



Aamagpet Ikayutekaak



BREAST HEALTH

Given in Yup'ik by Carrie Paton



**Aamak aulukellrak
ikayuutnguciquk
unguvaqallerkarpenun.**

*Breast health care can help
extend your life.*



**Arnat cakneq
keneknarqut
ilaknaqluteng-llu
ilakutellriani.**

*Women are very special
and are an important part
of the family.*

Arnaq, ayagyuarli wall' arnaurrli aamamiikun apqucingyug'ngauq naulluutekayagmek.

A woman, young or old can get breast cancer.



Ukut arcaqerluteng murilkessaraugut:

1. Arnaurtellriit
2. Nakmiin ilan (aanan, panin, wall' alqan) aamamiikun naullutengqellrukan

The chance of breast cancer increases:

1. As you get older
2. If your close relative (mother, father, daughter, son, sister, or brother) had breast cancer

Aamak yuvrirturararkaugguk tamiin iraluq pita'qan elpenek caavtaarlukkek, yungcaristevnun cali yuvrircellukkek allamiaqan, cali-llu tarenraircellukkek.

Monthly self breast exams, a yearly breast exam by your provider, and mammograms are recommended.



Ukut atuugut:

1. Elpenek yuvriraqlukek aamagken ataucirqumek iralum iluani.
2. Allamiaqan yuvircetaqlukek aamagken yungcarestemun wall' iinriurtemun, ayagnirluten uksungllerpenek yuinamek.
3. Alla'miaqan tarenraircellukek aamagken, ayagnirluten uksungllerpenek yuinagnek malrugnek.

The following steps are important:

1. *Self breast exam once a month.*
2. *Yearly breast exam by your health care provider beginning at the age of 20.*
3. *Yearly mammogram beginning at the age of 40.*



**Nallunrirkek
aamagpet
ayuquciak
tangllerpegun
elpeklerpegun-llu.**

*Learn how your breasts
usually look and feel.*

Aamavni wall' mulgani
allanarqellriamek
nalaquskuvet egmianun
yuvrirceskina.

Assinruuq
uuqassugarpeknani
yuvrircetleq egmianun.

*If you find any breast
or nipple changes, see your
health care provider. You will
feel better knowing you are
taking care of your health.*



Qanruskiu yungcaristen nalaquskuvet allaanarqellrianek aamami wall' mulgani:

*Tell your provider if you find breast
or nipple changes*

1. Kenercetellria
allanaqluni aamavni
wall' avatiini

*A lump that feels different on
or around your breast*



2. Allanarqekan kemga,
kavirceskan

A change in skin color, redness



3. Kemga aamam ili
meluumakan ilutmun

*Skin dimpling, skin turned
inward in one part of
the breast*



4. Mulga cimiqan, ilutmun itqan
Nipple changed to turn in



5. Kavircestellriangqerqan
mulga
Rash on the nipple



6. Ellminek maqkan augmek
wall' imamek mulganek
*Spontaneous leaking of blood
or fluid from the nipple*



**Aamamun apquciq nalaqumalria
ayagniutiini kitugcimalra
egmianun assinruuq.**

Find and treat breast cancer early.

Yungcaristen qalarutaqluku aamagpet ikayuutekaagnek

*Talk with your health care
provider about breast health.*



Yuvristemun aamagken yuvircetaqlukek allamikuaqan

*Have a yearly breast exam by
your health care provider.*



**Muskina yungcaristevnun
aamagpeni nalaqskuvet
allanarqellrianek. Apqaurlutun
peng'gareskevnek.**

***See your health care provider
if you notice changes in your breasts.
Ask questions about your concerns.***



Aamak tarenrailrak

Mammogram



1. Cauga aamak tarenrailrak?
Uunguq pisqumalria
tarenrairissuutekun yuvrillak
aamak wall'u tarenrakun
yuvriyaraak yuarlunteng aamak
cimiqerraallragnek.

What is a mammogram?

