Idi ti o fi gbodo se ayewo omun lososu?

Ti a ba tete wadi ti asi se itoju arun jejere omun kiakia, Idaniloju fun iwosan ga. Tirna, ose pataki lati se ayewo lososu.

Igba ti ole se ayewo:

Se ayewo omun re leekan losu, ni bi ose kan lehin alejo re, nigba ti omun re owu ti osi gbekan. Ti oba je obinrin ti ki ri nkan osu, ye omun re wo ni ibere osu. Ti oba ti se ise abe fun nkan osu re, ba dokita re soro lori igba ti igba ti ole se ayewo.

Gbogbo obinrin ni owa nipo ewu!

Ewu le posi ti o ba:

- Ju omo aadota odun lo.
- Ni iya, egbon, tabi aburo ti oni arun jejere oyan.
- Ni arun jejere oyan ri.
- Dagba pupo ki oto dawo nkan osu.
- Bere si ri nkan osu ki oto pe omo odun mejila.
- Ti koja ogbon odun ki oto bi akobi re.
- Eniyan ti otobi koja ala.

3 Ona meta lati gbogun ti arun jejere Oyan:

1. Se ayewo pelu ero oyinbo lododdun.
2. Ri dokita lati se iyewo, tabi osise ile iwo-san lododun.
3. Ye ayewo oyan re lososu.

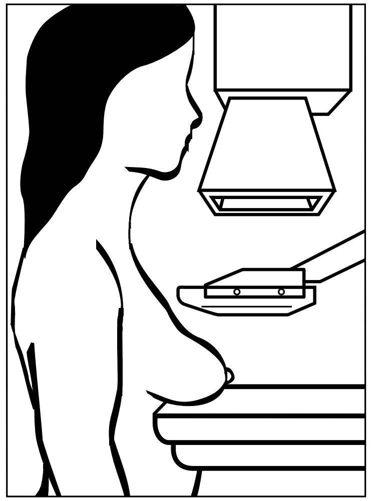
Igbese lati tele ti o ba ri koko:

Ti oba ri koko tabi ohun ajeji. O se pataki ki ori dokita re. Ma jaya. Ki se gbogbo koko ti owa ni oyan ni arun jejere.

Idi ti ofi ye ki o se ayewo lori ero oyibo ti nya oyan:

Mammogramu ni ero oyinbo ti nya onyan. O le ri arun jejere oyan ti ika o leri. Mamogramu je ona pataki lati wadi ati lati rii jejere oyan ti o kere. Lo se ayewo akoko ti oba pe ogoji odun ya foto yi ni eekan lodun leyin eleyi.

Yiya foto



Original text by:
Niccu Tafarrodi, Ph.D.
Donald Whipple Fox

Edited by:
Katherine Levin
Multicultural Committee Volunteer
Rosemary Park
University of Minnesota, Professor

Illustrations by:
Nickdokht Torkzadeh

Translated by:
Taiwo Olaleye

Modified by:
Ojuolape Olagbaju

For more information about our translators, visit our website.

This booklet was created in partnership with the American Cancer Society.
1-800-ACS-2345
www.cancer.org

Cross Cultural Health
crossculturalhealth.org

Breast Self-Examination
B . S . E .

© 2013 C.C.H.

Yoruba_b06-04

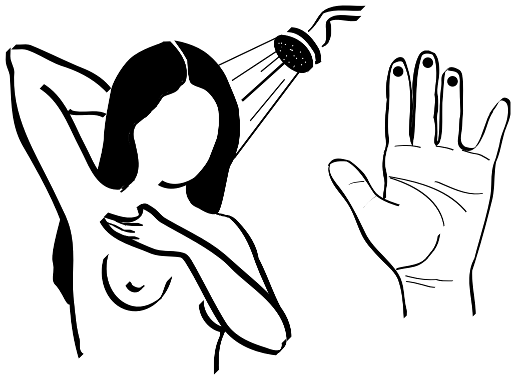
Yoruba
Breast Self-Examination

Bi ase nse ayewo oyan

3 Awon ona to rorun lati lora emi re ti oba tete wadi arun jejere omu.

Cross Cultural Health

1 Ni baluwe:



Owo re atutu asi rorun lati lokiri ara re.Pelu iwaju ika re, (Ki se ori ika), Te omun re dada. Lo owo otun re lati wo osi omu re, ki osi lo owo osi re lati wo otun omu re.

