

Ehara i te mea he tamariki rawa koe.


Ka pā te mate pukupuku whēkau i ngā reanga katoa.

Ngā meka,
te tautoko
me ngā
kōrero



Bowel Cancer
NEW ZEALAND

Māori

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 Maori pectoral. He is looking directly at the camera with a neutral expression.

Anaru
i whakatauria
i te 38.

“He mea nui ki te tāne Māori te haere
ki te tākuta mō tētahi āhuatanga whaiaro.”

Te tautoko mō ngā tūroro rangatahi ake

He take whakamataku te whakatau mate pukupuku whēkau ahakoa he aha te reanga, ā, i te wā e taiohi ana koe, ka nui ake pea te ohorere.

E mārāma ana ki te uaua o te huarahi kei mua i a koe, ā, kei konei mātou ki te āwhina.

He whakahaere e arotahi ana ki ngā tūroro a Bowel Cancer New Zealand. E ū ana matou ki te whakaiti i te pānga o te mate pukupuku o te whēkau ki tō mātou hapori, ā, e tuku ana mātou i ngā ratonga tautoko waiwai hei āwhina i a koe i tēnei huarahi.

www.bowelcancernz.org.nz



Ka taea te
whakarongoā
i te mate
pukupuku i
roto i te 90%
o ngā kēhi
mēnā ka wawe
te kitea.

Anei te huarahi hei āwhina



Waea Āwhina Tāpuhi

Ehara i te mea ko koe anake. E wātea ana tā mātou tāpuhi rēhita ki te whakautu i āu pātai mō tō whakataumate, ā, me te āwhina i a koe ki te urungi haere i tō huarahi whakaora. Kei konei mātou mōu. Tēnā imēra mai here4you@bowelcancernz.org.nz



Tautoko tuihono

He nui ngā rauemi kei tā mātou pae tukutuku e kōrero ana mō ngā āhuatanga katoa o te mate pukupuku whēkau. Ka uru ki ngā āhuatanga hira ngā wāhanga e pā ana ki ngā kōwhiringa maimoatanga, ngā mōreareatanga me te āraitanga, me tētahi papatohu ratonga, e noho ana tētahi rārangi o ngā ratonga whaitake ki a koe, ki te hunga rānei e tautoko ana i tētahi atu e pāngia ana e te mate pukupuku whēkau.

Aratohu kai hauora

He rauemi tino pai tā mātou aratohu kai hauora hei āwhina ki te arotau i tō whakamātūtūtanga me tō hauora, otirā e puhake ana i ngā tohutohu e pā ana ki te taiora, ngā whiringa kai, ngā mahere kai i te wā o te maimoatanga me tō whakamātūtūtanga. E tohu ana ngā rangahau inātata nei he pānga tō te whiringa kai me ngā kātū noho i muri i te whakataumate, ki tō mōrearea o te hokinga mai o te mate pukupuku whēkau.

Tikina ake i te aratohu i tā mātou pae tukutuku.



Whārangi tautoko tūrora i Facebook

He wāhi manaaki, tautoko hoki tā mātou rōpū Facebook, e taea ai e koe te kōrerorero i te mate pukupuku whēkau me tō haerenga i tēnei huarahi ki ētahi atu tāngata kei runga i tēnei huarahi. He rōpū muna tēnei nō reira ko ngā mema anake o te rōpū ka kite i ō whakairinga me ō whakautu.

Hono mai mā te rapu i a 'Bowel Cancer New Zealand Patient & Whānau Support Group' i runga i a Facebook.

Ngā kōrero ehara i te mea he tamariki rawa

Ia tau, neke atu i te 350 ngā tāngata i raro i te 50 tau, ka whakatauhia ki te mate pukupuku whēkau. E whakapau kaha ana mātou ki te hiki i te mōhiotanga e kore noa e pā te mate pukupuku whēkau ki te hunga pakeke ake. He nui te hunga, i whakatauhia te mate i ngā tau o te 20 me te 30, i tiri i ā rātou kōrero hei hiki i te mōhiotanga ehara i te mea he tamariki rawa e pāngia ai koe e te mate pukupuku whēkau, hei akiaki i te whakataunga wawe, me te tuku tautoko ki ētahi atu. *Haere ki tā mātou pae tukutuku ki te pānui mō te hunga kei roto i tā mātou kaupapa whakatairanga a Ehara i te mea he tamariki rawa.*

www.bowelcancernz.org.nz

Te mate pukupuku whēkau i roto i te hunga tamariki ake – ngā mea e mōhio ana mātou

Ngā Tohumate

Me mōhio ki ngā tohumate, engari kia mahara ake, i ōna wāhanga tīmatanga, kāore pea he tohumate o te mate pukupuku whēkau.

