

Māori

MATAWAI KŌPŪ

Ngā mea hei mōhio

TimeToCervicalScreen.nz



National
Cervical
Screening
Programme

Kia ora, Nau mai

Ko ngā mōhiohio nei ma ngā tāngata i tohua atu ki te matawai kōpū. I te nuinga o ngā wā kei te tohu te whakamātautau matawai tāwaha kōpū i ētahi panonitanga o ngā pūtau i te tāwaha kōpū. Tērā pea, he mea tūtohu hoki nā tōu kaiwhakarato hauora kia tirohia te tāwaha kōpū.

Ka whiwhia koe ki tētahi reta i te whare haumanu matawai kōpū kia whakarite i tētahi tāpuitanga. He tukanga utu kore.





He aha te matawai kōpū

Hei te matawai kōpū whakamahia ai te mātanga i te karu whakarahi, arā, i te arotahi kōpū, hei tirotiro, hei hihira i ngā pūtau o te tāwaha. 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 kia kitea atu ai ngā panonitanga.

Tērā pea, ka tangohia te tīpako pūtautau iti. E rua noa iho ngā hēkona te roa o te tangohanga atu, engari tērā pea ka iti te hūhi i reira.

He mea haumaru, he mea whai putanga te matawai tāwaha.

He mea nui kia taea tu ki te tāpuitanga matawai kōpū, ahakoa kāore he tohumate, ahakoa kua hapū.

**Ka taea e ō kaiwhakarato hauora
te tautoko i a koe i mua, i te wā,
i muri i āu tāpuinga.**

I mua i tō tāpuitanga

Tērā pea ka kotahi haora te roa o tō tāpuitanga, ahakoa 15 meneti noa iho te roa o te matawai kōpū ake.

Ka taea e koe te kawe atu i tētahi hei hoa tautoko ki tō hui pēnei i tō hoa rangatira rānei, he mema whānau rānei, he hoa rānei.

Mehemea me hiki koe i tō tāpuitanga ahakoa te take, hei tauira, ki te whakaaro koe kei rere tō mate wahine i te rā o te tāpuitanga, tēnā, waea wawe atu ki te whare haumanu.

Mehemea me whai kaiwhakawhiti reo koe, tēnā koa, whakamōhio atu ki te whare haumanu.

Kei i a koe te tikanga mehemea e hiahia ana kia tautokohia koe e tētahi atu, pēnei i tō hoa rangatira rānei, he mema o te whānau rānei, he hoa rānei.

Mehemea he pātai āu e pā ana ki tō tāpuitanga, tēnā koa whakapā atu ki te whare haumanu.

Mehemea he uaua te tae atu ki te tāpuitanga, hei tauira, kāore he ekenga rānei, kāore he kaitiaki tamariki rānei, whakapā atu ki te whare haumanu matawai tāwaha kōpū kia whai ai i ngā taunakitanga e wātea ana.

Mehemea he hauātanga tōu e uaua ana rānei, e manawarau ana rānei te mahinga hauora, whakamōhio atu ki te whare haumanu.

Tēnā koa, whakamōhio atu ki te whare haumanu mehemea e hapū ana koe. E pai ana kia mahia te matawai kōpū i a koe e hapū ana. Heoti, kāore pea e tūtohutia te tīpako pūtautau rānei, te mahi haumanu rānei i te hapūtanga.

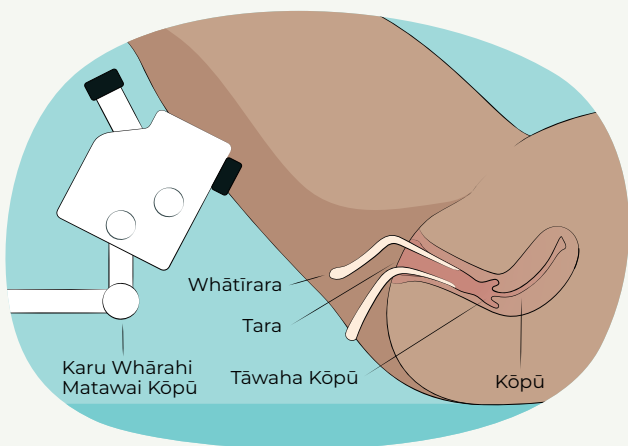


I te wā o te matawai kōpū

Ka whakamātauria e tētahi mātanga tākuta rānei, e tētahi mātanga nēhi rānei me tētahi nēhi hei āwhina atu i a koe. Mehemea he pātai āu, pātai atu ki te nēhi rānei, ki te mātanga rānei.

