


No'atu e te māpū nei rāi koe.

Ka tutuki te maki
oviri o te ngakau i
teta'i ua atu mata'iti.

Te au
mea tika,
te turu &
te au tua



A portrait of a man with dark, curly hair and a full beard, wearing a grey button-down shirt and a large, ornate green and gold Māori pounamu pendant. He is looking directly at the camera with a neutral expression. The background is plain white.

Anaru
‘akapāpu’ia i te
38 mata’iti.

“E āka ‘anga’anga na te tāne Māori i te aere
ki ko i te taote no teta’i ‘apinga muna”.

Turu no te māpū maki

E mea matakū ia te maki oviri o te ngakau i teta'i ua atu mata'iti, e iākoe e māpū ra, ka tupu rāi te po'itirere, e te taitaiā.

Kua mārama matou i to'ou turanga, e tei konei matou i te tauturu.

E putuputu'anga te tato'u nei ki runga i teta'i tangata maki, te Bowel Cancer New Zealand. Te 'akakoro nei matou i te 'akatopa mai i te manatā o te maki oviri o te ngakau, i roto i to tatou 'oire tangata, e te 'ōronga nei matou i te turanga tauturu anoano'ia, i te tauturu i to'ou rapakau'ia'anga,

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Ka rauka te
maki oviri o
te ngakau, i te
rapakau i roto
i te 90% o te
au maki, me
kitena vave'ia.

Teia ta matou rāvenga tauturu



Nurse Helpline

Kare e, ko koe anake ua. Teia te nēti kua rētita'ia, no te pa'u atu i teta'í ua atu ui'anga no runga i to'ou maki tei kitenā'ia mai, e ka tauturu aia i te kaveinga o to'ou rapakau'ia'anga. Tei konei matou no'ou.

Mēre uira ua mai

here4you@bowelcancernz.org.nz



Turu'anga na runga i te 'ātuitui roro uira

Tei runga i ta matou kupenga uira, te au tū rāvenga tauturu, no runga i te au tū maki oviri o te ngakau. Tei roto i te au turanga pu'apinga rava atu, te au tu'anga no runga i te au 'iki'anga no te rapakau, te au mea 'akatapu manamanatā, e te pāruru, e teta'í 'akapapa'anga no te au turanga tauturu, ka rauka iākoe i te ta'anga'anga no'ou 'uā'orāi, me kore ra, no te aronga e turu ra i teta'í, tei tū'ia i te maki oviri o te ngakau.

Arataki'anga no runga i te kaikai'anga no te ora'anga meitaki

E rāvenga tauturu i te arataki'anga no runga i te kaikai'anga no te ora'anga meitaki, kua ki i te au arataki'anga no runga i te kai-meitaki, te au 'iki'anga kai, e te parāni'anga i te kai, i roto i te tuātau rapakau'anga, e te 'akamāro'iro'í'anga, kia mātūtū koe. Te tāmanako mai nei te au kimikimi'anga kite 'ōu e, ko te kai, e te tū o te ora'anga, me kitenā'ia to'ou maki, teta'í mea 'ēkōkō'ia no te 'oki'anga mai te maki oviri o te ngakau.

Kiriti'ia te arataki'anga mei runga i ta matou kupenga uira.



Te kapi turu i te tangata maki i runga i te pukamata

E pupu 'ārikiriki, e te turuturu to matou pupu i runga i te pukamata, te ngā'í ka rauka iākoe i te 'uri'uri manako no runga i te maki oviri o te ngakau, e to'ou turanga, ki te aronga e na roto nei i teia rapakau'anga mei iākoe rāi. E pupu tōpiri'ia teia, no reira, ko te au mēma ua rāi o te pupu, te ka kite i ta'au ka tuku atu, e ta'au, au pa'u'anga.

Tomo mai, na roto i te kimi'anga i te 'Bowel Cancer New Zealand Patient & Whānau Support Group' ki runga i te Pukamata.

Te au tua no runga i te, noātu te māpū nei rāi koe

Ka tere atu i te 350 tangata i raro ake i te 50 mata'iti, e kitenā'ia mai ana, tei tū'ia i te maki oviri o te ngakau. Te tautā pakari nei matou i te 'o'ora ki va'o i te 'akakite e, kare te maki oviri o te ngakau, e no te pakari anake. E ma'ata te aronga tei kitenā'ia te maki, mei te mata'iti 20 ki te 30, te tu'atu'a nei i ta ratou au tua, i te tauturu i te 'o'ora'anga kia kite te 'iti tangata e, no'atu e te māpū nei rāi koe, ka tū'ia i te maki oviri o te ngakau, i te aruaru kia aere kia vāito vave'ia, e te turu i teta'í atu.

Tatau'ia i runga i ta matou kupenga uira, no runga i te aronga, tei roto i ta matou 'o'ora'anga ki va'o, Noātu e Te Māpū nei rāi Koe.

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Te maki oviri o te ngakau i roto i te aronga mǎpū ake – ta matou i kite

Te au ‘akairo-maki

Te au ‘akairo-maki kia matakite‘ia, māri ra, ‘akama‘ara e, i roto i te ‘akamata‘anga, i te ma‘ata‘anga o te taime, kare o te maki oviri o te ngakau, au ‘akairo-maki.

