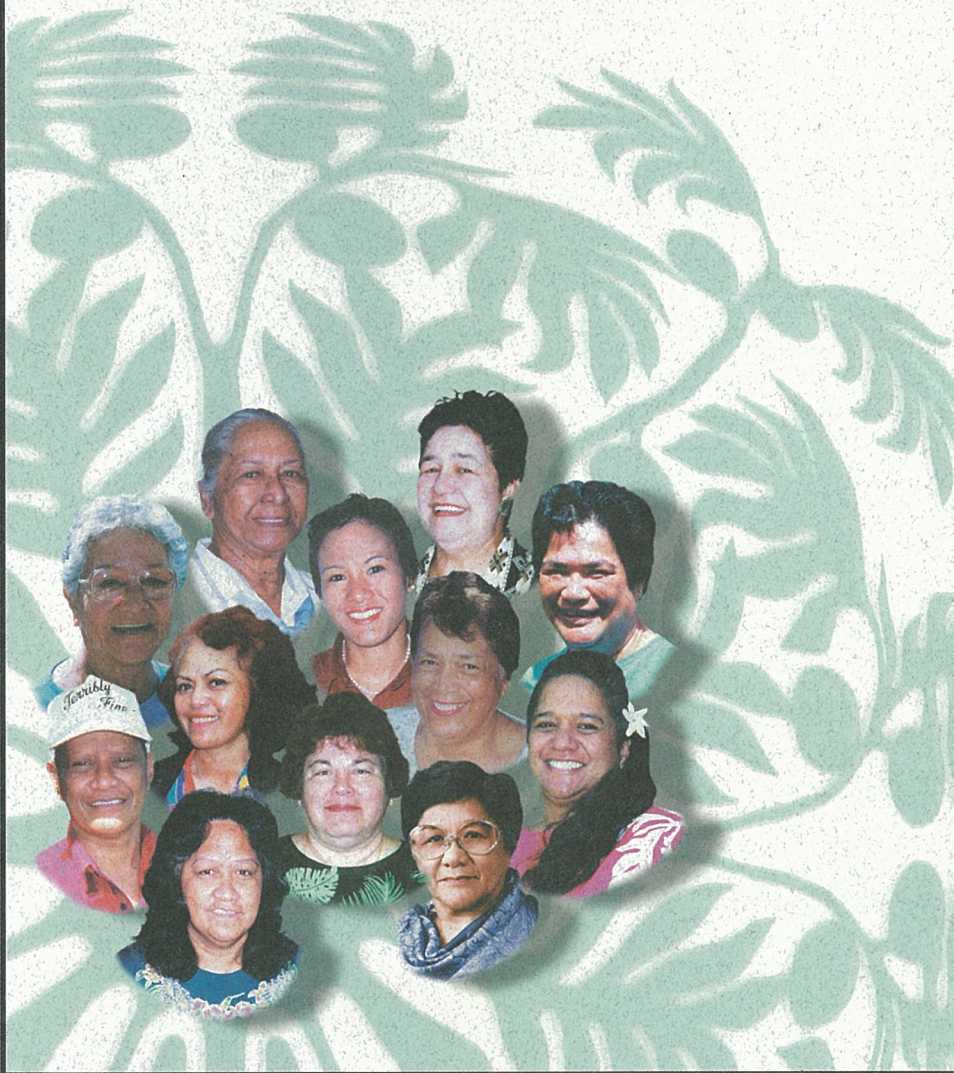


*He mau mana'o na ka po'e Hawai'i i
ola i ka ma'i 'a'ai waiu*

Ke Ola o ka 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.*

E Huli 'ia Oi 'Ōpiopio!

...‘O ka mea nui o ka nānā ‘ia [o ka waiū], no ka mea ho‘i, nui ka po‘e aloha me nā hoaloha pū e kaumaha nui ana ‘a‘ole ‘oe loa‘a hou ma kēia ola ‘ana...‘O ka po‘e i ha‘alele ‘ia mai, ‘o lākou nō ho‘i ke ‘eha‘eha nui. *Gwen Borrero, nā makahiki 50*



Mai ka makahiki 18 a ‘oi:

☘ Nāu e nānā pono i kou waiū pono‘ī i kēlā me kēia māhina.

☘ Na ke kauka e nānā pono i kou waiū i kēlā me kēia makahiki.

Mai ka makahiki 40 a ‘oi:

☘ E nānā pono ‘ia kou waiū ma ka mammogram i kēlā me kēia makahiki.

E hui me kou kauka inā loa‘a he mea ‘ano ‘ē ma kou waiū a i ‘ole inā loa‘a ka ma‘i ‘a‘ai waiū ma kou mo‘okū‘auhau. E makemake ana paha ke kauka e ‘oi aku ka pinepine o kou nānā ‘ia e ia a i ‘ole e nānā ‘ia ‘oe ma mua o kou makahiki 18.

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.

