

Breast Screening

Information and advice for patients

Somali



Where
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Warbixin ku saabsan baaritaanka Naaska

Information about Breast Screening

Baaritaanka Naasku waa habka ugu fiican ee lagu ogaan karo haddii wax isbedel ahi ka jiro naasahaaga.

Breast Screening is the best way to check if you have any changes in your breasts.

Isbedelkan waxaa lagu ogaan karaa baaritaankaas ka hor intaadan adiga ama takhtarkaagu ama arag amasebawaxba dareemin.

These changes can be picked up at screening before you or your doctor can see or feel them.



Baaritaanku wuxuu ka koobanyahay khashaafad 'a mammogram' (khashaafada naaska) taas oo uu dersi doono khabiir u gaar ah akhriska sawirada (film). Natijada ayaa guriga laguugu soo dirayaa iyo mid takhtarkaaga ah (GP).

Screening involves having a mammogram (breast x-ray) which is then read by specialist film readers.

The result will be sent to you at home and to your GP.



Macluumaad kansarka Naaska

Facts about Breast Cancer

- I qof 9 haween ayuu ku dhacaa kansarka naasku waqti ka mid ah noloshooda.

I in 9 women will develop breast cancer at some time in their life.

- Aduunka : 25 % oo ah xanuunka dhediga.
Worldwide: 25% of all female cancer.
- Kansarka naasku wuxuu u badanyahay dumarka da'daada ah iyadoo 80% kansarka naasku ku dhaco dumarka ka weyn 50 jirka .
Breast Cancer is more common in women in your age group as 80% of breast cancers occur in women who are over 50 years.
- Inta badan kansarka naaska ee lagu helo baaritaankan 'screening' ayaa ah mid marxaladiisii bilowga ahayd ah waxayna leedahay fursad fiican in laga soo kabto taasoo wax weyn ka taraysa fursada noloshaada.
Most breast cancers found at screening are at an early stage when there is a good chance of a successful recovery and this greatly influences your survival chances.

Sababtaas ayey muhim u tahay in lagu baaro waxayna kaa caawinaysaa in naasahaagu caafimaad qabaan waxaana baaritaanku qaadanayaa daqiiqado yar.
That is why it is important to be screened and it helps keep your breasts healthy and it only takes a few minutes.

Sidee la iigu yeerayaa? How will I be invited?

Dhammaan dumarka da'doodu tahay 50 ilaa 70 (ee ka diiwangashan GP) ayaa si otumaatiik ah loogu casumayaa baaritaankan naaska 3dii sanno ee walba. Haddii aad 70 jir ka weyntahay, si otumaatik ah lagu casumi maayo. Dumarka 70 jirka ka weyni ayaa xanuunka uga khatar badan dumarka ka yaryar waayo khatartu waxay la kortaa da'da.

All women aged between 50 and 70 (who are registered with a GP) are automatically invited for breast screening every 3 years.

If you are over 70 years, you will not automatically be invited. Women over 70 years are more at risk than younger women because the risk increases with age.

Baritaanku weli waa bilaash waana la heli karaa; Waxaad u baahantahay uun inaad soo wacdid xafiiska baaritaanka naaska si laguugu diyaariyo.

Screening is still available and free; you just need to call the breast screening office to arrange it.

Maxaa Dhacaya? What happens?

Waxaa lagu soo dirayaa warqad casumaad ah inaad baaritaan u timaadid ilaa inta aad ka diiwaangashantahay takhtarka qoyska 'GP'.

You will be sent a letter inviting you to come for screening as long as you are registered with a GP.





Haddii aadan maalintaas iman karin, si fudud ayaad ballantaas u bedeli kartaa adigoo soo wacaya xafiiska baaritaanka naasaha.

If you cannot attend on that date, you can easily change your appointment by telephoning the breast screening office.

0121 507 4967/4927

Xagee ka dhacaysaa?

Where will this happen?



Waxaa lagu qabanayaa cuntubke guurguura 'mobile unit' ama Qaybta Naasaha ee City Hospital ama Walsall Manor Hospital.

This could be either on a mobile unit or at The Breast Unit at City Hospital or at The Manor Hospital Walsall.



