

## Ha'át'iish óolyé abe' bighá'díldlaad?

### What is a mammogram?

Habe' bighá'díldla'go bee na'alkaah. Dííjíidi ats'íís bitt'óól dah díníisééh áádóó ba'át'e' hóló yileehígíí naalkaahgo t'óó dah díníiséhigo bąqah á'al'íjgo doo náásgóó díníiséeda. Hakági łahgo át'íjhgó dóó bii' ni'alts'i'go yiyiittsééh. Habe' bighání'díldla' dóó azeé'íł'íní baa níjídáhgo habe' há neítkaahgo íyisíí há yá'át'ééh.

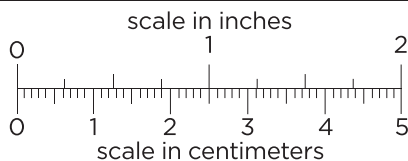
A mammogram is an X-ray of the breast. It is the best screening tool we have today to find breast cancer early when it is most treatable. It can find breast cancer when it is very small, even too small to feel. It can also detect abnormal changes to the skin and calcifications. Mammography does a good job of finding cancer. However, it is most accurate when combined with another screening test called clinical breast exam.

## Habe' bighá'díldla'go bee naalkaahgo łahda habe' bii' ni'alts'i'ígíí kóníłtso yileehgo haidil'íjłh

### Size of tumors found by mammography

Díí béeso yázhí bít ahąqah  
naa'nilgo kót'é

Compare to commonly used coins



T'áá niháháháháh bik'eh  
abe' bighánída'díldla'go  
naalkaah áko díigi  
ádaníłtso go bééhoozłjłh



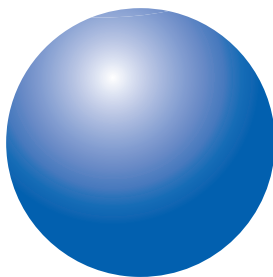
Average-size lump found by yearly  
mammogram when past films can be compared

Ts'ídá áłłtsé  
bighá'deeldláadgo  
díigi áníłtso go  
hadeidees'łł'



Average-size lump found  
by first mammogram

Doo abe'  
bighánídíldla'góó  
doo náhodi'nél'íjłhgóó  
díigi áníłtso go bii'  
niłłts'idgo hadeidees'łł'



Average-size lump  
found by accident

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Asdzání bibe' bee biníkáda'díldlaadígíí bik'énizhdooléłígíí ádingo, béeso ách'ąqah naa'nil éí há yik'éh nida'íilé. Kojí' béésh bee hodíłłnih 1-928-871-6245/6923/6249. If you can't afford a mammogram, Medicare and most insurance plans cover it. Call the Navajo Nation Breast and Cervical Cancer Prevention Program at 1-928-871-6245/6923/6249.

## Bína'ídíkid dóó baa náháne'

### Questions and answers about mammography

#### Da' neezgaiish?

Are mammograms painful?

Nizhónigo be'elnéehgo éi habe' yaago yitjishgo iitki'. Átts'íísigo niigah, ndi t'óó kónígháníji' niigah.

To get a good picture, the technologist needs to flatten the breast. You may feel some pressure, but it only lasts a few seconds. Let the technologist know if you feel any pain.

T'áa atsoni haqah á'álnéehgo bits'áqádóó ba'át'e' dahóló. Abe' bighá'díldla'go t'áa ákót'ée ndi doo íiyisíi bits'áqádóó kahodeezt'i'da. Abe' bighákánídíldla'ígíi naaska'a'go áájí íiyisíi há yá'át'éeéh.

A woman is exposed to some radiation during a mammogram. While the radiation exposure during mammography can increase the risk of breast cancer, this increase in risk is very small. Studies show that the benefits of mammography outweigh the risks.

#### Habe' bighákánídíldla'go bee na'alkaahígíi éi hait'éego shí atdó' shá nidoolkah?

How can I get a mammogram?

Ne'azee'íit'íní bich'j' hodílnih éi áájí dínáát nididooniit.

Call your doctor for a referral.

#### Bik'eni'deeshtéíígíi shee ádingo shq' hait'éego abe' bighákánídíldla'ígíi shá ádoolníit?

What if I cannot afford a mammogram?

Habe' bighá'díldla'go bee na'alkaahígíi bik'énizhdooléíígíi ádingo, béeso ách'áqah naa'níil éi há yik'éh nida'íilé. Kojí' béesh bee hodílnih 1-928-871-6245/6923/6249 t'áa ayáhigo bąq'ílinígíi kééhót'ínigi ninaagóó ła' bit haz'áqgo át'é.

Most insurance plans, including Medicare, cover mammograms. However, if you cannot afford one or do not have insurance, call the Navajo Nation Breast and Cervical Cancer Prevention Program at 1-928-871-6245/6923/6249 for free or low cost options in your area.

#### Susan G. Komen® éi díi ná yá'át'éeéh ní:

Susan G. Komen® recommends that you:

- Nimá dóó nizhé'é dóó nik'éi bits'íis bee bąqah dah hoo'a'ígíi yee nit dahalne'go nit bééhózin doo  
Talk to your family to learn about your family health history
- Ne'azee'íit'íní nabídítíkidgo díi ats'íis bit'óól dah díníisééh áádóó ba'át'e' hóló yileehígíi nibe' yihodidoot'ihígíi bits'ąq sinit'i'go yee nit hodoolnih  
Talk to your doctor about your personal risk of breast cancer
- Ne'azee'íit'íní nabídítíkidgo ha'át'íida doo níkásti'ígíi nit naawólníídąq' bee nanidi'doolkahígíi hádíígíi shj' ná yá'át'éeéh  
Ask your doctor which screening tests are right for you if you are at a higher risk
- Dįzdiin honáhahgo habe' bighákánídíldla'go hahalzhish éi áádóó t'áa nináháháh bik'eh ákót'éego náhodi'nél'j'ih  
Have a mammogram every year starting at age 40 if you are at average risk
- Naadiin honáhahdóó níwohji' éi t'áa táa' nínáhah bik'eh azee'íit'íní baa níjídáhgo habe' há neitkaahgo hahalzhish áádóó dįzdiin honáhahgo éi t'áa nináháháh bik'eh náhodi'nél'j'ih  
Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at 40
- Nibe' łaqgo ánoolnin silj'ídąq' t'áa áko azee'ál'j'ij' nidaalnishígíi bit hodílnih  
Know how your breasts look and feel and report changes to your health care provider right away
- T'áa hó jizjigi ájít'éhígíi dóó ájoot'ijit'ígíi bee ádaa áhojilyą áko ats'íis bit'óól dah díníisééh áádóó ba'át'e' hóló yileehígíi habe' yąqah dahwiidoot'aadígíi bits'ąq jisti' doo  
Make healthy lifestyle choices that may reduce your risk of breast cancer