

Māori

# MATAWAI TĀWAHA KŌPŪ

Ngā Mea Hei Mōhio

[TimeToCervicalScreen.nz](https://www.timecervicalscreen.nz)



He Haumarū

He Tika

Māu anō Koe e Kuhu



National  
Cervical  
Screening  
Programme

## Kia ora, nau mai

Ka rapu te matawai tāwaha i te huaketo tona wawana ā-tangata (HPV) e puta ake ai te nuinga o ngā mate pukupuku o te tāwaha. Māu ake koe e whakamātau, i te nuinga o te wā i tētahi koko tūmataiti i te wāhi o te tāpuinga matawai, ā, māu rānei e īnoi ki tētahi atu kia āwhinatia. Tērā pea, ka marohi ētahi kaimatawai i ngā wāhi kē atu, arā anō he wāhi rānei o te hapori, he taiwhanga kānekeneke rānei, ā, ko te hari rānei i ngā taputapu matawai ki te kāinga. Kāore ngā kaiwhakarato hauora katoa e pērā, nō reira, pātaitia atu ngā whiringa e wātea ana i tōu rohe.

Ma te nahanaha o te matawai (hei tikanga i ia 5 tau, i ia 5 tau) me te awhikiri atu i te HPV e tiakina ai koe i te mate pukupuku tāwaha. Ko tēnei te huarahi pai e noho ora ai koe, me tō whānau hoki.



## Ma te aha au e mōhio ai mehemea e tika ana te matawai tāwaha kōpū mōku?

Marohitia ai te matawai tāwaha kōpū mōu mehemea:

- he wahine rānei, he tangata whai tāwaha kōpū rānei;
- i te 25 ki te 69 tau te pakeke;
- i te mahimahi ināiane, ā, i te mahimahi i mua.

Kāore he tikanga kē o ngā whāinga aitanga rānei, o te tuakiri ā-ira rānei. Kāore hoki he tikanga kē mehemea kāore anō kia ai i te wā roa. Mehemea he tāwaha kōpū tōu, me whakamātau, ka tika.

Mehemea he pokanga kōpū whakatepe tōu (arā, kua tangohia te kōpū me te tāwaha) me kōrero ki tōu kaiwhakarato hauora mehemea he matawainga hei whāinga māu.

Mehemea e hapū ana, he mea haumaruru tonu te mahi i te whakamātau.

Mehemea kei a koe te mate marama, he pai tonu te mahi i te whakamātau ki te kore te tahe toto e tino nui, kei hē te putanga whakamātau.

## Hei utu i te matawai

Ehara te Hōtaka ā-Motu o te Matawai Tāwaha Kōpū (NCSP) i te mea tahua kiki. Heoi, he matawai utu-kore mō ngā wahine me ngā tāngata whai tāwaha:

- he pakeke ake rānei i te 29 tau, kua kore rānei e matawaitia, he tarepa rānei te matawai
- he whakamātau tukuru
- he kāri Ratonga ā-Hapori tāna
- he Māori rānei, he Tangata ā-Kiwa rānei.

## Ki hea haere ai ki te matawai Tāwaha Kōpū?

Hei whiringa māu:

- tō tākuta rānei, tō nēhi rānei ki tētahi whare
- ngā whare haumanu wāhine rānei, hapori rānei mō te Māori me te Tangata ā-Kiwa
- ongā ratonga ākikō, he pērā me te marae, me te taiwhanga kānekeneke
- ngā whare māherehere ā-whānau
- ngā ratonga hauora aitanga.

Tērā pea he whiringa whakataka-ki-te-kāinga ā ētahi kaiwhakarato hauora, kōrero ki a rātou mehemea e hiahia ana kia whai wāhi atu.

Mau rānei te tangata tautoko e hari atu ki te tāpuinga. Hei te whakaritenga o te tāpuinga, whākina atu mehemea rānei e tika ana te kaiwhakawhiti reo mōu, mehemea rānei he hanga hauā tōu e tika ai te āwhina.

## He aha te maha o ngā wā me matawai te tāwaha kōpūo?

Ka tūtohuhia kia whakamātauria te tāwaha kōpū i ia 5 tau, i ia 5 tau mm te nuinga o ngā tāngata (e 3 tau rānei mehemea he aw hikiri pahara). I ētahi wā, me maha atu ngā whakamātau. Mā kōrua ko te kaiwhakarato hauora e āta kōrerorero ina tika mōu.