***Maopopo i ka po'e ola i ka ma'i 'a'ai waiū
he mea nui e nānā 'ia 'oe e ke kauka.***

I kekahi manawa, ulu mai ka 'ike papana'au o ka wahine... e hō'ike ana ua pilikia 'oe ma kekahi 'ano, akā, 'a'ole paha 'oe 'ike loa i ke 'ano...E hele wale nō e nānā 'ia. 'A'ole hewa o ka nānā 'ia.

Keikilani Harada, nā makahiki 40



'A'ole nō wau i 'upu iki he loa'a nō ka wahine i ka ma'i 'a'ai waiū i kona mau makahiki iwakālua...ua 'ōpiopio loa nō au ...no'ono'o akula wau no ka po'e wahine o'o loa i piha nā makahiki ho'oki'o...

*Cindy Goodness,
nā makahiki 20*



'A'ole e 'ulolohi a pilikia ka no'ono'o a kānalua paha i ka hui me ke kauka no ka nānā 'ia mai...Malia paha 'a'ole he ma'i 'a'ai. Akā ho'i, he emi maoli ka pākēneka o ka loa'a maoli i ka ma'i 'a'ai. He makepono ke ho'omaopopo a'e - i maha kou no'ono'o...

*Cindy Goodness,
nā makahiki 20*



No kona (ko'u makuahine) loa'a i ka ma'i 'a'ai waiū, mau kāna 'ōlelo mai iā mākou, "E a'u mau kaikamāhine, e nānā pono, no ka mea, ua 'ike 'oukou ua loa'a wau i ka ma'i 'a'ai waiū. No laila, e ao 'oukou, e nānā 'ia mai 'oukou e ke kauka a hana 'oukou i nā mea a pau e palekana ai." No laila, hana nō wau pēlā...Ha'i mau wau i ke kauka he loa'a ka ma'i 'a'ai waiū i loko o ko'u 'ohana... J. Māhealani McClellan, nā makahiki 50

Nānā 'ia ka Waiū e ke Kauka

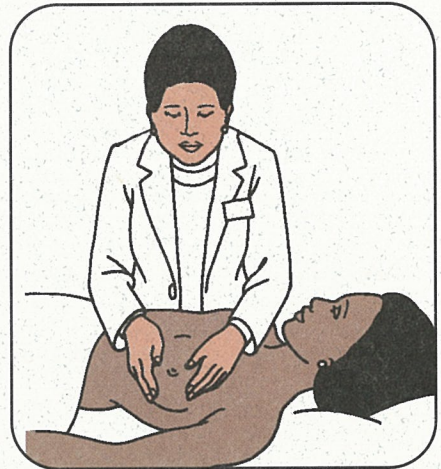


I kēia manawa, 'a'ole pilikia, nīnau au i ke kauka, " 'Ē, 'o kēia nō paha ka manawa e nānā 'ia mai ai wau, 'a'ole paha?...inā pono 'oe e hāhā e huli ai, 'a'ole pilikia"... 'a'ole ia he mea e hilahila ai. *Karen Joao, nā makahiki 70*

E nānā 'ia ka waiū e kou kauka a i 'ole ke kahu ma'i. E hana 'ia pēia i ia makahiki aku ia makahiki aku.

Ma ka nānā 'ia 'ana:

- ❖ E ha'i i kou kauka no nā 'ano mea i loa'a iā 'oe ma kou nānā pono i 'ana.
- ❖ Mai maka'u i ka nīnau 'ana i ka nīnau.
- ❖ E noi i kou kauka e a'o mai iā 'oe i ka hāhā 'ana e huli ai i ka pu'u.





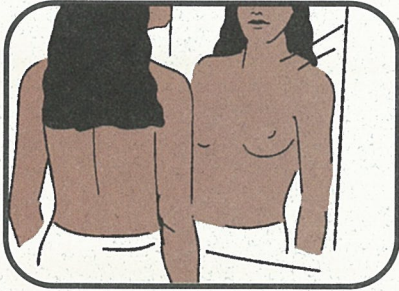
Nāu Nānā Nou iho



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

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

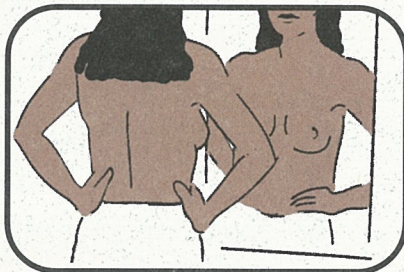
1 E NĀNĀ PONO inā he mea ‘ano ‘ē paha o kou waiū ke kū ‘oe i mua o ke aniani kū. E mā‘ama‘ama kūpono ke kukui.



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‘ī.

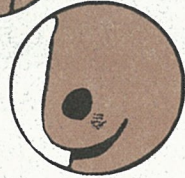


Nā Hō'ailona e Maka'ala ai

✿ 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'ohe 'eha o ka pu'u.



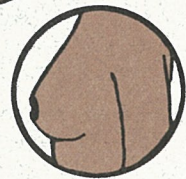
✿ He loli o ka nānā 'ana o ka 'ili. I kekahi manawa, e like ke 'ano o ka 'ili me ka 'ili hua 'alani ma ke kaomi me ka nānā 'ana.



