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UNDERSTANDING CANCER

Kanesa o le susu: O le ta'iala mo tama'ita'i ua maua i le kanesa o le susu e le'i sosolo



Breast Cancer: A guide for women with early breast cancer



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Breast Cancer

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PO Box 12700, Wellington

First Edition 2011
ISBN 0-908933-89-4

Publications Statement

The Cancer Society's aim is to provide easy-to-understand and accurate information on cancer and living with cancer.

Our *Living with Cancer* and *Understanding Cancer* information booklets are reviewed every four years by cancer doctors, specialist nurses and other relevant health professionals to ensure the information is reliable, evidence-based and up-to-date. The booklets are also reviewed by consumers to ensure they meet the needs of people affected by cancer.

Other titles from the Cancer Society of New Zealand/Te Kāhui Matepukupuku o Aotearoa

Booklets

- Advanced Cancer/Matepukupuku Maukaha
- Bowel Cancer/Matepukupuku Puku Haumuti
- Bowel cancer and bowel function: Practical advice
- Breast Cancer/Te Matepukupuku o ngā Ū
- Breast Cancer in Men: From one man to another
- Cancer Clinical Trials
- Cancer in the Family: Talking to your children
- Chemotherapy/Hahau
- Complementary and Alternative Medicine
- Eating Well/Kia Pai te Kai
- Emotions and Cancer
- Got Water?/He Wai?
- Lung Cancer/Matepukupuku Pūkahukahu
- Melanoma/Tonapuku
- Prostate Cancer/Matepukupuku Repeure
- Radiation Treatment/Haumanu Iraruke
- Secondary Breast Cancer/Matepukupuku Tuarua ā Ū
- Sexuality and Cancer/Hōkakatanga me te Matepukupuku
- Understanding Grief/Te Mate Pāmamae

Brochures and DL Cards

- Being Active When You Have Cancer
- Being Breast Aware
- Bowel Cancer Awareness
- Gynaecological Cancers
- Talking to a friend with cancer
- Thermography
- Questions You May Wish To Ask

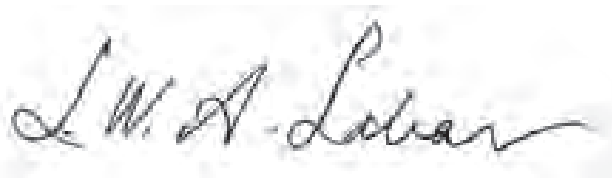
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Foreword

Talofa lava, Malo e lelei, Ni sa bula vinaka, Kia orana, Taloha ni, Faka'alofa lahi atu, Kam na mauri, Gud de tru, Kaselehlia, Halo olgeta, la orana, Aloha mai e, Kia ora and Warm Pacific Greetings.

Early detection of cancer can save lives. With early detection there is a very good chance of receiving timely treatment and making a full recovery.

I encourage all Pacific Island people to have regular checks and to learn how to detect and prevent cancer. It's important to our families that we give ourselves the best chance to fight.



Alofa

Hon. Luamanuvao Winnie Laban QSO



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Fa'aliliuina fa'a-Samoa o le Tusi

Ua fa'aliliuina lenei tusi i le gagana Samoa ona o le fa'anaunauga ia silafia ma malamalama tama'ita'i ua maua i le kanesa o le susu i fa'amatalaga e uiga i le ma'i ma ona togafitiga. O lo'o tusia foi ni manatu mai i nisi o le mamalu o tina ma tama'ita'i sa feagai ma lenei mai. O le agaga ia fa'asoa atu lagona atonu e aoga ma fa'afaigofie mo fa'aiuga i se taimi e feagai ai ma lenei gasegase.

O le kanesa o le susu o lo'o maualuga le fuainumera o tama'ita'i Niu Sila e maua ai. E maualuga le numera o tina ma tama'ita'i Pasifika e maliliu ona o le kanesa o le susu fa'atusatusa i nisi o tina o Niu Sila. O lona itu lelei, a vave ona maua ma togafiti, e tele fo'i le avanoa e manuia ai. O lenei tusi o lo'o fa'amatalaina ai le kanesa ma ona togafitiga. O lo'o fa'ailoa atu ai fo'i fofu fa'a-Samoa ma fa'aeteetega e tatau ona nofouta i ai.

Sa lagolagoina lenei taumafaiga a le Sosaiete o le Kanesa i Niu Sila e se tamaitai Samoa sa manuia lona gasegase i togafitiga a le falema'i. O lana upu fa'amalosi i tina uma ia faia a latou siaki, aua e sili le puipuia nai lo'o le togafitia.

O le fa'atupeina o lenei galuega na lalamua ai le fa'alapotopotoga o le P.A.C.I.F.I.C.A. i Ueligitone. Sa fa'aliliuina lenei tusi e tama'ita'i foma'i Samoa o lo'o galulue i le soifua maloloina. Ua fa'aaogaina le gagana o aso taitasi e fa'amatala ai fofu a Palagi. E ui ina o lo'o i ai nisi upu fa'a-fomai i le gagana peretania e le'o fa'aliliuina i upu Samoa, ae talitonu o lo'o maua pea le agaga o le feau o lo'o fia momoli atu i lenei tusi.

P.A.C.I.F.I.C.A
Wellington Central Branch,
New Zealand

Dalton Kelly
Chief Executive
Cancer Society of New Zealand

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How this booklet happened

This Samoan translation and adaption of the Cancer Society's Breast Cancer booklet came about because of a need to reach Pacific women with breast cancer and their families. The aim was to provide information on breast cancer treatment and how others coped.

The idea of a Samoan translation of the Breast Cancer booklet by the Cancer Society of New Zealand was well supported by a prominent Samoan breast cancer survivor. The women of the Wellington Central branch of P.A.C.I.F.I.C.A took on the task of starting and funding this work, and making it possible for Samoan women with breast cancer to share their stories and experiences in Samoan.

In New Zealand, breast cancer is one of the leading causes of cancer registration in women. Pacific women in New Zealand are more likely to die of breast cancer than women of other ethnicities. Early detection and treatment of breast cancer can significantly increase the chance of cure.

This booklet explains what breast cancer is and how it is treated. It also explains that traditional healing or Samoan fofu can often complement hospital treatments.

The translation for this booklet was carried out by two Samoan health professionals who strived to simplify and aid the understanding of "Palagi" cancer concepts whilst preserving the meaning and character of the Samoan language.



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Fa'atomuaga

Ua saunia leni tusi mo lou malamalama ma lou silafia i le gasegase o le kanesa o le susu, o vaega o itutinoa o tama'ita'i. I totonu o leni tusi ua i ai ni fa'amatalaga e uiga i auga ma togafitiga o leni gasegase, fa'apea ai ma ni auala e fesoasoani mo oe a'o feagai ai ma le mai, e le gata i le itu fa'aletino ae fa'apea foi le itu tau i le mafaufau.

I tausaga ua tuanai, sa fai lava si matuia o le fa'atinoina o le taotoga o le susu. Sa le gata ina lagona le fefe ae o le itu i le togafitiga sa fai fo'i lea ma fa'amata'u i tama'ta'i. A'o nei aso, i le i ai o masini mo suesuega, ua vave ai ona maua le susu ua afaina i le kanesa, ma ua ua fa'afaigofie ai ona fo'i ona fa'atino ni taotoga laiti i le saogsalemu ma le manuia.

E taua lou talatalanoa ma lau fomai i le togafitiga e talafeagai mo oe. O le fa'anaunauga o leni tusi, ia fesoasoani e tali nisi o fesili po'o nisi vaega e te le o mautonu ai e uiga i leni gasegase. Ua saunia le lisi o fesili e fesoasoani mo oe i ni fesili e te fia fesili ai i lau fomai.

Afai e aoga nei fa'amatalaga mo oe, e lelei ae fa'aailoa atu i nisi o ou aiga ma uo e te silafia e talafeagai ma aoga i ai leni tusi.

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Introduction

This booklet has been prepared to provide you with information on cancer of the breast. It gives information about diagnosis, treatment, practical support and the emotional impact of cancer.

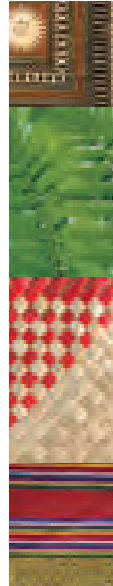
In the past, breast cancer surgery was quite extensive and women feared not only the disease but also the treatment. Today, with early detection methods and the trend towards smaller operations, breast cancer can be treated successfully with better cosmetic results.

We can't advise about the best treatment for you personally. You need to discuss this with your own doctors who are familiar with your full medical history. However, we hope this information will answer some of your questions and help you think about the questions you may want to ask your doctors.

If you find this booklet helpful, you may like to pass it on to your family and friends who might also find it useful.



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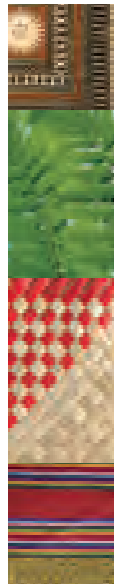
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O OU SUSU

O susu o le tama'ita'i ua fa'apitoa mo le gaosia o le suasusu aua le fafagaina o le pepe pe a fanau mai. O aano o le susu e aafia ai vaega e lata ane i le ponaivi o le tauau i luma (collar bone) ma le aoao (armpit) i lou itu. I lalo ifo o susu o lo'o i ai musele (muscles) ma ivi asoaso (ribs). O vaega o le aano o le susu ua fa'aigoaina o taga-susu (milk sacs or lobules) o vaega ia o le susu e fausia ai le suasusu. O vaega ua taua o ala-susu (milk ducts) o vaega ia o le susu e fa'asoloina le suasusu i le matasusu.

O le so'otaga o ou susu ma ou aoao, o lo'o i ai nisi o fesootaiga o le tino ua taua fa'apalagi o lymph glands po'o nodes e pei o ni patu e fesootai i vaega ua taua o lymph ducts.

O lymph glands/nodes ma lymph ducts, o fesootaiga nei o le tino ua taua o le lymphatic system e fesoasoani e fa'amama le tino ma tapeina siama e ono osofaia le tino ma ono tutupu mai ai fa'amai pipisi. E taua tele galuega a lymph nodes i le tino o le tagata aua latou te fa'amamaina totoga e pei o susu. O ala vai (lymph ducts) ma lymph nodes nei e sosolo atu ai le kanesa i isi totoga o le tino.