*A recommended procedure using x-ray or
imaging to find breast changes early.*

2. Ciin tarenrairyaraugak aamak canrilkagnek?
Tarenrakun tangernarquq cimillra elpekumarivailgan.

Why should I have a mammogram if my breasts feel fine?

A mammogram can find breast changes early, before a woman notices change.

3. Qaku tarenrairyarausia?
Tarenraircet'langkikek aamagken allamiaqan
ayagnirluten uksungllerpel yuinagnek mallrugnek.
Ilanggerquvet aamamikun naullutelegmek tarenrair-
yara'arauciquten. Apluku yungcaristen.

When should I start getting a mammogram?

Begin having a mammogram every year at age 40. If you have a family history of breast cancer you may need to begin earlier. Ask your health care provider.

4. Ciin allamiaqan tarenrairyarausia?
Tarenrat allamiaqan yuvrillrat nallunailaraat
cimillrak aamak.

Why do I need to get a mammogram every year?

Yearly mammograms can show breast changes.

5. Ilailkumaami aamamikun naullutelegmek
caliqaa tarenraircecaraugua?
Aa-ang, arnaq kituungermi aamamikun
apqucingygngauq.

I have no family history of breast cancer, do I still need to have a mammogram?

Yes, any woman can develop breast cancer.

Elpenek aamagken yuvriraqlukek iralum iluani ataucirqumek.

Do a self breast exam once a month.

Tangerrlukek aamagken tarenriurutkun. Aamagken mulgak-llu yuvrirlukek allanarqellriamek kiarrluten.

Look at your breasts in front of the mirror. Look for any changes in your breasts or nipples.



1. Ciumek manilukek aamagken ciutmun, talligken agavkarlukek. Tuall' tallirpilirnermun tuiggluten iqsulirnermun-llu.

First look at the front of your breasts with your arms at your sides. Then turn your body to the right and then to the left.



2. Tuall' talligken iruvet kangragnun ellilukek, manilukek ciutmun aamagken, yualuten tegg'icarluiki manuvni. Tuiggluten tallirpilirnermun, iqsulirnermun-llu.

Then put your hands on your hips, facing forward, tighten your chest muscles. Turn to the right side, and then to the left.

3. Ataam maniluten ciutmun talligken naluglukek qamiquvet quliinun, ciutmun apenglluten tuiggluten tallirpilirnermun, iqsulirnermun-llu.

Face forward with your arms over your head and lean forward. Turn to the right side and then to the left.



Tamalkuan aamagpet nuniik yuvrirlukek.

Examine all areas of both breasts.



