



Fakamaamaaga ke he tivi he hala fakavao



timetobowelscreen.nz

Health New Zealand
Te Whatu Ora

Te Kāwanatanga
o Aotearoa
New Zealand Government



National
Bowel
Screening
Programme

Ko e pepa nai, ha hā i ai e tau fakamaamaga hagai ia ke he gagao kenesā he hala fakavao mo e tivi he hala fakavao haau. Maeke ia koe ke fifili ko e fano nakai a koe ke moua e tivi he hala fakavao nakai fai totogi. National Bowel Screening Programme.

Tivi he hala fakavao



- Nakai fai totogi.
- Mafiti mo e maeke a koe ke taute ni e koe ke he haau a kaina.
- To fakafano atu e puha tivi haau he ua e tau tau ki mua.
- Ke lata mo e tau tagata ne 60 ke he 74 e tau tau moui.

Ko Niu Silani taha motu ne to tokoluga lahi e puke tagata ne kua fakamooli kua moua e tau tagata he gagao kenesā fakatatai atu ke he falu a tau motu he lalolagi.

Laulahi he kenesā he hala fakavao, nakai fa fai fakakiteaga.

Mena ia ne mitaki ke taute e tivi he hala fakavao haau ke kitia mafiti mo e kitia tuai kaeke kua fai fakamailoga kenesā a koe mo e maeke ke moua mafiti e tului ka kitia tuai. Kaeke kua kitia ai e tau valavala toto in loto he fakavao haau, ko e pehē e naia, kua fai lekua e hala fakavao haau.

Ko e tau mata numela ne kua moua mai he tau kumikumiaga he tau fakaholoaga tivi nai, 7 mai he 10 e tagata ne kua moua he gagao kenesā e hala fakavao. Nakai pehē ko e toto oti e tau kenesā he hala fakavao, ti mitaki ke taute e tivi ke iloa mitaki e haoaga. Maeke foki he kenesā he hala fakavao ke kamata tupu e kenesā kae nakai la oti e tau tivi haau he taute. Ko e kakano a ia ne mahuiga lahi ke taute e tivi he hala fakavao haau he tau tau ke uaaki. Mitaki ke fakatutala a koe mo e haau a ekekafo kaeke kua fai fakamailoga gagao kenesā e hala fakavao haau.

Tau fakamailoga kenesā he hala fakavao:

- Fai hiki kua nakai mitaki e fakavao haau mo e tau magaaho ka fakavao a koe
- Kitia e toto ke he fakavao haau

Pete ni nakai pehē kua kenesā mooli a koe ka kitia e tau fakamailoga po ke tau fakakiteaga nai. Mahuiga lahi ke fano a koe ke kitia mo e fakatutala mo e haau a ekekafo.

Puhala ke taute ai e tivi.

Hanai e tivi, nakai uka ke levekiaki haau a moui!

To fakafano atu e puha tivi kia koe ke he haau a loto kaina. Taute e koe e tivi he magaaho ka hoko atu e puha tivi. Kaeke kua nakai maeke a koe ke taute e tivi i loto he fafatiaga 6 e tau mahina, kua nakai mitaki e puha tivi ke fakaaoga ha kua molea tuai e tau aho fafati ke fakaaoga ki ai e tivi.

Kua lata ia koe ke kumi atu foki e taha puha tivi foou.

- Mukamuka e tivi he hala fakavao haau, ke taute ni e koe. Moua e koe e taha vala he fakavao haau, fakaaoga e tama kakau i loto he puha. Hulu e koe e tama kakau nai ki loto he tama lupu loa, tuku i loto he fagatohi kua fitā he totogi, ti fakafano mai kia mautolu.
- Ha hā i ai e tau fakamaamaga i loto he puha, e puhala kua hako ke taute ai e koe e tivi he hala fakavao haau.
- Lali ke fakafano mai e puha tivi haau ka oti he taute he aho ia ni, kae ua toka ke fiha e aho to fakafano mai.

Tau fakakatoatoaga he tivi haau.

To moua e koe e tau fakakatoatoaga he tivi haau he 3 e tau faahi tapu ki mua he oti e fakafano mai e koe e puha tivi haau.

To moua foki e koe e taha tohi ke fakamaama kia koe e tau fakakatoatoaga he tivi haau. Mautali foki he falu a tau magaaho to matutaki atu e ekekafo po ke nosi kia koe.

Kaeke kua nakai la moua ia e tau fakakatoatoaga he tivi haau ka kua molea e tolu e tau faahi tapu, fakamolemole vilo mai a mautolu he numela telefoni **0800 924 432** po ke Imeli atu ke he **info@bowelscreening.health.nz**

Kaeka kua moua mai kua nekativi (negative) e tau fakakatoatoaga he tau tivi haau.