E le tumau susu o le tama'ita'i i se tulaga e tasi. E i ai suiga e maua ai susu o le tama'ita'i a'o tuputupu o ia e avea ma tagata matua. O nei suiga e ono tutupu i le vaitausaga lea e amata ai le ma'i masina (menstrual cycle) o le tama'ita'i, pe ua o'o foi i le vaitaimi ua avea ai ma tina ma ua maua i le maitaga o tina.

I le taimi o le ma'i-masina o le tama'ita'i, e fa'alogoina le gaoui pe lagona ni patupatu i le susu. O nei suiga ma fa'alogona o ni suiga talafeagai mo lea taimi, ae a uma fo'i le ma'i masina ona toe fo'i lava lea o susu i ona tulaga masani.

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Your breasts

Your breasts are designed to make milk after pregnancy. The breast tissue extends almost to the collar bone at the top and to the armpit at the side. Lying beneath the breasts are the chest muscles and ribs.

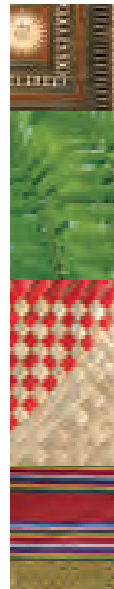
Breast tissue is made up of milk glands, connective tissue and fat. The milk glands consist of milk sacs (lobules) where milk is made, and ducts which take the milk to the nipple.

In your breast area and armpit there are lymph glands or nodes which are connected by a system of lymph ducts. These glands and ducts are part of the lymphatic system, which helps your body to fight infection.

Your breasts do not stay the same throughout your adult life. Your monthly period, pregnancy, age and weight changes can all alter their shape. Some women find their breasts feel more tender and lumpy before their period. This tenderness and lumpiness disappears after the period ends. This is quite normal.



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O le a le kanesa o le susu?

O le kanesa o le susu o le patu po'o le fula (malignant tumour) e amata i aano o le susu. O le tele o kanesa o le susu e amata i ala-susu (milk ducts) ua taua lea ituaiga kanesa o le kanesa o ala-susu (ductal cancer). Ae e i ai fo'i se vaega laititi o le kanesa e amata i taga-susu (sacs or lobules), ua taua lea ituaiga kanesa o kanesa o taga-susu (lobular cancer). I totonu o ituaiga kanesa nei e lua, e i ai foi nisi vaega eseese o le kanesa o le susu e maua ai. E i ai nisi o kanesa o le susu e tuai le tupu. Ae i ai foi nisi kanesa e vave tele le tupu.

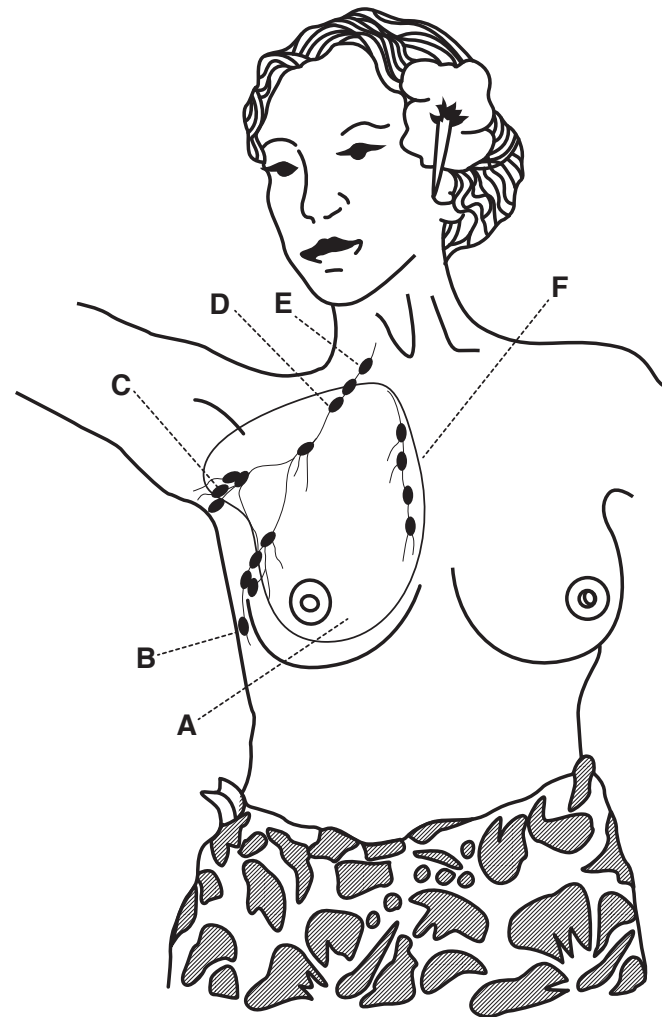
E mafai e le kanesa o le susu ona sosolo i vaega o le tino ua taua o lymph glands ma o'o atu ai i nisi o totoga o le tino e pei o ponaivi (bones) ma le ate (liver).

What is breast cancer?

Breast cancer is a malignant tumour that starts in the breast tissue. The majority of breast cancers begin in the milk ducts (ductal cancers). A small number start in the milk sacs or lobules (lobular cancers). Within these two groups there are different subtypes of breast cancer. Some grow very slowly. Others develop more rapidly.

Breast cancer can spread to the lymph glands and to other parts of the body, such as the bones and liver.

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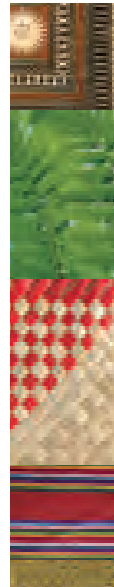


- A** musele o le susu
- B** lymph nodes i autafa o le susu
- C** lymph nodes i aoao ma le lima
- D/E** lymph nodes e fa'asolo atu i le ua
- F** lymph nodes o le susu e feso'ota'i ma le fatafata

Diagram drawn by Tupe Rodgers-Papali'i



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Sailiiliga o le kanesa o le susu

Auga ma suiga vaaia o le susu

E pei ona taua i luga, e i ai suiga e oo i susu o le tama'ita'i ao tuputupu o ia e avea ma tagata matua. O nisi o nei suiga po'o fa'alogona, o suiga masani e tatau ona o'o i susu i le taimi e fai ai le ma'i-masina o le tama'itai. Ae peitai, o nisi fo'i o nei suiga o ni fa'ailoga vaaia lea o le susu ua afaina i le kanesa. Ona o le taitutusa o fesuaiga po'o fa'alogona nei, e ono fa'afaigata ai ona iloa ua amata ona afaina le susu i le kanesa. O nisi o suiga ua taua i lalo o suiga po'o auga ma fa'ailoga vaaia ia o le susu ua ono maua i le kanesa:

- o se patu po ni patupatu i le susu
- o suiga i le matasusu (nipple), ua tafe mai se toto (pe filogia) i le matasusu
- ua mafiafia le pa'u o le susu
- o ni fuafua ua ni'i i le susu
- ua sui le vaai i le ta'atia mai o le susu
- lagona le tiga i se vaega o le susu
- pata ma mumu le susu.

E le fa'apea a lagona ma vaaia suiga nei ua mautinoa ua maua lou susu i le kanesa. Ae taua tele le vaai pea o lau fomai i so'o se suiga e aliali mai i le susu. A tulai mai se suiga i lou susu, e ono fai ni au siaki e lau lava fomai po'o le feso'otai atu loa i fomai fa'apitoa o susu.

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Su'esu'ega

Seseleina (biopsy) o se vaega o le patu (tumour) mo suesuega

O le tele o taimi, e mana'omia ai le fa'atino o le suesuega ua taua o le biopsy. O se tasi lea o suesuega e fa'amautinoa ai pe ua maua lou susu i le kanesa. O le biopsy, o le seseleeseina lea o sina vaega o le patu (lump) i le susu po'o le tipi eseina atoa o le patu atoa mo suesuega. O fa'aiuga mai nei suesuega e fuafua i ai le togafiti e sili ona talafeagai mo oe. O fa'amatalaga foi mai nei suesuega e fai ai le fa'aiuga a le fomai po'o se kanesa fa'atoa tupu, po'o se kanesa ua tele lona sosolo i totonu lava o le susu pe ua sosolo atu foi i isi totoga o le tino (secondary/metastasis). E fa'avasega i vaega (staging) le tele o le sosolo o le kanesa.



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Diagnosis

Signs and symptoms

Breasts undergo changes throughout a woman's life, particularly the normal changes experienced during the menstrual cycle. Some breast changes may be early signs of breast cancer, including:

- a lump or lumpiness
- thickening of the tissue
- nipple changes, for example, a blood-stained discharge from one nipple, an inverted nipple (unless the nipple has always been turned in), and a rash on one nipple.
- skin dimpling
- a change in shape
- a painful area
- a rash or red marks which appear only on the breast.

Although these changes do not necessarily mean you have breast cancer, any breast change should be checked by a doctor. If you have a change in your breast, you may have several tests. Your general practitioner may arrange these tests or you may be referred directly to a breast specialist.

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Biopsy

Often a biopsy will be necessary. A biopsy is the removal of a sample of a lump or the entire lump for examination under a microscope. Staging the breast cancer will show how far it has spread. The complete results from the biopsy and any further tests will help to determine the best treatment for you. With this information your doctors will know if you have an early breast cancer, locally advanced breast cancer or metastatic (secondary) breast cancer.



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Togafitiga

O le kanesa o le susu e mafai ona togafiti i togafitiga nei: o le taotoga (surgery), ave malolosi o le uila/fagauila (radiation treatment), ia ma tui ma fualaau (chemotherapy). O togafiti e ono fa'aaogaina e fuafua i tulaga nei:

- o le kanesa ua afaina ai le susu; ituaiga (type), tele (size), pe ua sosolo pe leai (stage of cancer)
- o le tausaga po'o le matua o le tama'ita'i, o le malosi ma le maloloina o le tino, o le faitalia ma le fa'aiuga a le tamatai.

Treatment

Breast cancer is treated by several different methods: surgery, radiation treatment, chemotherapy, and hormone treatment. The treatment choice, using just one treatment or a combination of them, depends upon:

- the actual breast cancer: its type, grade, size, and whether or not it has spread (stage of the cancer)
- the individual woman: her age, general health and personal choice.

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Taotoga

O le togafitiga muamua o le kanesa o le susu e masani lava o le taotoga (surgery). O le taotoga lea o le susu e ono aofia ai ma vaega ua taua o glands i lalo ifo o aoao (axillary lymph nodes). O le fula o le lima, e mafua pe a o'o le sosolo o le kanesa ona ua poloka ala vai (lymph ducts/nodes). Manatua o lymph nodes i lalo ifo o aoao e pito latalata i susu. O lymph nodes nei e mafai ona latou fa'asoloina pe pasi atu le kanesa mai le susu i i si totoga o le tino. O suesuega fa'apitoa o le vaega o le susu ua maua i le kanesa fa'atasi ai ma lymph glands e fuafua i ai pe toe manaomia nisi togafitiga pe a uma le taotoga. Silasila ane i le ata o lo'o i le itulau 11 o lo'o i ai fa'asinoga o lymph nodes o le susu.

