaloo aan haysanaa baadhitaano, sida raajada naaska, oo goor hore heli kara kansarka.</p>
<p>29.</p>	<p>What is Breast Cancer?</p> <p>Breast cancer is a disease that affects many women. Women from every country in the world and of every religion get breast cancer. One in every 8 women living in the United States will get breast cancer, including Somali women. If the cancer is caught early, when it's very small, the chance is greater that a woman will survive and live a long and healthy life with treatment.</p>	<p>Waa Maxay Kansarka Naasku?</p> <p>Kansarka naaska waa jiro ku dhacda haweyney badan. Haweyneyo ka yimid wadamada kale duwan ee aduunka lehna diin kasta ayuu ku dhacaa kansarka naaska. Sideedii haweyen ee ku nool Maraykanka mid ayuu ku dhici doonaa kansarka naaska, eeyna ku jiraan haweynka soomaaliyeed. Haddii kansarka la helo goor hore, marka uu aad u yar yahay, waxey suurtagal u tahay oo ey badineysaa in haweyneydu badbaado oo ey ku noolaato nolol dheer oo caafimaad leh marka la siiyo daawo.</p>

30.	What causes Breast Cancer?	Maxaa Keena Kansarka Naaska?
	No one knows for sure what causes breast cancer. We do know that some things increase the risk of getting breast cancer, such as being over the age of 50 or having family members with breast cancer. But the reason most women get breast cancer is unknown. Many women with breast cancer do not have relatives who have cancer.	Qofna si hubaal ah uma oga waxa keena kansarka naaska. Waxa aanu og nahay in waxyaabaha qaarkood ay kordhiyaan halista in kansarka naasku uu ku dhici karo, waxyaabahaas waxa ka mid ah ka weyn da'da 50 sano ama qof ka tirsan qoyskaaga oo ey ku dhacday kansarka naaska. Laakiin sababta ey kansarka naasku ugu dhacdo badi haweenka lama yaqaano. Haween badan oo qaba kansarka naaska ayaan lahayn qaraabo ay ku dhacday kansar.
31.	We DO know that you can't catch breast cancer from other people,	Waxa aanu OG nahay in aadan kansarka naaska ka qaadi karin dadka kale,
32.	You cannot get breast cancer from an injury to your breasts,	Kansarka naaska kama qaadi kartid dhaawac gaarey naasahaaga,
33.	And, you cannot get breast cancer from breast feeding or from <i>not</i> breast feeding.	Sidoo kale, kama qaadi kartid kansarka naaska naas-nuujin ama adiga oo <i>aadan</i> naas-nuujin.
34.	What are some of the physical signs that something might be wrong with my breast?	Maxay yihiin qaar ka mid ah calaamadaha la dareemi karo in wax ka qaldan yahay naaskeyga?
	Some of the physical signs that something is wrong is that the size or shape of your breast has changed,	Calaamadaha qaar oo la dareemi karo in wax qaldan yihiin naaskaaga waxa ka mid ah cabirka ama qaabka naaskaaga oo isbeddelay,

35.	You feel a lump in your breast,	Waxaad dareemi fud ama buro ku jira naaskaaga,
36.	Your breast skin may look and feel different—thickened like an orange peel, or the skin color might be different, or the nipple may look different.	Waxa laga yaabaa in maqaarka naaskaagu yeesho arag iyo dareen ka duwan ka caadiga ah—sida isaga oo u adkaada sida qolofa liinta, ama waxa laga yaabaa in midabka maqaarku is bedelo, ama ibta ayaa si kale u eekaan karta.
37.	You notice fluid coming out of your breast nipple and you are not breast feeding.	Waxa aad aragtay dheecaan ka soo baxaya ibta naaskaaga adigoo aadan naas nuujineynin.
38.	Remember, a mammogram can help find breast cancer when it is very small, before you see physical signs. A breast lump needs to be about the size of a cherry before a woman can feel it herself. If breast cancer is found early, the chance is greater that a woman will survive and live a long and healthy life.	Xusuuso, raajada naasku waxay caawimaad ka geysan karta in la helo kansarka naaska marka uu aad u yar yahay, ka hor inta aadan arkin ama aadan dareemin wax calaamado ah. Fud ku jira naaska waa in cabbirkiisu la qiyaas yahay hal xabbo oo ah jeeri (cherry) ka hor inta aan haweenaydu iskeed u dareemin. Haddii kansarka naaska la helo goor hore, waxey suurtagal u tahay oo ey badineysaa in haweyneydu badbaado oo ey ku noolaato nolol dheer oo caafimaad leh.
39.	We hope that you understand more about mammograms and breast cancer! Talk to your doctor about mammograms and any questions you may have.	Waxa aanu rajeynaynaa inaad macluumaad dheeraad ah ka fahamtay raajada naaska iyo kaansarka naaska! Dhakhtarkaaga kala hadal raajada naaska iyo wixii su'aalo ah ee laga yaabo inaad qabtid.
40.	If you need assistance in finding free or low-cost mammograms here are some resources.	Haddii aad u baahan tahay in lagaaga gargaaro sidii aad u heli lahayd raajada naaska oo bilaash ah ama qiime jaban waxa halkan ku yaala qaar adeegyo ama hay'ado ku gargaari kara.