

# MAI MAI UMAUMA HOOLAHA MAHINA

‘O ka ma‘i kanesa o ka umauma kekahi ‘ano ma‘i kanesa e ho‘omaka ana ma ka umauma.  
‘O ka ma‘i ma‘i ma‘i ma‘amau ka hana ‘ana i kahi ma‘i koko e ‘ike ‘ia ma ka x-ray a i ‘ole he pu‘upu‘u.

Wahi a nā Centers for Disease Controla Kāohi,  
‘oiai ‘ike pinepine ‘ia ka ma‘i kanesa o ka umauma i nā wahine, hiki i nā kāne ke loa‘a pū  
kekahi i ka ma‘i kanesa umauma.

Pili ana **1 o kēlā me kēi 100** ‘O nā ma‘i kanesa o ka umauma i ‘ike ‘ia ma ‘Amelika Hui Pū  
‘Ia i loa‘a i ke kāne.

Ma Kaleponi, ‘Asia ‘Amelika, Hawai‘i, a me nā wahine o ka Pākīpika i loa‘a kekahi o nā  
**ka helu ha‘aha‘a loa o ka nānā ‘ana i ka ma‘i ‘a‘ai umauma a me ka ‘ōpū**  
(ka ho‘ā‘o pap, ka mammography, a me ka nānā ‘ana i ka umauma ma‘i) (Kagawa-Singer & Pourat, 2000).

Ua loa‘a i nā wāhine Hawai‘i **ki‘eki‘e ka ma‘i kanesa o ka umauma a me ka nui o ka make**  
a ua ‘ike ‘ia ma nā makahiki ‘ōpio a ‘oi a‘e ka pae ma mua o nā lāhui ‘ē a‘e ma Hawai‘i  
(Hawai‘i Nā ‘oia‘i‘o a me nā ki‘i ma‘i kanesa, 2010).



## NA HOAILONA & NA HOAKAKA

He mea nui e makaala i ke ano o kou mau umauma  
maamau a e makaala i n loli o kou umauma.

- ‘O ka pehu ‘ana o ka umauma āpau a ‘āpana paha  
(‘oiai inā ‘a‘ole ‘ike ‘ia kahi pu‘upu‘u)
- ‘O ka ‘ili ‘ili (ke like me ka ‘ili ‘alani i kekahi manawa)
- ‘Eha o ka umauma a i ‘ole ka nipple
- Ho‘iho‘i ‘ana i ka nipple (huli i loko)
- ‘O ka u‘i a i ‘ole ka ‘ili umauma ‘ula‘ula, malo‘o,  
‘ili a mānoanoa paha
- Ho‘oku‘u ‘ia ka nipple (ma waho a‘e o ka waiū  
umauma)
- ‘O nā pūna‘i lymph pehu (i kekahi manawa hiki ke  
laha ka ma‘i kanesa o ka umauma i nā ‘ōpū lymph  
ma lalo o ka lima a i ‘ole a puni ka iwi ‘ā‘i a ho‘oulu  
i kahi pu‘upu‘u a pehu paha)

Inā ‘ike ‘oe i kekahi o kēia mau hō‘ailona a i ‘ole nā hō‘ailona,  
e ‘olu‘olu e kama‘ilio me kahi ‘oihana mālama ola.



## PALE ANA

O ka noho ana i ke olakino a pau kou ola e hoohaahaa  
i kou pilikia o ka ulu ana i ka mai kanesa a hoomaikai  
i kou manawa e ola ai i ka mai kanesa in loa ia.

- Mālama a kaumaha olakino
- Hooikaika mau
- Mai inu wai‘ona, a i ‘ole e kaupalena i nā mea inu ‘ona
- Inā ‘oe e lawe, a i ‘ole i ‘ōlelo ‘ia e lawe i ka lā‘au ho‘ololi  
homone no nā lā‘au ‘a‘ai waha (nā lā‘au ho‘omalulu  
hānau), e nīnau i kōu kauka e pili ana i nā pilikia a e  
‘ike inā kūpono ia iā ‘oe
- hānai umauma kōu mau keiki, inā hiki
- Inā loa‘a iā ‘oe kahi mo‘olelo ‘ohana no ka ma‘i ma‘i  
umauma a i ‘ole nā ho‘ololi ho‘oilina i kōu BRCA1  
a me BRCA2 genes, e kama‘ilio me kōu kauka e pili  
ana i nā ala ‘ē a‘e e ho‘oha‘aha‘a i kou pilikia