Surgery

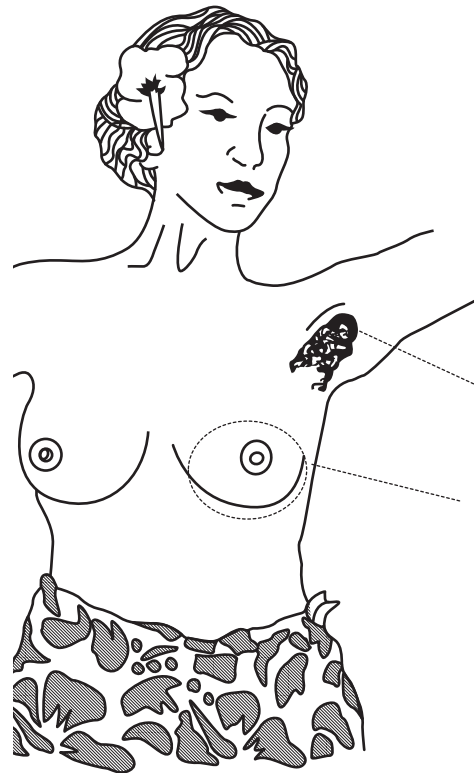
The first treatment for breast cancer is usually surgery. This includes surgery on the breast and, for most women, on the glands in the armpit (the axillary lymph nodes). Examination of the cancer and the lymph glands by the pathologist will indicate whether further treatment should be considered after the surgery.



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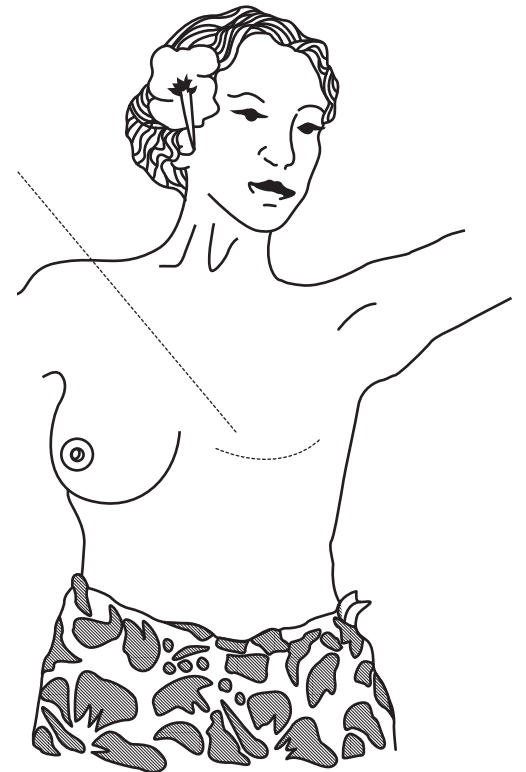
Tipieseina o le susu atoa Mastectomy



Aveeseina o lymph nodes
Removal of lymph nodes

Tipieseina o le susu atoa
Removal of breast

Ma'ila ina ua tipieseina le susu
Scar after mastectomy

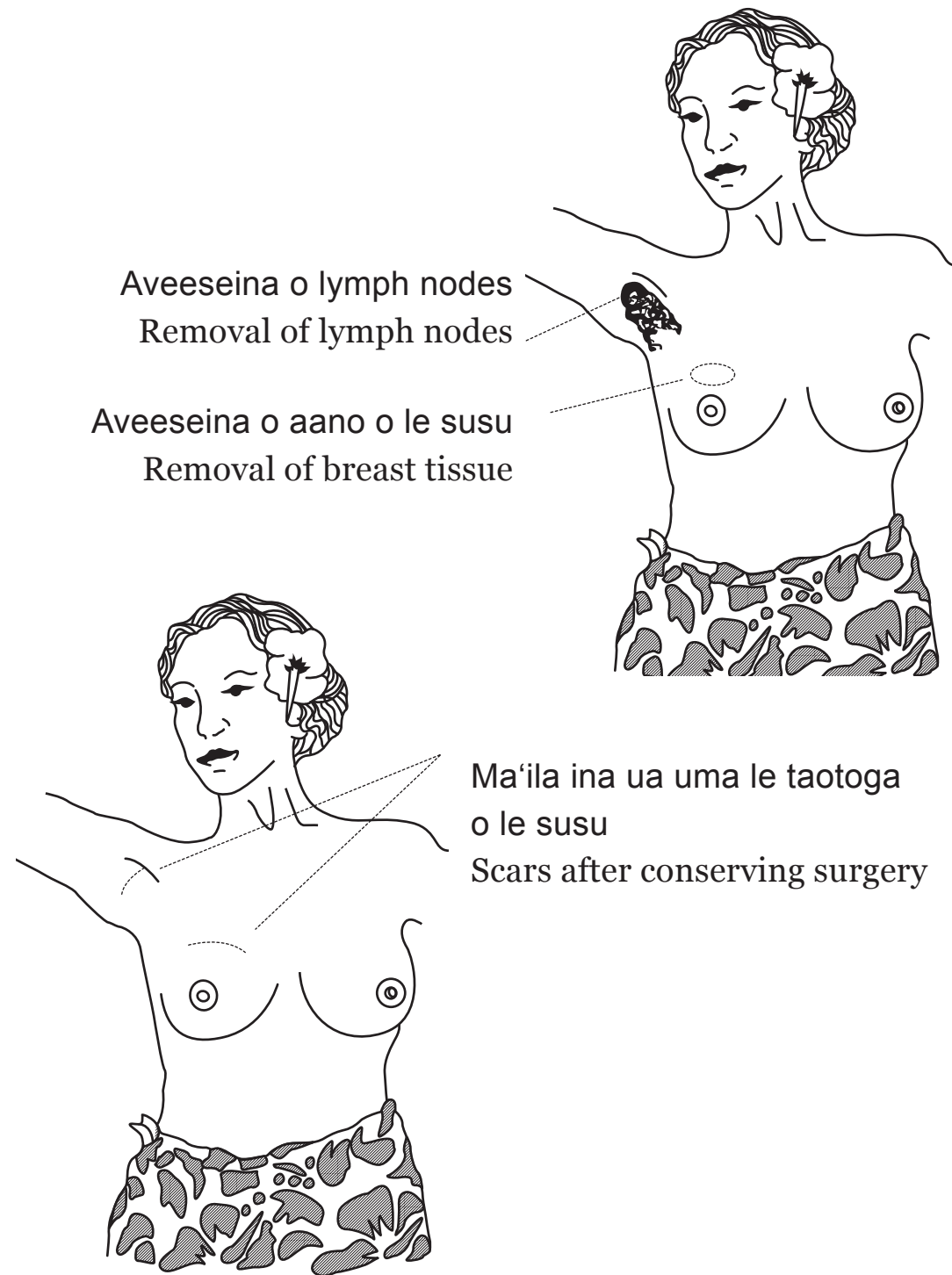


*Diagrams drawn by
Tupe Rodgers-Papali'i*

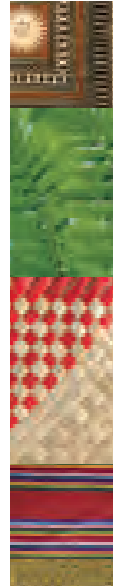
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Taotoga e aveeseina ai le kanesa ae tumau foliga o le susu (pe a vave ona maua le kanesa)

Breast-conserving treatment



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Taotoga e siaki lymph nodes e ono sosolo ai le kanesa

O le taotoga lea e siaki ai po'o gafea tonu le lymph node(s) e lalata i le vaega o le susu ua maua i le kanesa. E fia iloa vaega ia aua o lymph nodes nei e muamua ona aveese mai sele ua maua i le kanesa ma sosolo atu i i si totoga o le tino.

A fai ane le taotoga lenei ua maua ai ni sele ua maua i le kanesa, e toe manaomia ona toe faia nisi taotoga.

Sentinel node biopsy

A sentinel node biopsy locates the first lymph node(s) that drains from the area where the breast cancer developed.

When cancer cells are found in the sentinel node more surgery will be needed.

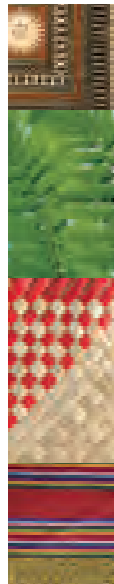
Image right: A women being prepared for radiation treatment.

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Fagauila

O le togafitiga ua taua fa'aperetania o le radiation treatment, o le togafitiga lea e fa'aaoga ai ave malolosi o le uila po'o le fagauila e tape pe fa'aleaogaina ai sele ua maua i le kanesa. O le igoa o le masini e fa'aaoga mo lenei togafiti e taua lea o le 'Linear Accelerator'. E muamua ona oulua feiloai ma le foma'i e fa'atalatalanoa le togafitiga. E fuafua ma le fa'aeteete le togafitiga ina ia aua nei afaina sele lelei (normal cells) o le tino. E manaomia ai lou asiasi atu mo le fa'atinoina o le CT scan aua le tapenaga ma le fuafua lelei o le vaega tonu o le susu e fa'atino ai le togafitiga.

E fa i le lima aso o le vaiaso e fa'atino ai le togafitiga ma fa'aauau ai mo le fa i le lima vaiaso. E na o ni nai minute le umi e fa'atino ai le togafitiga e tasi, e te le lagonaina se tiga.

E mafai fo'i ona fa'aaoga le fagauila mo kanesa ua toe tutupu (recurrence) po'o le ituaiga kanesa e le mafai ona taoto e aveese le patu. O le autu ia taofiofi le kanesa mai le tupu ma fa'aitiitia ona auga. E manaomia ai lou asiasi atu i le falemai mo sina vaitaimi.

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Radiation treatment

This is the use of radiation (rays of energy called photons or little particles called electrons) to destroy cancer cells, usually using a machine called a Linear Accelerator. You will see a radiation oncologist who will discuss this treatment with you.

Treatment is carefully planned to reduce any effect on normal cells. This usually requires a visit for a simulation or planning CT scan to work out the position you will lie in for treatment, and to plan your treatment on a computer.

Treatment is given four to five days a week over about four to five weeks. It is painless and only takes a few minutes for each treatment.