Ka tohua koe kia takoto i te moenga me ōu waewae ki ngā tāwaewae. Ka whakatū tata atu he karu whārahi ki te tara. Kāore e pā ki tō tinana. Ka whakauru te mātanga i te whātīrara ki roto i te tara. He huarahi tērā e mārara ai te titiro whārahi i te tāwaha kōpū ma te karu whārahi.

Ka pania e te kaimatawai tētahi wē ki te tāwaha kōpū hei whakakite ake ai i ngā panonitanga pūtau. Ka rongohia ētahi i te hūhi iti. Tērā pea ka tangohia he tīpako pūtautau iti o ngā pūtau e kitea ai ngā panonitanga. Hei te mahinga o te tīpako pūtautau, kei rongohia koe i te kini tere nei, namu nei.



Hei muri i te matawai kōpū

I te whare haumanu, ka kōrero atu te mātanga ki a koe i tāna i kite ai i te wā o te matawai kōpū.

I ngā rā ruarua e whai atu ana, ka rongo pea i te mamae, he pērā me tō te mate wahine. Me whakatā, me mahi i tāu e mahi ai, ānō e mate wahine ana koe.

Mehemea kua tangohia te tīpako pūtautau, tērā pea ka iti rānei te toto, ka heke rānei te kea māpau nei i te tara. He māori noa tēnei āhua, ā, te tikanga ka mutu i te wiki.

Kia mutu rānō te rere o te toto, kia mahu hoki te tāwaha, tēnā koa:

- me mau ngā kōrē mate wahine, ngā tarau iti mate wahine; KAUA rānei ngā putu taiawa, KAUA rānei ngā kapu marama
- me hīrere, kua e kaukau ā-tāpu
- kua e whakamahi i ngā puna kaukau korohūhū me ngā puna kauhoe
- kua e mahimahi rānei, e whakauru rānei i tētahi mea ki roto i te tara.

Mehemea ka nui atu rānei te toto i tērā o tō te mate wahine rānei, ka roa atu rānei i te wiki, tēnā koa, waea atu ki te whare haumanu hei whai kupu āwhina.

Ka whakarato te whare haumanu matawai tāwaha kōpū i tētahi reta me ngā whakamārama hei whakatau i āu māharahara, inarā i waho i ngā hāora o te whare haumanu.



Te whai putanga

Mehemea kua whai koe i te tīpako pūtautau, ka tonoa tō taura ki te taiwhanga pūtaiao hei rapu i ngā momo panonitanga i tō tāwaha kōpū. Ka whā wiki pea te roa e whiwhi ai ki ngā putanga tīpako pūtautau. Mehemea kāore anō kia whakapā atu ki a koe i te whā wiki, tēnā whakapā atu ki a rātou.

Ka tukua hoki āu putanga ki te Hōtaka ā-Motu Matawai Tāwaha Kōpū, waihoki ki tō kaiwhakarato hauora.

Ka whakaatu pea ngā putanga o te matawai tīpako pūtautau kāore he panonitanga o ngā pūtau kei te tāwaha kōpū. I ētahi wā me whai i te matawai kōpū ki te kore ngā putanga o te matawai tīpako pūtautau i te mārāma.

E whā ngā momo putanga matua o ngā panonitanga pūtau:

1. He panonitanga māhaki, e mōhiotia ana hoki hei panonitanga pae hakahaka.
2. He panonitanga tahanga ki te pākaha, e mōhiotia ana hoki hei panonitanga pae teitei.
3. He panonitanga pūtau reperepe rānei, arā, he adenocarcinoma-in-situ.
4. He panonitanga e tūtohu ana i te pukupuku tāwaha kōpū.

Ehara te nuinga o ngā panonitanga pūtau i te mate pukupuku, engari he mea nui kia hihiratia ngā panonitanga kia tōmua ai te haumanu kei huri hei mate pukupuku.



Mahi Haumanu

I ētahi wā ka tūtohutia kētia he whakamātau matawai tāwaha kōpū rānei, he matawai kōpū rānei.

Ma te mātanga e mea atu ki a koe mehemea me whai haumanu i ngā pānonitanga pūtau. Ka hāngai te momo haumanu e whai ai koe:

- ki ngā momo pūtau
- ki te wāhanga o te tāwaha kōpū
- ki te nui o te wāhanga o ngā panonitanga pūtau.