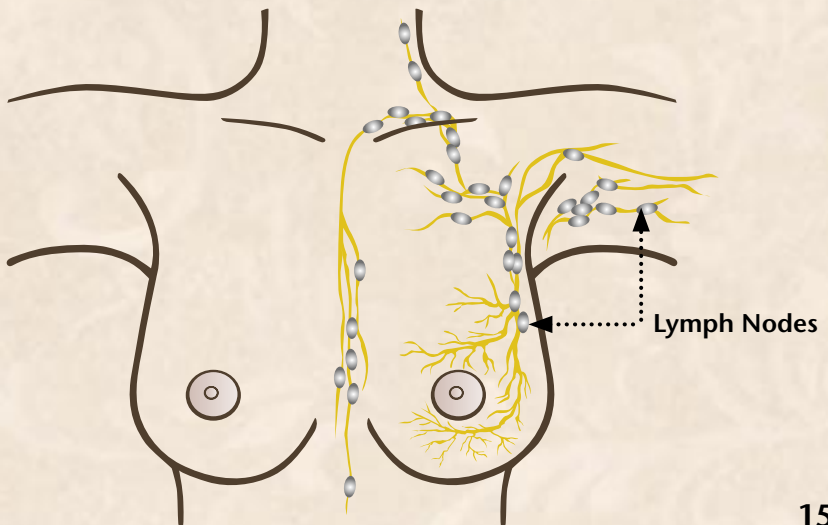


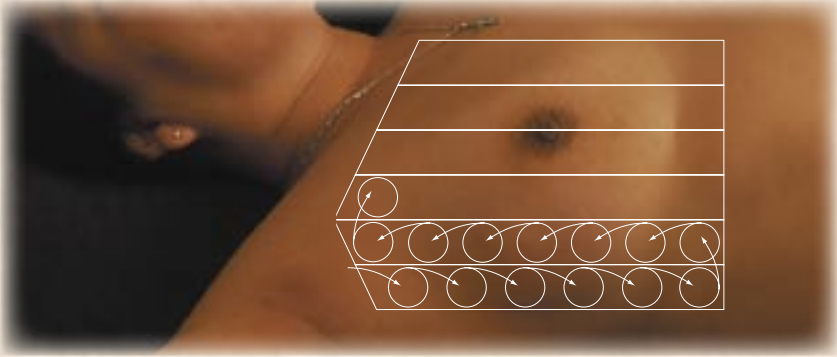
Tamalkuan aamavet avatii nunii-llu caavtaarluku. Piaken tusvet nuniinek ayagnirluten kanavet aamailitaryaravet engeliinun.

Cali unerpet nuniinek manuvet qukaa tekilluku.

Kenercinrraat yuvrirluki puvelriamek wall' aviranarqellriamek yuarluten. Tamarkenegka aamagken yuvrirlukek.

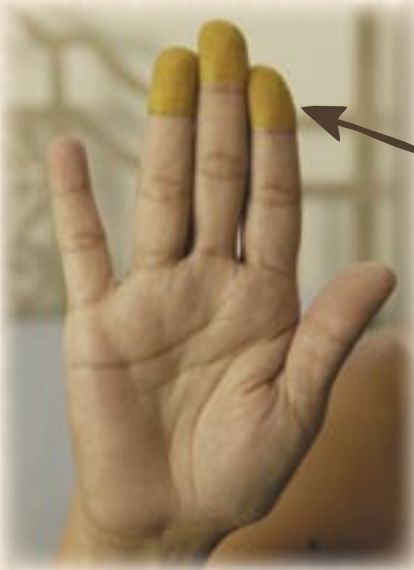
*Feel the entire area of the breast as shown in yellow.
Check for swollen or sore lymph nodes. Examine both
of your breasts.*





Unerpenek ayagnirluten, yuaraten naluksaunaki, utertaarluten kanatmun pavuatmun-llu cali, uivqurluku caavtaallren.

Starting under the arm, without lifting your fingers, make rows moving down and up.



Yuaravet manuatgun caavtaarluten, uivqurluku mekuralrianek.

Move the pads of your fingers in a small circular pattern.



Light Touch



Medium Touch



Deep Touch

Ciunek ellmaar cavlluku tuall' negtekanirluku.

First press lightly and then harder.

Tamalkuan aamagpet nuniik yuvrirlukek.

Examine all areas of both breasts.



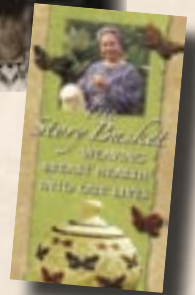
**Aamak yuvrirturararkaugguk
tamiin iraluq pita'qan
elpenek caavtaarlukkek,
yungcaristevnun cali
yuvrircellukkek allamiaqan,
cali-llu tarenraircellukkek.**

Monthly self breast exams, a yearly breast exam by your provider and mammograms are recommended.



**Ilaten yugnikngaten-llu
qanruskiki.**

Tell your family and friends.



To learn more, watch the movie, *The Story Basket: Weaving Breast Health into Our Lives*

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Quyana for the many people who helped to make this booklet.

Elpenek mulngakekina.
Ilaksunarquten maani
ilavnun, yugnikngavnun,
nunarravnun-llu.

Yuk tamarmi
cikiutekegtaarauguq.

*Take care of yourself.
You are important to
your family, friends and
community. Each person
is a special gift.*

