

Tokelau

Hukehukega o te ala o te fakamoegātama

Ni talanoaga agai ki
au filifiliga

[TimeToCervicalScreen.nz](https://www.time-to-cervical-screen.nz)

Time to
screen

National
Cervical
Screening
Programme



He kalaga tenei ki māfine o te atu Pahefika

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

Ma te āva ma te faka aloalo
E momoli ātea atu ai he fekau
Ke fakamamalugia ai to
Mafaufau
Tino
Agaga.

Ma te alofa
E āmanakia uma ai
Na māfine o te Pahefika
Moana-nui-a-Kiwa.

Ma te agaga o te lototele
E kalaga atu ai ki a te koutou
Ke omamai tatou malaga fakatahi
I te fakatalatalanoaga o tēnei
vāega tapu.



Kaneha o te ala o te fakamoegātama ma te HPV

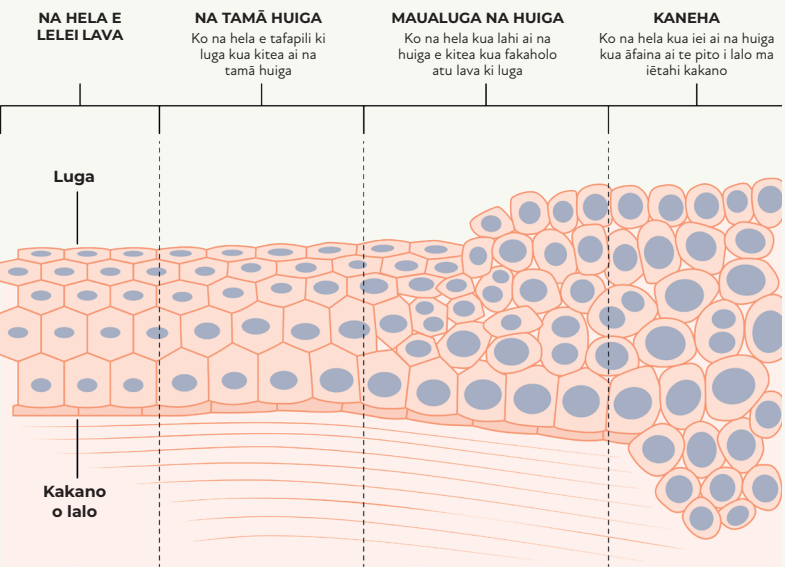
Ko te lahiga o na kaneha o te ala o te fakamoegātama e māfua mai i te hiama tenei ko te human papillomavirus virus (HPV). Ko te hiama tenei e takalahi lele ma e pepehi gofie mai na fuhifuhiga faka ulugāliki, i te pipiki o na tino mo ni tahi vāega o fakafeuhuakiga. Ko na tino mātutua uma e ono maua i te HPV i he taimi o ō latou olaga.

Ko te lahiga o na tino e maua i te HPV e mahani lava teka kehe kae ko iētahi hiama e tumau ma e fanofano lava oi āfaina ai na hela ma fano lava e liliu ma kaneha.

E mahani lava fano te 10 tauhaga pe ova atu foki, fatoā tutupu te kaneha o te ala o te fakamoegātama. Ko te fai hō o na hiakiga e vave maua ai kafai kua kitea ni huiga ki na hela, ma vave mafai ai ke fai ki ei ni togafitiga, kae ko heki liliu ma kaneha. Maihe lava na tino e āfaina gofie ai.

E lahi na vāega i te vā kafai ko koe kua maua i te HPV, huiga o na hela ma te kaneha. E hē veake ko koe kua maua i te kaneha kafai kua kitea ko koe kua maua i te HPV.

Ata 1: Na tulaga o na hūiga o na hela o te ala o te fakamoegātama o te alagā tama



“Ko te kaneha o te ala o te fakamoegātama ko he tahi tenei o kaneha e pito hili atu o na mafai ke puipuia.”



✿ E tai katoa te 90% o tagata e fai o latou hiakiga e HĒ maua i te HPV ma e mafai ke fai ma fai pea o latou hiakiga. E tai 10% te aofaki o tagata e hiaki ma kua kitea e maua i te HPV, ma e manakomia ke fai ni o latou tahi hiakiga.

Fakamatalaga agai ki te hiakiga o te ala o te fakamoegātama

Ko te fai o na tui puipuia mai te HPV fakatahi ai ma te fai hō o na hiakiga o te ala o te fakamoegātama, e faka taigole ai na tauale ma na tino e mamate mai te kaneha o te ala o te fakamoegātama. Ko to kau fakatahi ki te polokalame tenei National Cervical Screening Programme (NCSP) ma fakamākeke oi fai hō o hiakiga, ko te auala pito hili ia e puipuia mai ai koe mai te kaneha o te ala o te fakamoegātama. Ke ola mālōlō ai koe mo koe ma to kāiga. **E maua fua tenei hiakiga o te ala o te fakamoegātama mo fafine Pahefika. Fakamolemole oi fakafehokotaki tau fomai kāiga.**

Kua iei te hiakiga o te ala o te fakamoegātama kua faigofie te faiga ma ko te tokalahiga o tagata e manakomia ke fai taki 5 tauhaga, kae e iei foki te filifiliga ke fai lava e koe.

