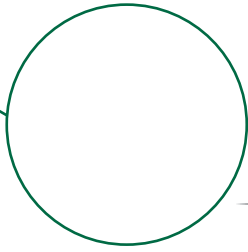


Front



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*Apwalih pein kowe, oh pil mehteikan.*

Ni amw lelehr soupar 18 de pil mahsang, pein wia amw kosou en soumwau en Cancer en dihdih nan sounpwong karos, **NI ANSOU.....**



Me ke kin irongin



Me ke kin duhduh



Me ke kin wonohn

**Sohng paieu (4) me mengei me ke kak wia:**

- Pokada pali koiek en pehmwen pohn mongemwen
- Pein dohke seli de padik seli pohn anw dihdih kan, doadoahngki pali sokoiek en pehmwen
- Dohke kiseli pehmwen pidakihseli amw dihdih en pwon
- Pwurehng dehm seli pali sokoiek amw dihdih en, doadoahngki pali koiek en pehmwen

Konsonehdi ni ehu rahn nan sounpwong koaros, ke pahn dawih me mie wekidekla, karasepe:

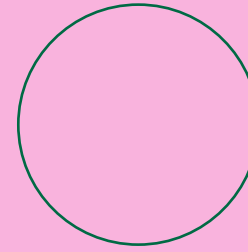
- Ke pehm ma mie kisin umwpwos de war me wekila de wekisang mas
- Wekidekla de wekilahn nan kilimwen
- Ma mie pahd me mihmi seli pohn amw dihdih kan
- Ma imwin dihdih padelong
- Ma mie inta de nahn kohsang ni imwin dihdih
- Ma eh umwpwos, weitahtah de karakar ansou ke sair dihdih en

Pein kasawih amw dihdih kan, oh kosou sang rehn dokte, oh pil wia kilel en kosou en dihdih, pwehn kin sewese mwadang en diarek soumwau en kanser, pwen kak mwahula.

April 2006 – Pohnpeian

Printed in China.

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**DUWEN SOHNG  
KAN ME PAHN  
KASALEHDA  
DUWEN KANSER**

- ✓ Pein kasawih kilihmw en nan sounpwong karos.

**Lih me lelehr soupar 18 de pil mahsang**

- ✓ Pein kasawih anw dihdih kan nan sounpwong karos
- ✓ Sounpar karos ke anahne tuweng dokte pwe en kasawih amw dihdih kan
- ✓ Nan sounpar karos ke anahne kosou en pahson (PAP Test)

**Lih me lelehr soupar 40 de pil mahsang:**

- ✓ Kosou en kilel en dihdih (mammogram) nan sounpar karos

**Lih me lelehr soupar 50 de pil mahsang:**

- ✓ Ale kosou en dauwen kainen (colorectal exam)



**‘Imi Hale**  
Native Hawaiian  
Cancer Network