

Ia kopwe Tongeni Angei Me le Ekkewe Chek Ese Kamo Ika Mo Kukkun

Koko pwe kopwe sinei ika en mi tongeni chek nge esapw kamo:
Pekin Tumunun an esapw Naponano kanserin Aupw
me ewe Awan Anu (cervical) ren Fefin (808) 692-7489

O'ahu

Kalihi-Pālama Health Center
(808) 848-1438
(808) 792-5576

Kapi'olani Women's Center
(808) 973-3015

Kōkua Kalihi Valley
(808) 791-9410

Ko'olauloa Community Health
and Wellness Center
(808) 293-9216 (Hau'ula)
(808) 293-9231 (Kahuku)

The Queen's Medical Center
(808) 691-7747

Waimānalo Health Center
(808) 954-7147

Wai'anae Coast Comprehensive
Health Center
(808) 697-3594 (Wai'anae)
(808) 697-3882 (Waipahu)

Hawai'i

Bay Clinic
(808) 961-4075 (Hilo)
(808) 930-0422 (Kea'au)
(808) 965-9711, ext. 1 (Pāhoā)

Hāmākua Health Center
(808) 775-7206

West Hawai'i Community
Health Center
(808) 326-5629 (Kona)
(808) 323-8005 (Kealahou)

Maui

Hui No Ke Ola Pono
(808) 442-6856

Moloka'i

Moloka'i Women's Health Clinic
(808) 553-3197

Kaua'i

Ho'ōla Lāhui Hawai'i
(808) 245-7767

Lāna'i

Lāna'i Women's Center
(808) 565-6919

Nengeni ikei ren ekkoch minafon neni mei tettenitiw:

- <http://health.hawaii.gov/cancer/home/bcccp>
- <http://www.imihale.org>

Alapalo Pekin Kao Ren Tumunun Aupw

**Kori ika chulo lon omw we ika nenien safei. Ika ese wor
omw lenien safei, kori ewe nenien safei an ekkewe
wesetan chon winipwosun Hawai'i me non ewe fonu ke
nomw ie.**

O'ahu: Ke Ola Mamo (808) 845-3388

Maui: Hui No Ke Ola Pono (808) 244-4647

Hawai'i: Hui Mālama Ola Nā 'Ōiwi (808) 969-9220

Kaua'i, Ni'ihau: Ho'ōla Lāhui Hawai'i (808) 240-0100

Moloka'i, Lāna'i: Nā Pu'uwai (808) 560-3653

Kori ekkei nenien aninnis ika katon won computer ekkei neni:

American Cancer Society (800) 227-2345
www.cancer.org

National Cancer Institute 1-800-4-CANCER
(1-800-4-422-6237)
www.cancer.gov

Susan G. Komen for the Cure www.komen.org
'Imi Hale Native Hawaiian Cancer Network www.imihale.org

**Kinisou ngeni nouch kei "nengin won ei nios",
tori menisin mi torir ei kanserin aupw nge ir mi manau tori lei:
Micronesians United (Honolulu): Breast Cancer Outreach Educators**



This pamphlet was developed by 'Imi Hale (www.imihale.org), CPNC U54CA153459, with support from the NCI Center to Reduce Cancer Health Disparities, The Safeway Foundation, and The Queen's Medical Center (3M 8-2014 Chuukese).

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Breast Health Care Putaiin Tumunun Aupw Met Emon Me Emon Efin Repwe Sinei



**Kich Fin Fonuwach Chuuk sipwe
tumunufichi tumunun inisich pwe kich fan itan
nouch, eterenges, cho me fonuwach.**

Ifa usun omw kopwe tumunuk

1. Sineochu ika mi wor io mi weri kanserin aupw non om we famili iwe ka asile ngeni noum we tokter.
2. Aponueta ekkewe pekin tumunuochu ewe aupw me ais met sakkun tes ika chek mi och ngonuk.
3. Sineochu nonomochun inisum me met mi och ngonuk. Asile ngeni noum we tokter ika ka asila met mi sakkono won aupw me.
4. Kao ngeni met ekkewe mei afeiengaw, epwe tongeni esenipa naponon epwe uruk kanserin aupw.