- Te ta‘e‘anga toto mei raro mai i te to‘e (rectal bleeding)
- Ka putuputu te tau‘i, i te titiko‘anga no teta‘i au ‘epetoma
- Te ravakore i te toto
- Teta‘i au pukupuku, me kore ra, potonga i roto i te kōpu
- Te topa‘anga te teima‘a kōpapa mei tērā ua, e te ‘akaro‘iro‘i

I te ma‘ata‘anga o te taime, ka kitena, e ka ngaro atu te au ‘akairo-maki – ko te mea akaāro‘a ra, e ‘akamarū‘anga pikika‘a. Ko koe anake tei kite i to‘ou ‘uā‘orāi kōpapa, no reira ‘akarongo atu kiāia, e me kare teta‘i ‘apinga e tano ana, tatuātau i teta‘i taime no te komakoma viviki atu ki to‘ou Taote.

Te maki tei kitena

I te ma‘ata‘anga o te taime, te ‘akarongo nei matou e, kua komakoma takere ana te aronga mǎpū ake, no runga i to ratou au ‘akairo-maki, i mua ake ka kitena‘ia mai ei te maki. Noātu to‘ou mata‘iti, kia kore rava to‘ou Taote e karanga atu e, e mǎpū roa koe no te maki oviri o te ngakau.

Te mea tumatetenga, te kake nei te ma‘ata o te maki oviri o te ngakau, i roto i te mǎpū tei raro ake i te 50 mata‘iti. I roto i Aotearoa, mei te 10% o te aronga mǎpū ake, te au kitena‘anga ‘ou.

‘Auraka e ‘āriki atu i te ‘noātu e te mǎpū nei rāi koe’, ei ‘akamārama‘anga no to‘ou au ‘akairo-maki. Pati atu ki to‘ou Taote no teta‘i atu au kimikimi‘anga, e me kare to‘ou au manamanatā e ‘irinaki‘ia, kimi tauturu ke atu.

Te turanga tupuna

Kare o te 70% o te aronga tei tū'ia i te maki oviri o te ngakau, i kite ana i teia maki i roto i to ratou kapua'ia'anga mai.

Inārā, te kitena'ia nei te kapua'anga kōpu tangata, me kore ra, te maki tupuna ki roto i te 30% o te aronga maki.

I te ma'ata'anga o te taima, ko te ma'ata atu i te au mēma o teta'í kōpu tangata tei tū'ia i te maki oviri o te ngakau, e te māpū atu i to ratou kitena'ia'anga, ka rauka i reira te 'irinaki'anga e, kua 'ātui'ia ki roto i te kōpu tangata.

E ma'ata te au turanga maki tupuna tei 'ātui'ia ki te maki oviri o te ngakau, pērā katoa:

- Lynch syndrome (hereditary non-polyposis colorectal cancer)
- Familial adenomatous polyposis (FAP)
- MYH-Associated Polyposis (MAP)

Ka kake katoa pa'a te 'irinaki'anga e, ka tū'ia teta'í o te kōpu tangata i te maki oviri o te ngakau, e ka pu'apinga pa'a te genetic counselling. Komakoma atu ki to'ou Taote no to'ou anake arataki'anga, e te 'ākara'ia'anga e teta'í ta'unga.



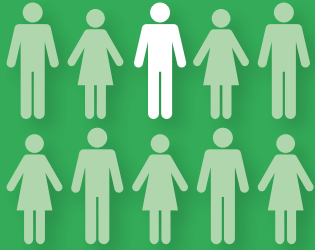
Te turanga ora'anga

I te mea e, kare e rauka ia tatou i te tāpū i te maki oviri, ka rauka iākoe i te 'akatopa mai i te 'ēkōkō no te tū'ia'anga i te maki oviri o te ngakau, e te 'oki 'aka'ou'anga mai, na roto i te kai'anga i te au kai memeitaki, e te 'akamātūtū'anga putuputu i te kōpapa. Ka rauka iākoe te au tau'anga māmā ua, me i te 'akakore'anga i te kai 'ava'ava, 'akatopa'anga mai i te kai kava, te kai'anga i te au kai nātura, wholegrains, e te high-fibre, te 'akapae'anga i te au kai kiko tei tāvairākau'ia, e te takotinga'anga i te kai kiko-muramura.

Te au mea Tika

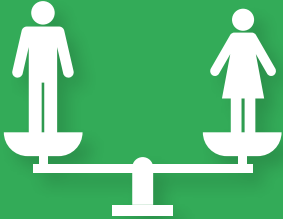


✘ Teta'i manako'anga
tarevake: 'e maki no
te pakari' te maki
oviri o te ngakau.



E 1 i roto i teta'i 10

‘Iti tangata Aotearoa e kitena’ia mai ana e, kua tu’ia e te maki oviri o te ngakau tei raro ake i te 50 mata’iti.



Kare te maki oviri o te ngakau e ‘iri’iri ana, ka tū ‘āiteite’ia te tāne, e te vaine.