Radiation may also be used for the treatment of recurrence or cancers that cannot be removed, either in the area of the breast or in other parts of the breast. The aim is to try and control the disease or reduce symptoms. This usually requires fewer visits.



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Vailaau fa'apitoa mo le kanesa (Chemotherapy)

O le togafiti lea e fa'aaoga ai vailaau. O le autu o le togafiti leni e tape ai sele (cells) ua maua i le kanesa ma le fa'aeteetega ia aua nei tele se afaina o sele lelei (normal cells) o le tino. O vailaau nei e tui i alatoto (intravenous) ma fa'asolo atu ai i le tino atoa. O nei vailaau fa'apitoa (chemotherapy) e mafai ona o'o i itutino uma o le tino (systemic), e ese mai i le taotoga (surgery) ma le ave o le uila/fagauila (radiation treatment) e togafiti na o le vaega (local) o le susu o lo'o tupu ai le kanesa. E tele ituaiga vailaau eseese po'o tuufa'atasiga o vailaau fa'apitoa e fa'aaoga mo le kanesa o le susu. O le tele e i ai le ituaiga ua taua o le anthracycline, e aofia ai doxorubicin (Adriamycin). Afai e tele le afaina o le sosolo o le kanesa, e aoga tele la le chemotherapy, e ono fa'aaogaina taxanes, pei o paclitaxel (Taxol). O le togafitiga leni e ta'i tolu vaiaso ma fai ma fa'aauau ai mo ni nai masina. E talatalanoa atu pea lau fomai o le kanesa (medical oncologist) i tulaga uma a'o fa'agasolo au togafitiga.

Tulaga fa'a-le-lelei (side effects) e ono tulai mai i le chemotherapy

O tulaga fa'a-le-lelei e ono tulai mai i le chemotherapy e fuafua lava i le ituaiga vaila'au o fa'aaogaina.

- Tele le afaina e a'afia ma pueia ai i fa'ama'i pipisi. O vailaau o lo'o fa'aaogaina mo togafitiga, e fa'aitiitia ai le malosia o lou tino e tete'e atu siama.

A lagona le fa'avelavela ma le le malosia (38 tikeri ma luga atu le fiva), aua e te fa'atuai ona va'ai le foma'i, ia vave ona e saili togafiti. Fa'afeso'otai foma'i fa'apitoa o le kanesa ma teine tausima'i, ma fa'atino loa fautuaga o lo'o tuu atu mo oe.



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- Toulu le laulu ae mafai ona toe tutupu. E mafai ona e mauaina se fesoasoani e fa'atau ai le laulu fa'apipi'i.
- E tiga le gutu po'o le fofoga.
- E lagona le vaivai ma le le-lava.

Ua le alu le ma'i masina (menstrual cycle) pei ona masani ai i masina taitasi. E taua tele le fa'aaogaina o se aiga-fuafuaina (contraceptive) fa'amoemoeina ma le saogalemu ina ia puipui mai ai le ono maua i le maitaga ao feagai ma togafitiga o le kanesa.

Chemotherapy

This is the treatment of cancer by drugs. The aim is to destroy cancer cells while having the least possible effect on normal cells. The drugs are usually given intravenously via a drip and, therefore, circulate around the body. Chemotherapy is a systemic treatment (treating the whole body) compared with surgery and radiation treatment, which are local treatments to a specific area in the body (breast, chestwall, axilla etc).

There are different regimens or combinations of drugs used in breast cancer. Most will contain an anthracycline drug, for example doxorubicin (Adriamycin), and if there is a greater risk of spread and, therefore, greater benefit from chemotherapy, taxanes, for example paclitaxel (Taxol) may be used. Treatment is often in cycles at three-weekly intervals, and will last for several months. A medical oncologist will discuss all aspects of the treatment with you.

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Side effects of chemotherapy

Chemotherapy side effects vary according to the particular drugs used.

When adjuvant chemotherapy is given to women with breast cancer, side effects may include:

- Risks of infections—the drugs can lower your ability to fight infections.

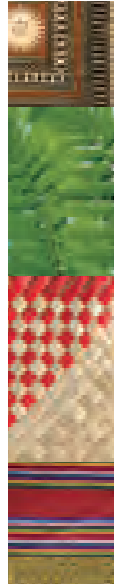
If you are feverish (your temperature is 38 degrees C or more), or if you feel unwell in any way—don't wait to see what happens—take action immediately. Contact your cancer doctor or nurse, and follow the advice given.

- Temporary hair loss. If you have temporary hair loss you are entitled to a benefit to buy a wig.
- Sore mouth.
- Tiredness.

Your periods may become irregular or stop. Avoid pregnancy during treatment. You should use a reliable contraceptive, such as a diaphragm or condom, during treatment.



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Togafitiga ua tau'a o Hormones

O le tele o kanesa o le susu e foliga mai e i ai le a'afiaga ma le so'otaga ma nisi ituaiga o porotini e fausia lava e le tino ua taua fa'aperetania o hormones. O nisi o nei hormones e taua i le fa'aperetania o le estrogen ma le progesterone. Mo tama'ita'ua maua i le kanesa o le susu o lo'o faia pea le ma'i masina (pre-menopausal), o le a talafeagai i ai le fuala'au lea o le Tamoxifen. E mafai ona taofi pe fa'aititia le fausiaina e le tino o nei hormones i le faia lea o le tui e ta'i fa vaiaso ma fai, ua taua o le goserelin (Zoladex). E mafai foi ona ta'oto le tina e ave'ese fua fanau (ovary/ovaries) ona o vaega ia o le tino e fausia mai ai hormones nei. E mafai ona toe foi le ma'i masina (menstrual period) o le tama'ita'i i le tulaga masani (pe a le'i aveeseina fua fanau) pe a taofi le fa'aaogaina o le goserelin. Mo tama'ita'i ua latou le toe faia le ma'i masina (post-menopausal) e latou te fa'aaogaina fualaau ua taua o le tamoxifen, pei o le anastrozole (Arimidex), o le letrozole (Femara) po'o le exemestane (Aromasin). O fualaau nei e latou te taofiofi le fausia o hormones i le tino.

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Hormone treatments

Many breast cancers appear to be influenced by the female hormones, oestrogen and progesterone. Pre-menopausal women may be offered tamoxifen, a hormone treatment taken as a tablet. They may also have menopause induced to stop their own production of hormones. This can be done by four-weekly injections with goserelin (Zoladex) or by surgical removal (laparoscopic oophorectomy) of the ovaries. Once you stop taking goserelin your periods will usually return. Post-menopausal women may be offered oral hormone treatments—either tamoxifen or aromatase inhibitors, such as anastrozole (Arimidex), letrozole (Femara) or exemestane (Aromasin), which reduce the production of hormones in the body (other than from the ovaries).



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Ua na o a'u o se tagata
 O a'u foi o se fafine
 Fesoasoani mai
 la ou iloa lo'u tagata po'o ai
 Fa'asino mai le ala, ou te a'e ai
 Mo lo'u lelei, fa'asino mai nei
 le mea ou te fai
 la fa'asoa mai aso lesu pele
 Ou te aioi atu ai
 Aumai o le malosi i aso ta'itasi
 E fa'atino ai mea e tatau ona ou fai
 Ua mavae atu ananafi lesu
 O taeao ou te le mautinoa
 Le Alii e, fa'asino mai le ala
 Fesoasoani mai

Translation of the first verse
 and chorus of “One Day at a Time”

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Fa'aiuga mo togafitiga

Atonu o le a faigata ona fai sau fa'aiuga mo le togafiti e talafeagai mo lou kanesa ona o le tele o fa'amatalaga eseese i se taimi utiuti. E lagona le fia maua vave o se tonu mautu i le mea e tatau ona fai. Ae peitai, e taua tele ona fuafua lelei lau fa'aiuga ae aua le fa'atopetopeina ina ia mautinoa lelei, o se fa'aiuga ua talafeagai ma alagatatau mo oe.

Making decisions about treatment

Sometimes it is difficult to make decisions about what is the right treatment for you. You may feel that everything is happening so fast that you do not have time to think things through. However, it is important not to be rushed into a decision. It must be the right one for you.



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Talanoa ma lau fomai

E lelei le fesoota'i pea, toe asiasi ma talatalanoa ma lau foma'i ae le'i faia lau fa'aiuga. E i ai ou aia tatau (rights) e sailiili ai le talafeagai po'o le le talafeagai foi o le togafiti ua fuafua mo oe. E i ai foi ou aia tatau (rights) e talia pe teena ai lea togafiti. Ae le'i asiasi i lau foma'i e lelei pe a fa'amaumau i lalo ni au fesili e te fia fesili ai i le taimi o le lua talanoaga. O le lisi o nei fesili o lo'o i le pito i tua o le tusi lenei e ono fesoasoani mo oe.

Talking with doctors

You may want to see your doctor a few times before making a final decision on treatment. It is often difficult to take everything in, and you may need to ask the same questions more than once. You always have the right to find out what a suggested treatment means for you, and the right to accept or refuse it. Before you see the doctor, it may help to write down your questions. There is a list of questions at the end of this booklet, which may help you.



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Peteru ma le tamaloa ma'i

Ua te'i lava Peteru i le tu'itu'i atu o le tagata i lona faitoto'a, e tatala atu e Peteru le faitoto'a, ae mou atu le tagata. Ua toe tapuni e Peteru le faitoto'a aua o loo pisi i ana feau i le lagi. E le'i umi, ae toe tu'itu'i mai foi. E tatala atu le faitoto'a o le tamaloa lava e tasi. E amata mai le tala a le tamaloa ae tei foi ua toe mou.

Ua amata ona ita le aposetolo. E lei umi ae toe tu'itu'i mai, tatala atu loa le faitoto'a faapea Peteru. "Sole, ua matua e le mafaufau tele, o le manatu o oe o le vale le mea lea?" Ae faimai le tamaloa, "malie lau susuga, o a'u o lo'o tigaina i le lalolagi, o le taimi lava e valea ai le foma'i ma ou oti ai, ona ou sau lea iinei. Ae a poto le fomai ua ou toe foi i le lalolagi". Fa'apea atu loa Peteru, "vaai oe, a valea le fomai ma e oti, ona e oso lea e fa'apuna i lalo o le moega".

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Fa'amaumauga o talanoaga e ono fesoasoani mo oe

O se i si itu e mafai ona fesoasoani mo oe, o lou asiasi fa'atasi atu lea ma se tasi o lou aiga po'o se tasi o sau uo i le taimi o le talanoaga ma le fomai. O nisi, latou te fa'amaumau talanoaga i le fa'aaogaina o le laau pue-leo pe tusitusi foi i lalo. Ia mautinoa ua e malamalama i mafuaaga o fa'aiuga ma fautuaga a lau fomai. E mafai foi ona e fesiligia nisi o manatu mai nisi foma'i e ese mai i le manatu o lau foma'i pe a e mana'o ai.