He pai noa te pahurenga wā i waenga i ngā matawainga i te mea ki te kore he HPV ōu, he iti rawa te mōrearea e putaputa ai ngā panonitanga pūtau e whanake ake ai te pukupuku. Heoti, he mea nui te whai tonu i te nahanaha o te matawai mo te roanga o te wa e māraurau ana koe.

## HPV me te mate pukupuku Tāwaha Kōpū

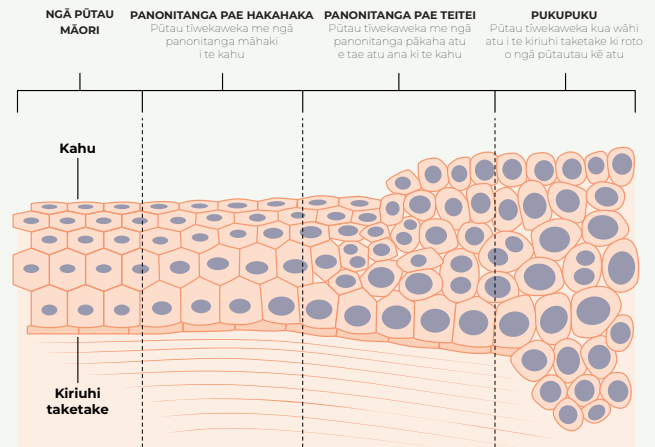
Tata nei te katoa o te mate pukupuku tāwaha kōpū ka take mai i te HPV. He huaketo pā noa nei, ka hora i te hononga taupiri ki te kiri rānei, i te mahimahi rānei (ehara hoki i te ai pokopoko anake).

Ko te nuinga o ngā tāngata mahimahi ka pāngia ki te HPV i tētahi wā i te oranga. I te nuinga o te wā ka ngarongaro ake ngā pokenga, engari ērā ētahi momo huaketo mārō e huri ai hei panonitanga pūtau, ā, hei reira huri ai hei mate pukupuku.

Ehara te whai HPV i te tohu o te mate pukupuku.

I te nuinga o ngā wā, ka 10, ka maha atu rānei, ngā tau e whanake ai te mate pukupuku tāwaha kōpū. He maha ngā tūāhuri i waenga i te whai huaketo, i ngā panonitanga pūtau, i te mate pukupuku. Ma te nahanaha o ngā matawainga ka kitea tōmuatia atu te panonitanga pūtau kia tāpuhitia i mua i te huringa hei mate pukupuku.

### Hoahoa 1. Ngā taumata o ngā panonitanga pūtau tāwaha



# Te whakamātau matawai HPV

Kua kore te matawai tāwaha kōpū e ngāwari atu.  
E rua hoki ngā huarahi hei whakamātau atu:

## WHIRINGA 1: Te paninga teke

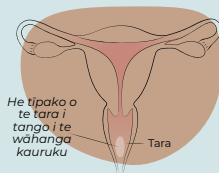
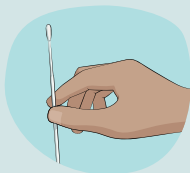
Ka tika tēnei mo te nuinga o ngā tāngata. Ka tohua atu ki a koe mehemea he whakamātau kē e tika ana mōu.

### A) Māu e mahi hei whakamātau whaiaro

I te nuinga o ngā wā, mahia ai tēnei i te koko tūmataiti o te wāhi matawai. Tērā pea ka tohua atu e ngā kaimahi matawai ki ētahi atu wāhi rānei o te hapori, ki te taiwhanga kānekeneke rānei, ā, kia haria rānei ngā taputapu whakamātautau ki te kāinga.

### B) Ma te tūngaio hauora koe e āwhina

Ka tīkina ake te tipako i te teke ki te paninga.  
Whakamātauria ai te tipako paninga teke hei rapu i te HPV anake.



### Ki te kore te HPV e kitea

Ka rima ngā tau i mua i te whakamātau matawai anō (ka toru tau rānei mehemea he tangata awhikiri pahara koe).

