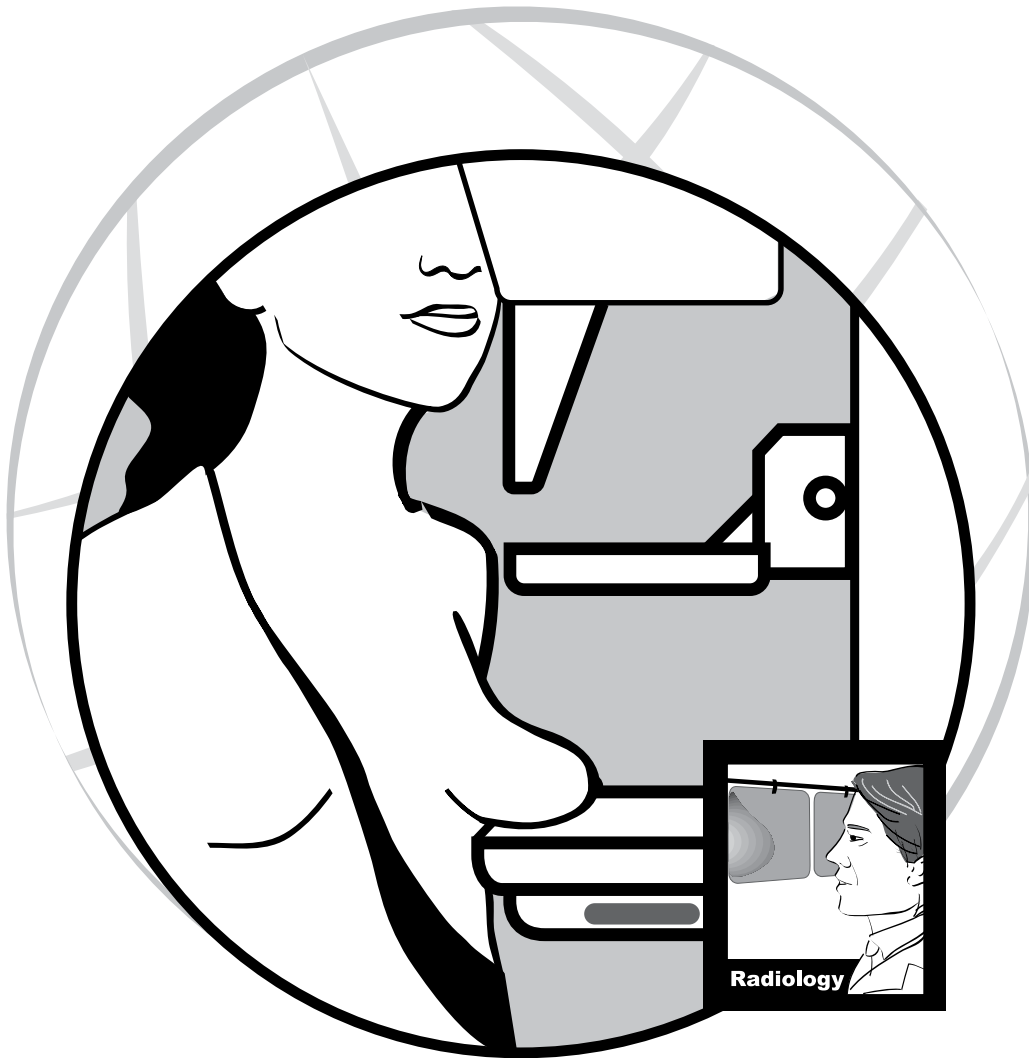


# Woman's Guide to Mammography

*Itonisona fun Obinrin Lori Mamogirafi*



## **Oro Akoso: Ki ni arun jejere?**

Orisirisi arun jejere ni o wa. Gbogbo orisi arun jejere ti o wa ni o maa nmu ki awon foran eran ara yipada, ki o si koja ohun ti agbara lee kaa. Opolopo orisi isupo fonran ara to je tarun jejere yii nii o maa ndi isu ti won npe ni koko oloyun. Isupo fonran eran ara ti o ndi arun jejere yii lee dagba lati koko oyun ki obe ki o be ki o si wo inu eya ara miran ninu ara. Ni pa be won a bere si dagba. Ki se gbogbo awon komo oyun wonyi ni arun jejere. Koko oyun ti ki ba se arun jejere ki se eyi ti o gbogun ti emi. Oruko fun koko oyun onijejere ni “iro buburu.”

