

*He mau mana'o na ka po'e Hawai'i i
ola i ka ma'i 'a'ai waiu*

Ka Loa'a 'ana ia Makou ka Ma'i 'A'ai Waiu





Mahalo piha i kēia po'e 'ōiwi Hawai'i i ola i
ka ma'i 'a'ai waiū. E mau ka ho'olana
mana'o o ko lākou mau mo'olelo i ala ai ko
kākou mau mana'o e mālama pono iā
kākou iho e like me ko kākou aloha maoli i
ko kākou mau 'ohana pono'i iho.

Gloriann Akau, Hawai'i
Gwendolyn Pua Borrero, Lāna'i
Abigail H. L. Burgess, Moloka'i
Leni Hokoana English, Maui
Cindy Leimomi Goodness, O'ahu
Pele Hanoa, Hawai'i
Keikilani Harada, Kaua'i
Karen Joao, Moloka'i
Susan Kahawai, O'ahu
Daveanna M. "Steady" Kaowili, Maui
J. Mahealani McClellan, O'ahu
Beatrice H. Rosa, O'ahu



*Hana 'ia na Papa Ola Lōkahi, 222 Merchant St. Honolulu, HI 96813
Ho'olako 'ia ke kālā na The Susan G. Komen Breast Cancer Foundation*

*Kōmike hana puke ho'olaha: Christine Makua Van Epps, Gayle Haunani Mackura and
JoAnn Umilani Tsark. Mahalo nō o Helen Friend no ke ki'i kaha i hō'ike 'ana o Kualoa.
Ho'onohonoho Puke: RinDesign.*

*Ke ho'omaika'i aku nei nō ho'i mākou i nā kumu ho'ohālike no kēia papahana, 'o ia
ho'i, ka pa'a puke mo'olelo a ka Native American Cancer Initiatives, Inc. (na
Burhansstipanov L, 1999), a me Pathways to a Healty Life: Breast Cancer Awareness,
kāko'o o Breast Cancer Project #9820 mai o Susan G. Komen Breast Cancer Foundation.*

Loa'a he mau 'ano o ka huli 'ana a
 Loa'a ka ma'i 'a'ai waiu. Aia ke ola i
 ka loa'a koke 'ana. He loa'a ka ma'i 'a'ai
 waiu i ka wahine nona ka ma'i, kona
 kauka, a i 'ole, ma ka hana mammogram.



'O ko'u loa'a mua 'ana i ka ma'i 'a'ai
 waiu, aia i ka makahiki 1980...Ua 'ike 'ia
 ma ka hō'ike biopsy ua loa'a ka ma'i 'a'ai,
 no laila, ua 'o'oki 'ia ko'u waiu. I loko o
 1985, ua mau nō kahi pilikia o kekahi waiu
 o'u, a 'ano 'ē nō...Ua ho'omaka e 'ula kahi o
 ka maka, a i ka hana 'ana i ka biopsy, he ma'i
 'a'ai nō. No laila, ua 'o'oki 'ia kēlā waiu kekahi. No
 laila, ua 'oki 'ia nā waiu 'elua o'u. *Bea Rosa, nā
 makahiki 70 20 makahiki o ke ola 'ana*



Ua ho'omaopopo 'ia wau no ko'u loa'a
 'ana i ka ma'i 'a'ai waiu...ma hope o...ko'u
 huli 'ana no'u iho a loa'a...Ua ha'i aku au i
 ko'u [kauka]...Ua 'ano oloolo a 'ano like ka
 pu'u me ke kino o ka pinaki. 'A'ole 'o ia i
 pū'iwa nui loa, akā, kuhikuhi mai 'o ia...e
 nānā 'ia... 'A'ole wau i kānalua nui loa i ia man-
 awa... 'A'ole au i 'upu e mohala maoli ana ka ma'i
 'a'ai...Ua hui aku au me ke kauka 'oki...a like [kāna
 'ōlelo] no ko'u 'ōpiopio, 37 o'u makahiki i ia manawa...
 Ho'ouna 'o ia ia'u e hana i ka mammogram...No'ono'o
 au, i kēlā lā o ka mammogram, ma hope o ka nānā 'ana
 o ke kauka pa'i ki'i, nāna i ho'oponopono no ko'u 'oki 'ia
 'ana...He ma'i 'a'ai nō. *Leni Hokoana English, nā
 makahiki 30 2 makahiki o ke ola 'ana*

Ke loa'a koke ka ma'i 'a'ai waiū, e ola nō he 9 o kēlā me kēia 10 wahine i loa'a i ka ma'i.



‘Ano ‘ē nō, i kahi manawa, e ‘au‘au ana wau, a ‘ōlelo aku au i loko o‘u, “Auē...” Me he mea lā, he pu‘u li‘ili‘i. No laila, i ko‘u kūkā ‘ana me ke kauka... ‘ike ‘o ia he [ma‘i ‘a‘ai.] Ua ho‘ā‘o aku au e kama‘ilio me kekahi po‘e no ka ma‘i ‘a‘ai [waiū]...a nānā mai lākou ia‘u me ka hoihoi ‘ole. A ‘ōlelo aku au, “ ‘Ē, he mea ko‘iko‘i nō kēia! Mai kali a kū hāiki loa, no ka mea, i ia manawa, ua lohi loa.” *Abigail Burgess, nā makahiki 70 12 makahiki o ke ola ‘ana*

I kekahi lā, e noho ana au ma luna o ka moe, a kau ko‘u lima ma luna o ko‘u waiū hema a loa'a kēia pu‘u li‘ili‘i...Ko‘u no‘ono‘o mua, “He aha kēia?” a laila, ‘ōlelo aku au, “ ‘A‘ole hopohopo, no ka mea, ua like nō paha me ko mā mā - he wahi pu‘u momona paha”...‘A‘ole au i pū‘iwa nui i ia manawa...a hiki i ko‘u wā i hele ai e hui me ke kauka, a ‘ōlelo mai ke kauka ua pono au e ‘oki ‘ia...‘Ōlelo ‘ia he ma‘i ‘a‘ai nō ko‘u. Ua pū‘iwa nō au, a uē nō ho‘i, no ka mea, ke ‘oe lohe i kēia ‘ōlelo MA‘I ‘A‘AI, nui ka maka‘u.
Keikilani Harada, nā makahiki 40 4 makahiki o ke ola ‘ana





I ka loa'a 'ana ia'u he pu'u ma ku'u waiū, 'a'ole he mea ma'amau ia'u ka nānā 'ana... Nānā hou wau i ka hala 'ana o kekahi manawa he 2, 3 paha pule e 'ike inā e loli ana paha, a 'a'ole i loli iki. Akā, i ia manawa, ua hiki nō ke 'ike 'ia...Ua hana 'ia ka mammogram a loa'a akula he pu'u 'ano 'ē ma ku'u waiū...he ma'i 'a'ai nō... *Susan Kahawai, nā makahiki 40 2 makahiki o ke ola 'ana*



I ko'u manawa i nānā 'ia ai, he 28 o'u makahiki...Ua 'ike au ua nui ka luhi o ko'u kino no kahi o ka hapalua makahiki ma mua aku, akā, 'a'ole nō wau i no'ono'o iki he ma'i wau. Maika'i wale nō ko'u olakino. Ho'oikaika kino pinepine nō au...Ua loa'a nō ia'u he pu'u...he 3-6 māhina ma mua aku, akā, 'a'ole au i mana'o he loa'a ka wahine 'ōpiopio e like me a'u i ka ma'i 'a'ai waiū...Ua 'ano 'ike nō paha wau i ka loli 'ana o ia mea...a kāpae wale nō au. A laila, loa'a hou ia'u ka pu'u, a i kēia manawa, 'oi aku ka nui - ua like me ka pinaki ke 'ano...a 'o ia ko'u mea i pū'iwa ai ka no'ono'o... A no laila, hui wau me ke kauka...Akā, no'ono'o au, 'a'ole au makemake e hele i ke kauka a ha'i 'ia wau, "Lōlō wale nō 'oe, 'a'ole 'oe e no'ono'o pono nei." He mea 'ole paha. No laila, he mea nui ia'u ka hele 'ana e nānā 'ia. *Cindy Goodness, nā makahiki 20 1 makahiki o ke ola 'ana*



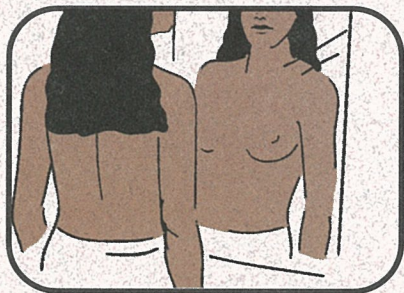
Nāu Nānā Nou iho



E ma'a 'oe i ka hana pēia i kēlā mähina kēia mähina inā piha iā 'oe 18 a 'oi mau makahiki.

Ho'okahi a 'oi paha manawa o ka mähina, ma kahi o ka manawa like o ka mähina...

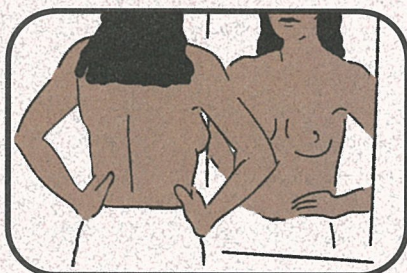
1 E NĀNĀ PONO inā he mea 'ano 'ē paha o kou waiū ke kū 'oe i mua o ke aniani kū. E mā'ama'ama kūpono ke kukui.