### Ki te HPV e kitea

E ai ki te momo HPV kua kitea, tērā pea me tiki atu te tipako tāwaha (tērā i huaina ai hei whakamātau paninga i mua) hei rapu i ngā panonitanga pūtau, ā, tērā pea, ka tohua rānei koe hei whakatau mehemea he panonitanga o te tāwaha kōpū e whai haumanu atu.

Tirohia ngā tohutohu  
CervicalSelfTestMaori.nz



## WHIRINGA 2: He tipako o te tāwaha kōpū

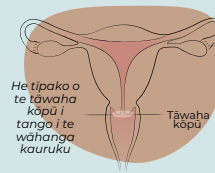
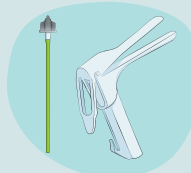
Huaina ai tēnei hei whakamātau paninga i mua. Tērā pea ka tohua mō ētahi tāngata, ā, māu anō rānei e whiriwhiri ina hiahia.

### Ka tīkina atu te tipako tāwaha e te tūngaio hauora

Ka mahia i te whare haumanu rānei, i ngā wāhi hapori rānei, i te taiwhanga kānekeneke rānei.

Ka tīkina ake e te kaimatawai te tipako pūtau i te tāwaha ki te whātīrara me te paraihe iti.

Ka mātua whakamātauria te tipako hei rapu i te HPV, ā, ina kitea atu, ka huri ki te rapu i ngā panonitanga pūtau.



### Ki te kore te HPV e kitea

Ka rima ngā tau i mua i te whakamātau matawai anō (ka toru tau rānei mehemea he tangata awhikiri pahara koe).

### Ki te HPV e kitea

Ka āta tirohia taua tipako hei rapu atu i ngā panonitanga pūtau. E ai ki ngā putanga ake, tērā pea ka tohua koe ki te whakamātau ā-whātīrara hei whakatau mehemea he panonitanga o te tāwaha kōpū e whai haumanu atu.

Tirohia te aratohu  
CervicalSampleMaori.nz



## Te whai putanga

Ka puta tō hua HPV i roto i 1 ki te 2 wiki. Kōrero atu ki tō kaiwhakarato hauora te tikanga hei whakapā atu ki a koe.

**Ka māori noa te nuinga o ngā putanga matawai. I te 90%, tata nei, o te hunga matawai kāore te HPV e kitea.**

I te 10%, tata nei, ka kitea te HPV. **EHARA tēnei i te tohu nōu te pukupuku.** Engari he tohu pea o te mōrearea e whanake ake ai ngā panonitanga pūtau o te tāwaha, nō reira he mea nui ngā whakamātau kē atu.

He mea āta wetewete, he mea tino tika hei whakakite i te huateko e puta ake ai te nuinga o ngā pukupuku tāwaha. He pai tonu te whakamātau ahakoa māu anō e mahi, ahakoa ma te āwhina a tōu kaiwhakarato hauora, ā, ma te tiki rānei i te tīpako tāwaha.

Engari kāhore he whakamātau hapa-kore, ā, he reira te tūponotanga iti rawa kua hipa te HPV rānei, ngā panonitanga pūtau rānei. Koina e nui ai te nahanaha o ngā matawainga.

Kia mōhio tonu ki ngā putanga o te whakamātau tāwaha, tirohia te mātārere *Matawai Waha Kōpū: Te Mārama ki ngā putanga o te matawai tāwaha kōpū HE1169*.

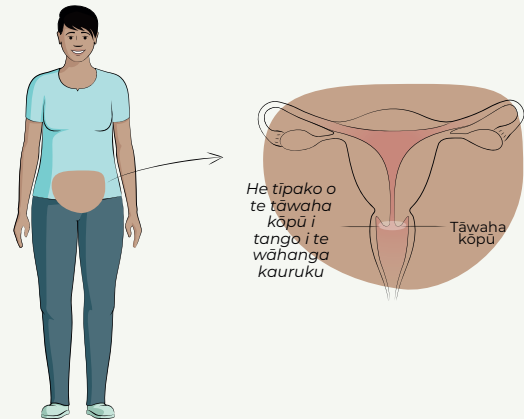
## Ngā whakamātau hei whai atu – Hei tāringa atu

### • Te tīpako tāwaha

Tērā tētahi taputapu ko te whātīrara hei whakatīrara i te tara kia tirotiro ai te tākuta rānei, te nēhi rānei i te tāwaha kōpū. Māu e takoto tāpae rānei, tīraha rānei me ngā turi pēpeke. Ka uhia te wāhanga tōraro o te tinana ki te hīti. Ka whakamahia he paraihe ngohengohe ki te āta tango i tētahi tīpako pūtau i te kahu o te tāwaha. Ka iti pea te anipā i reira.