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Taking notes during the session can also help

You may find it helpful to take a family member or friend with you, to take part in the discussion, take notes, or simply listen. Some people find it is helpful to record the discussion. Make sure you understand the reasons for your doctor's advice. Ask for a second opinion if you want one.

Talatalanoa ma i si tagata

A maea ona oulua talanoa ma lau fomai i ituaiga togafitiga e ono talafeagai mo oe, e lelei pe a e talatalanoa ma nisi o ou aiga, o au uo, o tausimai, fomai a le aiga, o lau faifeau, Sosaiete a le Kanesa poo se tasi foi ua maua muamua i le mai o le kanesa, pe a e lagona e talafeagai lea mo oe.

Talking with others

Once you have discussed treatment options with your doctor, you may want to talk them over with someone else, such as family or friends; specialist nurses; your family doctor; the Cancer Society; the hospital social worker or chaplain; your own religious or spiritual adviser; or another person who has had an experience of breast cancer.



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E galo i le fafine lona tiga
Pe a sapaapapai o lana tama
Le puapuaga o le Faaola na faatauva'a
Aua sa i ona luma le oliolisaga
Onosa'i ona pau lava o le olaga
Fefiloi o mea lelei ma mea leaga
E suamalie le manuia
Pe a mavae o puapuaga o le olaga.

1st verse of an old Samoan song
Composer unknown

I le maea ai o togafitiga

Ina ua uma togafitiga, e filifili lau fomai i taimi e te toe asiasi mai ai aua le fa'aauauina o au siaki. O le a fa'aititia taimi o nei siaki ma asiasiga pe a leai nisi fa'afitauli e toe feagai ma oe, pe ua solosolo lelei foi tulaga uma.

After treatment

After treatment, your doctor will decide how often you will need check-ups. Check-ups will gradually become less frequent if you have no further problems.

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Siaki fa'aauau

O le toatele o tama'ita'i e vave maua le kanesa fa'atoa amata pe fa'atoa tupu foi, e tele lava ina manuia pe a vave ona togafiti, i le faia lea o le taotoga (surgery) po'o le fa'aaoga o ave o le uila (radiation treatment), fa'atasi ai ma le fa'aaogaina o vailaau (chemotherapy and hormone). I le uma ai o togafitiga, e te lagona le toe faifai malie mai o lou malosi. E taua ai le lava o lau malologa mo sina vaitaimi. E fuafua fo'i lou toe fa'atino o feau masani e talafeagai ma lou malosi. Ua maua i nisi o suesuega (research) o le toaga e fai fa'amalosi tino māmā ma fa'agaioi le tino, e lelei ma fesoasoani i i le vave ona toe fa'afoi o le malosi a'o feagai ma togafitiga. O le toatele o tama'ita'i ua mafai ona latou fa'atino nisi o galuega ma fa'agaioi le tino i ni nai vaiasao i le maea ai o le ta'otoga.

Follow-up care

Most women with early breast cancer are successfully treated by surgery and/or radiation treatment, often combined with chemotherapy or hormone treatment. Following treatment, you will find your energy will gradually come back. You may need to have extra rest for a while. Increase your exercise and general activities as you feel able. Research has shown that regular exercise during and after treatment is beneficial. The majority of women find they can do most things within a few weeks of surgery.



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Tausiga o lou lima/āoāo

I le maea ai o lou taotoga, o le a oulua galulue ma se tasi o le afaigaluega e faia fa'amalositino (physiotherapist), e fesoasoani ia toe maua le malosi atoatoa o lou lima i lou itu na taoto. E ono fula lou lima ona ua aveeseina ni lymph glands. Ae ona o le lelei o le fa'atinoina o taotoga po'o le fa'aaogaina o radiation treatment i aso nei, ua fa'aitiitia ai le tupu o nei tulaga (fula o le lima). E i ai lava nisi o tama'ita'i e tulai mai ai pea le tulaga o le fulafula o lima (lymphoedema) ina ua uma le taotoga. E taua ai le fa'aeteete mai le leua po'o le sao o se siama i le lima na taoto, ina ia aua ne'i tula'i mai nei tulaga.

Arm care

Following your surgery, your physiotherapist or breast care nurse will give you exercises to help to regain the full use of your arm. You may be concerned that your arm will swell after your lymph glands have been removed. This is much less common today because of the better methods of surgery and radiation treatment. However, a few women will still develop problems with arm swelling (called lymphoedema). To reduce the risk of this happening, you should try to avoid injury or infection to your arm or hand.

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Tatalo umi

Ua fiu le isi aulotu e tatali le tatalo a le latou faifeau. O le umi ia o lenei tatalo. Na alu alu le tatalo ua toeititi atoa le 'afa itula, na valaau atu loa le isi tagata "Amene" Fai mai loa le faifeau "Lena la, le upu lena ua leva ona ou tau mafaufau i ai."

Aso Faraile Aso Sa

Na amata le lotu a le isi a aiga o le afiafi o le Aso Faraile. Na faapea le toeaina "O le a sii atu le tapua'iga i le Atua i lenei afiafi, sei tatou pese..." To a'e loa le pese a le olomatua. "Le Aso Fiafia ..." Faapea atu le toeaina. "O le Aso Faraile... "Ae o lo'o alu pea le pese a le olomatua. "Le Aso Fiafia, le Aso Faraile lenei ..."

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Fa'amaepaepa ane ia le tina pele
E tua ia te oe mana'oga e tele
O oe o le pae ma le auli
E mafola ai ni ma'anuminumi
O oe o le fa'afeagaiga
E tua i lau tofa loloto ni masei o aiga
O moomooga o lo'u nei agaga
Ia lava ni aso o le ta mafutaga

Fereni Ete

Susu fa'apipi'i

Afai sa e taoto e aveese lou susu (mastectomy), e taua ona e silafia po'o lou iloa vaega ua taua o susu fa'apipii (prosthesis). O susu fa'apipi'i ua faia fa'apitoa ina ia tumau ai pea le lalelei o le tama'ita'i, e le gata i lea itu ae fesoasoani fo'i i le paleni o le tino. Fesili i lau fomai na faia lou taotoga (surgeon) po'o le teine tausisoifua e vaaia oe mo se tusi e mafai ai ona e maua le fesoasoani mo ia vaega.

Breast forms

If you have had a mastectomy it's important to know about a breast form (prosthesis). A breast form can give a good cosmetic appearance as well as helping your balance and posture. Ask your surgeon or breast care nurse for a medical certificate of entitlement.



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Fesoasoani i le mafatia o le mafaufau

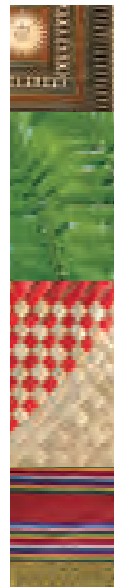
E eseese uma tama'ita'i i o latou lagona ma uiga fa'aalia e tali mai ai ina ua latou iloa ua maua i latou i le kanesa o le susu. O le tele o taimi ua fesousoua'i ma fenumia'i manatu ma lagona. O nei uiga ma lagona uma e leai se itu e sao pe sese. O le kanesa o le susu ma ona togafitiga o se la'asaga tele lea o le olaga ua oo i ai se tama'ita'i. Fa'atalatalanoa ma lau fomai po'o lou aiga po'o nisi foi o au uo nisi o ou lagona pe ono maua ai se fesoasoani mo oe. Mo nei fesoasoani e mafai foi ona valaau le **Cancer Information Helpline i le telefoni 0800 226237.**

Emotional support

Women react in different ways when they learn they have breast cancer. Feelings can be muddled and change quickly. This is quite normal and there is no right or wrong way to feel. Breast cancer and its modern treatment is a huge life journey. Talking about how you are feeling with your surgical or oncology team, or your family and friends can help. For details of additional support services, such as support groups or counselling, phone the information nurses at the **Cancer Information Helpline on 0800 CANCER (226 237).**



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O a ni mea ou te faia e fesoasoani mo a'u?

O le toatele o tagata ua manatu ua leai se mea e mafai ona toe fai pe a ta'u mai ua maua i le kanesa. Ua maua i le lagona o le fa'avaivai ma ua manatu ua le toe mafai ona faia o se mea. Peitai e i ai lava tulaga e mafai ona fa'atino e fesoasoani ai mo oe.

Mea'ai taumafa lelei ma le saogalemu

O mea'ai maloloina ma le paleni e aoga e maua ai le malosi o le tino. E aoga foi mo nisi vaega fa'a-le-lelei (side effects) e ono tulai mai ona o togafitiga o feagai ma oe. O le saogalemu o mea'ai-taumafa mai siama (food safety) e taua tele i le taimi a'o e feagai ma togafitiga. E taua le malosi atoatoa o le tino a'o feagai ma togafitiga. Ua saunia e le Sosaiete o le Kanesa le tusi ua fa'aigoaina *Eating Well/Kai Pai te Kai: A guide for eating well during treatment*. O leni tusi o se ta'iala mo mea'ai-taumafa ao feagai ma togafitiga. E mafai ona maua leni tusi i upega o feso'otaiga (web address) po'o le numera 0800 o lo'o tusia i le fa'aiuga o leni tusi.

Fa'amalositino

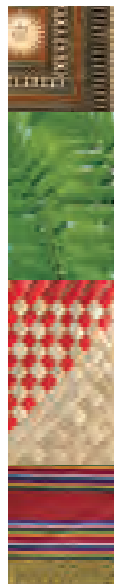
E toatele latou ua iloa ma silafia le aoga o fa'amalositino i le toe fa'afo'isia o le malosi. Ua fa'aalia i nisi o suesuega, o i latou e fa'aauau pea ona fa'agaioi le tino, e faigofie ona latou feagai ma o latou togafitiga. O le fa'alavelave, a tele le fa'amalositino e lagona le vaivai, ae a le lava foi le fa'amalositino e lagona fo'i le vaivai. E taua ai le fa'atalanoa ma lau fomai le ituaiga fa'amalositino e talafeagai mo oe.

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O le tatalo moni

Na valaau e le isi fafine ana uo e latou te fai'aiga i le afiafi. Ao saofafa'i tagata i le laulau na liliu le fafine ma fai i lana tama e ono tausaga e fai se tatalo. Na tali atu le teineititi "Ou te leiloa poo le a le tala e fai" ae fai mai le fafine, "Tatalo soo se mea na e faalogo I ai." Na tatalo loa le teineititi ma faapea. "Le Atua e, aisea na ou valaauina ai nei tagata le mafaufau e matou te'a'ai".

