

ESTEE LAUDER COMPANIES
CAMPAÑA CONTRA EL CÁNCER DE MAMA



Municipalidad
**Estación
Central**
Corazón de Ciudad

NOU FINI AK KANSE DE MANMAN NAN MOND SAA

#PinkRibbon25

 @bca_chile_oficial

 @BCA chile

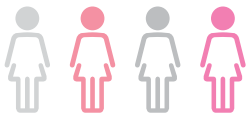
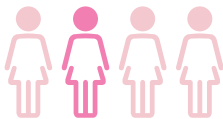
Nan Chili kanse de
manman se
**premye kos ki
kap touye** yon fi.



Chak jou
**gen 3 o 4
manman ki
mouri** akoz kanse
nan Chili.

Chak
**3 zed tan
gen yon
dyagnostik
ki** fet ak yon fi
ki gen kanse.

1 De chak 4 nouvo
dyagnostik de kanse nan
**yon mfi ki gen
kanse de manman**



70%
de tout ka de kanse
de manman **pa
gen yon koz ki
edilatre.**

Nan chili anviwon
**7 de chak 10
nouvo** mounn
ki gen kanse de
manaman yo
dyagnostik sa yo fet
nan fi **mage plis
de 50 ane.**



¿Koman realice yon oto egzamen de manman?

**Pwogwame yon jou chak mwa
7 jou anvan o 7 jou apre peryod ou**

Si w fel de yon fason regilye ou kapab konnen kow e w ka detekte nenpot anomal .

Nan douch la



Leve men dwat ou ak plat mnew ak dwet men goch ou , egzamine byen dousman sou estomak ou sou bo dwat .

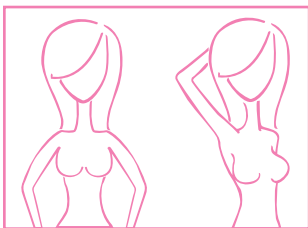
Komanse nan pati superye de kontwol estomak ou e santi yon sikilasyon ki presyone e sa sufi pou kap santi yon aksyon nan venn ou.

Apre w fin komplete wond la ki sitye ki nan chak dwet yo a 2 santimet edmi de distans afektye de yon nouvo wond kontinye de fason jiskew rive na pezon an

Egzamine yon zonn ki sitye bo estomak ,espesyalman azil, pou a pwouve si gen kek pwotiberans ou byen nodil.repete avek bo estomak dwat la.

Anfas mi waa

Obseve yon fwa plis , premye mete menw sou rew o senti.



Peze epol ou ak kout menw jis ka devan pou reflechi ak tout fos petwol , e leva menw dousman pa deye tet ou.

Ak menw rete sou chak bo w obseve ou we si gen kek chanjman de koule ,ou byen lage , ou fom ou santi o pyew kouche.

Kouche

Ak yon soreye anba braw goch ou lave menw goch ou sou tet ou.

E tout egzamen estomak souvan santi sikilasyon dekri an premye pa.

Retire ak dwa de plis peze dousman chak pati nan kow byen dousman pou verifye si gen yon kote ki few mal .

