

Māori

# MATAWAI WAHA KŌPŪ

Te Mārama ki ngā  
putanga o te matawai  
tāwaha kōpū

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



National  
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Screening  
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Na te mahi i te matawai tuatahi, kua tango koe i te hīkoinga tuatahi hei tiaki i a koe ake i te mate pukupuku o te tāwaha kōpū.

He mea nui te nahanaha o ngā matawainga kia mau ai tōu hauora me tō te whānau.

Ka mātua rapu ngā whakamātau matawai i te huaketo tona wawana-a-tangata (HPV) e whanake ake ai te nuinga o ngā pukupuku tāwaha. Ina kitea te huaketo, ka whakaritea ngā whakamātau kē atu hei rapu i ngā panonitanga pūtau.

Mā ngā mōhiohio nei e mārāma ai koe ki ngā putanga o te whakamātau matawai tāwaha.

Mehemea he take hei whai atu i ngā whakamātau kē atu, kāore he utu i raro i ngā tikanga o te Hōtaka ā-Motu o te Matawai Tāwaha Kōpū (NCSP).

## Ko tā ngā putanga e whakaatu ai

Ka mātua whakaatu ngā putanga mehemea he HPV tōu. I te nuinga o ngā wā, ka tae aua putanga i roto i te 1 ki te 2 wiki.

Ko te 90%, tata nei, o ngā tāngata kua matawaitia, KĀORE te HPV e kitea, ā, mā rātou ngā matawainga nahanaha e whai atu. Hei tikanga, ka mahi i ia 5 tau, i ia 5 tau (engari ka 3 ngā tau mehemea he tangata awhikiri pahara koe).

Ko te 10%, tata nei, o te hunga matawai ka whakaatu i te HPV. EHARA tērā i te tohu he mate pukupuku tōu. Heoti, he tohu o te mōrearea o ngā panonitanga pūtau e huri ai hei pukupuku i te tāwaha, nō reira he mea nui te whai i ngā whakamātau nahanaha.

Ko ngā hīkoinga hei whai atu ka hāngai ki te momo HPV kua kitea. Ko tā aua whakamātau ko te rapu i ngā panonitanga o te tāwaha.

## Te HPV me te pukupuku tāwaha

He maha ngā momo HPV, ka hora i te taupiri rānei o te kiri ki te kiri, ki te mahimahi rānei.

Ka pokea kia 80% o ngā tāngata pakeke ki te HPV i tētahi wā o te orange. Ngarongaro ake ai te nuinga o aua pokenga. Engari ka mārō ētahi momo HPV e puta ake ai pea te mate pukupuku.

I te nuinga o ngā wā, he maha ngā tau e whanake ake ai te pukupuku tāwaha kōpū. Āhei ai ngā matawai tāwaha kōpū nahanaha nei ki te tautohu i ngā tāngata e tino mōrearea ana, ā, hei reira haumanu atu ai i ngā panonitanga pūtau kei huri hei pukupuku.

## Te mārama atu ki ngā putanga whakamātau HPV

E ai ki te kitenga iho i te tīpako, ka rere kē ngā putanga no te taiwhanga pūtaiao. Anei ngā tohutohu o tērā, o tērā

### Kāore te HPV i kitea

Ki te kore te HPV e kitea i te tīpakotanga, hei aha te matawai anō kia 5 ngā tau (kia 3 rānei ngā tau mehemea he tangata awhikiri pahara koe). Ka pēnei te putanga mo te nuinga o ngā tāngata.

### HPV 16 rānei, HPV 18 rānei

He maha ngā momo HPV. Ko ētahi momo e kaha ai te tūponotanga ake o te pokenga tūroa e huri ai pea hei pukupuku tāwaha kōpū. Ki te kitea ngā momo 16 rānei, 18 rānei o te HPV (ngā momo whakamōrearea rawa e rua) ka tohua atu koe ki te matawai kōpū hei rapurapu i ngā panonitanga pūtau.

Ma te mātanga matawai kōpū e mahi, ā, māna te karu whakarahi e whakamahi hei whakarahi i te tirohanga atu, ā, i ētahi wā hei tiki atu hoki i te tīpakotanga i te tāwaha kōpū. KĀORE he panonitanga pūtau no te nuinga o ngā tāngata whai HPV 16 rānei, 18 rānei.