Dumar uun ayaa kashaqeeya Qaybta Guurguurta. Ragga waxaa laweydiistaa inay dibedda qaybta joogaan si aad u heshid asturnaan 'private'.

Only women work on the mobile unit.

Men are asked to wait outside the unit so it is private.

Maxaa layga rabaa inaan qabto ama soo qaato markaan baaritaanka 'screening?' u imanayo?

Is there anything I need to do or bring with me when I come for screening?

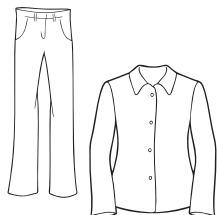


Fadlan warqaddii casumaada soo qaado.
Iyo baasaboorkaaga ama kaadhka caafimaadka waayo
waaxaan rabnaa inaan hubino magacaaga, taariikhdaada
dhalasho iyo cinwaankaaga ka hor intaan lagu baarin.
Please bring your invitation letter with you. Also your
passport or medical card as we need to confirm your
Name, Date of Birth and Address before we can screen
you.



Waxaad aada miiska soo dhaweynta.
Qof ayaa halkaas joogi doona ku qora kuna caawiya.
Go to the reception desk and someone will be there
to book you in and help you.

Marka fursadaada baaritaanka la gaaro ayaa lagaa
codsan doonaa inaad isku diyaarisid qolka bedelaada.
When it is your turn to be screened you will be asked
to get ready in a changing room.



Waxaa fiican inaad soo xiratid shaati sare ‘cardigan or
blouse’ waxay ka furmaysaa xagga hore.
It is best to wear separates. A cardigan or blouse is
best as it opens at the front.

Qaadashada khashaafada ‘mammogram’. **Having a mammogram**

- Waxaanu kuu sharaxaynaa waxaanu samaynayno.
We will explain to you what we are going to do.

Mid xagga
hore ah



Mid dhinaca ah.

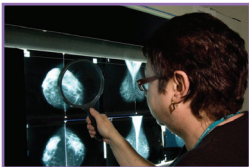


- Waxaanu ku tusaynaa mashiinka x-ray-ga.
Show you the x-ray machine.
- Laba sawir ayaa naaskiiba laga samaynayaa. Mid xagga hore ah iyo mid dhinac ah.
Two views are taken of each breast. One from the front and one from the side.
- Mashiinku cadaadis tartiib ah ayaa ka samaynayaa labada biroot dhexdooda qiyaas 6 ilbirigsi ah ka dib ayey si otomaatik ah is furaysaa mar alla markaan sawirka qaadno. Cadaadisku waa dareen la mid ah marka culayska dhiiga la qaadayo 'blood pressure' laakiin ka fudud.
The machine will slowly apply a gradual pressure between the two plates for about 6 seconds and then it releases automatically as soon as we've taken the x-ray. It is a similar feeling to having your blood pressure taken but not so intense.

Waqti badan qaadan mayso.
It will not take long.

A radiologist (waa takhtar khabiir ku ah akhriska x-rays-ka) iyo khabiir akhriga filimada mammographer'ka, ayaa akhriyaya x-ray-ga

A radiologist (who is a doctor who specialises in reading x-rays) and specialised film reading mammographers, will report on your films.





Sidee u helayaa Natiijada?

How do I receive my results?

Warqad ayaa guriga laguugu soo dirayaa ku dhowaad 3 asbuuc.

A letter will be sent to you at home in about 3 weeks.

Maxaa layga rabaa inaan qabto inta u dhaxaysa baaritaanadayda?

Do I need to do anything between my screenings?

Haa waa inaad la socotaa xaalada naasahaaga waayo baaritaanku wuxuu uun helayaa kansarka naaska hadduu jiro. Waa inaad la socoto haddii wax is bedel ahi ka jiro naasahaaga waayo kansarka naasku markuu doono ayuu abuurmaa.

Haweenka qaarkood waxay kansarka naaska qaadaan kor hor intaysan 50 jirsan ama waqtiga u dhexeeya baaritaanka mammograms-ka.

Yes you need to be breast aware as breast screening only helps to find breast cancer if it is already there.

You should be aware of any changes in your breasts because breast cancer can develop at any time.