What can I do to help myself?

Many people feel that there is nothing they can do when they are told they have cancer. They feel out of control and helpless for a while. However, there are practical ways you can help yourself.

Diet and food safety

A balanced and nutritious diet will help to keep you as well as possible and cope with any side effects of treatment. Food safety is of special concern to cancer patients, especially during treatment, which may suppress immune function. The Cancer Society has published a booklet *Eating Well/Kia Pai te Kai: A guide for eating well during treatment*. This booklet can be obtained via the web address or 0800 number at the end of this booklet.

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Exercise

Many people find regular exercise helps recovery. Research has indicated that people who remain active cope better with their treatment. The problem is that while too much exercise is tiring, too little exercise can also make you tired. Therefore, it is important to find your own level. Discuss with your doctor or nurse what is best for you.

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La'u pele, ua lalelei oe e pei o Tiresa
 Ua aulelei e pei o Ierusalema
 Ua matautia e pei o le 'au ua i ai tagavai
 Ina liliu ese ia ou fofoga ia te a'u
 Ua ua ou fefe ai.
Pese a Solomona 6. 4 - 7 (Bible)



Images left and above: Women taking part in Look Good...Feel Better workshop

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Fofu Samoa

O taulasea Samoa e latou te fa'aaogaina ituaiga fofu eseese e aofia ai le fa'aaogaina o vailaau mai laau Samoa, o le fofu o le tino, atoa ai ma le talatalanoa. E fa'atauaina le ola maloloina e le tagata Samoa o lona tino, o lona mafaufau, o le itu fa'a-le-Agaga, aimaise o lona aiga. E fa'atauaina le aoga o vaega uma nei i le solosolo lelei o le malosi a'o feagai ma togafitiga. O nisi ua latou fa'aaoga fa'atasi fofu Samoa ma togafitiga a le falemai. O le fautuaga ia fa'aauau pea le togafitiga mai fomai fa'apitoa o le kanesa. Ae afai ua e filifili e fa'aaoga fofu Samoa, e taua tele lou fa'ailoa atu i lau fomai lea tulaga, ona e i ai ni tulaga fa'aletonu e ono afaina ai oe pe a fa'aaoga fa'atasi nei togafitiga.

Traditional healing

Traditional Samoan healers use a 'holistic' way of treating illness using a variety of massage treatments (fofu), counselling techniques and herbal preparations (Vai laau Fa'aSamoa). Holistic health involves seeing the person as a 'whole being' including their spiritual, physical, mental and family aspects.

Some people use traditional healing along side medical treatment recommended by your hospital doctors. However, we strongly advise that you must not miss the treatment given by your cancer specialists.

If you are using traditional healing it is important to tell your doctors about the treatments you are using.



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Feso'otaiga fa'a-le-ulugali'i ma feusua'iga

O lagona popole ma le mafatia e o'o i tina pe a ua iloa ua maua i le kanesa, e ono a'afia ai ona lagona i tulaga fa'a-le-ulugalii ma le tama. O nisi o taimi ua i ai lagona o le tina ua le aoga ia i tulaga fa'aleulugalii ma le tama. E lagona le vaivai ona o le vaimoe (anaesthetic), o le taotoga sa feagai ai, fa'atasi ai ma nisi o togafitiga ua taua i luga. O tulaga uma ia e ono afaina ai lagona o le tina i ia tulaga. E taua lou talanoa i lau fomai'i po'o se tasi e mafai ona e talanoa i ai i nei tulaga. E maua foi le fesoasoani mai le Sosaiete o le Kanesa i le fesootai lea ma nisi e fa'apitoa le latou tautua i lea itu. E i ai foi se tusi ua saunia e le Sosaiete o le Kanesa e fa'apitoa mo lea vaega o se taiala mo tagata ua maua i le kanesa ma a latou paaaga. (*Sexuality and Cancer/Hōkakatanga me te Mate Pupuku: A guide for people with cancer and their partners*). O lenei tusi e mafai ona maua i le web address po'o le telefoni ua taua i le fa'aiuga o lenei tusi.

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Relationships and Sexuality

The anxiety and/or depression felt by some women after diagnosis or treatment can affect their sexual desire. Sometimes women feel that they are less sexually attractive. Tiredness following an anaesthetic, major surgery, radiation treatment or chemotherapy will also reduce sexual desire. Talk to someone you trust if you are experiencing ongoing problems with sexual relationships. Friends, family members, nurses or your doctor may be able to help. Your Cancer Society can provide information about counsellors who specialise in this area. The Cancer Society has published a booklet *Sexuality and Cancer/Hōkakatanga me te Mate Pukupuku: A guide for people with cancer and their partners*. This booklet can be obtained via the web address or 0800 number at the end of this booklet.



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O le tala i le soifua a'e manumālō o Luamanuvao Winnie Laban

'O luni 2007, na manino mai i se iloiloga fa'afōma'i le gasegase o Luamanuvao Winnie Laban i le kānesa o le susu, i le taimi na faia ai lana siaki māsani. 'O lona tala'aga o se tasi lea o tala a le to'atele o tama'ita'i Sāmoa na ūia le ala vāapiapi o le tauiviga a'e manumālō mai le kānesa. Sa iai fa'atasi Luamanuvao ma lona ali'i, o Dr Peter Swain, ina ua fa'ailoa atu e le fōma'i kānesa o Dr Burton King, ua lātou mauaina se fula patu / tiuma i lona susu tauagavale.

E tū lalata tele le fula patu / tiuma i lona māmā, o lona uiga e matuiā tele ma o le a lātou sailia loa ni 'auala e fa'atino ai togafitiga mo le ma'i.

"Na mā ō ma lo'u to'alua, ma o le mea moni lava, i le ulua'i taimi na fa'ato'ā fa'ailoa mai ai, 'ou te le'i lagona atu i la'u fa'alogo. 'O se vāega o le fa'ate'ia o lou lē lagona i lau fa'alogo. Ma o se vāega o le lē lagonaina i le fa'alogo o lou lē talitonu e moni," o se saunoaga lea a Luamanuvao.

'O Dr King, fa'apea ma isi fōma'i o le kānesa, o Dr Andy Simpson ma se tasi o foma'i fa'apitoa mo le kānesa, o Jamie Evans, sa gālulue fa'atasi ma Luamanuvao ma Peter i se fuafuaga fa'ata'atia mo le aga'i i luma. E ono māsina sa faia ai togafitiga o le chemotherapy, fagauila/avemalolosi uila, ma ta'otoga e 'ave'esea ai lona susu (mastectomy).



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“Sa taofia e lo’u to’alua nei mea ‘uma, ma fa’alogologo ma le toto’a i fa’amatalaga sa faia. Na ‘ou alu i le fale ma e pei o le tulaga māسانی a’i fa’apea, sa ou tagi. ‘Ona ‘ou toe manatu ane lea, e ao ‘ona ‘ou lagonaina / talia le tulaga ua ‘ou o’o iai, ua maua a’u i le kānesa ma e mana’omia le fa’atulaga o le isi mea e tatau ona ‘ou faia.”

Ina ua mataitū ma fa’ata’atitia ni fuafuaga tau’ave mo lona soifua mālōlōina, ‘ona alo atu lea o Luamanuvao ma Peter e fa’ailoa atu i ō lā ‘āiga pele ma vāvālalata, ‘āmata atu i lona tuagane o Fauono Ken ma lona ‘āiga, fa’apea la lā’ua lava fānau (fānau fai a Luamanuvao).

‘Ae o le popolega tele iā Luamanuvao o lona tinā, Emi, ‘ona ua matua ma e lē ‘o ‘ato’atoa lona mālosi. Ina ua fa’ailoa i lona tinā, e lē’i fa’aālia lava ni ‘ona loimata i luma o lana tama teine, ae sa fa’alogoina so’o o ia o fai i isi pe ‘aiseā ua o’o ai lana tama teine i lea tulaga? Ma e sili pe ‘ana o ia lea e tupu ai nai lō lana tama teine.

“O lo’u tinā e fa’amālosi o ia mo a’u, e māfanafana lana tausiga, e lē so’ona fa’alavelave mai, ma o ia lo’u malosi’aga i taimi ‘uma.” Na saunoa fa’amemelo ai Luamanuvao e uiga i lona tua’a.

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O se tamaita'i Sāmoa, o se tasi lea o mamalu ma pale iloga o Luamanuvao o lona lauulu u'umi, ma o se tasi lea 'auala na mafai ona fesoasoani ai Luamanuvao e saunia lona 'āiga (ma le 'āiga potopoto) a'o le'i faia ona togafitiga, o le 'oti fa'apupu'u o lona lauulu. 'O se tasi lea vaega iloga o le sāuni tāpenapena mo togafitiga.

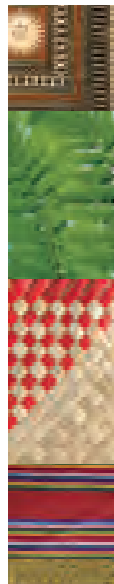
I lana saunoaga, “O le 'otiina o le lauulu o le 'auala lea e sāunia ai le 'āiga. 'O le pūleaina lea o le tūlaga o iai. Mo tamaita'i Pasefika, o le lauulu 'u'umi o lona mamalu lea. 'O le lauulu 'u'umi o le vāega lea e iloa ai 'oe ma o le 'otiina o lo'u lauulu o se fa'aloga faigatā lea mo a'u.”

'O lo'o teuina e Luamanuvao lona lauulu ū'umi i totonu o se pusatoso i lona fale. Ina ua 'āmata ona to'ulu lona lauulu i le taimi o le chemotherapy, na sele po'o ai lona lauulu e lona to'alua o Peter. 'O le 'a'ano tonu o le 'auai ai o lona to'alua ma lona 'āiga i lana tauviga a'e manumālō, ua 'avea o se tūlaga fa'atāuaina i le toe fa'afo'isia o lona soifua mālōlōina.

I le taimi o feagai Luamanuvao ma iloiloga fa'afōma'i, sa sāuni atu ai o ia mo faigāpālota o le tausaga e soso'o ai. E ui o se vaitaimi o lu'itau, 'ae sa lē māluelue ai lona naunauta'iga ia manumālō i le kānesa ma le tauvaga pālota. 'O ia mea 'uma e lua sa ia manumālō ai.