Ko te hiakiga o te HPV e matuā lelei ma hako i te hukehukega o te hiama teia e māfua mai ai na kaneha. Ko te hiakiga tenei ka iloa ai te 10% o ki latou e āfaina i te lahi o te huiga e maua e na hela o te ala o te fakamoegātama e ono tutupu mai ai te kaneha, mae fehoahoani foki ki te puipuiga ma te togafitiga o na kaneha o te ala o te fakamoegātama.

Ko te metotia fōū o te hiakiga o te ala o te fakamoegātama, e hakili te hiama takalahi e taku ko te human papillomavirus (HPV). Ko te hiama tenei e māfua mai ai te 95% te lahiga o na kaneha o te ala o te fakamoegātama. Ko te hiakiga tenei e tutuha lelei lava tona lelei kafai e fai e koe, pe fai e he tino o te ola mālōlō, pe kafai foki e halihali he vaega mai te ala o te fakamoegātama ke kave ke hukehuke.

E ko iloa vehea kafai ko au e tatau ke fano oi hiaki?

E fautua atu ke fai ni o hiakiga kafai ko koe he:

- Fafine pe he tino e iei hona ala o te fakamoegātama;
- Ite va o na tauhaga 25 ma te 69;
- E fai pe nae fai na amio fakafehuakiga.

Kafai kua kavekehe uma tau fakamoegā tama, hiaki ki tau fomai pe koi manakomia ke fai ni o hiakiga.

E hefe ke fai tau hiakiga, kafai ko koe e fai tama. E mafai foki ke fai to hiakiga kafai ko koe e tauale mahina, kae mafai oioti kafai e hē fano lahi to palapala, auā e ono āfaina ai te tali o tau hiakiga.

🌸 E 85% te aofaki o na tino e heki faia lele ni o latou hiakiga pe fai hō ni o latou hiakiga, mai te 180 o na tino e maua i te kaneha i tauhaga uma.



“Kua hili atu te faigofie o te faiga o na hiakiga o te ala o te fakamoegātama nei na i lō muamua. Kua lahi au filifiliga e mafai ke fai.”

Na filifiliga a koe mo te hiakiga o te HPV

Filifiliga o na Hiakiga o te HPV

Ni vāega vehea te tatau ke kē iloa

Metotia o na Hiakiga

Fakamatalaga agai ki te hiakiga

Na tali o au hiakiga ma na taimi e toe kikila ai koe

1

Hahaliga o te alagā tama

E talafeagai tenei hiakiga mo te tokalahiga o na tino. E fakailoa atu kafai e iei he tahi hiakiga e talafeagai ma koe.

Tago oi puke te numela o te QR i tau telefoni ke kē kitea ai na takiala



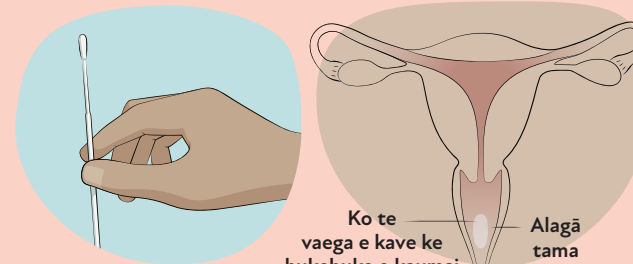
Kikila ki na fakatonuga [CervicalSelfTest.nz](https://www.CervicalSelfTest.nz)

A Hiakiga e fai lava e koe

E mahani lava fai i he koga puipua ite taimi e fai ai tau hiakiga. Ko iētahi fale e mafai ke ofa atu e ki latou na fale o na komiuniti, pe ko na tavale fakapitoa e fakaeva, pe kavatu foki te avanoa ke kave ai e koe oi fai i tō fale.

B Pe mafai ke fehoahoani atu he tino kua pāhia ma te ola mālōlō

E iei te vaega e kave ke huke e haluhalu mai loto o te alagā tama. Ko te vaega tenei e kave ke hukehuke mo te HPV oioti.



Ko te vaega e kave ke hukehuke e kaumai ite alagā tama teia e fakahino mai i te ata Alagā tama

Kafai ko koe e heki maua ite HPV

Ko tau hiakiga e hohoko ka faia i he 5 tauhaga (pe ko he 3 tauhaga kafai ko koe e tauale gofie (immune deficiency)).

Kafai ko koe kua maua ite HPV

E ono manakomia ke hahali he vaega mai te ala o te fakamoegātama ke kave ke hukehuke, kae e fua lava ki te itukāigā o te HPV kua maua ai koe. E kave la ke hiaki pe kua iei ni huiga ki na hela, pe ono fakatonu foki koe ke fano fai ho faka ata (coloscopy) ke kikila pe kua iei ni huiga o te ala o to fakamoegātama e tatau ke fai ki ei ni togafitiga.

2

Hukega o te ala o te fakamoegātama

Nae fakaigoa te hiakiga tenei ko te smear test muamua. E ono fautua atu te hiakiga tenei mo iētahi tino, ma e mafai foki ke filifili e koe te hiakiga tenei kafai koe e fofou ki ei.

Tago oi puke te numela o te QR i tau telefoni ke kē kitea ai na takiala



Kikila ki te takiala i te [CervicalSample.nz](https://www.CervicalSample.nz)

C Ko te vaega e kave ke hukehuke e fakatino e he tino o te kau faigaluega a te ola mālōlō

E mafai ke fakatino tenei vaega i he falemai pe ko he fale o te komiuniti e faka aogā e te lauaitete, pe ko loto foki o he tavale i na tavale a te falemai e eva.

E hahali mai e te tino e ia faia to hiakiga he vaega o na hela (cells) mai te ala o to fakamoegātama i he tamā palahi. Ko te vaega tenei e hiaki muamua ai te HPV ma, kafai ko koe kua maua i te HPV, e hiaki foki ai foki la na huiga kua iei ai na hela.



Ko te vaega e kave ke huke e kaumai mai te ala o te fakamoegātama teia e fakahino mai i te ata Te ala o te fakamoegātama

Kafai ko koe e heki maua ite HPV

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E fakaofi vehea au ki te polokalame o te hukehukega o te ala o te fakamoegātama?

1 Fakafou na vaega e fakafehokotaki atu ai koe

Ko koe e tatau ke i loto o te lihi ate NCSP ke maua atu ai ho tuhi valakaulia, toe kakami atu koe, ma fakamanatu ai ko koe kua tatau ke hiaki. Telefoni ki te **0800 729 729** ke hiaki pe i te lihi koe.

2 Hakilikili atili ki ni fakamatalaga agai ki te hiakiga o te ala o te fakamoegātama.

Telefoni ki te numela **0800 729 729** pe kikila ifo ki te laupepa tenei **TimeToCervicalScreen.nz** ke hakili ki ei ni fakamatalaga agai ki na hiakiga o te ala o te fakamoegātama, na vaega e talafeagai ma koe, pe ko fea foki te fakatonu ki ei he taimi ke fai ai to hiakiga.

3 Fakailoa ki ō kāiga pe ko hau uō te hiakiga o te ala o te fakamoegātama

Kafai e iei hau uō pe ko he tino o to kāiga kua tatau ke fano hiaki te ala o to na fakamoegātama, fakahoa ki ei na fakamatalaga iēnei ma taku ki ei te faiga foū teia kua mafai lava e koe oi fai tau hiakiga mo te HPV. E ono hefe mai ai o latou ola!

Taofi pe mālōlō te faiga o ō hiakiga mai te NCSP


E ke mafaia oi fano kehe mai te NCSP i hō he taimi, pe mafia to igoa ke tuku pea i te latou lihi kae filifili e koe ke na he fakafehokotakia atu koe. E mafai ke fakafehokotaki e koe te Polokalame agai ki na vaega iēnei. Kafai foki la ko koe kua fofou ke kavekehe to igoa, e lafo atu e ki matou te pepa ke fakatumu. E maua foki e koe tenei pepa i luga o te matou uepehaite. E teu e ki matou o fakamatalaga, ma tuhi ki ei ke nahe toe fakafehokotakia koe. Ko na fakamaumauga uma agai kiō hiakiga ma to tala aga e titina kehe mai a matou lipoti.

Ko koe e mafai ke toe fakaofi ki loto o te polokalame tenei kafai kua hui to mafaufau.

“E matagofie ma aulelei to mamanuga.”



Kikila ifo ki na fakamatalaga agai ki te pui puiga o ō fakamaumauga i te laupepa a te Time to Screen (Kua pa ki te taimi e fai to hiakiga).



**E molioko atu o
matou alofa, aro'a,
hanisi, loloma, ofa,
tekeraoi, ma ke
manuia au hatalaga.**

TimeToCervicalScreen.nz

Health New Zealand
Te Whatu Ora

**Te Kāwanatanga
o Aotearoa**
New Zealand Government



**Time to
screen**

National
Cervical
Screening
Programme