Kaeke kua moua mai e tau fakakatoatoaga he tau tivi haau ti kua nekativi, nakai fai mena foki a koe ke taute.

Ua e tau ki mua, kua lata ia koe ke liu taute foki e tivi he hala fakavao haau ka liu a mautolu ke fakafano atu.

Kaeke kua fai logonaaga a koe kua kehe po ke fai fakamailoga kua kehe tuga e kehe e fakavao haau ke molea e taha e faahi tapu, po ke fai vala toto kua kitia ke he fakavao haau - ua leo ke he tivi he ua ki mua.

Kua fakamooli kua positivi e tau fakakatoatoaga he tivi haau.

Kaeke kua fakaamoli mai he tau tivi kua positivi e tau kumikumiaga he tivi he hala fakavao haau, kua pehē e naia kua mahuiga ke fai kumikumiaga fakamakutu ke he hala fakavao haau. Ko e tivi nai ke fakahigoa ko e colonoscopy - ko e tivi fakamakutu he hala fakavao.

Nakai pehē kua positivi e tau fakakatoatoaga he tivi haau, kua moua mooli a koe he kenesā.

Loga e tau fakalaulahiaga mo e tau fakamaamaaga he tau fakakatoatoaga he tau tivi ke he kupega hila e **timetobowelscreen.nz**

Nakai kua lata e tivi he hala fakavao mae tau tagata oti.

Kaeke kua fakamooli e koe ke he tau puha nai, fano ke tutala mo e haau a ekekafo po ke vilo mai a mautolu he numela nakai fai totogi **0800 924 432**. Kua nakai lata a koe mo e tivi he hala fakavao.

Logona mo e kitia e au e tau fakamailoga he gagao kenesā ke he hala fakavao haaku - fano ke kitia fakamafiti e ekekafo haau.

Kua fitā au he taute e tivi fakamakutu he hala fakavao (colonoscopy) he 5 e tau kua mole. Fakamolemole, vilo mai ke maeke ia mautolu ke uiina atu a koe ke he tau aho i mua.

Ko au ne putoia he fakaholoaga bowel polyp po ke kenesā he hala fakavao kumikumiaga. (bowel cancer surveillance).

Kua fitā au he fakamooli kua moua he gagao kenesa e hala fakavao po ke, ko au he magaaho nai ne moua e tau tului ke lata ma e kenesā he hala fakavao.

Kua utakehe e manava fakavao lahi haaku.

Ko au kua moua he kafokia ulcerative colitis po ke Crohn's disease.

Ko e heigoa e kenesā ke he hala fakavao?

- Ko e kenesā he hala fakavao fa fakahigoa foki ko e colon, rectal po ke kenesā colorectal.
- Ko e hala fakavao haau ko e taha la i loto he manava haau ne tavili e tau kai (food digestive system). Gahua auloa moe manava hala fakavao tote, manava hala fakavao lahi mo e rectum.
- Kamata e gagao kenesā he hala fakavao ka tupu mo e totolo e tau tega moui (cells) i loto.
- Ko e tau tega moui nai (cells) maeke ke tupu ke he tau fufua moko (polyps), ne maeke ke moua e kenesā ka loga e tau tau he nakai iloa mo e kitia e tau fakamailoga nai.
- Leva lahi to maeke he kenesā ke tupu mo e totolo atu ke he falu e a tau vala he tino he tagata.
- Kaeke kua taute tumau e tau tivi he hala fakavao haau, ti kua kitia kua fai kehe, maeke ke fai tului mafiti ka kitia tuai ko e kamata laia e kenesā ke tupu.

Ke moua e tau fakalaulahiaga.

- Kumi atu e kupega hila **timetobowelscreen.nz**
- Vilo atu e numela foni nakai fai totogi **0800 924 432**, Aho Gofua ke he Aho Falaile Matahola 8 he magaaho pogipogi ke he matahola 6 he magaaho afiafi.
- Imeli atu ke he **info@bowelscreening.health.nz**

Ke moua e tau fakamaamaaga ke lata mo e tau lagomatai he tau fale gagao ke lata mo e tau tagata kua atāina ki ai, kumi atu e kupega hila Health New Zealand Te Whatu Ora po ke vilo atu e numela **0800 924 432**.

Tau fakaliliuaga he falu a tau vagahau motu ke he.

Ko e pepa nai maeke foki ia koe ke moua e tau fakamaamaga he tau fakaliliuaga ke he tau vagahau : Te Reo Māori, Cook Islands, Samoan, Fijian, Rotuman, Kiribati, Tongan, Tuvaluan, Vagahau Niue, Tokelauan, Simplified Chinese, Traditional Chinese, Korean, Hindi, Punjabi, Tagalog, Arabic and Burmese.

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