Mamoograamni maali?

Mamoograama jechuun suuraa (raajii) naqarsa harmaa barbaachaf ittiin gargaaramani dha. Qormaanni kun otuu dubartoonni of irratti hin beekin naqarsa arguu danda'a. Kanaafu, mamoograamni naqarsa (golfee) harmaa namarraa oolchuf qormaata hundumaa caalaa hojjeta.

- Naqarsi harmaa yoo yeroodhan argame, fayyuu ni danda'a.
- Dhukkubicha dafanii argachuun ykn ofirraa dhorkuun siif maatii keetiif gadadoo guddaa isin irraa hambisa.
- Dubartoonni naqarsaan (golfeen) qabamanii fayyan baay'en isaanii akkuma namoota kuunii jireenya badhaadhaa jirachu dandada'u.

What is a Mammogram?

A mammogram is a very safe x-ray picture of the breast and can find breast cancer even before a woman feels it. So getting a mammogram is the best way to prevent breast cancer.

- When breast cancer is found early, it can be treated.
- Prevention and early treatment of breast cancer will prevent pain and suffering for you and your family.
- Most women who are treated for breast cancer go on to live healthy, active lives.

Mamoograama kan isaan barbachisu eenyufaa dha?

- Balaan naqarsa harmaa dubartoonni akumma umridhan dabalaa deemaniin hammaataa deema.
- Dubartoonni umriin isaani 40 ol tahe waggaa tokkoo haga waggaa lamaa keessatti mamograaman illalllamuu qabu.

Image from NCI website:
www.cancer.gov

Who needs a Mammogram?

- A woman's risk for breast cancer increases with age.
- Women ages 40 and over should have mammogram tests every one to two years.

Argama (result) mamoograama

Qajeelaa (normal) jechuun waan badaan tokkolle hin argamne jechuuda.

Dubarttoonni mamoograaman illalamanii fayyaa tahu isaani beekame waggaa tokko tokkotti ykn lama lama itti mamoograaman of illaalun barbachhisaa dha.

Argama garmalee (abnormal result) jechuun jijjiramnii wayii harma keessatti argame jechuu dha. Garuu jijjiiramni hundi naqarsa (golfee) jechuu miti. Tokko tokkoon isaa garuu golfee tahuu dandaha.

Yoo mamoograamni kee garmalee (abnormal) tahe mul'ate baallama hakiima ke wajjiin qabdu ykn baallama warra raadioloji siif kenne duukaa bu'i.

Mammogram Results

Normal: A normal result means that there are no abnormal findings.

It is very important for a woman who has a normal mammogram result to get a mammogram every 1 to 2 years to be sure that new abnormalities do not develop.

Abnormal: An abnormal result means that some changes in the breast were found. Not all breast changes are cancer. Some breast changes may indicate cancer.

If you receive an abnormal mammogram result, it is very important to keep a follow-up appointment with your doctor or radiology department.

Argama (result) mamoograama dhagahuuf eggachuu

Haga argamni (result) mamoograamaa namatti himamutti cinqamuun waanuma jiru. Dubarttonni tokko tokko hirriba dhabuun fi waa tookko irratti yaada dachaafachuun hinrakisa taha. Yoo cinqiin kun isinitti hammaate hiriyaa ykn firoota keessaniti yaada keesan dhiheefadha. Dooktora ykn narsii keessanttis himchuu ni dandeesu. Erga argamni (result) isinnitti himamee boda odeeffanno caalaa dhagehuuf doktora ykn narsii keessanitti dubbadhaa.

Yaddachisa: keessattuu yoo qorannon mamoograama kanaa garmalee (abnormal) tahe, hakiima ke beellami wajjin haasawi.

Waiting for Your Mammogram Result

It is normal to worry while you wait for the mammogram results. Some women may have trouble sleeping, concentrating or doing everyday activities. If you are having trouble dealing with your worries, you may want to talk about your concerns with a family member or a friend. You can also ask your doctor or nurse about your concerns. Once you receive your mammogram results, you may want to get more information. Talk to your doctor or nurse.

Remember: It is very important to keep your follow-up appointments with your doctor as soon as possible especially if you have an abnormal mammogram!

Argamnii mamoogamaa erga garmalee tahe argamee booda

Argamni mamoograma erga garamalee tahe booda doktorri qorannoo itti fufa.

Klinikatti harma laalamuu: doktorrii ykn narsiin harma ni ilaalu.

Mamoograman gadi fageesani qoratuu: Harma irra deebi'anii rajii balaa itti nama hin ganneenii qoratu.

Ultra saawndii: danbalii sagalee kan friikonsii guddaa qabuun harma illaallu.