Some women may develop breast cancer before they are 50 years or between their screening mammograms.

Sidee ula soconayaa xaalada naaska

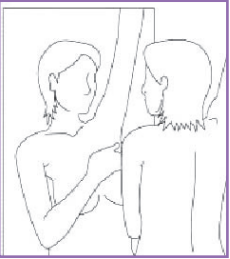
How to be breast aware



Adigoo eegaya dareemayana – isbedelka la arkin karo:-
By looking and feeling - changes to look for:-

Is bedel xajmiga ah – hal naas oo aad uga weynaaday ka kale.

A change in size - one breast becoming much larger than the other.



Ibta naaska oo is rogtay (dib u noqotay) ama meesheedii ama muuqeedii is bedeshay.

A nipple has become inverted (pulled in) or has changed its position or shape.

Vinan ibta naaska dhinacyadiisa ah.

A rash around the nipple.

Dhecaan ka soo baxa ibta naaska.

A discharge from the nipple.

Isbedel muuqa ama midabka jirka naaska.

Puckering or dimpling of the skin.

Barar kilkilada (armpit) ama hareeraha lafta wareegsan ee luqunta (collarbone).

A swelling under your armpit or around your collarbone.

Guntad ama adkaan naaskaaga oo dareenkiisu ka bedelanyahay naaska intiisa kale.

A lump or thickening in your breast that feels different from the rest of the breast.

Xanuun joogto ah qayb ka mid ah naaskaaga amaseba kilkilada (armpit).

Constant pain in one part of your breast or in your armpit.

Soo koobid baaritaanka naaska

A summary of Breast Screening



- Inta badan kansarka naaska waxaa lagu ogaadaa marxalad hore intaadan adigu ogaan ama dareemin halkaas oy jirto fursad wanaagsan oo guul ah ama daaweyn ah.

Most breast cancers are found at an early stage before you can see or feel them, when there is a good chance of a successful recovery.

- Qiyaastii nus kansarka naaska ee baaritaankan lagu helo ayaa ah mid aad u yar oo lagu saari karo naaska (u mana baahna in naaska oo dhan la jaro).

Around half the cancers found at screening are still small enough to be removed from the breast (the whole breast does not have to be removed).



- Baaritaanka naasku wuxuu sannadkii badbaadiyaa 1,400 nafood dalkan.

Breast screening saves an estimated 1,400 lives every year in this country.

- Baaritaanka naasku wuxuu yareeyaa khatarta dumarka ee u dhimata kansarka naaska.

Breast screening reduces the risk of the women who attend dying from breast cancer.

- Waxaanu dib ugu yeeri karnaa haweenka qaar si aannu baaritaank kale u sii samayno haddii shaki naga galo natiijada sawirkooda mammogram-ka. Baaritaanadaas kale ayaanu ku sii xaqiijinaynaa inaysan dumarkaas qabin kansarka naaska.

We will call some women back for more investigations if we are unsure about their mammogram. After more tests, we will find many of these women will not have cancer.

- Baaritaanka Screening-ka ayaa lumin kara 'miss' kansarka qaar.

Screening may miss some cancers.

- Kansarka naaska ee habkan lagu ogaado ayaan dhamaantood la wada daaweyn kari r .

Not all breast cancers that are found at screening can be cured.



- Haween badan ayaa baarista khashaafada ‘mammogram’ dareema raaxo-daro ama mararka qaarkood dareema xanuun, laakiin waa muddo yar oo gaaban.

Many women find having a mammogram uncomfortable or occasionally painful, but only for a brief period of time.

Haddii aad wax welwel ah ama su’aalo kale ka qabtid arrintan baaritaanka naaska Waxaa la hadli kartaa.

You can speak to your:

If you have any more concerns or questions about breast screening or about your breasts, you can speak to your:

- Takhtarkaaga Qoyska (GP)
GP
- Kalkaalisada Idman (Practice Nurse)
Practice Nurse
- Adeega Baaritaanka Naaska ee Xaafadaada
Local Breast Screening Service

City, Sandwell and Walsall Breast Screening Services

0121 507 4967/4927

Open Monday to Friday 9.00am - 4.00pm

Acknowledgements

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