Ka tukuna te tīpako ki te taiwhanga pūtaiao kia tirohia ngā panonitanga pūtau.

### Hoahoa 2. Te wāhanga e tango ai i te tīpako



- **Matawai Kōpū**

I te matawai kōpū, ka whakamahi te mātanga i te karu whakarahi, e huaina nei he karu kōpū, kia tirohia ngā pūtau o te tāwaha kōpū. E rite ana te karu kōpū ki te karurua whakarahi whai tīrewa. Ka whakanuia te tāwaha kōpū kia kitea ai ngā panonitanga pūtau.

Ko tā te matawai pea he tango i tētahi tīpako pūtauta. E ruarua noa iho ngā hēkona hei tango i taua tīpako, ā, tērā pea ka rongo koe i te kini iti.

He mea nui kia haere ki tō tāpuinga matawai kōpū, ahakoa kāore he tohumate, ahakoa e hapū ana.

Kāore pea ēnei arowhai tāpiri e kitea tētahi mea e āwangawanga ai. Mehemea ka kitea ngā panonitanga pūtau, ka kohaina atu nga mahi haumanu, ā, ka angitu i te nuinga o ngā wā.



## Te rongoā āraimate HPV

He kaupeka nui te rongoā āraimate HPV hei ārai atu i te pukupuku tāwaha. Kāore he utu mo te rongoā āraimate mā ngā tāngata i te 9 ki te 26 tau te pakeke, me ngā manene no raro i te 18 tau te pakeke. Nā taua rongoā āraimate nei i heke ai te pāpātanga o te mate pukupuku o te tāwaha kōpū, engari kāore i te pare atu i ētahi o ngā momo HPV. Nō reira, ahakoa kua werohia koe ki te rongoā āraimate nei, he mea nui kia nahanaha tonu ngā matawainga tāwaha kōpū.

**Ngātahi nei, ko te rongoā āraimate HPV me te matawai tāwaha kōpū ngā mea pai rawa hei pare atu i te whanaketanga o te pukupuku tāwaha kōpū!**

## He karere whai tikanga

Mā ngā tāngata hauora te matawai tāwaha kōpū. Mehemea he tohumate ōu, he mea nui kia kite wawe rawa nei i tōu kaiwhakarato hauora. Hei tohumate:

- te toto rānei, te turuturu toto rānei i waenga i ngā tahenga, i muri rānei i te tūpātanga
- te mamae i a koe e ai ana, ā, he toto rānei, te turuturu toto rānei i muri i te ai
- te mātahetahe no te tara e tauhou ana ki a koe
- te mamae tūroa i te papatoiake rānei, i te tīraki rānei.

He maha ngā take kē atu e pupū ake aua tohumate nei, ā, he ouou ngā wā e tohu ana i te mate pukupuku i te tāwaha kōpū. Heoti, me tiroiro e tōu tākuta.

## Ka pēhea taku uru atu ki te Hōtaka ā-Motu o te Matawai Tāwaha Kōpū?

Ka whakauru aunoa koe ki te hotaka, mehemea e māaurau ana rānei, i tō huringa ki te 25 tau rānei, i tō matawai tāwaha kōpū tuatahi rānei, māna ka kōwhiria kia puta.



Ko te tikanga, kei te rēhita NCSP koe kia whai pōhiri ai, kia karangahia ai kia hoki atu, kia mahara ai ki te matawai e whai atu ana. Ki te kore koe e tino mōhio ana mehemea kei te Rēhita tōu ingoa, tēnā, waea atu ko **0800 729 729** kia mōhio ai.