Inā loa'a iā 'oe kekahi mea 'ano 'ē e like me ia i hō'ike 'ia ma kēia 'ao'ao a'e, e 'eleu 'oe i ka hele e hui me kou kauka.

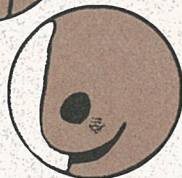
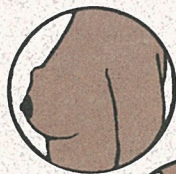


Ma kou nānā pinepine 'ana nou iho, pēia e kama'āina loa ai 'oe i kou kino pono'i.



Nā Hō'ailona e Maka'ala ai

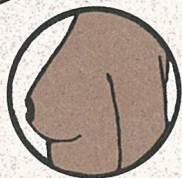
❖ He pu'u ma ka waiū i 'oko'a kona 'ano mai nā wahi a puni ke kaomi 'oe. I ka nui o ka manawa, 'a'ohē 'eha o ka pu'u.



❖ He loli o ka nānā 'ana o ka 'ili. I kekahi manawa, e like ke 'ano o ka 'ili me ka 'ili hua 'alani ma ke kaomi me ka nānā 'ana.

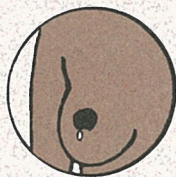


❖ He mino a i 'ole he pelu paha ma ka waiū



❖ Pihō ka 'ōmaka i loko

❖ He kulu ka maka (he koko, he pilau paha)



❖ He pehu, he 'ula, a i 'ole he wela 'o loko o ka waiū. Wela kahi pehu ke hāhā a'e.

Inā 'ike 'oe i kekahi o kēia mau 'ano mea 'ano 'ē, 'a'ole e weliweli. E 'eleu e nānā 'ia kou mau waiū e kou kauka a i 'ole ke kahu ma'i.

Nāu nō Nānā Nou iho, ho'omau 'ia

Ho'okahi a 'oi paha manawa o ka māhina, ma kahi o ka manawa like o ka māhina...

2 E HĀHĀ i nā wahi a pau o nā waiū pākahi a me nā pō'ae'ae e huli i ka pu'u a i 'ole ka 'ili mānoanoa—



—iā 'oe e 'au'au ana. 'Oī aku ka ma'alahi ke pulu a pakika i ke kopa.



—iā 'oe e moe ana.

Aia ke ola i ka huli koke a loa'a ka ma'i 'a'ai waiū ma ka nānā pono 'ana a ma ka mammo-gram nō ho'i.

Ua 'ike nō au i nā hō'ailona. Ke hiamoe au, me he mea lā, ua 'ano 'ē ko'u kino. Ua 'ano 'eha iki ma ko'u 'ao'ao hema a no'ono'o au, 'o ia ko'u pu'uwai, no laila, ho'i aku au i ke kauka a ha'i wau iā ia, " 'Ō, ko'u pu'uwai, ua 'eha. Ua pilikia nō paha." No laila, hana 'o ia i ka EKG ma luna o'u...ua maika'i nō ko'u pu'uwai... a hala 'eono māhina, pa'i 'o ia i ke ki'i hou iā loko o'u, a loa'a he pu'u li'ili'i... 'A'ole i hiki iā lākou ke 'ike pono a...hana lākou i ka biopsy... kāhea mai ke kauka ia'u a 'ōlelo ia'u...ua mohala - a ua pono e lapa'au 'ia 'ānō ma hope e laha aku. No laila, ua lapa'au 'ia... *Gwen Borrero, nā makahiki 50 2 makahiki o ke ola 'ana*



I ka makahiki 1969, ua kulu ko'u waiū...mai ka maka...ua hele a 'ōma'oma'o ko'u mau lole palaka a pau...me he mea lā, e hānai pēpē ana wau i ia manawa...Hele wau i Honolulu...no ka hana i ka mammo-gram...Ua pono e 'o'oki 'ia nā waiū 'elua... 'A'ole ia he mea e hilahila ai...I kēia manawa, 'a'ole pilikia, nīnau au i ke kauka, " 'Ē, 'o kēia nō paha ka manawa e nānā 'ia mai ai wau, 'a'ole paha?" *Karen Joao, nā makahiki 70 30 makahiki o ke ola 'ana*

Emālama pono iā 'oe iho, no kou pono
Ea me ka pono o nā po'e aloha iā 'oe.
E nānā pono iā 'oe iho i kēlā mähina
kēia mähina a e 'eleu ma ka ho'opa'a
mau 'ana i ka mammogram.



