



**Ka taea te
whakarongoā i te
mate pukupuku i
roto i te**

90%

**o ngā kēhi mēnā
ka wawe te kitea**

Ko te Mate Pukupuku Whēkau te pūtake tuarua te nui o te mate pukupuku i Aotearoa*

*Ko te mate pukupuku pūkahukahu te pūtake
nui rawa o te mate pukupuku i Aotearoa



He aha ngā tohumate?

Ka whakamā pea ki te kōrero mō ēnei tohumate engari mēnā kei te pā tonu mai, he taratahi rānei, mēnā he āwangawanga rānei mō te ora o tō whēkau, me haere ki te kite i tō rata.



Te toto mai i te whēkau.



He taikaha, he tino mamae rawa atu
rānei te puku.



Ka heke te taumaha, ka ngenge,
ka ngoikore, ka hēmanawa (ngā
tohumate o te mate pūtau whero
pāpaku (anaemia)).



He pakepake, he tāmutumutu rānei
te huringa o te whanonga whēkau: ka
nui ake te wā haere ki te wharepaku,
he nui ake te kōroke, he ngohengohe
ake te hamuti mō te hia wiki, te rongo
kāore pea i wātea katoa tō whēkau i
muri o te haere ki te wharepaku.

Ka taea
te ārai • Ka taea te
whakamaimoa • Ka taea
te aukati

bowelcancernz.org.nz



Bowel Cancer
NEW ZEALAND