## Ka ahatia ōku mōhiohio hauora?

Ka mau ngā mōhiohio katoa ki te pūnaha rorohiko, ki te Rēhita-NCSP, kei te whakahaerea e Te Whatu Ora. Ka whakamahia te Rēhita NCSP hei hopu i ōu putanga whakamātau. Hei reira e wātea ai ōu tino mōhiohio mā koutou ko ōu kaiwhakarato hauora, e tiakina ai hoki tōu ahunga atu ma te Hōtaka. Me te mea hoki:

- ka tonu atu i ngā pōhiri me ngā whakamaharatanga
- ka tautoko i a koe mehemea he uua te whai atu i ngā ratonga matawai tāwaha kōpū
- ka whakaratorato i ngā mōhiohio hei whakawa, hei arotake i te Hōtaka;
- ka taunaki i ngā mahi rangahau e ka whakaetia e te kōmiti matatika;
- ka āwhina i ngā mahi māherehere i ngā ratonga ā-motu, ā-rohe.

Kāore ngā pūrongo me ngā rangahau e tautohu atu i te tangata, ahakoa ko wai.

Tēnā, titiro ki te wāhanga tūmataiti o te paetukutuku Wā hei Matawai, **TimeToCervicalScreen.nz**, hei whai i ngā pitoptio kōrero mo te whakahaere tūwhita i ngā mōhiohio katoa kua kohia.

Nou te tikanga, ahakoa te wā, hei tonu atu i ōu mōhiohio hauora ki te waea utukore atu rānei ki **0800 729 729**, ma te tono kārere rānei ki **info@ncspregister.health.nz**, ā, hei reira hāpono ai i tōu tuakiri whaiaro (ngā ingoa katoa, te rā whānau, te tau NHI, te wāhi noho).



## Te whakatārewa rānei, te kounu rānei i te Hōtaka

Nōu te whiringa kia kounu rānei i te NCSP i te wā e hiahia ana koe, kia noho rānei ki te Hōtaka, engari ka aukati i ngā pānuī. Māu hei whakapā atu ki te Hōtaka e pā ana ki aua whiringa, ā, ina whiriwhiri koe kia kounu, mā mātou te puka uiui e tono atu ki a koe hei whakakīkī. Ka mau i a mātou ētahi o ngā mōhiohio mōu i te pūnaha me te tohutohu kēi whakapā atu anō ki a koe. Ka ūkuia ngā mōhiohio katoa mōu, ōu whakamātau matawai tāwaha kōpū me tōu hītori, i ā mātou mauhanga.

Ina huri ngā whakaaro, he pai tonu te hono anō ki te Hōtaka.

## Hei kōrero āpiti

Mehemea he pātai anō āu mō ngā painga o te matawai tāwaha kōpū me ō whiringa, ka kitea e koe ngā whakautu i te paetukutuku e [TimeToCervicalScreen.nz](https://www.timetocervicalscreen.nz)

Ko te mātārere nei, me ētahi atu mōhiohio e pā ana ki te matawai kei te paetukutuku [HealthEd.govt.nz](https://www.health.govt.nz), me ngā rauemi taunaki nei:

- *Matawai Waha Kōpū: Te Mārama ki ngā putanga o te matawai tāwaha kōpū, waehera HE1169*
- *Matawai Kōpū: Ngā mea hei mōhio, waehera HE1170*
- *Te Matawai Tāwaha Kōpū Whakamātau-Whaiaro: Ngā mea hei mōhio, waehera HE1172.*

Hei whai i ngā mōhiohio kē atu, hei whakahou hoki i te wāhi noho, tēnā whākina atu rānei ki tōu kaiwhakarato hauora, ki te rēhita o te Hōtaka NCSP, Waea Utukore **0800 729 729** rānei, ka tuku imēra rānei ki [info@ncspregister.health.nz](mailto:info@ncspregister.health.nz)

**Mehemea he hoa rānei, he mema whānau rānei tōu e māraurau ana kia whakamātauria, tuarihia tēnei taipitopito me te whākī atu i ngā kōrero e pā ana ki te matawai whaiaro HPV hōu. Tērā pea ka ora rātou i reira!**



[TimeToCervicalScreen.nz](https://TimeToCervicalScreen.nz)



National  
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Programme

**Te Whatu Ora**  
Health New Zealand

**Te Aka Whai Ora**  
Māori Health Authority

HE1168 September 2023 - MĀORI