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Saunoa Luamanuvao i le tāua tele i tama'ita'i Sāmoa 'ona fa'aaogā lo latou malosi'aga i feso'ota'iga māسانی. 'O Tama'ita'i e lelei tele lo latou va feso'ota'i ma isi, fa'apea le fetufaā'iga o lo latou iloa.

'O le tulaga fa'aaloalo i pulega i le aganu'u fa'asāmoa e ono 'avea ma lape / to'atugā, a'o le fa'atalatalanoaina o togafitiga ma itū e a'afia ai o le 'a fesoasoani lea e ūna'ia pe fa'alototele ai inisi e fesili.

'O le fa'atuatua o se vaega mālosi lea i fa'apotopotoga Sāmoa ma sa fa'apea 'ona saunoa iai Luamanuvao,

"E mālosi lo matou fa'atuatua

'O le alofa mai ou 'āiga,

'Matou te talitonu i le alofa o le Atua,

'O lona uiga ua lē [tutū to'atasi] na 'o i tatou

E mafai 'ona tatou talanoa i le Atua

Talanoa i ō tatou 'āiga pele

'O lo'o tatou iai fa'atasi ma i latou."

Translation by Utumalama Malaefou

[reviewed by Myra Mc Farland-Tautau]

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Luamanuvao's Survivor Story

In June 2007, Luamanuvao Winnie Laban was diagnosed with breast cancer during a routine check. Her story is one of many brave Samoan women who have journeyed the narrow road of surviving cancer. Luamanuvao was with her husband, Dr Peter Swain, when they were told by oncologist, Dr Burton King, that they had found a tumour in her left breast. The tumour was quite close to her lung which meant it was serious and that they would look for a course of action to deal with it.

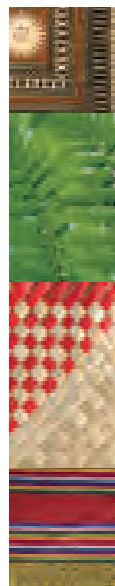
“I went with my husband, and to be honest, when I was first told, I actually didn't hear it. Part of the shock is that you don't hear. And part of not hearing is that you can't believe that this is true” says Luamanuvao.

Dr King, along with medical oncologist, Dr Andy Simpson and radiation oncologist, Jamie Evans worked with Luamanuvao and Peter on a plan to move forward. She was to do six months of chemotherapy and radiation, and surgery to remove her breast (mastectomy).

“My husband took it all in; he listened very carefully to what was being said. I went home and, naturally, my reaction was I cried. Then I realised that I've got to come to terms with it, that I've got cancer and that I actually need to work out what I've got to do next.” Once recognising what course of action to take for her health, Luamanuvao and Peter then set out to let their close knit family know, starting with her brother Fauono Ken and his family and all of our children.



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However, Luamanuvao's greatest concern was her mother Emi, as she was old and wasn't keeping good health. When she was told, she never showed her tears in front of her daughter but she was quite often heard saying to others, Why should her daughter go through this? And that she'd rather go through it than her daughter.

“She was always strong for me, always caring, never too intrusive and always a source of strength for me,” Luamanuvao says affectionately about her mother.

As a Samoan woman, Luamanuvao's crowning glory and trademark was her long hair and one of the ways that Luamanuvao was able to help prepare her family (and extended family) was to cut her hair short before her treatment. This was a very significant part of the preparation process.

She says, “The cutting of the hair was a way to prepare the family. It was taking control. For Pacific women, their hair is their glory. Long hair is part of who you are and to go and get it cut was quite emotional for me.”

Luamanuvao has kept her long hair in a drawer at home. When her hair started to fall out during chemotherapy her husband Peter then shaved her head. The essence of the engagement of her husband and family in her journey has been a significant part of her healing.

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At the time of Luamanuvao's diagnosis, she was preparing for election the following year. Although it was a challenging time, she never wavered in her determination to survive the cancer and the election. Both of which she did successfully.

Luamanuvao says it is important for Samoan women to use their natural communication strength. Women are very good at communicating with each other and sharing experiences. The respect for authority in the Samoan culture can sometimes hinder but talking about treatment and its side effects helps give confidence for others to ask questions and to talk.

Faith and culture also plays a strong part in our Samoan community to which Luamanuvao says,

“We have a strong faith,
and our love for family.
We believe in a loving God,
and we are never alone.
We can talk to God, and
talk to our ancestors, our family.
They are always with us.”



Quick Links
Breast Cancer

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Interview with Anne Tuliakiono (Breast Cancer Survivor)

Interviewer: What was your response or how did you react when the doctor told you that you had cancer?

Anne: I was quite shocked, mainly because I wasn't expecting it. Everyone keeps you thinking that it's going to be quite positive, and he (the doctor) hadn't done my tissue sample. But he looked at my mammogram, and he said to me "Oh I can tell you now that you are most likely to have cancer." So I just started to cry. That's how he told me I had cancer.

Obviously, you are still having a difficult time.

Only when you asked me, because that's how I remember it, the first time, on the first day.

What made you go to the doctor?

I didn't realise I had a lump over my breast, just under my armpit and I didn't think much of it. It was my husband who found the lump. I went to my GP to get some tablets and they referred me to a specialist. I think it was in October, then I had to wait for the specialist to get my mammogram and ultrasound done.

Yeah, that's why I went to the GP. I didn't think anything of the lump. I thought I had a cyst.



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You have had some treatments?

I've had all my treatments now.

What was the biggest challenge of the treatments that you have experienced?

I think the chemotherapy. I had a mastectomy in December; I think I had to wait until March to have chemotherapy. That was the biggest challenge for me because it [chemotherapy] made me feel sick all the time, so I didn't like it.

Where did you get the support?

Mainly from my family and I would go to the Cancer Society. But my family was my biggest support. I had some support from work as well, because I took time off during my chemotherapy.

During those treatments, what sort of things kept you going?

I always had support that kept me going, some days I would get shitty, because I was over the treatments. Because I have kids too, that kept me going.

What kept you alive?

My kids: 10 and 8 years-old, my husband and my family.

How did your family react when they were told you've got cancer?

My mother didn't take it very well. I think because she thought I was going to die, so that was her first reaction. But my kids were really good when I told them. They understood.

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And your husband?

I think he was in shock as well, because everyone, when you get told that you have cancer, they think you're going to die straight off.

Did it have any impact on your relationship with your family, your husband?

It *made* my family life, because I'm close to my family anyway, it brought my family together and stronger.

Throughout the time when you were told you have cancer, during treatments, time off work, can you talk about some of your experiences.

It made me appreciate my life a bit better, and made me just be thankful for every day. That's the biggest thing for me. I've met so many amazing people, probably, worse off than me. I'm probably much luckier than them so I don't take anything for granted anymore.

Can you talk about the support you had? What was the most supportive thing done for you throughout this time?

People watching out for my children, because my kids are my biggest priority. My family stepped in and really helped out.

Was it your kids that really moved you and made you determined to have the treatments done?

Probably, because my sister has some friends who have breast cancer. She knew what to do and she was really helpful. I felt better because I had also researched everything too.



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Talatalanoaga ma Tauaneai

Interviewer: O le a lau tali atu ina ua fai mai le fomai ua maua oe i le kanesa?

Tauaneai: Sa ou fesili po'o le a le mea e fai? Fai mai e tatau ona ou alu e fai le scan ma le biopsy e fa'amautinoa ai ua maua a'u I le kanesa. Na ou alu lea I le falemai I le Hutt, o iina sa fai uma ai a'u siaki. Ae maua ane a'u results ua confirm ua maua au I le kanesa o le susu. Sa refer loa a'u i le surgeon. Sa faimai lea e aveese muamua le patu. Na ou taoto ai lea I le po e aveese le lump. Na ou tea I tua i le fale i le taeao ae toe vili atu [le fomai] ou te sau ma te talanoa ona o lea ua maua mai le iuga o suesuega sa fai, e le'i uma ona aveese le kanesa mai lo'u susu. O'u sau lea faimai le foma'i e manaomia lo'u toe taoto e toe aveese i si vaega (tissue) o le susu ua maua i le kanesa. Ona ou faiatu lea i ai e leai la, e sili ai pe a aveese uma lo'u susu. Sa toe book ai loa lo'u taotoga ma aveese uma ai lo'u susu [ua afaina i le kanesa] Faimai loa ua uma ona ave ese le vaega o le susu ua afaina e aofia ai, pe lua ea ni lymph nodes. Ona ou te'a lea i le fale, ae e o atu lava nai teine [nurses] e asiasi atu ma sui la'u fusiga fa'atasi ai ma la'u drainage.

O a ni fa'afitauli sa feagai ma oe i le taimi o togafitiga?

Ou te fa'afetai lava i le alofa o le Atua, aua e leai lava se mea na ou fa'alogoia, e oo i se tiga. I just focused myself on getting well, I kept telling myself that everything will be alright. E leai lava ma so'u popole, ma talanoa ma le fomai faimai ua uma [togafitiga], ia po'o a lava la mea e faimai e fai ou te fiafia lava e fai. O le toaga lava e tausii i meaa lelei ma lava le vai inu. E leai se fa'afitauli tele na ou maua ai. I just focused and on getting better.

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Ao feagai oe ma le ma'i, o ai sa maua ai lou fa'amalosiua ma le fesoasoani?

Na o mai uma lava la'u fanau, o ou cousins, o o'u aiga, o faifeau ma tagata o le au lotu. O nai a'u uo matutua, fa'amalosi mai lava. E leai so'u lagona o se mai. Ou te fiafia lava e ai [tausami], ou te fiafia foi e savali...

I le taimi na fai ai au togafitiga, o a ni mea na fa'amalosiua ia te oe ma maua ai pea lou malosia?

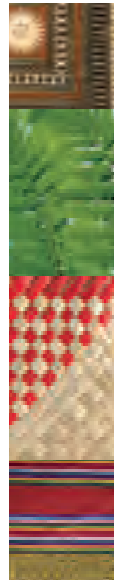
Sa ou fa'alogologo po'o a ni auga o le ma'i ou te lagona, ae e leai lava ni lagona po'o ni suiga ou te fa'alogoina, pe e i ai se lagona o se [vaega o le tino] e tiga, e leai lava. E ofo le fomai ma fesili mai [ona o lo'u malosia], ae ou faiatu, I focused that I am well. Aua o lea lena a e fa'atutu i ai ma fefe I le ma'l, e atili ai ona e fa'alogologo atu pei ua afaina ai le mafaufau ma le tino ini tulaga le lelei. Aua o le tele lava o tagata e fa'alogologo i le tiga ia ma atili ai lava le mai. Ou te le mana'o foi e faimai ni tagata ia te a'u a mea ua e ma'i, aua o lea ou te lagona lava e a'u ou te le ma'i.