## **Ki ni apere ti o koko n fi arun jejere han?**

Lati le tete mo arun jejere, awon eniyan ti o ni alafia gbodo se ayewo, koda bi won ko ri apeere arun kankan. Ero mamogiramu yio se afihan koko oyun bi obinrin ko tile ri ami jejere oyan.

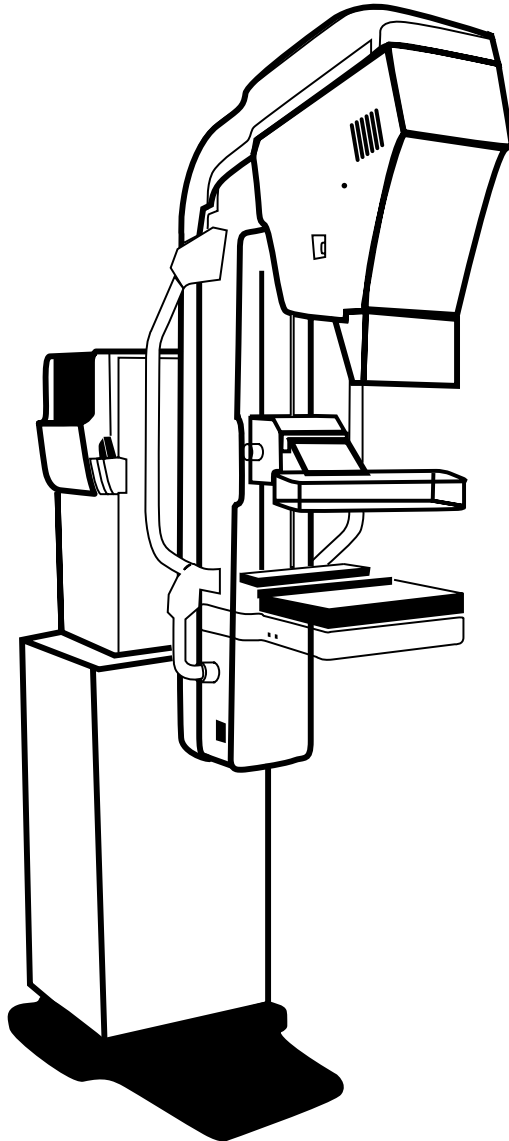
Opolopo obinrin ni o wa ninu ewu ti o ga lati ni arun jejere oyan ti won si nilo lati maa se ayewo loore-koore. Awon Itonisona wa lati mo arun jejere oyan. Ba noosi tabi onisegun Oyinbo re soro lori ohun ti o ye o. Ojo ori re je itonisona lati se ipinnu awon ayewo sise.

**Egbe Arun jejere Amerika so wi pe o nilo lati ni manogiranmu kan ni odoodun ti o ba ti pe ogoji odun ati jubee lo.**

## **Ki ni mamogiramu?**

Foto ayewo ti oyan (x-ray of the breast) eyi ti o nlo itansan kekere. Ti o ba ni mamogiramu, o o duro ni egbe ero yii, akose mose kan yio gbe oyan re si ibi ti o ye lati yaworan. Oyan re yio si wa ni aarin awo perese sisu meji. Awon Awo perese yii a mu ki oyan te perese eyi ti o nje ki foto ayewo se se. O si tun gbodo se ayewo oyan lodo awon onisegun Oyinbo ati olutoju alaisan.

