

Ngā Whakamātautau Pani ā-Whare Tangata

Ngā mea hei mōhio mā te wahine

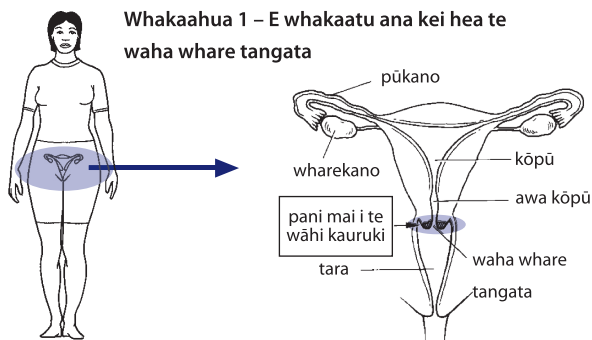
Tōku hauora, tōku tinana,
tōku anamata

My health, my body, my future



Kia ora, Nau Mai

Mā te whai wāhi ki te Kaupapa Tātari Whare Tangata ā-Motu me te whai whakamātautau pani ā-whare tangata ia toru tau ka ārai pea i te mate pukupuku ā-whare tangata. Ka whakaatu te whakamātautau pani ā-whare tangata i ngā huringa tino rerekē kei ngā pūtau kei te waha whare tangata. (Tirohia te Whakaahua 1.)



Mate pukupuku ā-whare tangata me te human papillomavirus

- Ko te human papillomavirus (HPV) te pūtake o te mate pukupuku ā-whare tangata. He mate paipai te HPV ka pā ki te nuinga ā tōna wā.
- He maha ngā momo HPV. Ko te nuinga o ngā mate HPV ka mahea noa iho.
- He tino iti noa ngā momo HPV ka huri hei pūtau tino rerekē, mate pukupuku-tōmua tērā ka hua hei mate pukupuku.
- Ahakoa kāore he maimoatanga mō ngā mate HPV pakepake, he maimoatanga kei reira mō ngā pūtau tino rerekē e hua ana i te HPV.

Ko te whakamātautau pani ia toru tau te tikanga pai rawa mō te kimi me te whakamaimoa i ngā huringa pūtau tino rerekē me te ārai i te tipu o te mate pukupuku ā-whare tangata.

Ko wai te hunga me whai whakamātautau pani ā-whare tangata?

Ko ngā wāhine katoa kei ngā tau 20 ki te 70 mahi ai te hunga me whai whakamātautau pani ā-whare tangata auau.

Me kōrero ngā wāhine whai hysterectomy (tangohia te kōpū) ki ō rātau tākuta, kaipani rānei mēnā me whai whakamātautau tonu rātau.

Me haere koe ki hea mō tētahi whakamātautau pani ā-whare tangata?

Ko ētahi huarahi māu:

- tō tākuta, nēhi rānei
- ngā whare hauora Family Planning
- tō ratonga hauora ai
- ngā pokapū marae, ētahi atu pokapū hauora Māori rānei
- ngā pokapū hauora hapori, hei taurira, ngā pokapū hauora o Te Moananui a Kiwa, me ngā pokapū hauora wāhine hoki.

He kaipani wāhine ki te nuinga o ngā ratonga i runga ake.

Ko te utu mō tētahi whakamātautau pani ā-whare tangata ko te utu tonu mō te haere ki te kite i tō tākuta, nēhi rānei. Kei ētahi whakahaere ratonga hauora, hapori rānei kāore he utu, he iti te utu rānei.

Kia pēhea te auau o te whai whakamātautau pani ā-whare tangata a te wahine?

- E tohutohuhia ana ngā wāhine kia whai whakamātautau pani ā-whare tangata ia toru tau. E ai ki ngā rangahau kāore he painga tāpiri o te whai pani nui atu i tēnei.
- I te nuinga o te wā he maha ngā tau e tipu ai te mate pukupuku ā-whare tangata. Ka taea ngā pūtau tino rerekē te kimi, te whakamaimoa hoki hei ārai i tōna tipu hei mate pukupuku.
- Mēnā koinei tō whakamātautau pani ā-whare tangata tuatahi, kāore rānei i whakamātautauhia koe mō te rima tau neke atu, ka tohutohuhia koe kia whakamātautauhia anō koe ina eke te kotahi tau.
- I ētahi āhuatanga, ka tohutohuhia koe kia nui ake tō whakamātautauhia, hei taurira, ina kitea tētahi hua tino rerekē.

