

Niue

Tivi he gutu he tokaala

Ko e fakatutalaaga mae
haau a tau fifiliaga



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

Time to
screen

National
Cervical
Screening
Programme

Ko e ui atu mae ha tautolu a tau fuata fifine mo e tau mamatua fifine mai he Pasifika.

*Turou, Cook Islands,
Tulou, Fiji,
Mautauinga, Kiribati,
Tulou, Niue
Turo', Rotuma,
Tulou, Samoa,
Tulou, Tokelau,
Tulou, Tuvalu,
Tulou, Tonga*

Ko e hokulo he fakalilifuaga
mo e hafagi e lilifu mo e
fakamooli e taliaaga,
mae ha mutolu a tau
manamanatuaga
mai he haau a, loto,
tino mo e haau a Agaga.

Ko e ha mautolu a manako, fakaalofa
Kua fakaaue atu kia mutolu oti
Ko e tau" penina" he pasifika!
our "Pacific women"!
Mai ia Moana-nui-a-Kiwa.

Ko e mafanatia mo e tau loto malolō,
Kua fakaohoho mo e uiina fakalaulahi
atu e mautolu a mutolu oti,
Ke kau fakalataha mo e omai ke
fakatau ō auloa mo mautolu ke
fakatutala mo e fakakite haau a manatu
ke he matapatu manatu nai ne nakai fa
mahani ke fakatutala ki ai.



HPV mo e kenesā (cancer) he gutu he tokaala

Ko e moko (virus) mahani lahi ke feutafano mo e pikisia mai he kili he tino he taha tagata mo e taha tagata. Moua foki ha koe mahani feoaki mo e fe momohe aki e tagata fifine mo e tagata taane. Laulahi he tau magaaho, tokologa e tau tagata kua moua he moko nai.

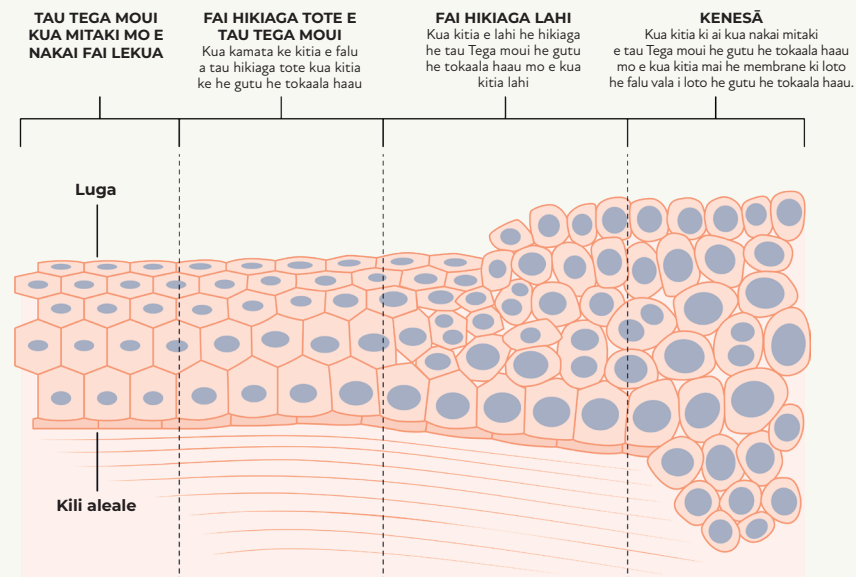
Ko e laulahi he tau fifine ne kua moua kehe moko (HPV) kelea nai to fano ni mo e galo fakahaga. Ko e falu a lalā he moko (virus) nai to nofo mau mo e totolo fakatekiteki fakahaga, to liga moua mai ai e kenesā nai (cervical cancer).

Fa mahani ke hoko ke he 10 e tau tau po ke molea to maeke he kenesā he gutu he tokaala ke kitia mo e fai fakamailoga. Mitaki ke fano a koe ke moua e tau tivi he tau magaaho oti ke maeke ke kitia ko e fai hikiaga nakai e tau Tega moui he tino haau. Kaeke kua iloa tuai mo e kua fai fakakiteaga kua moua tuai maeke ke fai tului to hoko ke he kenesā.

Loga e tau fakapapahiaga mai he moko HPV, ke he hikiaga he tau Tega moui haau to hoko ke he kenesā. Nakai pehē e mena ia ka moua a koe he moko HPV kua kenesā tai a koe.

🌸 90 e pasene e tau tagata ka tivi to nakai fai moko HPV ka moua ti maeke ke tumau ke fano ke moua e tau tivi. 10 e pasene he tau tagata kua tivi ka kitia e moko HPV mo e kua lata ke fano ke taute e tau tivi fakamakutu pauaki.

Fakatino 1: Tau vevehaga kehekehe he tau hikiaga he tau Tega moui he gutu he tokaala



“Ko e kenesā ke he hala fanau maeke ke fai tauteaga mo e puipuiaga ki ai.”

Hagaaho kehe tiviaga he gutu he tokaala

Putoia ke he huki fakagata HPV, fakatumau ke tivi e gutu he tokaala ke tukutukuhifo e tau matematekelea (gagao) mo e maeke foki ke okioki mo e moui nai ha ko e kenesā ke he gutu he tokaala. Ko e haau a matutaki atu ke he tau fakaholoaga he motu ke he tiviaga he tau gutu he tokaala (NCSP) mo e fakatumau ke he tau fakaholoaga tivi, kua mitaki lahi ke puipui a koe mai he kenesā he gutu he tokaala, ke maeke ia koe ke moui malolō ti pihia foki mo e haau a magafaoa. **Ko e tiviaga he gutu he tokaala kua nakai fai totogi ke he tau fifine Pasifika. Fakamolemole matutaki ke he haau a Ekekafo po ke faahi malolō tino ne leveki atu kehe tiviaga he tau gutu he tokaala.**

Ha hā i ai e tau tiviaga he tau gutu he tokaala kua mukamuka mo e mafiti ke he tau tagata ke taute laga taha he taki 5 e tau, mo e maeke foki ia koe, ke taute ni e koe e tiviaga nei.

Ko e tivi HPV kua fakaeneene lahi mo e hako foki e tau fuafuaaaga ke moua e moko ne tupu ai e laulahi he kenesā he gutu he tokaala. To maeke ai ke fakakite 10% ia lautolu kua tivi ne une atu e kelea mo e tupu he tau cell kenesā he gutu he tokaala. Ke maeke ke moua tuai mo e tului ke tukutukuhifo e kenesā ke he gutu he tokaala.

Ko e puhala foou he tivi he gutu he tokaala, ko e kumikumi ke he moko famahani e higoa ko e human papillomavirus (HPV) ne tupu mai ai 95% he kenesā ke he gutu he tokaala. Ko e tiviaga, ko e uta ni ke he haau a mena kua hagahaga mitaki ki ai, ke taute ni e koe, ko e haau a Ekekafo poke faahi malolō tino ne matutaki a koe ki ai, ke lagomatai atu kia koe, po ke taute uta ni e koe taha tama vala (sample) ke tivi.

Iloa fefē e au, kaeke kua lata ia au ke tivi?

Hataki atu kia koe ke finatu ke tivi kaeke:

- Ko e fifine a koe po ke tagata ne fai gutu he tokaala;
- Ko koe he atu 25 e tau tau he moui ke he 69;
- Fai kapitiga nofo mau mo koe, poke taha magahala.

Kaeke kua uta kehe haau a nofoaga tama, matutaki ke he haau a ekekafo po ke faahi malolō tino haau ke iloa po ke lata agaia nakai ia koe ke taute e tiviaga nei.

Kaeke kua fakafua tama a koe, hagahaga mitaki agaia ke taute e tiviaaga. Kaeke foki kua moua e haau a gagao manava fifine, hagahaga miataki agaia ke taute e tiviaga. Nakai mitaki ke taute e tivi kaeke kua gagao tafe e manava fifine haau ti nakai hagahagaga mitaki ha to lauia e fakakatoatoaaga mo e nakai hako e tivi ka moua.



“Ko e tiviaga he gutu he tokaala kua hagahaga mitaki mo e mukamuka ke he tau magaaho nei. Ko e fifiliaga ni haau.”

✿ Mai he 180 e tau tagata ne kua tatalu he kenesā he gutu he tokaala he tau tau oti, ligaliga ke 85% ia lautolu ia e nakai la oatu ke tivi po ke fai tauteaga ke he tau fakaholoaga tivi he gutu he tokaala.

Falu he tau tivi HPV ne maeke ia koe ke taute

HPV Test options

Ko e heigoa ne amanaki atu ki ai?

Tau puhala Tivi

Hagaaho ke he tiviaga nei

Ko e tau fakakatoatoaga he tivi mo e tau hataki ke muiua

1

Tiviaga ke he hala fanau

Hagahaga mitaki e puhala tivi nei ke he laulahi he tau fifine. To hataki atu foki taha puhala ke tivi e haau a gutu he tokaala ka eke kua lata.

Fakaaoga e haau a telefoni utafano ke he QR code ke kitia e tau fakakiteaga

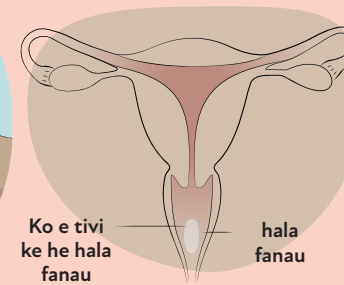
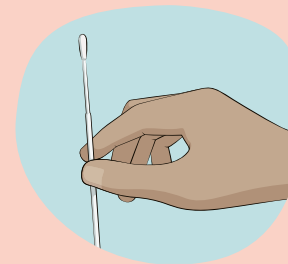


he puhala tivi haau ki luga he kupega hila CervicalSelfTest.nz

A Tivi ni e koe

Fa mahani ke taute ke he taha poko fakamumuli he magaaho ka taute e tiviaga haau. Falu ia lautolu ka oatu ke taute e tau tiviaga he tau matakavi kua fakapotopoto ki ai poke tau puhala gahua fano viko poke uta e koe ki kaina.

Ko e taha vala kua maeke ke moua mai he tivi ke he hala fanau, ko e puhala nei ke lata mo e HPV.



B Po ke lagomatai atu taha tagata kua fakaako he faahi malolō tino

Kaeke kua nakai moua he HPV
To liu mai la koe ke liu ke tivi foki he oti e 5 e tau. Kaeke kua nakai malolō ke paleko atu ke he tau moko to liu mai a koe he oti e 3 e tau.

Kaeke kua moua e HPV
Uta ni ko e faga fefē he HPV ne kua moua. To taute ai taha tiviaga ke uta taha vala sample mai he haau a gutu he tokaala ke tivi poke fai hiki nakai ke he tau Tega moui, poke uta a koe ke hulu fakamakutu he gutu he tokaala (colposcopy) ke kitia ko e fai mena kua e fai mena ku lata ke tului he haau a gutu he tokaala.

2

Tiviaga he gutu he tokaala

Fa mahani ke iloa ko e tivi (smear) Ko e puhala tivi nei, to hataki ni ke he falu a fifine, ka e maeke foki a koe ke taute e puhala tivi nei kaeke kua manako a koe.

Fakaaoga e haau a telefoni utafano ke he QR code ke kitia e tau fakakiteaga he puhala tivi

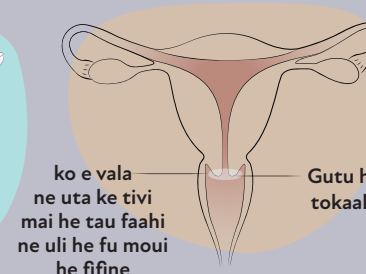
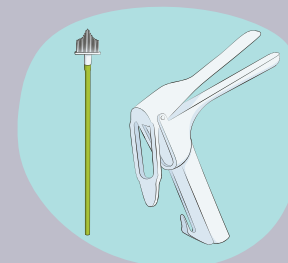


mo e kitia foki e tau hatakiaga he CervicalSample.nz

C Ko e taute he taha tagata gahua faahi malolō tino e tiviaga kehe gutu he tokaala

Maeke ke taute he kiliniki, tau fakapotopotoaga he tau matakau poke tau puhala gahua fano viko.

Ko e tagata ne taute e tivi to uta e ia e taha vala he tau Tega moui mai he haau a gutu he tokaala fakaaoga he speculum mo e pulasi tote. Ko e tau vala kua tivi poke moua nakai he HPV, kaeke kua fai HPV to kumikumi foki poke fai hiki nakai



Kaeke ke nakai moua he HPV
To liu mai la koe ke liu ke tivi foki he oti e 5 e tau. Kaeke kua nakai malolō ke paleko atu ke he tau moko to liu mai a koe he oti e 3 e tau.

Kaeke kua moua e HPV
Uta ni ko e faga fefē he HPV ne kua moua. To taute ai taha tiviaga ke uta taha vala sample mai he haau a nofoaaga tama ke tivi poke fai hiki nakai ke he tau cells, poke uta a koe ke hulu fakamakutu he gutu he tokaala (colposcopy) ke kitia mo e fai mena ku lata ke tului he haau a gutu he tokaala.


Matutaki fefē au ke he tau fakaholoaga tivi he tau gutu he tokaala ?

- 1 Mailoga kua hako mo e tonu e haau a tau puhala ke matutaki atu ki ai**
Kua lata ia koe ke tohia haau a Higoa mo e tau puhala ke matutaki atu ki ai e he NCSP - Fakamau e higoa ke moua e tau fakailoaga. Kaeke kua nakai mahino e puhala nei, vilo e numela telefoni **0800 729 729** ke fakakia.
- 2 Kumikumi fakalaulahiaga ke he tau tiviaga he gutu he tokaala**
Kumikumi fakalaulahi ke he tau tiviaga he gutu he tokaala, maeke ke vilo e numela telefoni **0800 729 729** poke kumi atu e kupega hila **TimeToCervicalScreen.nz**
- 3 Fakatutala mo e haau a tau kapitiga mo e magafaoa ke he tiviaaga he gutu he tokaala**
Kaeke kua fai kapitiga poke matakainaga kua lata ke taute e siviaga he gutu he tokaala, mitaki lahi ke fakailoa mo e fakamafana atu kia lautolu ke taute ni e ia e tivi foou nei ko HPV self test, neke fakaho e koe haana a moui.

Fakamaoki po ke nakai manako a koe ke matutaki e NCSP

Maeke ia koe ke fifili ke nakai matutaki ke he NCSP ha magaaho ni, poke toka haau a Higoa ki loto he letisitara ka e nakai manako ke moua e tau failoaga. Maeke ia koe ke matutaki atu kehe fakaholoaga nei mo e tau fifiliaga haau, ke uta kehe to fakafano atu e taha laupepa ke fakapuke mai e koe. Maeke ia koe ke moua e laupepa nei he kupega hila. Maeke ia mautolu ke toka haau a Higoa ka e to mailoga ke nakai fai fakailoaga atu kia koe. Ko e tau talahauaaga oti ke he haau a tiviaga he gutu he tokaala to moumou ai he tau potaaga ha mautolu.

Maeke ia koe ke liu matutaki kehe fakaholoaga nai kaeke kua hiki haau a manatu ha magaaho ni kua manako ai a koe.

 Kikite atu ke he faahi puipui he haau a tau talahauaaga he siviaaga he gutu he tokaala ke he kupega hila, mo e tau puhala kua moua mo e putoia ki loto he fakaholoaga nei.

Glossary- Fakamaamaaga he tau kupu fakaaoga

Cervix - gutu he tokaala

Cervical cancer - kenesā he gutu he tokaala

Vagina - ko e hala fanau

Uterus - ko e tokaala


Cells - tau tega moui

Colposcopy - hulu fakamakutu he gutu he tokaala

Cancer - kenesā

Swab - matahiku he kakau tote

Speculum - koloa ke hafagi e hala fanau



**“Ko koe
ko e penina
fulufuluola
kua tufugatia.”**

**Monuina e
lakaaga nei haau
mo e ha mautolu
a tau fakaalofa, alofa,
aro’a, hanisi, loloma,
ofa tekeraoi.**

TimeToCervicalScreen.nz

Health New Zealand
Te Whatu Ora

**Te Kāwanatanga
o Aotearoa**
New Zealand Government



**Time to
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