

KANAKA OVARIAN

Hiki mai ka ma'i 'a'ai ma'i 'ovarian ke ulu a'e ka ma'i 'a'ai ma'i i loko, kokoke, a i 'ole ma ka papa waho o kekahi ovaries a 'elua paha..

'O kēia ma'i kaka'ikahi, akā pa'akikī ke kūlana 'elima i ka make ma'i kanesa ma waena o nā wahine, 'o ia ke kumu o ka nui o nā make ma mua o nā ma'i ma'i 'ē a'e o ka 'ōnaehana hānau wahine.



Nā hō'ailona a me nā hō'ailona

E no'ono'o i kou kino a 'ike i ka mea ma'amau iā 'oe.

Loa'a i ka ma'i ma'i ovarian kekahi o kēia mau hō'ailona:

- 'O ke koko 'oko'a ('oiai inā ua hala 'oe i ka menopause) a i 'ole ka ho'oku'u 'ana mai kou 'ōpū 'a'ole ma'amau
- Ka 'eha a i 'ole ke kaomi 'ana ma ka 'āpana o ka 'ōpū a i 'ole ka 'ōpū
- Ka mana'o 'ana i ka piha 'ana o ka 'ōpū me ka wikiwiki a pa'akikī paha i ka 'ai 'ana
- He ho'ololi i kāu mau 'au'au 'au'au e like me ka pinepine a i 'ole ke koi 'ana e mimi
- 'Eha hope
- 'O ka pu'u



Nā mea pilikia

Pilikia nā wāhine a pau i ka ma'i ma'i ovarian, akā 'oi aku ka nui o ka loa'a 'ana o ka ma'i i nā wahine 'elemakule.

Ho'oulu pinepine ka ma'i ma'i ovarian ma hope o ka menopause.

- 'O ke kaumaha a i 'ole ka momona
- Loa'a nā keiki i ka wā lō'ihī o ka makahiki a i 'ole 'a'ole loa'a ka hānau keiki piha
- Ka lawe 'ana i ka hormone therapy ma hope o ka menopause
- Ua loa'a a loa'a paha kahi mo'olelo 'ohana o ka ma'i ma'i ovarian, ka ma'i ma'i umauma, a i 'ole ka ma'i ma'i kalapona (colorectal)
- Ka ho'ohana 'ana i ka mālama 'ana i ka hānai
- Puhi paka
- Loa'a ka endometriosis



Kāohi

- Noho 'ana ma kahi paona olakino a 'a'ole lawe i ka lā'au lapa'au pani homoni ma hope o ka menopause
- 'O nā lā'au lapa'au waha (nā lā'au ho'omalū hānau) no nā makahiki 'oi aku ma mua o 'elima
- 'O ka 'oki kino kino: Loa'a i ka ho'opi'i kūpiliki'i (nā paipu i nakinaki 'ia), wehe 'ia nā ovaries, a i 'ole hysterectomy (wehe 'ia ka 'ōpū)
- Inā loa'a i kou 'ohana ka mo'olelo o ka ma'i ma'i ovarian, e no'ono'o i ka 'ōlelo a'oa'o genetic a me ka ho'ā'o



Heluhelu

Wahi a kahi ha'awina ma'i ma'i ma'i o ke Kulanui o Hawai'i, Ua loa'a i nā wāhine Hawai'i

36 pākēneka ki'eki'e no ka ma'i kanesa ovarian ma mua o nā wahine Ke'oke'o.

Ma waena o nā lāhui 'Asia, loa'a i nā 'Asia 'Asia/Pakistanis ka **ki'eki'e loa o ka ma'i ma'i ovarian** (Lee et al., 2019).

Ua 'oi aku ka nui o ka ma'i ma'i o nā **wahine Pākē, Filipino, a me lapana** o ka ma'i ma'i ovarian cell maopopo. (Lee et al., 2019)

1 'O ka nānā 'ana i ka ma'i ma'i ovarian

'A'ohe ala ma'alahi a hilina'i paha e nānā ai no ka ma'i ma'i ovarian.

No ka mea 'a'ohe ho'ā'o hilina'i, he mea nui e ho'olohe i kou kino a 'ike i ka mea ma'amau iā 'oe.

Inā 'ike 'oe i nā loli o kou kino i 'ike 'ole 'ia, e kelepona i kāu kauka.

E noi i kāu kauka inā makemake 'oe i kahi ho'ā'o diagnostic, e like me kahi ho'okolohua pelvic rectovaginal, kahi ultrasound transvaginal, a i 'ole kahi ho'ā'o koko CA-125. E nānā inā loa'a iā 'oe nā hō'ailona wehewehe 'ole a i 'ole nā hō'ailona o ka ma'i ma'i ovarian.

(From the Centers for Disease Control and Prevention)

Nā kumuwaiwai

- **Ovarian Cancer Research Alliance:** ocrahope.org
- **National Ovarian Cancer Coalition:** ovarian.org
- **National Cancer Institute:** cancer.gov
- **American Cancer Society:** cancer.org/cancer-information-in-other-languages.html
- **'Imi Hale Native Hawaiian Cancer Network:** imihale.org/education_materials.htm#CancerScreening
- **Asian American Health Initiative:** aahinfo.org/english/programs/progCancerInit.php#cprogram
- **California State University, Fullerton:** wincart.fullerton.edu/cancer_edu/index.htm