



## Sawirrada raajada naaska ee Baarista

### *Baaritaan sawiraad lagu soo helo kansarka naasaha*

*Buugyarahan waxaa lagu sharxayaa sawirrada raajada naaska ee baarista. Waxaa ku jira sababta kuwaas loo isticmaalo, goorta habboon in la sameeyo, iyo sida la iskugu diyaariyo baaritaanka.*

### Waa maxay sawirka raajada naaska ee baarista (screening mammogram)?

*Sawirka raajada naasku (mammogram) waa baaritaan sawiraad ah oo lagu soo helo kansarka naasaha. Waxaa loo isticmaalaa raajooyin lagu sawiro naasaha.*

Sawirrada raajada naasku waxay leeyihiin 2 nooc:

- Sawirrada raajada naaska ee *baarista* waxaa loo isticmaalaa si loogu soo helo kansarka naasaha ku jira haweenka aanan lahayn calaamadaha cudurka naasaha ama aanan ka cabanin.
- Sawirrada raajada naaska ee *cudur ogaanshaha* waxaa loo isticmaalaa si loogu baaro sababta calaamad cudur, sida kuus ku jira naaska.

### Maxay u habboon tahay in aan iska qaado sawirka raajada naaska ee baarista?

Sawirrada raajada naaska ee baaristu waxay caawiyaan in kansarrada naaska la helo waqti hore, ka hor inta adiga ama takhtarkaagu aydaan dareemi karin isbeddellada ku yimaadda naasahaaga. Waxay tani ka dhigan tahay in kansarka aan heli karno marka uu yar yahay ee si ka fudud loo daawayn karo. Waxay tani badbaadin kartaa nafta bukaanka. Marka kansarka la helo waqti hore, waxaa fursad dheeraad ah loo helaa in la wada daaweeyo.

### Goormee ayaa habboon in aan iska qaado sawirka raajada naaska ee baarista?

Dhowr urur ayay xeerar uga yaallaan sawirrada raajada naaska ee baarista, xataa Mujtamaca Kansarka Maraykanka (ACS), Xoogga Hawsha Adeegyada Ka hortagga ee Maraykanka (USPSTF), iyo Shabakadda Dhammaystiran ee Kansarka ee Qaran (NCCN). Mid kastoo ka mid ah ururradan ayaa ku talinaya waqti kala duwan oo u yaalla ama lagu sameeyo baaritaanka.



*Haweeney tignoolojiste ah oo si gaar ah loo tababaray ayaa kaa caawin doonta in aad jirkaaga u dhigto sida saxda ah si sawirrada looga qaado naasahaaga.*



*Ku sawir QR  
koodhkan kamarada  
taleefankaaga si aad  
u hesho nuqul  
dhijitaal ah oo  
qoraalkan ah*

Ururrada dhammaantood ayaa isku raacsan in dadka ugu badan naftooda lagu badbaadiyo marka sawiraadda raajada naaska ee baarista ee sanadkii lagu bilaabo da'da 40 jir.

Taas awgeed ayay mujtamaca ACS iyo shabakadda NCCN labadooduba isku raacsan yihiin ama waafaqsan yihiin in haweenka halis meeldhexaad ah ugu jira kansarka naasaha ay ku habboon tahay in ay xulasho ama doorasho u helaan in ay-sawirrada raajada naaska ee baarista ee sanadkii ku bilaabaan da'da 40 jir. Ururrada dhammaantood ayaa aqoonsan in haweeney kaste ay go'aan duwan ka qaadan karto goorta iyo inta jeer ee ay iska qaadayso baarista.

- Haweenka qaarkood ayaa dooran kara in ay baarista bilaabaan waqti ka dambeeya da'da 40 jir. Waxay weliba dooran karaan in ay baarista iska qaadaan in ka tiro yar, sida sanadkii labaadba mar ama sanad dhaaf.
- Haweenka halis sare ugu jira kansarka naasaha waxaa habboon in ay baarista bilaabaan ka hor da'da 40 jir.
- Sawirrada raajada naaska ee baarista waxaa laga yaabaa in aanay u fiicnayn haweenka qaba dhibaatooyin kaloo caafimaadeed oo daran.

Fadlan takhtarkaaga kala hadal halistaada kansarka naasaha, anshaxyadaada, iyo damacyadaada. Wadajir, waxaad dooran kartaan waxa adiga kuugu fiican.

## War dheeraad ah oo Ku saabsan Sawirrada raajada naaska

Raajooyinka la qaado waqtiga sawirka raajada naaska waxaa lagu soo saaraa sawirro ah nooca 2D (*caadi ah*) iyo 3D (*tomosynthesis*). Sawirrada labada nooc ah ayaa caawiya in la soo helo kansarka naasaha.

- Wixii khuseeya **sawirrada raajada naaska ee 2D**, naas kaste ayaa sawir lagaga qaadaa 2 dhinac: 1 dhinac oo ah kor ilaa hoos iyo 1 dhinac oo ah geeska.
- **Sawirrada raajada naaska ee 3D** waxaa lagu qaadaa sawirro farabadan oo isla 2daas dhinac ah. Waxaa tan lagu abuuraa sawirro isku raran oo khafiif ah oo lagu magacaabo *jeexyo*.

Sawirrada raajada naaska ee 3D waxay raajistahaaga (radiologist) ka caawiyaan in uu si ka cad u arko xubinta jirka ee bugta ama jirran. Waxay tani yarayn kartaa baahida loo qabo baaritaanno dambe oo lagu sameeyo xubinta jirka ee u muuqata in aanay caadi ahayn marka lagu eego sawirrada raajada naaska ee 2D. Taas awgeed ayay Xarunta Caafimaadka Jaamacadda Washington (University of Washington Medical Center) (UWMC) iyo Fred Hutchinson Cancer Center iminka inta ugu badan u isticmaalaan sawirrada raajada naaska ee 3D.

Tan iyo bishii Juun 2018, shirkadaha caymiska caafimaadka ee gobolka Washington waxaa looga baahan yahay ama waajib ku ah in ay sawiraadda tomosynthesis ku caymiyaan isla qodobbada iyo shuruudaha ay ku caymiyaan sawiraadda raajada naaska ee baarista.

## **Waa maxay halisaha ku jira helitaanka sawirka raajada naaska?**

Haweenka ugu badan, faa'iidooyinka helitaanka sawirka raajada naaska ayaa uga badan halisaha. Laakiin, sida baaritaannada dhammaantood, sawirrada raajada naasku waxay leeyihiin haliso:

- Cudurrada kansarka naasaha intooda ugu badan ayaa lagu arki karaa sawirrada raajada naaska, laakiin qaar laguma arki karo. Haddii aad ka walaac qabto naasaha, takhtarkaaga ama takhasuslahaaga caafimaadka naasaha kala hadal calaamadahaaga cudurka. Waxaa muhiim ah in aad tan samayso xataa haddii iminka uun lagaa qaaday sawirka raajada naaska oo aanan dhibaatooyin lagu helin.
- Sawirka raajada naasku waxuu keeni karaa “digniin been ah.” Digniinta beenta ahi waa marka sawirka raajada naasku uu muujiyo dhibaato suurogal ah oo ku dambaysa in aanay kansar ahayn ka dib marka baaritaanno dheeraad ah la sameeyo. Baaritaannadan waxaa ka mid noqon kara sawirro dheeraad ah oo wax lagu baaro ama muunad ah xubin jir oo yar (*cadjar*) oo qofka laga qaado si loogu baaro shaybaarka.