Ka matapaki tahi kōrua ko te mātanga i ngā whringa haumanu.



**He whakamātau matawai
pai te matawai HPV hei ārai atu
i te mate pukupuku.**

Mate pukupuku tāwaha tōpū me te HPV

Tata nei te katoa o te mate pukupuku tāwaha kōpū ka take mai i huaketo tona wawana ā-tangata (HPV). Ko te HPV he huaketo pā noa nei, ka hora i te hononga taupiri ki te kiri me te mahimahi. Ko te nuinga o ngā tāngata ka pāngia ki te mate nei a tōna wā.

He maha noa ngā momo o te HPV, ko te nuinga ehara i te mea huri ki te mate pukupuku, ā, ehara i te mea hei māharahara atu. Te nuinga o ngā huaketo HPV ka ngarongaro noa. Ko ētahi momo HPV anahe ka hua ake ngā panonitanga pūtau kia huri ki te mate pukupuku.

He āhua 10 tau nuku atu te roa e whanake ai te mate pukupuku tāwaha kōpū. Ma te nahanaha o te matawainga tāwaha kōpū i roto i tēnei wā ka kitea ngā panonitanga pūtau me te haumanu tōmua kia kore ai e huri ki te mate pukupuku.

Ko tā te matawai tāwaha, ka whakamātauria te HPV mo te tuatahi, ā, mo te nuinga o ngā tāngata ka taea e koe ake tēnei ma te whakamahi i tētahi paninga teke ngāwari.





He aha ngā pūtake o ngā panonitanga pūtau?

Ko te huaketo tona wawana ā-tangata (HPV) te pūtake matua o ngā panonitanga pūtau me te mate pukupuku tāwaha kōpū. Ka kitea ngā mōhiohio kē atu e pā ana ki te HPV i te **TimeToCervicalScreen.nz** rānei, kei roto hoki rānei i ngā mātārere ki **HealthEd.govt.nz**

- *Matawai Tāwaha Kōpū: Ngā mea hei mōhio, waehere HE1168*
- *Matawai Tāwaha Kōpū: Te Mārama ki Ngā Putanga Matawai Tāwaha Kōpū, waehere HE1169.*

**I te nuinga o te wā ka angitu
ngā panonitanga pūtau
ki te tōmua te haumanu
hei pare atu i te mate
pukupuku tāwaha kōpū.**

Te Hōtaka ā-Motu Matawai Tāwaha Kōpū

Ko te whāinga o te Hōtaka ā-Motu Matawai Tāwaha Kōpū (NCSP) he whakaiti i te maha o ngā tāngata ka pāngia ki te mate pukupuku tāwaha kōpū.

I te wā ka whakamātau matawaitia tō tāwaha kōpū ka whakauru atu ki te Hōtaka, hāunga te whiringa kia kounu atu. E taea ana koe te kounu atu i te NCSP ahakoa te wā rānei, ka noho tonu rānei ki te Rēhita, engari ka kōwhiria kia mutu te whiwhi atu i ngā kōrero. Ka taea e koe ki te whakapā atu ki te Hōtaka mō ngā whiringa nei, ā, ki te kounu atu koe, ka tukua atu e mātou i tētahi puka hei whakakī māu. Kei tā mātou paetukutuku hoki te puka.

Mō ngā mōhiohio kē atu e pā ana ki te urunga ki te Hōtaka ā-Motu Matawai Tāwaha Kōpū, waea atu **0800 729 729**.



He mōhiohio anō

Mehemea he pātai āu e pā ana ki ngā mōhiohio o te mātārere nei:

- tirohia te paetukutuku
TimeToCervicalScreen.nz
- whakapā atu ki te Hōtaka ā-Motu mo te Matawai Tāwaha Kōpū **0800 729 729**
- tirohia te paetukutuku mātauranga hauora
HealthEd.govt.nz

Mo te roanga atu o ngā kōrero, me te kite atu e tika ana āu taipitopito, kōrero ki tō kaiwhakarato hauora rānei, ki teRēhita-NCSP rānei. Waea utu-kore **0800 729 729** rānei, mā te īmēra **info@ncspregister.health.nz** rānei.

Tirohia te wāhanga tūmataiti kei te paetukutuku Time to Screen mō te whakahaeretanga o ngā kohinga taipitopito kōrero e te Hōtaka.

TimeToCervicalScreen.nz



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Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority