

Woman's Guide to Mammography



Mob Cancer Yog mob dab tsi?

Muaj ntau hom mob Cancer. Txhua txhua yam Cancer yog pib los ntawm cov noob nqaij (Cells) nyob thoob yus lub cev cia li txawj hlob loj tuaj tsis paub tsum ces ua rau yus mob Cancer. Feem ntau cov noob nqaij Cancer no ua qog tawv (tumor) ces hlav mus thoob ib cev thiab cov noob nqaij no tseem pheej loj zuj zus ntxiv. Tsis yog txhua lub noob nqaij yuav ua Cancer tag. Cov qog nqaij twg uas tsis muaj Cancer nyob hauv ces tsis muaj mob dab tsi thiab tsis txaus ntshai rau yus lub neej li. Tab sis cov qog twg uas muaj Cancer nyob rau hauv lub qog ntawd hu ua “ malignant” los yog qog Cancer.

Yog tias nrhia tau tus Cancer no thaum ntxov?

Nrhia tau tus mob Cancer no thaum ntxov tau nyob rau cov neeg nyob dhia nrhees tsis muaj mob yog los ntawm qov yus kam mus kuaj thoob ib ce ib xyoo ib zaug txawm hais tias yus tsis muaj mob los yuav tau kam mus kuaj es thiaj nrhiav pom thaum ntxov.piv xam li kev xoo fais fab mis muaj cuab kav xoo pom tus mob Cancer mis no thaum lub qog tseem me thiab yus tseem xuas tsis tau thiab tsis tau hnov mob qhov twg hlo li.

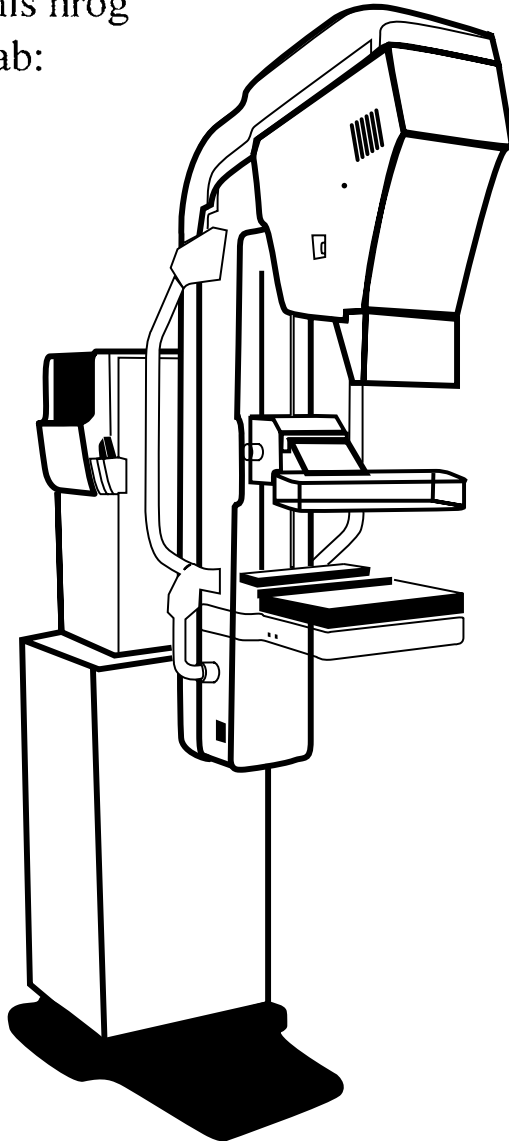
Qho tus poj niam ua nws muaj caj ces muaj mob Cancer mis yuav tsum tau kom mus xoos fai fab tuab dua lwm tus.Yog koj yog ib tug hauv c v poj niam no koj yuav tsum tau muaj kev sib tham nrog koj tus kws kho mob saib nws yuav kom koj yuav tsum ua li cas thiab mus kuaj tuab npaum li cas. Qhov txiav txim no yog koj tus kws kho mob xwb thiaj paub pab koj thiab koj lub cev zoo.

Peb lub koos haum American Cancer Society lawv xav kom cov neeg hnuv nyoog tsawg dua 40 xyoo yuav tsum tau mus kuaj peb xyoo ib zaug. Hos yog koj hnuv nyoog siab tshaj 40 xyoo yuav tau mus kuaj ib xyoo ib zaug.

Xoo Fais Fab mis yog dab tsi?

Yog xoo fai fab ntawm koj ob lub mis (mammogram) ua yuav tau siv me me sab fais fab los yees duab rau lub mis. Thaum thaj no yuav muaj ib tus neeg ua nws kawm tawm thiab txawj xoo cov fais fab no los kom koj sawv ze ntawm lub tshuab fais fab ces teeb koj ib sab mis rau ntawm ib daim me nyuam txiag yas ces ho muab ib daig los nias tuaj sab saum nqaum mis ces nias kom lub mis pluav es thiaj yees tau duab fais fab zoo. Ces ho xoo fais fab saib sab mis tom ib yam li . Tsis tas li no xwb koj tseem yuav tsum tau mus rau tus kws kho mob los yog tus poj nas maum xuas mis qog ib xyoos ib zaug thiab.

Thaj duab lub mis nrog
lub tshuab fais fab:



Thaum yees duab fais fab (mammogram) nws zoo li cas?

Thaij fais fab puas ua li cas mas?

- Cov sab fais fab yuav raug rau koj me ntsis tab sis tsawg heev ua tsis tau kom koj mob dab tsi.

Thaij fais fab mis puas mob mas?