No laila, ua hele aku au e nānā 'ia ka pu'u. He pu'u li'ili'i nō...Ua pono e 'oki 'ia...Ho'omaka lākou i ka huli 'ana, a 'a'ohē wahi mea i loa'a...Ua hana wau i ka mammogram i kēlā me kēia mau māhina. A laila, 'ōlelo mai lākou, " 'Ō, loa'a hou." Nō laila, hana lākou i ka biopsy...a laila, ua pono au e 'oki 'ia. *Pele Hanoa, nā makahiki 70 4 makahiki o ke ola 'ana*

Ua nui ko'u pū'iwa, no ka mea, 'a'ole i loa'a nā hō'ailona. A laila, ua nui nō ho'i ko lākou pū'iwa i ka nui o ka 'ino...ua 'o'oki koke lākou... Mahalo wau i ko'u kauka no ke kuhikuhi mau mai e hana wau i ka mammogram. I ka makahiki 97, ua loa'a ke kiko. Ma ka hana hou 'ana, 'a'ole i loa'a. Ho'okahi hou makahiki me ka hapa, ma 98, ma ia waiū like nō - ua 'ano like ke ki'i me 'elua pohā 'ana, 'a'ole he kiko. Ua like me ke kā'ei hōkū o ka lani. Ua loa'a 5 pu'u ma'i 'a'ai.
Gloriann Akau, nā makahiki 60 2 makahiki o ke ola 'ana





Ua ‘ano ‘ē nō ka loa‘a ‘ana ia‘u. Ua no‘ono‘o nui au ua ‘ano ‘ē nō paha kekahi mea o ko‘u kino, akā, ua ‘ano lō‘ihi nō ‘a‘ole wau i nānā pono i ko‘u waiū no‘u iho...Ua mana‘o wau ua ‘oi aku ke kaumaha o ko‘u waiū hema [i ka waiū ‘ākau]...Ua ‘ike nō wau ua pilikia kekahi mea o ko‘u kino, akā, ‘a‘ole wau i maopopo pono. ‘A‘ole wau i ‘ike i ka mino a i ‘ole kekahi mea ‘ano ‘ē ma ko‘u nānā ‘ana i loko o ke aniani kū. No laila, i kekahi pō, ua loa‘a ka pu‘u ia‘u...ma kahi o ke kenikeni hapa‘umi kona nui...‘Ōlelo mai ke kauka ‘oki, “He pu‘u [cyst] i piha i ka wai, akā, no ka loa‘a o ka ma‘i ‘a‘ai i loko o kou ‘ohana, maika‘i nō paha ke wehe ‘ia.”...[ua ho‘omaopopo ke kauka] ua loa‘a he mau hunaola [cell] ‘ano ‘ē...he ma‘i ‘a‘ai nō...Ua ‘oki ‘ia ka pu‘u. *J. Māhealani McClellan, nā makahiki 50*
9 makahiki o ke ola ‘ana



I ka makahiki 1989,...ua mane‘o ko‘u mau pō‘ae‘ae...no laila, wa‘u au...a loa‘a ia‘u kēia pu‘u. Ua nānā aku au a ‘a‘ole wau i ‘ike, akā, ho‘opā wau a loa‘a. Ua ho‘omaka wau e ho‘one‘ene‘e aku i ia mea e like me ka lomi ‘ana i ka pālolo...I ka makahiki 98, ua loa‘a ia‘u he pu‘u hou - ma ia ‘ao‘ao nō, a like kona nui...No laila, ‘o ia ihola ka manawa i koi mai ai ke kauka e ‘o‘oki ‘ia ko‘u waiū.
“Steady” Kaowili, nā makahiki 50 *10 makahiki o ke ola ‘ana*

lā wai lā wau e kāhea ai i kōkua?

‘O ka ‘oi ‘o kou kauka ponoī a i ‘ole kou hui lawelawe lapa‘au. Inā ‘a‘ole loa‘a, e kāhea i ka Native Hawaiian Health Care System ma kou mokupuni:

Kaua‘i, Ni‘ihau

Ho‘ōla Lāhui Hawai‘i
(808) 246-3511

O‘ahu

Ke Ola Mamo
(808) 533-0035

Moloka‘i

Nā Pu‘uwai
(808) 560-3653

Lāna‘i

Ke Ola Hou O Lāna‘i
(808) 565-6608

Maui

Hui No Ke Ola Pono
(808) 244-4647

Hawai‘i

Hui Mālama Ola Nā ‘Ōiwi
(808) 969-9220

He mau hui koe e kāhea ai no kahi ‘ike:

American Cancer Society

(800) 227-2345

Cancer Information Service

(800) 422-6237