Te kake viviki nei te maki oviri o te ngakau ki te aronga tei raro ake i te 50 mata’iti, i roto i te au baisleia Papa’ā.



Te kake nei te maki oviri o te ngakau ki roto i te māpū.



Ko Sarah tōku ingoa

Tāku tua: Kua tū'ia au i te au 'akairo-maki no teta'í rua mata'iti, i mua ake i kitenā'ia ei tōku maki i te 38'anga o toku mata'iti. Kua 'irinaki au i tōku 'akaro'iro'í, te titiko'anga 'irinaki'anga-kore, e te putuputu o te 'eke, ki runga i te au kai taukore kiāku, me kore ra, te kōpu pu'apinga-kore.

Kua kite au i te toto i teta'í au taime i roto i teta'í toru 'epetoma, i mua ake i aere ei au ki te taote, i kitenā'ia ei e, kua tū'ia au i te Taka'í'anga 3 Upper Rectal Cancer.

Kua rapakau'ia au ki te chemoradiotherapy, e te excisional surgery, e kua āru'ia mai i te FOLFOX chemotherapy, e kua peke tōku turanga 'ānau tamariki. Kua kiriti'ia tōku vairanga-pēpē, e kua ngaro vave tōku turanga 'ānau tamariki.

E tuātau ngatā tikāi, māri ra, tei va'o ake au i teta'í tua, e te mātūtū nei, e te oraora, e ko te nūti purapura, e tamāroa ta maua ko tōku tokorua, ko Manaia tōna ingoa.



Ko Anna tōku ingoa

Tāku tua: Kare au i ō atu ana ki roto i te 'ākara'anga o teta'í tangata maki oviri o te ngakau, e 32 ua rāi mata'iti, e kare i rongō'ia ana i roto i te kōpu tangata. Māri ra, kua tere atu i te rua mat'iti, tōku 'apai'anga i te au 'akairo-maki pouroa; tei roto i teia te mamae kōpu kino rava atu, te toto i roto i tōku tutae, te rava-kore i te iron, kare e kaki kai, e te 'akaro'iro'í.

E ma'ata ua atu te au 'ua iron tei kai au, e kare au i kite pu'apinga ana, e ra'ira'í ua atu te 'uri'uri'anga manako ki tōku Taote no runga i te IBS e te FODMAP diet. Manuia tikāi au, i te mea e, e insurance tāku no te maki, e kua 'aere atu no teta'í colonoscopy, i raro ake i te 'arataki'anga a teta'í taeake.

I te kitenā'ia'anga tōku taka'í'anga 3 no te maki oviri o te ngakau, kua na roto au i te colectomy, e te ileorectal anastomosis, e teta'í varu capecitabine chemotherapy. Koi rauka ua mai nei tōku peke'anga maki no teta'í rima mata'iti, kua rauka te tamataora'anga e te 'akaepaepa'anga!



“Ko te ‘opu‘anga vave te mea pu‘apinga rava atu, e, i te ma‘ata‘anga o te taima ka rauka i te rapakau, me kore ra, ka maranga”.

Ko Jonny tōku ingoa

Tāku tua: E mamae kōpu toku, te ka neke mei te mamae kino ki te mamae tau ua, na roto i teta‘i tuātau. I muri ake i teta‘i toru marama, kua aere atu au ki te taote. Kua ‘akakite mai te au vāito‘anga toto e kare e rava ana tōku toto, e, i muri ake i teta‘i au vāito ‘aka‘ou‘anga atu, kua tatuātau‘ia au no teta‘i colonoscopy, e te gastroscopy.

I muri ake i teta‘i nga ‘epetoma, kare ake rāi e rāvenga no te au mamae kino o te kōpu, no reira kua ‘ōpara‘ia atu au kia ‘akaviviki‘ia. Kua rave‘ia tōku colonoscopy, e te gastroscopy i terā‘o mai ‘epetoma, e kua kitena mai teta‘i puku oviri e 6cm tei roto i tōku transverse colon.

I mua ake i teia kitenā‘ia‘anga, e mātūtū ua ana rāi tōku kōpapa, e te oraora. E kaikai meitaki ana au, e ‘akamātūtū kōpapa ana au, e ‘ākono ana au iāku ‘uā‘orāi, e kare ōku maki ke atu. Kua ‘ākakite mai te au vāito‘anga e, kare e ‘akairo e, e maki tupuna te oviri, e kare e ‘akaāri‘anga e, no tāku kai. E pōpōā ua. Kua tautā

pakari au i te ngakau ma‘ora‘ora, e te ‘irinaki‘anga pu‘apinga, i te mea e, ka ‘akape‘ea atu. Te ‘irinaki nei au e, ka tukia te katoatoa i te maki oviri i roto i to ratou ora‘anga, me kare e ko ratou, ko teta‘i tangata kua kite ratou.

Ko te mea pu‘apinga, koia ‘oki, ko te ‘akamāro‘iro‘i i te tangata kia kore e moe no runga i teta‘i ‘ua atu au ‘akairo-maki. Aere ki ko i te taote, kia ‘ākara meitaki ia.



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