Xarunta UWMC iyo isbaahaysiga SSCA gudahooda, waxay digniinaha beenta ahi ugu dhacaan haweenka in ka yar boqolkiiba 10 (ka tiro yar 100kii haweenba 10). Waxay tani ka roon tahay sicirka dhexdhexaadiga ah ama isku celceliska ah ee xarumaha daryeelka caafimaadka ee Maraykanka.

## **Miyay sawirrada raajada naasku nabad yihiin ama badbaadsan yihiin?**

Marka lagaa qaado sawirka raajada naaska, waxaa lagu feydaa ama lagu hoos dhigaa shucaac qiyaas yar. Nolol-maalmeedkeena, waxaan dhammaanteen ugu feydan nahay “shucaaca gadaal xiga” ee laga helo dabiiciga. Shucaaca aad ka hesho sawirka raajada naasku waxuu qiyaas ahaan la mid yahay inta qofka ku nool Maraykanku uu ka qaato dabiiciga muddo 2 bilood ah.

Shucaacan qiyaasta yar aad ayuu nabad u yahay lamana filanayo in uu waxyeelleeyo caafimaadkaaga. Haddii aad su'aalo ka qabto shucaaca, fadlan la hadal *tignoloojistahaaga (technologist)* (qofka sawirrada ka qaada naasahaaga) ama takhtarkaaga maalinta baaritaankaaga.

## Sideen anigu iskugu diyaariyaa sawirka raajada naaska?

Maalinta baaritaankaaga:

- **Ha** marinin cadar urta bi'iya, bootar, ama labeen dhudhumadaada hoostooda ama kilkishaada ama naasahaaga. Waxay tani caawin doontaa in la hubiyo in sawirradaadu ay yeeshaan tayada ugu fiican.
- Soo qaado sawirrada raajada naaska ee hore lagaaga qaaday (haddii aad haysato). Waxay kuwani caawiyaan takhtarka (*raajistaha*) eegi doona sawirradaada.

Baaritaankaaga ka hor, takhtarkaaga ama tignoloojistahaaga u sheeg haddii aad:

- Dhibaatooyin cusub ka qabto naasahaaga
- Hore u heshay qalliinada naasaha, cadjarro, ama caag la geliyo naaska
- Qaadato daawo ka kooban hormoonooyin ama saamaysa caddadka hormoonada jirkaaga
- Dhinaca qoyskaaga ama shakhsi ahaan taariikh ugu leedahay kansarka naasaha
- Uur leedahay, ama haddii ay suurogal tahay oo ay dhici karto in aad uur leedahay

## Maxaan filan karaa waqtiga sawirka raajada naaska?

Marka hore, haweeney tignoloojiste ah oo si gaar ah loo tababaray ayaa kaa caawin doonta in aad jirkaaga u dhigto sida saxda ah. Waxaa naaskaaga la dul saari doonaa minbar gaar ah waxaana waqti gaaban lagu cadaadin doonaa ul ballaaran. Sawirrada waxaa laga qaadaa marba hal naas. Baaritaanku gebi ahaan waxuu qaataa qiyaas ahaan 15 daqiiqo.

- Waxaa caadi ah in aad cadaadis ka dareento naaskaaga marka lagu cadaadiyo usha ballaaran oo sawir kaste laga qaado.
- U sheeg tignoloojistaha haddii aad xanuun dareento. Tignoloojisteyaashayadu waxay si kaste ugu dadaali doonaan in ay adiga ku siiyaan raaxada ugu suurogal badan.

## Cidma ayaa macnaysa natiijooyinka?

Khabiir loo tababaray sawirradda naaska ayaa akhrin doona oo macnayn doona sawirradaada. Raajisteyaasha xarunta UWMC iyo isbaahaysiga Fred Hutch ee akhriya sawirrada raajada naaska waxaa aqoonsaday Guddiga Raajada ee Maraykanka (American Board of Radiology) waxayna tababar du heleheeraaden s ah awirrada naasaha. Raajisteyaashayadu waxay sare u dhaafeen shuruudaha qaran ee heerka sare.