Kini kin nwa?

O nwa ohun ko hun ti oba le bi eewo, tabi koko.

Cch
Cross Cultural Health
crossculturalhealth.org

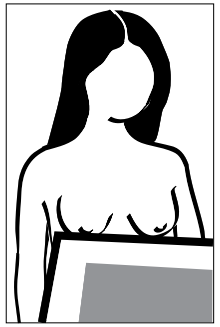
2 Ni iwaju digi:

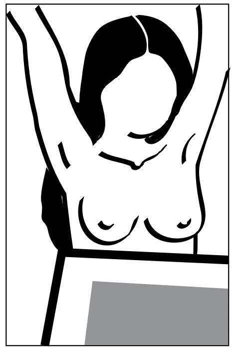
Nan owo re mejeji si ile. Wo boya iyato wa ninu bi ara re se ri, boya okere tabi otobi si. Tabi awo re nyipada. Wo boya ori omun re yato si bio se wa tele.

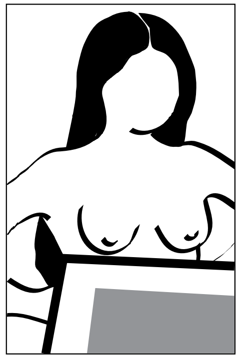
Ka owo re mejeji lori ki o se akiyesi bi ti akoko.

Ko owo re le itan ki osi ti aya re siwaju.

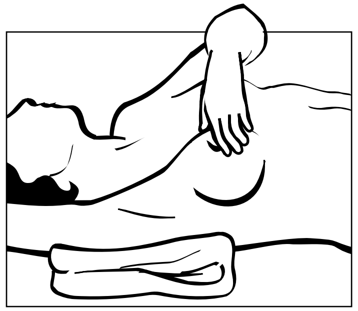
Wo ori omu re boya o somi, tabi awo re yipada.







3 Sun sile:



Gbe irori si abe omu ti o fe yewo. Eyi yio je ki omu re te dogba.

Fi owo otun re wo osi omu re, fi owo osi re wo otun omun re.

Se oye ki omu mi jora won dogba?

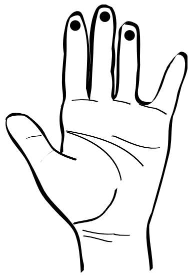
Omun re le ma jora tabi dogba Eleyi ki se wahala. Nkan ti onwa ni, iyato laarin bi eya, titobi, ati bi omun re se ri lososu.

Kini idi ti ose ye kin nse ayewo Omun?

Nipa sise ayewo omun lososu, wa mo bi omun re se ri ati bi ose ye ki o ri. Omun ma nni koko nigba kugba. Ti oba ri abami koko, lo ba dokita re soro.

Iru ika wo lo ye kin lo?

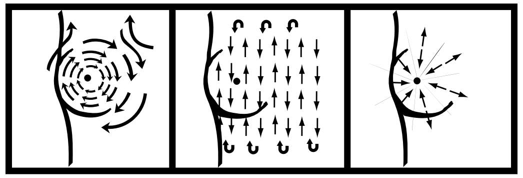
lo iwaju ika oruka re lati se ayewo omun re.



Iru ona wo ni kin lo?

Ye gbogbo omun re wo. Ma gbagbe isale orun ati abiya re.

Awon aworan (ni isale) fi ona meta ti afi le se ayewo omun. Yan eyi ti oba rerun ju fun o. Lo ona kan nan ni gbogbo igba ti o ba se ayewo omun re.



Se ayewo omun re nipa lilo awon apere ti afi han loke.

.Wo ori omun re (ma fun). Wo boya moun re nsomi tabi awo re npada

Omi omun le funfun osi le nieje. Ti omun ba nsomi, lo ri dokita re lesekese. Ye omun re mejeji wo bakana.

Se ayewo ohun ti o ri ninu omun mejeji sira.