Whakaahua 2 – E whakaatu ana i ngā hua o te tātari ā-whare tangata

Te kore tātari*	Whai tātari ia 3 tau*
Kotahi te wahine i roto i te 90 wāhine ka pāngia e te mate pukupuku ā-whare tangata.	Kotahi te wahine i roto i te 570 wāhine ka pāngia e te mate pukupuku ā-tangata.
Kotahi te wahine i roto i te 200 wāhine ka mate i te mate pukupuku ā-whare tangata.	Kotahi te wahine i roto i te 1280 wāhine ka mate i te mate pukupuku ā-whare tangata.

*Ngā tauranga whakatau tata o Aotearoa

Te whakamātautau pani ā-whare tangata

Ka tonoa koe ki te takoto ki tō taha, ki tō tuara rānei me ō pona ki runga. Ka ūhia te taha whakararo o tō tinana ki tētahi hīti. Ka āta huakina e te kaipani te tara mā tētahi taputapu tiro-tiro ka āta tango i ētahi tipako pūtau mai i te kōpū mā tētahi rapa, parāhi iti rānei. He meneti ruarua noa iho te roa ka oti tēnei mahi. Ka tukuna te tipako ki te taiwhanga kia mātaihia.

Ka manawarau pea ētahi wāhine i te whakamātautau, engari i te nuinga o te wā kāore he mamae. Mēnā kei te whakamā koe, kei te āmāimāi rānei, me whakamōhio atu koe ki te kaipani. Ka āhei koe te heri i tētahi kaitautoko mēnā ka hiahia koe. Ko te mea pai kia kaua koe e whakamātautauhia i te wā o tō mate wahine.

Pērā anō i ētahi atu tātari tangata, kāore e tōtika te tātari tangata ā-whare tangata i ngā wā katoa, ā, ka pā tonu mai te mate pukupuku ā-whare tangata ahakoa ngā tātari tangata auau. Ahakoa ka whakaitihia te tūponotanga ki te mate pukupuku ā-whare tangata, kāore e āraia e te tātari tangata.

Cytology ā-wai

Ko te cytology ā-wai (LBC), tētahi tikanga mō te whakarite me te mahi pani ā-whare tangata. Ko tā te LBC, ka whakaurua ngā pūtau ki ētahi wai, ka tukuna ai te wai kia whakamātauhia.

Kano ārai mate HPV (mate pukupuku ā-whare tangata)

Ko ngā wāhine whai i te kano ārai mate HPV me whiwhi whakamātautau pani ā-whare tangata.



Ngā hua o te whakamātautau pani ā-whare tangata

He tikanga tino pai ngā whakamātautau pani ā-whare tangata, engari ehara i te mea pai rawa atu.

Ka tonoa pea ētahi wāhine kia hoki mai kia whakamātautauhia anō mēnā kāore i nui ngā pūtau i roto i te wai hei whakamātautau.

Mēnā he hua tino rerekē tāu, ka tonoa pea koe kia hoki mai mō ētahi atu whakamātautau. I te nuinga o te wā kāore e pā mai te mate pukupuku i te hua tino rerekē.

Ki te kīia tētahi wahine he tino rerekē tana pani, ka pania anō ia, ka tukuna rānei mō tētahi colposcopy. Ka kitea pea i ēnei whakamātautau kāore he pūtau tino rerekē, ā, kāore e hiahiaitia tētahi whakamaimoatanga.

Tirohia te mātārere **Cervical Screening: Understanding Cervical Smear Test Results**, tohu HE4598.

Te whiwhi i ō hua whakamātautau pani ā-whare tangata

Me whakapā atu koe ki tō kaipani kia whiwhi i a koe ō hua. Ko te tikanga he rua ki te whā wiki te roa ina wātea mai ēnei. Ka whakapā anake te kaupapa ki a koe mēnā he hua tino rerekē tāu. Ka whakamōhiohia ā-mēra koe me te whakamōhio anō i a koe ki ngā mahi whai ake.

Pēhea te whakamaimoa i ngā pūtau tino rerekē

Mēnā he hua pani tino rerekē tāu, ka tohutohuhia koe kia whakamātauhia anō koe i roto i te ono marama, mēnā e hiahiaitia, tētahi colposcopy.

He whakamātautanga te colposcopy o te whare tangata, mā tētahi colposcope. He rite te colposcope ki tētahi paikaraihe kei runga tūnga. Ka whakarahi ake i te whare tangata me te taha o te tara kia kitea ai ngā pūtau tino rerekē. (Tirohia te mātārere **Colposcopy**, tohu HE1202.)