## NA MEA PILIKIA

- Ke ‘elemakule nei
- ‘O ka ho‘ololi ‘ana o ka genetic i kekahi mau genes, e like  
me BRCA1 a me BRCA2.
- ‘O ka mō‘aukala hānau hānau: nā manawa menstrual  
mua ma mua o ka makahiki 12 a ho‘omaka i ka  
menopause ma hope o ka makahiki 55
- Loa‘a i nā umauma pa‘a
- ‘O ka mo‘olelo pilikino o ka ma‘i ‘a‘ai umauma a i ‘ole  
kekahi mau ma‘i umauma ma‘i ‘ole
- Mo‘olelo ‘ohana o ka umauma a i ‘ole ka ma‘i ma‘i ovarian
- ‘O ka mālama mua ‘ana me ka ho‘ohana ‘ana i ka  
radiation therapy
- ‘O nā wahine i lawe i ka lā‘au lā‘au diethylstilbestrol (DES)
- ‘A‘ole ho‘oikaika kino

## N KNUI LIKIA E HIKI I KA HOLOLOI

- ‘O ke kaumaha a i ‘ole ka momona ma hope o ka  
menopause
- Ka lawe ‘ana i nā hormones: kekahi mau ‘ano o ka  
lā‘au lapa‘au ho‘ololi homoni a me kekahi mau lā‘au  
ho‘opalekana waha (nā lā‘au ho‘omalulu hānau)
- Hānau hānau mō‘aukala
- Ka inu ‘ana wai‘ona



## KA NANA ANA

**O Amelika Hui P Ia**  
**Pulu Hana Paipai ia e loaia i n wahine he 50 a hiki**  
**i ka 74 mau makahiki a loaia i ka mai mai umauma**  
**ka mammogram i kl me kia elua makahiki.**

**Mammogram** ‘o ia he X-kukuna o ka umauma. No na  
wahine he nui, mammograms ‘o ia ke ala maika‘i loa  
e ‘ike koke ai i ka ma‘i kanesa o ka umauma, i ka wā  
e ma‘alahi ai ka mālama ‘ana a ma mua o ka lawa ‘ana  
o ka nui e ‘ike ai a hō‘eha paha i nā hō‘ailona.

**‘O ke Ki‘i ki‘i Ho‘opane‘e mākēneki o ka Umauma  
(MRI)** ho‘ohana i nā magnet a me nā hawewe lekiō  
e ki‘i i nā ki‘i o ka umauma. Ho‘ohana ‘ia ‘o MRI me nā  
mammograms e nānā i nā wahine i pilikia nui no ka  
loa‘a ‘ana o ka ma‘i ma‘i umauma.

**‘O ka Hō‘ike ‘ana i ka Umauma** he ho‘okolokolo ‘ia  
e ke kauka a kahu hānai paha, nāna e ho‘ohana i kona  
mau lima e ‘ike i nā pu‘upu‘u a i ‘ole nā loli ‘ē a‘e.

**‘O ka ‘Ike pono‘i o ka Umauma** ke kama‘āina nei i ke  
‘ano a me ka mana‘o o kou umauma e kōkua iā ‘oe e ‘ike  
i nā hō‘ailona e like me ka pu‘upu‘u, ‘eha, a i ‘ole nā loli  
i ka nui e hopohopo paha.

## N KUMUWAIWAI

- **American Cancer Society:** [cancer.org/cancer-information-in-other-languages.html](https://cancer.org/cancer-information-in-other-languages.html)
- **National Cancer Institute:** [cancer.gov](https://cancer.gov)
- **‘Imi Hale Native Hawaiian Cancer Network:** [imihale.org](https://imihale.org)
- **California State University, Fullerton:** [wincart.fullerton.edu/cancer\\_edu/index.htm](https://wincart.fullerton.edu/cancer_edu/index.htm)
- **Asian American Health Initiative:** [aahiinfo.org](https://aahiinfo.org)
- **Pacific Cancer Programs:** [pacificcancer.org](https://pacificcancer.org)
- **Asian American Cancer Support Network:** [aacs.org](https://aacs.org)

Nā hō‘ailona a me nā hō‘ailona, ka pale ‘ana, nā mea pilikia, a me ka ‘ike ‘ana i ka ‘ike mai nā Ke kikowaena no ka ho‘opa‘a ‘ana a me ka pale ‘ana i ka ma‘i