### HPV kē atu (tērā pea ka tautuhia te momo/tau)

Ki te kitea tētahi o ngā momo 'kē atu', ā, kua mahia te whakamātau hei paninga tara, ka tohua koe kia hoki atu ki tōu tākuta rānei, ki te whare haumanu matawai rānei, hei tiki i te tīpako tāwaha (huaina ai i mua hei whakamātau paninga rānei). Ka tonoa taua tīpako ki te taiwhanga pūtaiao hei rapu i ngā panonitanga pūtau (cytology).

Hei aha te tāpuinga tuarua rā mehemea kua whirihia te whakamātau ā-whātīrara (kāore kē i te whakamātau paninga). ā tirohia te tīpako hei rapu i ngā panonitanga pūtau.

E ai ki te putanga ake o te whakamātau pūtau, ka tohua pea koe ki te matawai kōpū.

### He papepape rānei, he pakarā rānei hei tātari

I ētahi wā e maha nei, kāore te tīpako paninga HPV e tika hei whakamātau atu. Ka whākina atu ki a koe mehemea e pakarā ana te whakamātau kia hoki ai koe ki te whakamātau atu.

Ki te tohua te putanga hei mea pakarā hei tātari, ko te take matua ko te turuturu o te tīpako. Tēnā, kia kiki rawa te kopani o te tīpako.



## He pēhea te tika o te matawai tāwaha kōpū?

He mea wetewete rawa, he mea tika rawa te whakamātau HPV hei rapu i te huaketo, ahakoa māu anō e mahi, ahakoa ma te kaiwhakarato e āwhina atu, ahakoa ka tīkina atu te tīpako pūtau tāwaha.

Engari, kāore he whakamātau hapa kore, nō reira he tūponotanga iti rawa kāore pea te HPV rānei, ngā panonitanga pūtau rānei e kitea. Koina e nui ana te nahanaha o ngā matawai.

He pōturi te tūpono ake, pāhurehure nei, o ngā panonitanga pūtau i te tāwaha kōpū. Nō reira e nui ai te nahanaha o ngā matawai, kia kitea ai ngā panonitanga ahakoa kua hipa i te wā tuatahi, ahakoa kua whānakenake ake ai i muri i te whakamātau whakamutunga.

**I waenga i ngā tāngata 180 ka tautohua me te mate pukupuku tāwaha kōpū i ia tau, i ia tau, ka tata nei ki te 85% kāore anō kia whakamātauria, kāore rānei e nahanaha ana te whakamātautau atu.**

## Te mārama ki ngā putanga o te whakamātau pūtau

Rapurapu ai te matawai panonitanga pūtau (arā, te tiro tiro ki ngā pūtau ki te kari whārahi) i ngā kawenga kētanga o ngā pūtau i te kahu o te tāwaha kopu. Ki te whiriwhiri koe kia tīkina te tīpako me te mahi i te whakamātau pūtau, ā, ka kitea hoki te HPV, ka tuatini ngā hanga o ngā putanga.

Tērā pea, ka pūrongohia ngā putanga o te whakamātau pūtau hei:

### **Putanga māori no te whakamātau pūtau (he putanga whakahē)**

Kāore he panonitanga pūtau i kitea. Ko ngā ritenga hei whai atu ka hāngai ki ngā mahi matawai o mua.

### **Putanga pakarā no te whakamātau pūtau**

E mea ana te putanga pakarā kāore te whakamātau i tutuki i te taiwhanga pūtaiao i te ruarua rānei o ngā pūtau i te tīpako, i te ngaro rānei o te nuinga o ngā pūtau i roto i te toto rānei, i te hūwareware rānei. Me mahi anō koe i tētahi atu whakamātau i roto i te toru marama / i waenganui i te toru me te whā marama.

### **Pauku rānei, pokenga rānei**

I ētahi wā, kitea ai hoki te pauku rānei, te pokenga rānei.

Me kōrero tēnei momo putanga e kōrua ko te kaiwhakarato hauora. Ka nui ngā wā kāore he take o ngā mahi haumanu.



### Panonitanga Whano-kē

E mea ana, he uaua te whakatau atu mehemea kua tīmata te whanaketanga ake o ngā panonitanga pūtau. Ka nui ngā wā e ngarongaro ake ai ngā panonitanga whano-kē māhaki (huaina ai ko ASC-US, arā, ngā pūtau unaunahi whano-kē - tohu taurangi) i mua i te whakamātau e whai atu ana.

### Panonitanga māhaki (pae hakahaka) (LSIL)

E mea ana, ānō kua tīmata ngā panonitanga māhaki. No te pokenga HPV ngā LSIL (arā, ngā hakihaki unaunahi pae hakahaka no raro i te kahu). I te nuinga o ngā wā ka ngarongaro noa ake, nā reira e wātea ai te whakamātau matawai e whai atu ana. Kī te kore, ka tohua pea koe ki te matawai kōpū, e ai ki tōu pakeke me te maha o ngā wā i kitea ai te HPV i ngā matawainga. Ka kōrerohia e kōrua ko tōu kaiwhakarato hauora hei whakatau i te whai atu rānei i tētahi atu whakamātau matawai i te kotahi tau, i te tohu rānei i a koe ki tētahi mātanga e tika ana.

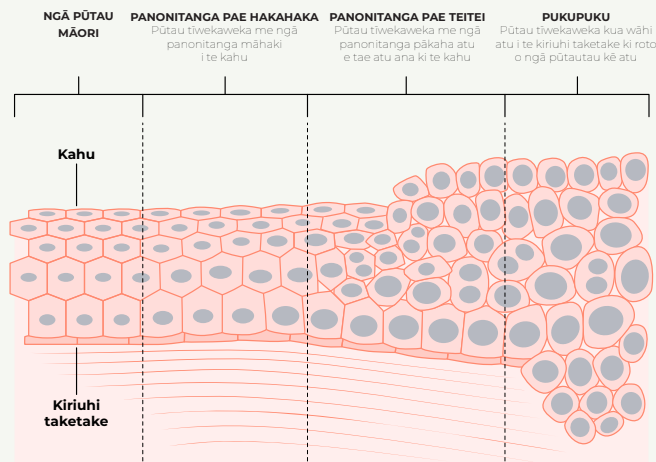
### Panonitanga i te tahanga ki te pākaha (pae teitei) (HSIL)

Ko ngā panonitanga pae teitei ngā panonitanga pūtau kua whanake ake. Huaina ai ko ngā hakihaki unaunahi pae teitei no raro i te kahu (HSIL). Ehara i te mea he pukupuku (ka angitu ngā mahi haumanu panonitanga pūtau i te nuinga o ngā tāngata), engari me whai tonu i te matawai kōpū hei whakamātau atu.

He LSIL rānei, he HSIL te nuinga o ngā panonitanga pūtau. I ētahi wā he panonitanga nō ngā pūtau repe. Ka whakawākia ērā hei panonitanga pae teitei hei āta whai atu.

Tērā pea ka ākina koe kia whai atu i ētahi atu whakamātau rānei, i ētahi atu mahi haumanu rānei i muri i te kite atu i ngā putanga no te matawai tāwaha kōpū. Mā tōu kaiwhakarato hauora e whakamārama atu i ngā mahi hei whai atu me ngā āhuatanga o reira.

### Ngā taumata o ngā panonitanga pūtau tāwaha



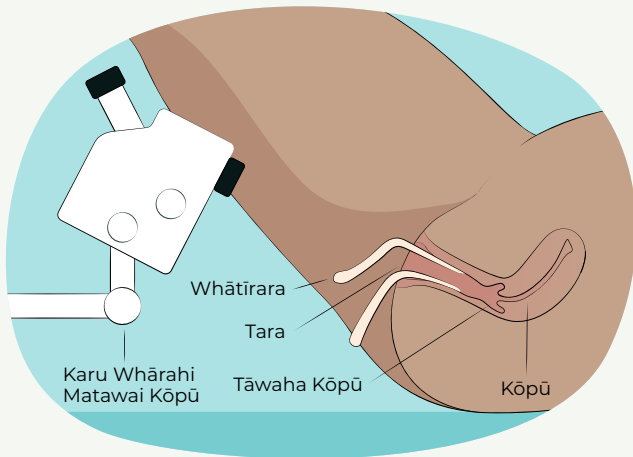
## Hei whai atu

### Whakamātau Tāwaha Kōpū

He mātaitunga te matawai kōpū i te tāwaha kōpu me te whakamahi i te arotahi whakarahi, arā, ko te arotahi kōpū.

Ka rite te hanga o te arotahi kōpū me tō te karurua whakarahi whai tīrewa. Ka whakarahi i te tirohanga atu ki te tāwaha kōpū me te tara kia kītea atu ai ngā wāhanga tīwekaweka. Tērā pea, ka tangohia te tīpako pūtautau iti. E rua noa iho ngā hēkona te roa o te tangohanga atu, engari tērā pea ka rongō i te kini iti i reira.

Ka āta kōrero kōrua ko te mātanga i ngā putanga o te matawai kōpū i te mutunga o te mātaitunga, ā, ka whāki atu ia i te wā e rite ai ngā putanga o tīpako pūtautau, i roto rā i te 4 wiki, tata nei.



### Ngā Mahi Haumanu

Tērā pea ka tūtohua he mahi haumanu mōu e tangohia ai ngā wāhi panonitanga pūtau. Ka hāngai te momo haumanu ki te momo panonitanga me ngā taunga i te tāwaha kōpū.

He maha ngā panonitanga pūtau e tutuki ai te haumanu ki te rehu whāiti i te wā tonu o te matawai kōpū. Mā kōrua ko te mātanga ngā whiringa e kōrerorero. Ma te mātanga hoki ngā momo mahi haumanu e whakamārama.

**Ka angitu, tata rawa nei, ngā mahi haumanu tōmua o ngā panonitanga pūtau hei pare atu i te pukupuku.**

## Ka ahatia ōku mōhiohio hauora?

Ka mau ngā putanga whakamātau ki te pūnaha rorohiko, ki te Rēhita-NCSP, kei te whakahaerea e Te Whatu Ora.

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 tono atu i ngā pōhiri me ngā whakamaharatanga
- ka tautoko i a koe mehemea me whai atu 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 whakaaetia 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.

E āhei ana hoki koe ki te titiro ki te wāhanga tūmataiti o te paetukutuku Time to Screen kia kite ai i ngā taipitopito kōrero e mau tina ai ngā mōhiohio kua kohia e te Hōtaka.

Nou te tikanga, ahakoa te wā, hei tonu atu i ōu mōhiohio hauora ki te waea utukore 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 Kounu 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 pānui. 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. Kei te paetukutuku hoki taua puka uiui. Ka mau i a mātou ētahi o ngā taipitopito mōu i te pūnaha me te tohutohu kei 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.



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.



## 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 toto rānei, te turuturu toto rānei i muri i te ai
- te mamae tūroa i te papatoiake rānei, i te tīraki rānei
- he pipītanga whano-kē no te tara.

He 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 mea nui kia āta tirohia.

## He mōhiohio kē atu

Ki te hiahia koe ki ngā mōhiohio kē atu mō ngā painga o te matawai tāwaha kōpū, mō ōu whiringa kē atu, mō ngā wāhi kia matawaia, ka kitea te nuinga o ngā kōrero i tō mātou paetukutuku **TimeToCervicalScreen.nz**

E āhei ana hoki koe ki te titiro ki te wāhanga tūmataiti o te paetukutuku Time to Screen kia kite ai i ngā taipitopito kōrero e mau tina ai ngā mōhiohio kua kohia e te Hōtaka.

Ina hiahia, māu hoki e whakapā atu:

- ki te Hōtaka ā-motu mo te Matawai Tāwaha Kōpū, waea utukore **0800 729 729**
- ki tōu tākuta rānei, ki tōu tāpuhi ngaio rānei
- ki ngā pokapū hauora ā-hapori, Māori rānei, ā-Kiwa rānei, wahine rānei
- ki ngā whare haumanu o Te Māherehere Whānau
- ki te Tōpū Pukupuku e tata ana.

Kitea ai hoki te mātārere nei, me ētahi atu rauemi akoranga hauora ki **HealthEd.govt.nz**

Ma te **mōhio** e piki ai te hauora  
me te **waiora**.





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



National  
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Screening  
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**Te Whatu Ora**  
Health New Zealand

**Te Aka Whai Ora**  
Māori Health Authority

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