**Nupwen fansoun epwe mwittir pwa ei semwenin kanser,
iwe ukukukun 9 seni 10 fefin repwe tongeni manaw.**

**Mei wor ekkoch feiengawen ei kanserin aupw ra fen fat
me mwan, minne ra anapano an fefin epwe urir ei kanserin
aupw:**

- Ier (afeingaw ika sa ierin chilap)
- Ika en fefin (nge mwan ir mi pwal tongeni uurir kanserin aupw)
- Ika mi wor io non famili a fen uurir ei kanser
- Ika mi fen pwal wor osukosuken aupumw we (kitipo, surun ewe aupw)
- Ika "ngutunon aupw" (watte ngutun ewe aupw, watte fituk nge esap kitinupun)
- Ne kukkunumw eni e napengeni an toruk asapwanin non mwesin ren radio, tv, fiifi, ika akkar ika ekkewe chommong pisek mei wor fiifi non
- Unumi ika angei ekkewe sakkun safei epwe ekkesiwini non inisum

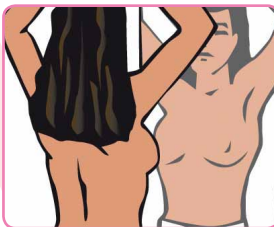
**Chommong fefin mi uurir kanserin aupw ese esapw seni
ekkei mettoch mei affat me asan, nge pokiten chok
seni seni ierir ika pwan ir fefin.**

Sinei Met Mi Och Ngonuk

Ika ka ier 18 ika watte seni, kopwe aorini ngonuk omw kopwe chekuk me asina met mi och ngonuk.

Katoneoch akasiwinin aupum

Uta ngeni en kinas ka katon ika mi wor met sakono ngeni ewe aupw. Ikewe ie ke oruuk ia epwe fakkun saram pwe kopwe kunaochuk.



2 Mefi met mi akasiwin

Atepatiw seni fan poum tori unusen kinikinin ewe aupw meinisin ika kopwe mefi pwo me mallulun



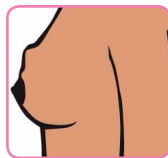
Chekuk fansoun omw tutu atun ka chochon me purepuren sop.



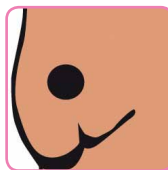
Pwal chekuk fansoun omw konetiw.

Ikkei ekkei kesiwin kopwe porous ngeni noumw doctor.

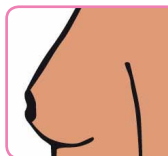
- Ekkoch akasiwin en mi kuna me mefi ese och ngonuk (pwo ika manuum).



- Pwotonong ika numunongan won ewe aupw.



- Mettoch mi sur seni mesen ewe aupw – usun anuen cha ika mongomong.



- Mesen ewe aupw a nurunong.

- Metek ika mefi weires non ewe aupw.

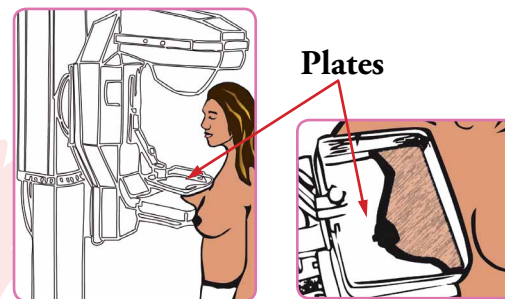
- Ngut, pareno, me mefi pwichikar non aupumw. Fakkun kopwe mefi pwich ikewew mi pwo ie.

Mammograms

Ei mammogram eu pekin fich sasing non aupumw we an epwe tongeni kuna ekkewe terefou mi kukkun ach sipwe mefir.

Inet kopwe angei ei mammogram:

- Iteiten ier ngeni fefin ra ier 40 me lap seni.*
- Ika mwo pwe en ierin kukkun nge mi wor non famili ewe kanserin aupw. Poraus ngeni noum tokter ika kangof inet kopwe angei ekkei tes.



Mammograms a tongeni muttir kuna, ika mo mi fou kukkun sipwe fakkun tumunuochu me mwen omw kopwe finata ika inet kopwe ne safei. Ren omw kopwe finata met mi och me murino ngonuk, kapas ngeni noum we tokterin cancer ika met sakkun alilis mi kawor.

*American Cancer Society recommends yearly mammograms for women age 40 and over. The US Preventive Task Force recommends mammograms every 2 years for women age 50 and over. Talk with your doctor to find out when you should get tested.

Chekin Aupw Seni Noum We Tokter Ika Kangof (Clinical Breast Exam)

Iei usun an noum Tokter ika Kangof chekuk. Epwe eu kinikinin omw chek iteiten ier.

- Iteiten 3 ier epwe ngeni fefin ier 20-39
- Iteiten ier ngeni fefin ra lu seni 40 ierir
- Fan chommong epwe ngeni fefin mi fen wor io chon non ar famili mi urrir kanserin aupw ika mi fen pwal urrir pwo me

Fansoun omw chek:

- Muttir asilesil ngeni noum we tokter ren met kunaecom me mefi mi sakono seni nom.
- Kosap nuokus ika mi wor omw kapas ais.

