Oromo

Susan G. Komen

Ergoota ofbeekuu armmaa

Kansariin armaa kansara yeroo baayyee dubartoota amerikaa dhaloota afrikaa irrati argamu. Yeroon bekuuniif yaala gaarii kansaraa armaatii argachuun carraa irraa afuu aka fooyyesu agarsiifameera.

1. Balaa sirra qaqabuu danda'u beeki

- ☐ **Matii kee wajjin dubadhu** waayee seenaa fayyaa matii keetii baruuf.
- ☐ **Doktara kee wajjin dubadhu** waayee ammam kansara armmaatif saaxilaa aka bawuu dandeessu.

2. Qulqulluu ta'uu kee ilaalami

- ☐ Yoo nama carraan saxila bawuu keetii ol'anaa taate qulqulluu ta'uu kee ilaalamuuf qorannoon akkamii aka sirrii siif ta'e **Doktara kee gaafadhu**.
- ☐ Umurii 40 jalqabdee yoo nama carraan saxila bawuu keetii walakkeessaa taate **mammogram (suuraa keessa armaa agarsiissu) ka'i**.
- ☐ **Qorannaa armmaa kilinikaan** yoo xiqate batii sadiyiti umurii 25 jalqabee, batii tokkoti umurii 40 jalqabee.ve a clinical breast exam.
- ☐ Yaadachiisa qorannoofi komen.org/reminder irratti galmaayi.

3. Waan siif sirrii ta'e beeki

- ☐ Jijiramoota kana armma kee irrati yoo hubatte nama yaala siif godhu biratti ilaalami:
  - Guroo, guduunffaa jabaa ykn furdina keessa armmaa ykn bobaa jalaa
  - Dhita'insa, o'a, diimina ykn gurrachina armmaa
  - Jiijirama arga ykn naqa armmaa
  - Dhooqatuu ykn dadacha'uu gogaa
  - Oksisuu, madaawu ykn shiffee fiixee armmaa
  - Keessati dhomoquu fiixee armmaa ykn kutaa armmaa biraa
  - Dhangala'aa fiixee armmaa keessa tasa jalqabu
  - Dhukubbii haraa idoo tokoo kan hin adeemne

4. Haala jireenyaa fayyaa keetif gaarii filadhu

- ☐ Ulfinaa fayyaaleessa ta'e eegi
- ☐ Jireenya kee guya guyyaati shakala ispoortii dabali
- ☐ Dhugaatii xiqeessi
- ☐ Fayyadamuu hormoonii yeroo dubartiin laguu argii itti dhabduu xiqeessi
- ☐ Armma osisi, yoo dandeesse

Odeeffannoo dabalataatif marsariitii keenya dowwadhaa ykn bilbila sarara-gargaarsaa kunuunssa armmaa irratti bilbilaa.

www.komen.org 1-877 GO KOMEN (1-877-465-6636)

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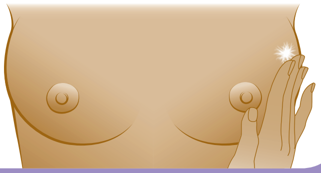
Waan siif sirrii ta’e beeki

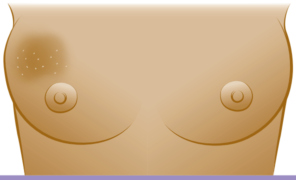
Mallatooni kansara armmaa dubartoota hundaafuu took miti. Armmi kee yeroo fayyaa qabu waan fakkatufi waan sitti dhagayamu beekun baayyee barbachisaadha. Jijirama wa’ii yoo hubate, nama yaala siif godhu biratti ilaalami.

Jijiramootin gabasamuu qaban kan dabalu:

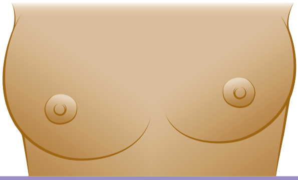
- Guroo, guduunffaa jabaaykn furdina keessa armmaa ykn bobaa jalaa



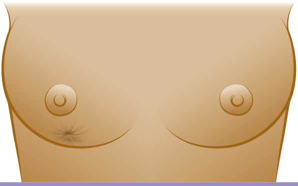
- Dhita’insa, o’a, diimina ykn gurrachina armmaa



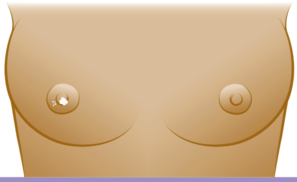
- Jiijirama arga ykn naqa armmaa



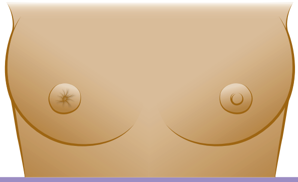
- Dhooqatuu ykn dadacha’uu gogaa



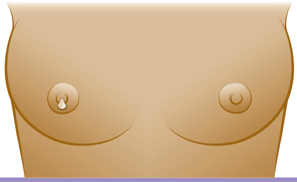
- Oksisuu, madaawu ykn shiffee fiixee armmaa



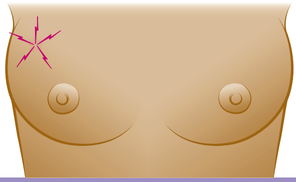
- Keessati dhomoqu fiixee armmaa ykn kutaa armmaa biraa



- Dhangala’aa fiixee armmaa keessa tasa jalqabu



- Dhukubbii haraa idoo tokoo kan hin adeemne



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