

Kōrā in Marshall

women

EXTRA IMPORTANT a message for our community

ELUKUN LAP TOKJEN nan in jiroñ kein ñõn kōrā ro ilo jukjuk im bed in ad

Kwar Jela Ke?

Cancer ilo ititit ej number juon (1) cancer eo im ej walok iben aolep kōrā ro ilo California, jekdon dri ia, ijelokin wōt kōrā ro jen Laos, ro im ekkā wōt air bōk cancer ilo jikin niniñ, ijo im eaidritik lok ilo jikin niniñ eo (cervix). (American Cancer Society, 2001)

Ekkā an kōrā ro jen Asia im ailōñ ko jen Pacific to lok air bed im mour elañe renaj mōkaj im lo cancer ko ilo ittier, im jikin niniñ ko air ilo ten eo im ejañin ererak lok ñon jikin ko jet ilo enbwiniar.

Wawen ko ñon kadiklok an kōrā ro naj bōk naniñimij in cancer rej erkein, kakōlkol in cancer, mōmaki-nene, jab kilēb, im kadiklok dak dren in kadōk. Emman ro remaron jibañ kōrā ro ilo air bukōt ejmour. Inem aolep renaj jimor emōn ami mour!

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Ejmour Eo Am Ilju Ej Ijino Rainin



ElapTokjen Kakōlkōl In Ejmour Ko Nōn Kōra ro ilo Jukjuk in Bed in Ad

Kōrā ro ilo jukjuk im bed in ad, ewōr air aikuj in bukōt ejmour. Kinke, elōñ kōra ro im ebidodo air naj bōk nañinmij in cancer. Emman ro ewōr air maroñ, im elap tokjen bwe ren melele, jibañ, im kibel kōra ro bwe ren bukōt air ejmour.

Ewōr emen (4) kain kilen kakōlkōl in ejmour ko elap tokjeir im renaj jiban kōra ro ilo jukjuk im bed in ad, bwe ren mour juōn mour eo ejmour. Kakōlkōl kein im elap tokjeir renaj jibañ lo nañinmij in cancer ko ilo ien eo im rej jino in walok, im enaj bidodo bōbrae ak kemouri, im enaj jibañ kōra ro bwe ren ejmour im to air mour.

Bija in Kakōlkōl Ittit (Mammogram)

Oktak ko ilo itittin juōn kōra emaroñ in walok ilo air bija iki (x-ray) im ejamin walok ilo an doctor ro etale ak kakilen kin beier. Bija emaroñ in lo cancer ilo itit, ilo ien eo im ej kab jino walok.

Nañinmij in cancer ejab walok jen air bija iki ittim. Ej bōk 30 wōt minute ko ñōn komane kakōlkōl in, im emaroñ in kōman ilo office eo an doctor eo, jikin bija eo, ak hospital eo.

Kōra ro im 40 air iiō rej aikuj in bija ik ittier aolep iiō. Ijowōt ke, elañe ewōr ebbōj ilo ittim, jekdon jete iiō drettam, ak kwoj aikuj in ilok ñōn iben doctor ro ilo ien eo emōkaj tata.

Make Kakilene Ittim (Breast Self Examination or BSE)

Ilo ien en im kwoj kakilene ittim kin beim, etale jōkjōkin im wawen, im lale elañe elōñ ebbōj ilo ittim, im jōkjōk in ittim eoktak lok jen mokta.

Elañe kwoj lo ak eñjake oktak ko ilo ittim, kwoj aikuj in lo lok doctor ro ilo ien eo emōkaj tata.

Ej juōn menin aikuj bwe kōra ro im reritto lok jen 20 iiō ren kakilene ittier juōn kōttan ilo juōn allōñ. Nōn kōra ro im rej mijen allōñ wōt, ien eo emōn ñōn am kakilene ittim ej 7 lok ñōn 10 ran elkin wōt am kar jino mijen allōñ, kinke ilo ien in ittim ejjab metak.

Kakōlkōl Ittit Ilo Jikin Doctor Ko

(Clinical Breast Examination
or CBE)

CBE ej kakōlkōl in ittit eo im doctor ak nurse eo ej kōmane. Rej jibwe ittim im etale jōkjōkin ak wawen im lale ñe elōñ ebbōj ie.

Kōra ro im rej 20 lok ñōn 39 iiō drettair rej aikuj in kōmane kakōlkōl in aolep jilu (3) iiō. Ej juōn menin aikuj ñōn kōra ro im 40 air iiō im ritto lok bwe ren kakōlkōl aolep iiō.

Kakōlkōl An Kōra (Pap Smear and Pelvic Examination)

Ilo kakōlkōl in, nurse ak doctor eo enaj lale jikin kōlotak eo an kōra eo im lale ñe elōñ jorrān ak nañinmij ie.

Kakōlkōl rot in enaj kwalok elañe ewōr cancer ilo tu ijo im eaidik lok (cervix) ilo jikin niñiñ in. Jet ien emaroñ in nana jokkum im walok bōtōktōk elkin am kakōlkōl, ak jab inebata bwe endrin kain kakōlkōl rot in.

Ilo an nurse ak doctor eo kōmane kakōlkōl in, enaj bōk juon swab im kadeloñe ilowan jikin kemour ne am, im iri jikin niñiñ ne am ñōn an maroñ bōk jet cell ko bwe ren lale ewōr ke cancer ak bar nañinmij ko jet ibam.

Elkin an nurse ak doctor eo kōmane kakōlkōl in, enaj lale turin jikin kemour eo am elañe emetak ak elōñ ebbōj ie.

Kōra ro im 18 air iiō im ritto lok kab ro im emōj air ello-lo emman, rej aikuj in kakōlkōl aolep iiō.