## Sideen anigu u helayaa natiijooyinka?

Warqad ay natiijooyinkaagu ku jiraan ayaad ku heli doontaa boostada 7 ilaa 10 maalmood oo shaqo ka dib. Bixiyahaaga daryeelka caafimaad ayaa weliba warbixin heli doona waxuuna ka jawaabi karaa su'aalaha aad qabto.

**Haddii ay 10 maalmood ka soo wareegtay tan iyo markii lagaa qaaday sawirka raajada naaska oo aadan helin warqaddaada natiijooyinka, fadlan wac lambarka 206.606.7800.**

## Maxaa dhacaya haddii warqaddayda natiijooyinka la igu weydiiyo in aan u soo noqdo baaritaanno dheeraad ah.

Waxaa laga yaabaa in warqaddaada lagugu weydiiyo in aad u soo noqoto sawirro raajo naas oo dheeraad ah ama iskaanka muuq-hoose (ultrasound). Fadlan ha ka walwalin haddii ay tani dhacdo. Tani waa iska caadi. Waxay ka dhigan tahay oo keliya in raajistuhu uu rabo in uu si ka fiican u eego meelo ka mid ah naaskaaga. Ama, sawirrada qaarkood ayaa u baahan kara in dib loo qaado sababtoo ah dhibaatooyin farsameed oo ku yimid sawirkaagii raajada naaska ee koowaad.

Waxaa muhiim ah in aad u soo noqoto sawirradan siyaadada ah. Waxaa laga yaabaa in aan isticmaalno habab iyo qalab ka duwan si aan u hubinno in aan helno sawirro aad u cad.

**Si aad u qorshaysato sawirrada siyaadada ah, fadlan wac lambarka 206.606.7800.**

### Su'aalo?

Su'aalahaagu waa muhiim. Wac takhtarkaaga ama bixiyahaaga daryeelka caafimaadka haddii aad su'aalo ama walaacyo qabto

Si aad u qorshaysato sawirka raajada naaska, wac lambarka 206.606.7800.

UW Medicine



## Screening Mammograms

*An imaging test to find breast cancer*

*This handout explains screening mammograms. It includes why they are used, when they should be done, and how to prepare for the test.*

### What is a screening mammogram?

A *mammogram* is an imaging test to find breast cancer. It uses X-rays to take images of the breasts.

There are 2 types of mammograms:

- *Screening* mammograms are used to find breast cancer in women who do not have breast symptoms or complaints.
- *Diagnostic* mammograms are used to look for the cause of a symptom, such as a lump in the breast.



*A specially trained female technologist will help you get in the right position to take images of your breasts.*

### Why should I have a screening mammogram?

Screening mammograms help find breast cancers early, before you or your doctor can feel any changes in your breasts. This means we find the cancer when it is smaller and can be treated more easily. This can save a woman's life. When cancer is found early, the chance of cure is higher.

### When should I get a screening mammogram?

Several groups have guidelines about screening mammograms, including the American Cancer Society (ACS), the United States Preventive Services Task Force (USPSTF), and the National Comprehensive Cancer Network (NCCN). Each of these groups suggests a different timeline for testing. All groups agree that starting yearly screening mammography at age 40 saves the most lives.

That's why both the ACS and the NCCN agree that women with an average risk for breast cancer should have the choice to start yearly screening mammograms at age 40. All of the groups recognize that each woman

might make a different decision about when and how often to have screening.

- Some women might choose to start screening later than age 40. They may also choose to have screening less often, such as every other year.
- Women with higher risk for breast cancer should start screening earlier than age 40.
- Screening mammograms may not be a good idea for women who have other serious health problems.

Please talk with your doctor about your breast cancer risk, your values, and your desires. Together, you can make the choice that is best for you.

## More About Mammograms

X-rays taken during a mammogram are used to make 2D (*conventional*) and 3D (*tomosynthesis*) images. Both types of images help find breast cancer.