- Toto mai i te tou (toto ā-tōngātiko)
- He huringa pakepake i ngā whanonga whēkau mō ētahi wiki.
- Mate pūtau whero pāpaku
- Ētahi puku, papatipu rānei i roto i te puku
- te hekenga taumaha mārama-kore, me te ruha

He wā anō ka piki, ka heke ngā tohumate – engari ko te mate, he āhurutanga teka tēnei. Ko koe tonu te tohunga e mōhio ana ki tōu ake tinana, nō reira me aro ki tō tinana, ā, ki te kore tētahi mea i te tika, me whakarite toronga ki te kōrero wawe ki tō tākuta.

Whakatau mate

I ētahi wā, e rongono ana tātau e kōrero ana nga taitamariki mō ō rātau āhuetanga i mua i te taenga ki te whiwhi whakatau mate. Ahakoa tō pakeke, me kore rawa tō tākuta e tohutohu i a koe, he tamariki rawa koe kia pāngia ai e te mate pukupuku whēkau.

Ko te mea aroha ake, e piki ana ngā tatauranga mate pukupuku whēkau i roto i te hunga i raro i te 50 tau te pakeke. I Aotearoa, āhua 10% ngā whakatau mate hou kei roto i te hunga tamariki ake.

Kaua e tuohu ki te ‘he tamariki rawa koe kia pāngia ai e te mate pukupuku’ hei whakamārama i ō tohumate. Tonoa tō tākuta kia tohua koe ki ētahi atu tūhuratanga, ā, mēnā kāore e tino whāia o māharahara, rapua anō ngā whakaaro o tētahi atu.

Ngā take iranga

Āhua 70% te hunga pāngia e te mate pukupuku whēkau kāore i whai whakapapa o te mate.

Engari he āhua 30% o rau o ngā tūrora i kitea ake he hītoria ā-whānau, he āhuatanga tuku iho rānei tō rātou ki te mate.

I tōna whānuitanga, kei te nui o ngā mema o te whānau e pāngia ana e te mate pukupuku whēkau, me te tamariki ake i te wā ka whakatauhia te mate, te nui ake o te tūpono kite i te hononga tuku iho

Tērā tonu ētahi āhuatanga ā-ira me ngā hononga e mōhiotia ana ki te mate pukupuku whēkau, pēnei i te:

- Mate Lynch (mate pukupuku whēkau non-polyposis tuku iho)
- Familial adenomatous polyposis (FAP)
- MYH-Associated Polyposis (MAP)

Ka kitea hoki pea te pikinga o te mōrearea mate pukupuku whēkau i ētahi atu mema whānau, ā, tērā pea he hua tonu o te āwhina ā-ira. Kōrero ki tō tākuta mō ētahi tohutohu motuhake me ngā tohutoro mēnā e hiahiatia ana.



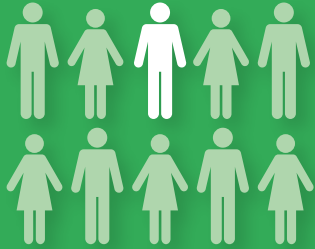
Te kātū noho

Ahakoā tē taea te ārai nui atu i te mate pukupuku, ka taea e koe te whakaiti i te mōrearea o te mate pukupuku whēkau, ā, me tōna hokinga mai, mā te kai tōtika me te kori tinana. Ko ētahi huringa ngāwari ka tareka e koe, ko te aukati i te kai paipa, te whakaiti i te kai waipiro, kia kaha te kai pata tikitū me ngā kai weuweu māori, te karo i ngā kiko tukatuka me te whakaiti i te kai kiko whero.

Ngā Meka

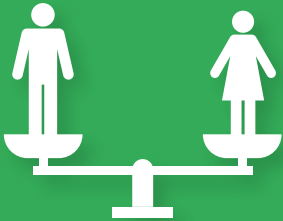


✘ Tētahi pōhēhē
nui: he mate te
mate pukupuku
whēkau ‘nā te
hunga kaumātua’.



1 i roto i te 10

ngā tāngata o Aotearoa
ka whakatauhia he
mate pukupuku whēkau
tō rātau, kei raro i te 50
tau te pakeke.



Kāore te mate
pukupuku whēkau e
tohu i te momo tangata,
he rite tana pānga ki te
tāne me te wahine.