Lub tshuab thaij fais fab mis no yuav nias sib zog me ntsis thiaj thaij tau daim duab tseeb. Muaj ib txhia poj niam tsis nyiam thiab xav tias muab yus lub mis sib zog nias dhau thiab ua kom meem txom heev ua rau kom yus tsis nyiam. Tab tsuas nais 30 second xwb ces twb tsum.

Thaij fais fab mis no ntshai yuav ua rau yus txhaj muag heev?

Muaj ib txhia poj niam yeej yuav txaj muag me ntsis. Tab sis tus poj nas nuam yuav pab kom yus to taub thiab tsis txhob muaj kev txaj muag. Nws yuav kom koj sawv ntawm ib sab lub tshuab thaij fais fab. Ces nws yuav pab koj kho lub mis teeb rau ntawm daim me nyuam txiag yas ces ho muab ib daim yas nias saum qhaum mis tuaj kom lub mis pluav ces thaij thaj tau daim duab tseeb, tsuas siv sij hawm li ob peb second xwb.

Thaij mis fai fab puas kim thiab?

Tus qi yog ze li \$50 mus rau \$250 yog thaij fais fab mis ib zaug tw. Yog koj muaj ntawv kho mob, daim ntawv kho mob mam them tus nqi no. Yog koj tsis muaj ntawv kho mob es koj ho tsis muaj nyiaj them tus nqi fais fab no, muaj cov kev pab kom yus tau them tsawg los yog thaij dawb xwb .Txhua txhua tus poj niam muaj hnub nyoog txog 65 xyoo yav saum lawm medicare nyiaj laus mam them tus nqi no. Yog koj xav paub txog kev thaij fais fab dawb los tau them nqi tsawg hu rau tau tus xoov tooj. 1-800 227-2345.

Yuav mus thaij fais fab mis nyob qhov twg ?

Yog koj muaj ib tug kws kho mob uas ib txwm kho koj ,nws yuav qhia kom koj mus thaij fais fab nyob rau qhov chaw uas koj daim ntawv kho mob kam them. Ntau qhov chaw xws li public health dept, hospital ,cov tsev kho mob rau poj niam yuav pab koj nrhia qho chaw thaij fais fab uas thaij zoo rau koj .Yog koj xav tau kev pab thiab xav mus thaij fais fab rau qho chaw zoo hu tau rau peb lub koos haum American Cancer Society tus xoov tooj yog: 1-800 227 2345

Yuav ua li cas yog hais tias pom muaj qog nyob rau hauv kuv lub mis?

Tsis txhob maj ntshai dhau ntau zaus cov qog uas pom nyob hauv fais fab no kuj tsis yog Cancer thiab. Yog pom qog nyob hauv lub mis , tus kws kho mob yuav tau kuaj ntxiv saib puas yog Cancer tiag tiag. Yog pom tau tias yog Cancer tiag tus kws kho mob yuav tham kom mee rau koj hais tias. Yuav kho li cas thiaj yuav zoo. Qhov tseeb tiag xav kom sawv daws nco qab ntsoov tias yog nrhia tau lub qog no thaum tseem me mas yeej muaj peev xwm kho tau kom tus mob no zoo hlo tau. Nyob rau peb lub koom haum American Cancer society muaj cov neeg uas lawv tau cawm dim ntawm tus mob no los lawm coob leej ntau tus. Yog koj ho xav paub txog lawv los yog xav nrog lawv tham kiag peb yuav muab tau lawv lub npe rau koj kom koj hu tau nrog lawv tham kom koj siab loj tuaj. Hu tau rau peb tus xov tooj yog : 1-800 227 2345.

Yog vim li cas thiaj tseem ceeb heev kom kuv yuav tsum mus thiaj fais fab mis (mammogram)?

-Yog thiaj pom lub qo mis thuam me cawm tau kuv txoj sia
-Txhua txhua tus poj mian thaum yus muaj hnuv nyoog laus zuj zus lawm yus yuav muaj mob Cancer yooj yim dua. Yuav luag ib nrab ntawd cov poj niam thaum lawv muaj hnuv nyoog laus tshaj 50 xyoo lawm.

- Feem coob ntawm cov poj niam mob mis Cancer lawv yeej tsis muaj caj ces mob mis Cancer li.
- Yog thaum lub qo tseem me thiab nrhia tau ntxo yuav raug phais tsaw dua.
- Mus thiaj fais fab mis yooj yim tshaj dua qho koj xav.
- Kam mus thiaj fais fab ib xyoo ib zaug ua rau yus nyob kaj siab dua.

Koj yuav tsum mus thiaj fais fab mis thaum koj muaj hnuv nyoog txog 40xyoo.Hos yog hnuv nyoog 50 xyoo lawm yuav tau thiaj ib xyoo ib zaug tsis nuh kom li.

Nrhiav tau tus mob mis Cancer no thaum ntxov cawm tau koj txoj sia.

Lus txhais tawm

Cells: Cov noob qaij me me nyob hauv neeg lub cev, nws txawj tawg ua tau tej ntshua tuaj.

Detechron: Nrhia tau tus mob

Diagnosis: Nrhia tau qhov mob los ntawm kawm tau nwstus xeeb ceem mob.

Guideline: qhia txog kom paub tias yuav kuaj yam twg thiaj nrhiav tau tus mob.

Medical: kev kho mob thiab kws kho mob.

Prevention: Kev txiv thaiv kom txhob mob

Radiator: Suab sab fais fab tsom rau yus lub cev los yog ib qho chaw ntawm yus lub cev.

Symtoms: tus xeeb ceem mob ua kom pom tswm rau kom paub tias mob dab tsi.

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