### **Aworan ero mamogiramu:**



## **KINI OHUN TI O JO LATI NI MAMOGIRAMU?**

### **Se foto ayewo inu ara ko lewu?**

O le ni ogun odun ti ero mamogiramu ti wa ti iyipada ti wa gidigidi. Lonii ipo titasan kere niye beeni ko si nipalara.

### **Se o ndun ni?**

Aro gbodo fun oyan lati ri aworan daradara. Awon obinrin miran rope ifunpo pinpin ati wi pe o lee fa inira Bintin. Sugbon ko ju “ogbon iseju aaya.”

### **Se o maa go ni?**

Rara, o o duro ni egbe ero, olutojo alaisan yio se iranlowo nipa fifi oyan si ori awon perese sisu kan. Awo perese sisu keji yoo si wa ni ori re fun iseju aaya die, oyan yio si pa pelebe die lati ri aworan ti o jagara.

## **N je o won?**

Eron mamogiramu kan le je aadota egberun Naira si igba egberun Naira. Adojutopo ilera le se eyi. Se iwadi. Ti inawo ba je aniyani, awon mamogiramu olowo pooku ati ofe wa. Elegbogi itoju n san owo ero mamogiramu kan ni odoodun fun awon obinrin ti won bati pe odun marun-un-dinlaadorin ati ju bee lo. Egbe Arun Jejere Amerika yio da o lekoo lori ero mamogiramu ti ofe ati eyi ti iye re kere. Te ago 1-800-ACS-2345.

## **Ibo ni mo ti leri mamogiramu kan?**

Ti oba ni onisekun Oyinbo, beere lowo re ibi ti o ti le ri ero mamogiramu kan. Opolopo eka ile ilera ti gbogbo gboo, ile itoju alisan ati ile iwosan awon obinrin oni mamogiramu. Fun iranlowo lati ri ibiti ojulowo mamogiramu, pe Egbe Arun Jejere Amerika lori ero 1-800-ACS-2345.

## **Ki ni yio sele ti mo ba ri arun jejere oyan?**

Opo isu ki se arun jejere fun idi eyi onisekun oyinbo re yio se ayewo lati ri daju ti isu naa ba je arun jejere ni tabi bee ko. Ti o ba je arun jejere ni, onisekun oyinbo re yio ba o soro lori bi aa se n ttoju re. Ranti pe ti arun jejere oyan ba tete yoju iru obinrin naa ni anfaani tabi gba itoju arun jejere orisirisi. Egbe Arun Jejere Amerika le da o leko won si tun lee keki o darapo mo awon obinrin ti won ti ni arun jejere oyan ri. Te ago 1-800-ACS-2345.

## **Kini idi ti o se pataki fun mi lati ni ero mamogiramu?**

- √ Ti tete se awri jejere oyan lee gba emi la.
- √ Bi o se ndagba bee ni ewu si arun jejere oyan n posi. Gbogbo arun jejere oyan ti o nsele o ju idaji lo ti ti on nsele si awon obinrin ti o ba ti le ni aadota odun.
- √ Opo obinrin ti won ni arun jejere oyan yii ko ni itan re ninu ebi won.
- √ A Tete mo saba ma npe fun ise abe kekere.
- √ Ninu mamogiramu rorun ju bi o se ro lo.
- √ Ini eyo mamogiramu leekan lodun n se iranlowo ifini lokan bale.

**Ki o bere sini mamogiramu ni odoodun  
ki o to di pe o Ogoji odun.**

**Ti tete sawari aarun jejere oyan le gba emi la!**

## **Itumo Oro**

**Fonran Eran ara:** Ohun ti o ndi eran ara

**Awotan:** Wiwo aisan tan patapata

**Ifihan:** Sise iwari ti o n mu aisan wa

**Imo Aisan:** Sise iwari ti o n mu aisan wa

**Itosona:** Didari si ona rere

**Ti ogun:** Didari si ona rere

**Idaduro:** Mimu duro

**Itansan:** Imole ina mamogiramu

**Amin Arun:** Apeere arun

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A Woman's Guide to  
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