Argama qorannoo kanaa iratti hundeeffatee doktorrii qorannoon biraa hin barbaachisa jechuu danda'a. ykn immoo qorannoo biraa baayoopsi kan jedhaamuun akka lalamtuu murteessuu danda'a.

After an abnormal mammogram

After an abnormal mammogram a doctor may do more tests:

Clinical breast exam – A doctor or nurse examines the breast

Diagnostic mammography – Look at the breast again with more safe x-rays

Ultrasound – Look at the breast with safe, high-frequency sound waves.

Based on the results of these exams, the doctor may decide that no further tests are needed and no treatment is necessary. Or the doctor may decide that you need another test called a biopsy.

Baayoopsi (foon kutanii qorachuu)

Qorannon gad fagoo naqarsaa harma jadhanii himuuf kan dandeechisu foon xiqoo ykn (dhiiga) fuudhani qoratuu dha. Qorannoon kun baayoopsi jedhama. Yoo qorannoon kun badaa tahe, naqarsatu jira jechuu dha. Yaalamuun ke baay'ee barbaachisaa dha.

Hubadhu: Yoo naqarsaan (golfeen) yeroodhan argamee, fayyisuun ykn waldhaanun salphaa dha.

Biopsy

The only way to find out for sure if a breast abnormality is cancer is to have some breast tissue or fluid removed and examined under the microscope. This test is called a biopsy. If the biopsy result is positive, it means that tissues from the area contain cancer. It is important that you get treatment.

Remember: When cancer is found early, it can be easier to treat.

Naqarsaan (golfeen) harmaa akkamitti dhufa?

Baruma baraan biyya Ameerikaa kessatti. Dubartota 180,000 naqarsaa harmaa (golfee) godhatee muldhata. Qorattoonni maalif namoonni kuun golfee godhatani isaan kuun immo waan godhachuu dhabaniif baruu hindandeenye.

Haatahu malee, qaratoonni kun naqarsaan yakka ykn balleesa dubertootaa irra akka hindhufnee ni ammanu. Dubartitiin jireenya ishii keessatti naqarsi kan itti dhufu yakka ykn balleesa dalagdee miti.

Naqarsi harmaa dubartiii tokko irraa dubartii biraatti dabruu hindand'u. Nama irraa namatti waan dabru miti

Dubartiin tokko haati ykn obboleetin ishii naqarsa harmaa yoo qabaatte, ishiinille naqarsa horatuu nimalti. Kana jechuun garuu walitti dabarsu jechuu miti.

What causes breast cancer?

Each year in the United States, almost 180,000 women are diagnosed with breast cancer. Researchers are not sure why some people get cancer and other people do not.

However research shows that it is not the woman's fault. She has not done anything wrong in her life to cause breast cancer.

A woman cannot "catch" breast cancer from other women who have been diagnosed with breast cancer. It is not contagious. It is also not caused by an injury to the breast.

Research has shown that a woman's risk for breast cancer is higher if her mother or sister has had breast cancer. However, this is not because they infected each other.

Bifoota Naqarsa harmaa.

Naqarsaan harmaa hundi walfakkaata jechuu miti. Naqarsi harmaa turee ykn (dafee) argamuu danda'a. Naqarsaan harmaa erga argamee naqarsa akkami akka taheef sadarkaa inni irra jiru baruuf qorannon adda adda ni godhama. Yaalin isaatti akka bifa isaatif akka xiqinaaf hameenga isaatti godhama.

Types of breast cancer:

Every breast cancer case is not necessarily the same. Breast cancer can be found early or later (cancer stage). There are also different types of cancer cells. If breast cancer is found, more tests will be done to find out the specific type and stage. Treatment depends on the stage and type of cancer.

Yaali adda addaa

Dubartoonni yaalidhaan naqarsa harmaa fayyan jireenya dheera fi kan nagayaa jiraachuu danda'u . Kun kan tahuu dandahe yaalii mijaawarra kan ka'e.
Yaaliwwan haara fi bu'a qabeesa ta'an naqarsa harmaatif argamani jiru. Yaaliwwan kun salphaa ykn walxaxaa tahu dandahu. Yoroo baay'ee yaali bifa tokkoo oltu godhama. Yaalii akkamitu gaaridha jedhanii murteesuf dubartiinif maatin ishii dooktora wajjin marihachuu qabu.

Filmaata yaaliwwanni:

- Qalani baasuu (muruu)
- Carartaadhan gubuu (Raadiaion Teeraapii)
- Kemikaalan yaalu (Kiimoteraapii)
- Hormoon teraapi

Treatment Options

Many women who get treatment for breast cancer live long and healthy lives because of effective treatments. There are newer and more effective treatments for breast cancer. Treatment may be simple or more complex. Usually, more than one type of treatment is needed. To decide which is the best treatment, a woman and her family should talk to her doctor.

