

# 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 risks for breast cancer. Talk to your doctor about your risk factors.

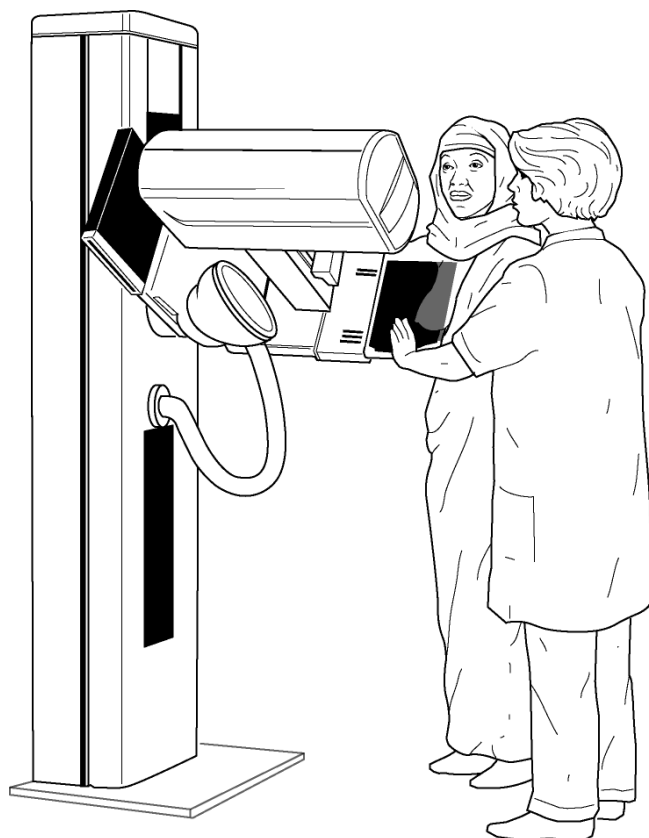
**Arrive on time for your test.**

## 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.
- 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.



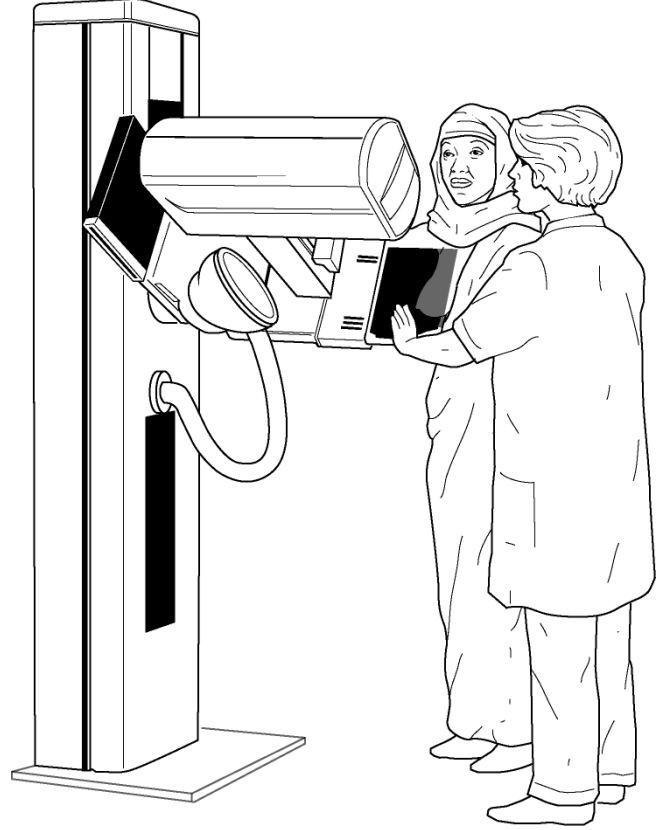
# Mammogram (Raajada Naasaha)

Mammogram ku waa raajo la saarayo naaskaaga. Waana dariiqada ugu fiican ee lagu baaro kansarka naasaha. Waa in aad isa saartaa raajada naasaha hal mar sanadkiiba markaad dhaafto da' da 40 ama kaba hore haddii aad khatar sare ugu jirto in uu kansar kugu dhaco. Takhtarkaaga kala hadal sameeyayaasha khatarta.

**Wakhtigaaga ku imow si lagu baaro.**

## Isu diyaarin

- **U sheeg shaqaalaha baaritaanka ka hor haddii ay suuroggal tahay in aad uur leedahay.**
- Ha isticmaalin carfiye, kareemo, ama budo oo ha marinin laabatooyinka gacmaha iyo naaska dushiisa toona maalintaa lagu baarayo.



## Inta lagu jiro baaridda

- Waa in aad dharka ka qaaddaa wixii ka sarreeya dhexda. Waxaa lagu siinayaa dirac xaashi ah si aad u xirato.
- Waxaa lagu weydiisanayaa in aad ag istaagtid mishiinka.
- Laba rajo ayaa laga qaadayaa naas kasta ugu yaraan.
- Qofka ku baarayaa wuxuu u baahan doonaa in uu taabto oo dhaqdhaqaaqiyo naaska si uu meesha ku habboon u raajeeyo.
- Dhibco dheg-dhegaya oo yar yar ayaa laga yaabaa in la saaro ibta naasahaaga si ay u caawiyaan in wax laga arko raajadaada.
- Waxaa naasahaaga la isugu majuujin doonaa laba xajmi oo fidsan. Tani waa laga yaabaa inay ku xanuunjiso, balse dhib uma keeni doonto naasahaaga.

Mammogram. Somali.

- 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.
- If you have breast implants, more x-rays will need to be taken and the test will take more time.

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.**

- Waxaa lagu lagu odhau doonaa neef badan qaado oo xabadkaaga ku hay inta raajada lagugu qabanayo.
- Raajo kasta waxay qaadataa in ka yar 30 ilbidhiqsi.
- Haddii ay kuugu jiraan naaso macmalan, waxaa loo baahan doonaa in la qaado raajooyin badan, baaridduna waxay qaadan doontaa waqti badan.

Natijjooyinka baaritaanka waxaa loo dirayaa takhtarkaaga. Takhtarkaaga ayaa kaaga warramaya natijjooyinka.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.**

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