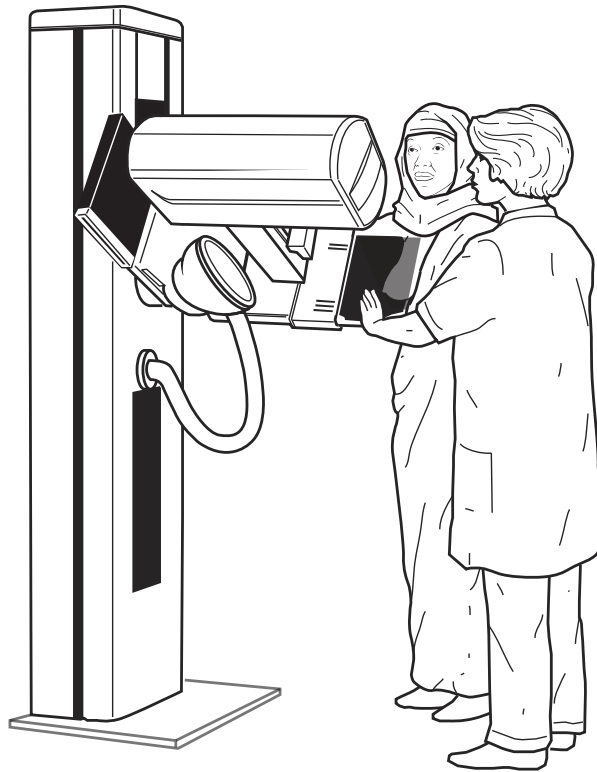


Mammogram (Raajitada naasaha)

Mammogram

A mammogram is an X-ray of your breast. It is the best way to detect breast cancer. You should have a yearly mammogram after age 40 or sooner if you have higher risk for breast cancer. Talk to your doctor about your risk factors.

Arrive on time for your test.



Raajitada naasaha waa raajo lagaa saaraayo naaska. Waa qaabka ugu wanaagsan ee lagu oggaan karo kansarka. Waa inaad barto naajada naasaha khaor da'da 40 sano ama mar dhaw haddii aad halis ugu jirto kansarka naasaha. Kala hadal dhakhtarkaaga waxyaabaha keena halista.

Imoow xiliga baaritaanka.

To Prepare

- Tell the staff before the test if there is a chance you may be pregnant.
- Do not use deodorant, lotion or powder under your arms or on your breasts the day of your test.

During the Test

- You need to undress from the waist up. You are given a paper gown to wear.
- You are asked to stand next to the machine.
- There are at least 2 X-rays taken of each breast.

Si aad U diyaargarowdid

- U sheeg shaqaalaha baaritaanka haddii uu jiro suurtagalnimada ah inaad qaado uur.
- Ha marsan qaybta hoose ee gacanta ama naasaha waxyaabaha la isku carfiyo, looshin ama nafaqo maalinta aad nasaneyso.

Inta lagu jiro Baaritaanka

- Waa inaa dharka ka bixiso qaybta dhexe ee jirkaaga. Waxaa lagu siinayaa dharka isbitaalka oo aad xirato.
- Waxaad lagu waydiin doonaa inaad istaagto geeska mashiinka.
- Ugu yaraan waxaa jira 2 raajito oo laga qaado halkii naasba.

- The person doing the test needs to touch and move your breast to get it in the right spot for each X-ray.
- Small sticky dots may be put on your nipples to help show them on your X-rays.
- Your breast is squeezed between 2 flat surfaces. This may hurt, but it does not harm your breasts.
- You are told to take a deep breath and hold it while the X-ray is taken.
- Each X-ray takes less than 30 seconds.
- The X-ray may need to be repeated if the X-ray is not clear.
- If you have breast implants, more X-rays will need to be taken and the test will take more time.
- Qofka qaadaaya raajitada waxa uu u baahan yahay inuu taabto uuna dhaqaajiyo naaskaaga raajito kasta oga qaado meesha saxda ah.
- Dhibco yaryar ayaa lagu dhijin karaa ibta naaskaaga si u caawiyaan raajitada.
- Naaskaaga waa la tuujinayaa inta u dhexeysa 2 da gees ee siman. Tani xanuun ayay lahaan kartaa, laakiin wax dhib ah uma keeneyso naaskaaga.
- Waxaad lagaa codsan doonaa inaad qaadato neef hoose aadna isku celiso inta raajada la qaadaayo.
- Raajito kasta waxay qaadanaysaa wax ka yar 30 sikin.
- Raajitada waxay u baahan kartaa in lagu celiyo haddii raajitada aysan ahayn sidii la rabay.
- Haddii xubinta naaska laguu abuuray, waxaa loo baahan karaa in la qaado raajito badan baaritaankuna waxa uu qaadan doonaa waqti dheeraad ah.

When all the X-rays are done, be sure to remove the sticky dots and throw them away. You will be able to get dressed and you can return to your usual activity.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

Marka dhammaan raajitada la sameeyo, hubi inaad iska saarto dhibcaha yaryar aadna iska tuurto. Waxaad awoodi doontaa inaad xirato dharka waxaadna dib ugu laabandan kartaa hawlahaagii caadiga ahaa. Natiijada baaritaanka waxaa loo dirayaa dhakhtarkaaga. Dhakhtarkaaga ayaa kuu sheegaaya natiijada.

La hadal dhakhtarkaaga ama kalkaalisadaada haddii aad qabtid wax su'aalo ah ama walaacyo.