E tipu tere ana te mate
pukupuku whēkau i
roto i te hunga kei raro
i te 50 tau i ngā whenua
o te uru o te ao.



E piki haere ana i te
mate pukupuku whēkau
i roto i ngā pakeke
taiohi ake.



Ko Sarah taku ingoa

Taku kōrero: E rua tau e whakaatu mai ana ngā tohumate i mua o te whakataui i te mate i aku tau 38. Ka mahara ahau ko te pūtake o taku wherūtanga, te ohore o ngā whanonga whēkau, me te auau o te mate tikotiko, ki ngā pāwera kai me te āritarita o taku whēkau.

I tāmutumutu taku kite i te toto mō te toru wiki i mua o te haere ki te tākuta, ā, koirā te wā i whakatauhia e pāngia ana au ki te Mate Pukupuku Tōngātiko Wāhanga 3.

I whakamaimoatia au ki te haumanu matū-iraruke me te pokanga pae whānui, whai muri mai ko te haumanu matū FOLFOX, ā, i te mutunga iho i whakakorea taku matahau. I tangohia tōku whare tangata, ā, ka kuhu au ki te tūpātanga wawe.

He wā uaua tērā, engari kua puta atu i tētahi atu taha, kua pakari anō te tinana, ā, ko te rongopai hoki kua mihiā e māua ko taku hoa tētahi tangata pakupaku miharo ki ō māua ao, arā ko Manaia tērā.



Ko Ana taku ingoa

Taku kōrero: Ko te āhua ia, kāore au i uru ki te kāhua o te tūrora mate pukupuku whēkau, i te mea e 32 noa ōku tau, kāore he hitori ā-whānau. Engari, aua atu i te rua tau i pā katoa ngā tohu mate ki ahau; tae atu ki ngā kuiki mamae o te puku, te toto i te hamuti, te iti o te rino, te kore e hiakai, me te ruhatanga.

He nui ngā huringa kai pire rino, engari kāore he pānga nui, ā, he nui ngā kōrerorero ki taku tākuta mō ngā whiringa kai IBS me te FODMAP. Nōku te whiwhi he inihua hauora tūmataiti tāku, ā, nāku anō i tohu kia haere mō tētahi tirohanga whēkau i runga i ngā tohutohu a taku hoa.

I muri i taku whakataui mate o te mate pukupuku whēkau wāhanga 3, i tangohia tētahi wāhi o taku kōpiro nui, kātahi ka tangohia te kōpiro nui katoa, me ngā huringa e waru o te haumanu matū ā-capecitabine. Kātahi anō ka whiwhi au i te wāteatanga rima taku, ā, ka tino whakanuihia tērā e au!



“Kāore he mea i tua atu i te whakatau wawe i tēnei mate, otirā ki te pērā, ka māmā ake te whakamaimoa, te whakahaere rānei.”

Ko Jonny taku ingoa

Taku kōrero: I pāngia au e ngā kuiki ki te puku, he wā anō ka piki te mamae. I muri i te toru marama, ka haere au ki te tākuta. I whakaatu ngā whakamātautau toto, he iti aku pūtau whero toto, ā, muri mai i ētahi atu whakamātautau, i whakaritea tētahi tirohanga whēkau me tētahi tirohanga puku.

Ka pahemo ētahi wiki, ā, kāore tonu i kawea aua whakaritenga e rua, ā, ka pā te mamae taumaha ki taku puku, nā, ka whakaterehia taku toronga. I te wiki i muri mai ka whakahaeretia taku tirohanga ā-kōpiro nui me te tirohanga ā-puku i te wiki whai ake, ā, ka whakaatu i tētahi pukupuku e 6cm te nui i taku kōpiro pae.

I mua i te whakatauanga, he tangata pakari, hauora hoki ahau. Ka kai tōtika, ka kori tinana, ka tiaki i a au anō, ā, kāore ētahi atu pānga mate. I whakaatu hoki ngā whakamātautau, kāore he taunakitanga ā-ira he take tuku iho te mate, kāore he tohu i whai pānga rānei ki taku whiringa

kai. He wairuatoa kē. Kua ngana ahau ki te whakatuwhera i ōku whakaaro, kia noho manawanui hoki mō tēnei, i te mea kāore he take i kore ai. Ki ōku whakaaro, he wā anō ka pā tētahi wheako mate pukupuku ki te katoa; ina kāore ko koe, ko tētahi atu e mōhio ana koe.

Ko te mea nui ko te akiaki i te tangata, kaua e whakateka ngā tohumate. Haere ki te tākuta, kia tirohia.



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