Mā te mōhio tangata ka pai ake te hauora me te oranga Knowledge improves health and well-being

Tētahi karere nui

Haere ki te kite i tō tākuta mēnā:

- Kei te toto, kei te kōpatapata i waenga i ō mate marama
- Kei te toto, kei te kōpatapata i muri i te ai
- Kei te toto, kōpatapata ina mutu ana ō mate wahine (i muri o te koero)
- Kei te pāmamaetia tō hope
- Kei te mamae i te wā ai
- He tahe rerekē mai i te tara. Tērā pea he haunga, kua huri te tae mai i te mā ki te māwhero, parauri, kākāriki rānei, he whai toto rānei.

He maha ngā take e hua ai ēnei tohumate, ā, ehara i te mea kei te mate pukupuku ā-whare tangata koe. Engari, me haere koe kia tirohia e te tākuta.

Te Kaupapa Tātari Whare Tangata ā-Motu

Ko te whāinga o te kaupapa ko te ārai i te mate pukupuku. Ko ngā wāhine katoa ka whiwhi pani ka uru ki te kaupapa engari rawa mēnā ka whakahē rātau ki tō rātau urunga mai.

Ko ētahi o ngā painga o te hopu mōhiohio whakamātautau pani ā-whare tangata:

- 🌀 ka wātea tonu ngā whakaaturanga ki a koe, tō kaupani me te taiwhanga pānui i ō whakamātautau
- 🌀 ka tuku reta whakamahara aunoa ki a koe mēnā kua hipa te wā mō tō whakamātautau pani ā-whare tangata
- 🌀 ka whakarite ka whāia ngā hātepe tika ina kitea he tino rerekē whakamātautau ā-whare tangata
- 🌀 ka whakamahere mō ngā hiahia o ngā rōpū mātāwaka rerekē.

Ka tiroiro auauhia te kaupapa kia kitea mēnā kei te pai te mahi me te āhua o tōna ū ki Ngā Paerewa Kounga ā-Motu hei āwhina i ngā wāhine katoa kia whiwhi rātau i ngā tātāritanga me ngā whakamaimoa pai rawa.

He aha ngā mōhiohio ka kohia?

Ko ngā mōhiohio ka kohia e te kaupapa ko ō taipitopito whaiaro, whakapā hoki, tō hitori hauora hāngai, ngā hua ā-whare tangata, me ngā taipitopito whakamaimoa. Kei te pūnaha rorohiko, e kīia ko te Rēhita NCSP, ēnei mōhiohio matatapu e mau ana, ko te Wāhanga Tātāritanga ā-Motu a Te Manatū Hauora te kaupupuri i tēnei. Mō ētahi atu mōhiohio mō te ture e pā ana ki te NCSP, me tono mō te pukaiti **Prevention of Cervical Cancer: A Guide for Women in New Zealand**, tohu HE1328.

- 🌀 Ka taea e te wahine te unu mai i te kaupapa i ngā wā katoa mā te whakakī i tētahi puka, te tuhi rānei ki te kaupapa.
- 🌀 Mō te whakarite kāore he whaiwhaitanga ake, ka puritia tō ingoa, wāhi noho, rā whānau me tō nama taupū hauora ā-motu, engari kāore te kaupapa e whai i tō hitori pani.
- 🌀 Ka taea e koe te hoki mai anō ki te kaupapa i ngā wā katoa, ā, ka tīmata anō tō hitori tātāritanga ki te kaupapa me tō pani o mua tata nei.

He mōhiohio atu anō

Pānuihia te pukaiti koreutu **Prevention of Cervical Cancer: A Guide for Women in New Zealand**, code HE1328, kei tō tākuta, kaupani rānei.

Tirohia tā mātau paetukutuku: www.cervicalscreening.govt.nz

Tirohia tēnei mātāre me ētahi atu rauemi mātāuranga hauora i www.healthed.govt.nz

Whakapā ki:

- 🌀 te National Cervical Screening Programme, waea koreutu **0800 729 729**
- 🌀 tō tākuta, nēhi rānei
- 🌀 pokapū hauora Moananui a Kiwa, ngā pokapū marae, ētahi atu pokapū hauora Māori rānei
- 🌀 tō pokapū hauora hapori wāhine ā-rohe
- 🌀 tō whare hauora Family Planning o ā-rohe
- 🌀 tō Cancer Society o ā-rohe.

Mō ētahi atu mōhiohio whakapā atu ki te National Screening Unit, te Manatū Hauora, waea ki Tāmaki Makaurau (09) 580 9000, ki Te Whanganui a Tara rānei (04) 496 2000.

Mēnā kua huria tō wāhi noho, whakamōhio atu koa ki te kaupani o te Kaupapa Tātari Whare Tangata ā-Motu, waea koreutu **0800 729 729**.