

Māori

MATAWAI WAHA KŌPŪ

Tō Matawainga,
Tō Whiringa!

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He Haumarū

He Tika

Māu anō Koe e Kuhu



National
Cervical
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Programme

Kua kore te matawai tawaha kōpū e ngāwari atu!

Tukutuku ai ngā whakamātau wawana ā-tangata [HPV] hei whiringa rere kē. Arā hoki te paninga teke, arā, na te ngāwari ka taea e koe ake. He tika rawa hei whakakite ake i te HPV, arā, i taua take o te 95% o ngā pukupuku tawaha kōpū.

Ka hōrapa te HPV mā te taupiri kiri ki te kiri me te mahimahi. Ka poka kia 80% o ngā tātanga pakeke ki te HPV i tētahi wā o te oranga. Ngarongaro ake ai te nuinga o aua pokenga, engari ka mārō ētahi momo HPV e puta ake ai pea te mate pukupuku.



Ma te aha au e mōhio ai au me matawai?

E māraurau ana koe kia matawaitia mehemea:

- he tangata whai tawaha kōpū
- i te 25 ki te 69 tau te pakeke
- i te mahimahi ināianeī, 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 tawaha kōpū tōu, me whakamātau, ka tika.

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

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

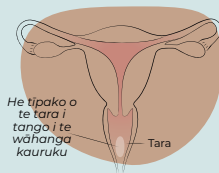
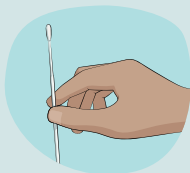
Ka tika tēnei mo te nuinga o ngā tāngata. Ka tohua atu ki a koe mehemea he whakamātau kē e tika ana mōu.

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
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WHIRINGA 2: He tipako o te tāwaha kōpū

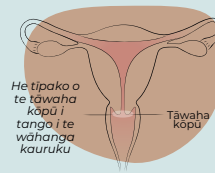
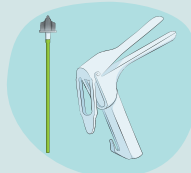
Huaina ai tēnei hei whakamātau paninga i mua. Tērā pea ka tohua mō ētahi tāngata, ā, māu anō rānei e whiriwhiri ina hiahia.

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
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Ehara te Hōtaka ā-Motu o te Matawai Tāwaha Kōpū (NCSP) i te mea tahua kiki. Heoi, he matawai utu-kore mō ngā wāhine 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.

Mehemea he hoa rānei, he mema whānau rānei tōu e māraurau ana kia whakamātauria, tuarhia 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!



Ka whai putanga

Ki te kore te HPV e kitea i te tīpako, hei aha te matawai anō kia 5 ngā tau (kia 3 rānei ngā tau mehemea he tangata awhikiri pahara koe).

He tata nei ki te 90% o ngā tāngata i matawaitia KĀORE e pāngia ki te HPV.

Mehemea ka kitea te HPV, ka āta tirohia atu kei kitea ngā panonitanga pūtau e huri ai hei mate pukupuku tāwaha kōpū. Ka whakaritea ngā whāinga atu e ai ki te momo HPV ka kitea.

Tērā pea, ka tohua koe kia hoki atu hei tango i te tīpako pūtau tāwaha (mehemea he paninga te whakamātau tuatahi). Tērā pea, ka tohua rānei koe ki te whakamātau ā-whātīrara, ā, ma te mātanga e mahi ki te karu whakarahi. I ētahi wā ka tangohia ngā tīpako pūtautau.

- Ko te mate pukupuku tāwaha kōpū tētahi o ngā mate pukupuku e nui ana te pare atu.
- 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.
- Ma te matawai HPV hōu me te kano ārai mate HPV, ka ngana a Aotearoa ki te whakakore i te mate pukupuku tāwaha kōpū.

Hei mōhiohio kē atu

Rapua ētahi atu kōrero e pā ana ki te matawai tāwaha kōpū, ki ōu whiringa, ki hea tāpui ai i tētahi whakaritenga.

Ma te waea utu-kore **0800 729 729** rānei, te toro rānei ki te paetukutuku **TimeToCervicalScreen.nz**

Ka kitea hoki ngā taipitopito kōrero e pā ana ki te whakahaeretanga whakahaumaruru i ngā kōrero i te paetukutuku.



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.

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Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority