CHEROKEE NATION® Dhra Jhoj jecgavjt Mammography



- SV 아윤이 VZ -

OISH HODY LOCGOJOA DHEO JASOJT. UHAB JUCGOJOY OHE ZO DGJOY DUBOS IGY TEAO, HOY EGOVUJ FIT. OGW DUBOY OFOU AY JAOJ OLOJE AY, ERHOJ HERO. HOOF OSGIA LUGOMO ONSE DUBOY JAM DHEO FRT. DAOJH, VAG UVPA TJW AJEWH JUCGOJOY DO DASHJ JOUAPBJT.

· What is a mammogram?

A mammogram is an X-ray of the breast. It is the best screening tool we have today to find breast cancer early, when it is most treatable. It can find breast cancer when it is very small, even too small to feel. It can also detect abnormal changes to the skin and calcifications. Mammography does a good job of finding cancer for most women. However, it is most accurate when used with another screening test called clinical breast exam.

TYL S&T DLB@S OHGM& DOJ@E DHF@JHOJ JOCG@VJT.

Approximate Size of Tumors Found By Mammography

JCPのVJ ፀቴ ከAብዓ EVJ ወጌወ D\$W Compared to Commonly Used Coins

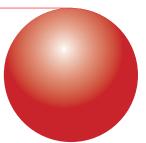
TYL OhGO OTAO OOJ OIJH DYDE &SJBL GLP JOCGOWO LOJDET. Average-size lump found by yearly mammogram when past films can be compared.

TYL OhGの& OIAの Ot TEふ OI5HHT OYRT. Average-size lump found by first mammogram.





TYL O'HGMWO O'IAM LOCGOJOET.
Average-size lump found by accident.





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

Susan G. Komen for the Cure® does not provide medical advice. Adapted from the Mammography Card, Item No. KOMEED007100 on 03/02/2012 with the permission of Susan G. Komen for the Cure. Prepared in collaboration with the Cherokee Nation Translation Department which provided the Cherokee language translations.

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പ്രസ്കക് Dof ടലക്ഷിക്കു ചക്കെ Dhr a Jho J Jecsawo Questions & Answers about Mammography

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-Are mammograms painful?

To get a good picture, the technologist needs to flatten the breast. You may feel some pressure, but it only lasts a few seconds. It shouldn't hurt. Let the technologist know if you feel any pain.

-ADƏ OƏS4A ASAHAƏY RƏSƏ ƏLMA?

DIO OOJ OBJI OOS4J JSTUJOY DYOE OISPHT. OOYO DLBOY OUJO, D4Z VAG OOJT. DOS4OJOE EHIR HSPOJOET. JOLCGOJOY OAM OUFE OF OISPH EGLOSTJ IR OOYO DOJOET.

-Is the radiation in mammography harmful?

A woman is exposed to a small amount of radiation during a mammogram. While the radiation exposure during mammography can increase the risk of breast cancer, this increase in risk is very small. Studies show that the benefits of mammography far outweigh the risks.

-SV ∿SWS DYY®J OI5FH?

SOSA APZPVA CAWA AWP AAGOVA SOSA OWYO TGWA JAOWLAA.

How can I get a mammogram?

Call your doctor for a referral.

-ЕТОВЛ ЬЬКӨ ФУ Ө५ ӨЗЬН?

SOSA IV& DSLAVA, OታወወA Medicare, JPDA LPEGPDE OßEH. D4DYH, SCPBA hERO ЉУ DO hG&O ЉУ DSLAVA A&P, OGCZEL AhOA OEGC ժክጓዐወዜብ 1-877 GO KOMEN (1-877-465-6636) ፀወУ D48 DO ShCE DVBA OL TV&T OIT.

·What if I cannot afford a mammogram?

Most insurance plans, including Medicare, cover the cost of mammograms. However, if you cannot afford one or do not have insurance, call our breast care helpline at 1-877 GO KOMEN (1-877-465-6636) for free or low cost options in your area.

Susan G. Komen Oay OOLOUJ AD hSwaA:

- blaa wczpva csciał blaa hapawo-awo igy prt.
- · SOSA APZPVA CH TCMA OF ACOM DLBAY OEGC.
- AAMA SOSA OAY TGAA OOLAPBVA CVA HA TGZ TGAL RCS4AVA AY.
- OßEH GYØJ ELSTBAR DLO'HØY O'SØA TGSJBL TGZ TGAL RGS4ØVJ ØY.
- Dhsosa oʻqlapsa vʻgapsa joja ano kt asabl Glp goʻql wpaa tosabl, doʻ blsabar oʻsala tosabl aqpawh.
- COLI TGPAVI AAN JAZI JOLI DY SARAKT DY EHR TCOLI OF ABA ANOSE CASAAVA ANO DSOSI
- GSBOJ OVAB ASA 46'hV& OOY RPO EG4MYOJ DLBOY JPOJ JOJT.

Susan G. Komen for the Cure recommends that you:

- Talk to your family to learn about your family history.
- Talk to your doctor about your personal risk of breast cancer.
- Ask your doctor which screening tests are right for you if you are at a higher risk.
- Have a mammogram every year starting at age 40 if you are at average risk.
- Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40.
- Know how your breasts look and feel and report changes to your health care provider.
- Make healthy lifestyle choices that may reduce your risk of breast cancer.