- For **2D mammograms**, an image of each breast is taken in 2 views: a top-to-bottom view and a side view.
- **3D mammograms** take many images in the same 2 views. This creates a stack of very thin images called *slices*.

3D mammograms help your radiologist see any unhealthy tissue more clearly. This may lessen the need for follow-up tests of tissue that may appear abnormal on 2D mammograms. That's why the University of Washington Medical Center (UWMC) and Fred Hutchinson Cancer Center now use 3D mammograms most of the time.

As of June 2018, health insurance providers in Washington state are required to cover tomosynthesis under the same terms and conditions as they cover screening mammography.

## What are the risks of getting a mammogram?

For most women, the benefits of getting a mammogram outweigh the risks. But, like all tests, mammograms have some risks:

- Most breast cancers can be seen on mammograms, but some cannot. If you have breast concerns, talk with your doctor or breast health specialist about your symptoms. It is important to do this even if you just had a mammogram that did not show any problems.
- A mammogram can result in a "false alarm." A false alarm is when a mammogram shows a possible problem that turns out to not be cancer after more tests are done. These tests may include more imaging exams or having a small tissue sample (*biopsy*) taken for testing in the lab.

At UWMC and Fred Hutch, false alarms occur for less than 10% of women (fewer than 10 out of 100 women). This is better than the average rate for healthcare facilities in the U.S.

## **Are mammograms safe?**

When you have a mammogram, you are exposed to a low level of radiation. In our daily lives, we are all exposed to the “background radiation” that is found in nature. The radiation you receive from a mammogram is about the same that someone living in the U.S. picks up from nature over a 2-month period.

This low dose of radiation is very safe and is not likely to harm your health. If you have any questions about radiation, please talk with your *technologist* (the person who takes the images of your breasts) or doctor on the day of your exam.

## **How do I prepare for a mammogram?**

On the day of your exam:

- Do **not** put deodorant, talcum powder, or lotion under your arms or on your breasts. This will help ensure that your images are the best quality.
- Bring any past mammograms (if you have them) with you. These are helpful to the doctor (*radiologist*) who will look at your images.

Before your exam, tell your doctor or technologist if you:

- Have any new problems in your breasts
- Have a history of breast surgeries, biopsies, or implants
- Are taking medicine that contains hormones or affects the hormone levels in your body
- Have a family or personal history of breast cancer
- Are pregnant, or if there is any chance you might be pregnant

## **What should I expect during the mammogram?**

First, a specially trained female technologist will help you get in the right position. Your breast will be placed on a special platform and briefly compressed with a paddle. Images are taken of one breast at a time. The entire exam takes about 15 minutes.

- It is normal to feel pressure on your breast when it is compressed by the paddle for each image.
- Tell the technologist if you feel pain. Our technologists will do all they can to make you as comfortable as possible.



## **Who interprets the results?**

An expert trained in breast imaging will read and interpret your images. The UWMC and Fred Hutch radiologists who read mammograms are certified by the American Board of Radiology and have received extra training in breast imaging. Our radiologists exceed the national criteria for excellence.

## **How do I get the results?**

You will receive a letter with your results in the mail in 7 to 10 working days. Your healthcare provider will also receive a report and can answer any questions you have.

**If it has been 10 days since your mammogram and you have not received your results letter, please call 206.606.7800.**

## **What if my results letter asks me to return for more tests?**

Your letter may ask you to return for more mammogram images or for an ultrasound. Please do not worry if this happens. This is fairly common. It only means that the radiologist would like a better look at areas of your breast. Or, some images may need to be done again because of technical problems with your first mammogram.

It is important that you return for this extra imaging. We may use different methods and equipment to make sure we get very clear images.

**To schedule extra imaging, please call 206.606.7800.**

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns

To schedule a mammogram, call 206.606.7800.