Some Treatment Options are:

- Surgery
- Radiation Therapy
- Chemotherapy
- Hormone Therapy

Qalani baasuu:

Kana jechuun naqarsicha (golficha) murani baasuu jechuu dha. Akkaataa naqarsaa qalanii baasuu kun bifoota adda addaa qaba. Tokko tokkoon isaa salphaa dha. Naqarsichumma fi foon naannno isaa jirtu murrani basuudha. Kun(Lampektomi) jedhama. Inni lammaffan naqarsichaaf foon qomatti naanna'ee jiru bal'inaan muruu dha. Kun wallakaa harmaa muruu jedama. Filmaanni sadaffaan harmichaaf foon naanno isaa jiran wlumatti qabanii muruu dha. Duuchaa harmaa muruu jedama.

Ijaa mamoograamni naqarsa harmaa yeroon arguu danda'uuf, dobartoonni dhukuba kanaan qabaman naanumu dhukubittin jirtu murani baasudhaan fayuu danda'u.

Surgery:

This involves taking out the cancer in an operation. There are different types of surgery depending on the cancer. Some surgeries are simpler. The surgery may remove only the cancer and some tissues around the area (called a lumpectomy). Another type of surgery removes the cancer and some of the other surrounding tissue such as the lining over the chest muscles (called a partial mastectomy). Yet another type of surgery removes the whole breast and some muscles around it (called a total mastectomy).

Because mammograms detect breast cancer early, some women only need a lumpectomy.

Carartaadhan gubuu (Raadiaion Teeraapii) raajii hubna qabeessa taheen gargaaramuun carartaan kun naqaarsi akka hingudane gubee ballessa. Yeroo baay'ee erga qalanii baasanii booda itti dhima bahu.

Radiation Therapy Using high-dose x-rays, radiation therapy kills cancer cells or keeps them from dividing and growing. Radiation therapy is usually used after surgery.

Kemikaalan yaalu (Kiimoteraapii) qorsa naqarsa ajeesun gargaaramu. Kuni yaali qalani baasu walin adeema.

Chemotherapy Anti-cancer medications kill or stop the growth of cancer cells. Chemotherapy is also used in combination with surgery.

Hormoon Teraapi Qorsa faallaa naqarsaa taheen. Qorsi kun hidda naqarsaa ajjeesee akka hin guddanne godha. Yaalin kunillee qalanii baasu wajjin waliin adeema.

Hormone Therapy There are oral medications that work to stop certain types of cancer cells from growing. A commonly used medication is called "tamoxifen".

Qorsa mukkeen ykn marga irraa argamu fi yaalii aadaa

Namoonii tokko tokko naqarsa fayyisuuf ykn ofirraa ittisuuf karaa qorsa aadatiin yaalu. Yaalin aadatiif qorsi ammayyaa waliin hojachuu nidanda'u. Lamaaninuu gargaaramu namni nama dhorku hin jiru.

Dubartiin tokko akka aadatin yaalamu yoo barbaaddee dooktora ishiitti himuun bayeessa. Akkas yoo tahe, qorsi lamaanuu otuu wal hin faalleessin akka hojjetu godhuu danda'ama.

Herbal Medicine and Other Traditional Health Practices:

Some people may want to try traditional health practices to prevent or treat cancer. Herbal medicines and traditional health practices can go hand in hand with Western medicine. One does not keep a person from using the other.

If a woman is interested in these treatments, it is important that she talks to her doctor so the treatments will not interfere in a negative way with any treatment she is already receiving.

Burqaa odeeffanno ka tolaa (bilaashaa):

Bilbilli kun tola. Bilbilaatii odeeffanno tolaa akka isiniif ergan gaafadhaa.

1. American Cancer Society (Jaarmaa naqarsa balleessuf dhaabate)
Afaan Inglizi 1-800-227-2345 (AT& T afaan Inglizii irraa afaan birootti namni namaa hiiku sa'aa 24 jira.

2. **http://www.ethnomed.org/** waaye naqarsaa odeeffannoo muraasa tahe argachuun ni danda'ama.

Free Resources:

Here are some resources for more information. The phone call is free and you can ask to have more information mailed to you for free.

1. **American Cancer Society**
English 1-800-227-2345 (Uses AT&T language line – Can get interpreter in non-English languages, 24 hours a day)

2. **http://www.ethnomed.org/** for limited cancer related information.

AVON FOUNDATION

We gratefully acknowledge the Avon Foundation for their support of this work.