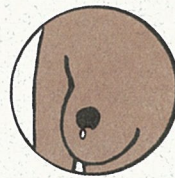
✿ He mino a i 'ole he pelu paha ma ka waiū



✿ 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 mammogram nō ho'i.

Nā Mo'olelo o ka Po'e i Ola



Ha'i mau aku au i ko'u mau kaikua'ana a kaikaina, "E aho 'oukou e hele i ke kauka a hana 'oukou i ka mammogram! E hana 'ia ka mammogram i kēlā me kēia makahiki." Ha'i aku au pēia iā lākou, no ka mea, 'o kākou, 'oi aku ka hiki ke loa'a.
Susan Kahawai, nā makahiki 40



Ha'i wau i ka'u mau kaikamāhine 'elua... KĒNĀ maoli wau e hele lāua no ka hana mammogram. 'O nā hoaloha me nā kaikamāhine a pau, like pū ka'u 'ōlelo iā lākou. 'O wau ka makuahine! 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



...Mana'o au he pono iā kākou pau loa ke hele e hana i ka mammogram. Ho'okahi, 'elua paha manawa o ka makahiki e like me ka mea i koi 'ia...I kekahi manawa, ...hana nui ka hāhā 'ana a loa'a ka pu'u. Akā, ia'u, pēia i loa'a ai ko'u pu'u li'ili'i...
Pele Hanoa, nā makahiki 70

Ka Mammogram

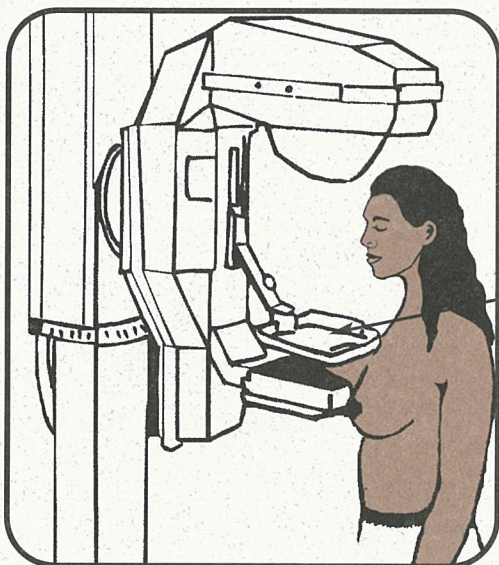
E hele e hana i ka mammogram. He ki'i ka mammogram i pa'i 'ia o loko o ka waiū. Pēia e loa'a ai ka pu'u i li'ili'i loa no ka huli 'ana me ka lima a loa'a.

❖ Penei ka nui o ka pu'u e loa'a ai me ka lima:

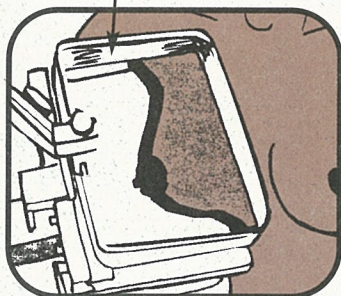


akā, penei ka nui ma ka mammogram: ●

❖ Inā piha iā 'oe 40 makahiki a 'oi, e aho 'oe e hana i ka mammogram i kēlā me kēia makahiki. Inā 'a'ole i piha iā 'oe 40 makahiki, e kama'ilio me kou kauka a kahu ma'i paha no ka hana mammogram.



he mau pā



Ka ho'omākaukau 'ana no ka hana mammogram: —

- ❖ E ho'opa'a 'oe i manawa e hana ai i ka wā 'a'ole 'eha o kou mau waiū.
- ❖ Ma ka lā o ka hana mammogram, 'a'ole e ho'ohana i ka mea 'ala pō'ae'ae, ka pauka, ka lā'au hamo, a i 'ole ka 'aila ma luna o kou mau waiū a i 'ole ma nā pō'ae'ae. Pēia e pōwehiwehi ai ke ki'i o kou waiū.

Pehea ana ke 'ano o ka mammogram? —

- ❖ Ma kahi o ka 15 minuke ka lō'ihī o ka mammogram.
- ❖ E pa'i 'ia ana 'elua a 'oi paha ki'i o kēlā me kēia waiū.
- ❖ E 'ōpā 'ia ana kēlā me kēia waiū ma waena o 'elua pā (aia ke ki'i ma ka 'ao'ao 10).
- ❖ E like ana ka hana no nā waiū 'elua.
- ❖ 'A'ole ana e 'olu'olu he mau kekona.

Ma hope o ka hana mammogram: —

- ❖ E noi e ho'ouna 'ia kekahi kope o ka mo'olelo mammogram iā 'oe a me kou kauka.
- ❖ E kama'ilio me kou kauka ke loa'a ka nīnau iā 'oe.
- ❖ E ho'opa'a i ka hui hou 'ana no ka hana mammogram.

Iā wai lā wau e kāhea ai i kōkua?

'O ka 'oi 'o kou kauka pono'i 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