Ina ua iloa e lou aiga ua e maua I le kanesa, o le a se latou tali mai?

O latou uma pei ua feel sorry [mo a'u], fa'apea ua maua loa i le cancer fa'apea 'ia ua leai se aoga ua mai'. Ae o a'u ma lo'u mafaufau, ua aveese le mea na ou ma'i ai, o lea ua ou malosia. Ae e lagona lava lo'u fa'anoanoa ona e o mai tagata ma talanoa pei o le a ou oti. People talk as if I am going to die and here I am, I want to live, I didn't want to hear that. I needed that extra support, but to treat me like I'm going to die...



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O [le talitonuga] a nai o tatou tagata, e maua loa se i si i le kanesa, faimai loa ua leai se aoga, ua ma'i. Ae o a'u ia, na faimai loa le fomai e aveese le kanesa ma uma ai loa. O nisi o tagata ua fa'ama'amulu ma give up. E i ai foi se i si o uso na maua foi i le ma'i, ae na maua loa alu loa aveese. O lea la ua malosilava.

I le taimi a'o fai a'u chemo, e uma loa o'u alu i le fale, saka la'u talo ma fai la'u meaai. E fai lava e a'u la'u meaai. Ou te le fa'amoemoe i se tasi e fai au feau. E taumafai lava si a'u fanau e fesoasoani, ae ou te alu lava au e fai au feau, e lelei e exercise ai lo'u lima. Ou te alu velevale le vao, fai a'u tagamea, ou te le fa'amoemoe i se i si, e fai lava a'u feau.

Na lagona sou ma'i i le taimi na fai togafitiga?

O le taimi na fai ai a'u chemo, ou te foi mai i le falemai fai sa'u taoto pe a lagona le vaivai (tired). A fai fo'i ni a'u feau laititi ae lagona le lelava, ia o'u alu taoto i le sofa e fai sina moeiini laititi, toe ala ane ua maua foi le malosilava. Ae a ou fa'alogo atu foi lea pei ua pe le vae, ia ou tu atu o'u alu savali. Ou te le fa'atu'utu'u i ai aua a fa'atu'utu'u i ai [I lagona o le ma'i] ua atili ai le fa'alogo atu pei ua mai ma pei ua afaina ai lou mafaufau. I le taimi e uma ai le chemo, e lagona e pei e mamafa le tino ma pei e mainiini lou lima. So I just lie on the sofa and watch TV, ma fai sina a'u malologa laititi. O nisi fo'i o taimi ou te alu fai a'u fa'amalosilava tino laititi. Ae ou te le fa'amoemoe lava i isi e fai galuega mo a'u. Just focus on getting better and you will get better. E fai lava a'u tatalo ma fa'amoemoe i le Atua.

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Sa fa'afefea ona maua le cancer o lou susu?

O se l si o a'u uo l Newtown, na sau faimai e mate o e fai le fa'ata o le susu. Ae maua ane le fa'aiuga ua maua lo'u susu i le kanesa. Na ou fa'apea, ua leai foi se mea na ou alu ai ua maua ai le kanesa. Ae ina ua uma na fai le fa'ata, ou vaai atu l le susu pei ua sau ai se suavai, o ina la na ou alu ai vaai la'u fomai.

E i ai ni feau taua e te fia fa'asoa atu i nisi o tina Samoa e uiga i lenei gasegase?

O le mea muamua ma le taua o le fai o le siaki po'o le breast screening. A fai ane le faata ua maua ai se lump [l le susu], aua le fefe, alu e fai au togafiti, fai uma lava mea e faimai ai le fomai. O le i si itu, e tatau lava ona tele lou fa'atuatua, aua o nisi o le tele lava o le fefe ma le palaa'i, ia ae o mea uma o lo'o fai e fesoasoani mo oe e te toe malosai ai. A fa'apea e te maua i le kanesa, e le fa'apea ua leai se fa'amoemoe, e mafai lava ona togafiti ma toe maua le malosai.

Ou te toaga foi lava e tausi i a'u meaa. E le misilau'u talo, aua e to'a ai lou manava. O nisi foi o side effects o le chemo o le diarrhoea, ia ou te le'i maua ai lava, aua sa ou fiafia e ai la'u talo. O i si taimi pei ua oona meaa, ua leai se manogi, ae fa'amalosai e tausami, toaga e tuu i ai ni mea manogi eseese e fa'amanogi ai meai. Ia toaga lava e ai.

A toaga e tatalo ma fa'atuatua i le Atua e toe fa'afoi le malosai. Ia lava le fa'atuatua tu'u pea i le Atua.

Ou te fautua lava a'u ia aua nei faia se fofu. O nisi ua maua ane le kanesa ua tuai, ua le mafai e togafiti a le falemai na toe fa'afoi le malosai, ua tuai ona togafiti.



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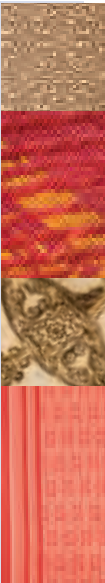
Lo'u tuafafine e, la'u uo e, la'u lupe e,
Le ua sao ona lelei
Tatala mai ia le puipui ia te a'u
Aua ua susu lo'u ulu i le sau
O'u lauulu foi i le ma'ulu o le sau i le po

Pese a Solomona 5: 2 Bible

From a Husband and Father

When I first heard that Ngaire had cancer, it felt like I'd been K.O.'d by David Tua. While I was trying to be strong for Ngaire, it felt like my whole world had fallen apart. Then survival mode kicked in, and I started thinking and praying about what I could do to get our family through this.

In hindsight, one of the crucial things I had to do was to tell people, friends, family, and especially our employer. I found this really difficult, because I didn't want people to feel sorry for us, and Ngaire was the same, but overcoming that pride made things so much easier in the long run.



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Image Above: The 2011 Uso Bike Ride from Auckland to Porirua.

I don't think accepting help comes easily for most men, but people genuinely want to help, and you will genuinely need it. Think of it as doing them a favour, you would do the same for them.

I was really lucky that my employer was so understanding, as I needed a lot of time off to go to appointments and had to work from home often to look after our son if Ngaire needed to sleep. I also had to accept that there is no quick-fix, and it was going to be a long road.

My priorities would have to change for a while, it didn't matter if the lawns didn't get mowed, if I couldn't get on my bike or go out so much.

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O a'u o le fuga o le la'au i Sarona
 O le susana i vanu
 E pei o le susana i totonu o laau talatala
 O lo'o fa'apea la'u uo i teine
 E pei o le moli i totonu o la'au o le vao
 O lo'o fa'apea lo'u manamea i taulele'a
 Na ou fiafia i lona paolo, ma ou nofo ai
 Na suamalie foi ona fua i lou gutu
 Na ia aumaia a'u i le fale uaina
 O lana fu'a i o'u luga, o le alofa lea.

Pese a Solomona 2. 1- 4. (Bible)

Once I accepted that getting my family through this was my number one priority, and I would have to let a few things go, it became a lot easier.

It's not all bad news either, I got to spend a lot of time with my family, after each treatment, we'd go out for a coffee and we've had some great times together.

I was incredibly lucky that my wife is such a strong person and kept positive through it all, and that we had such strong and practical support from our families and friends.

Mark Lerwill

Quick Links
Breast Cancer

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O Eva, o le masiofo o le lalolagi
 Aua na pule ia i mea ta'itasi
 Ae o le poloa'i a le Atua
 Le la'au o le ola ia lua manatua
 Aua lava nei lua pa'i pe a'ai ai
 O le la'au e ola pe oti ai
 Peita'i Eva ua faasese e le gata
 Le gata ma si ona leo e pei o se pata
 Ua ai e Eva le fua o le la'au
 Vala'au loa Atamu sei sau
 Ua a'ai ma ua malaia toalua
 Fafo loa ma le ma'afala
 Ua saunoa mai ai le Atua

Fereni Ete

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Fesili e ono fesili ai Questions you may wish to ask

1. O le a le ituaiga kanesa lea ou te maua ai?
What type of cancer do I have?
2. O le a le tele o le afaina ua o'o i ai lou kanesa?
How extensive is my cancer? What stage is it?
3. O le a le a le togafiti e te fautuaina mo lo'u kanesa, ae aisea foi?
What treatment do you advise for my cancer and why?
4. E i ai nisi togafiti e tatau ona ou iloa e fai mai ai la'u filifiliga?
Are there other treatment choices for me?
5. O a ni afaina e ono tulai mai i togafitiga nei?
What are the risks and possible side effects of each treatment?
6. O le a le umi e fai ai nei togafitiga?
How long will the treatment take?
7. Ou te manao i nisi manatu e ese mai i lou manatu. E mafai ona e fa'asinoina a'u i se tasi e ono aumai nisi manatu e ese mai i le togafiti o lo'o e fautua mai? (O lau aia tatau lea.)
I would like to have a second opinion. Can you refer me to someone else? [This is your right.]

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8. O le a le tau o nei togafitiga?
How much will treatment cost?
9. E fa'afia ona fai a'u siaki ae o a fo'i mea e fai i nei siaki?
How frequent will my check-ups be and what will they involve?
10. Afai ou te filifili e le faia le togafitiga i le taimi nei po'o le lumanai, o a nisi o tautua e mafai ona ou maua ai se fesoasoani?
If I choose not to have treatment either now or in the future, what services are available to help me?
11. E sosolo le kanesa lea ou te maua ai i le aiga?
Is my cancer hereditary?
12. E mafai ona e ta'u mai ni tusi e uiga i le kanesa o le susu ou te faitau ai?
Can you suggest any books I can read on breast cancer?
13. E fa'ape'i foliga o le ma'ila?
What will the scar look like?
14. E mafai ona fai so'u susu fa'apipi'i?
Can I have breast reconstruction?
15. O afea e mafai ai ona ou toe ave le taavale?
When can I drive again?



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16. O le a le tau o le susu-faapipii, e mafai ona ou maua fua lea fesoasoani?

How much does a prosthesis cost, and will I be eligible for a free prosthesis?

17. E fa'amata e ono fula ai lo'u lima?

Is there a risk of lymphoedema? (be specific)

18. Afai e toe manaomia nisi togafitiga, o a nei togafitiga a'o afea e amata ai?

If I need further treatment, what will it be like and when will it begin?

19. E mafai ona ou toe fanauina nisi tamaiti?

Will I still be able to have children?

20. E ono afaina ai lou maitaga fa'a-masina ae o a ona afaina?

Will I go through menopause and what are the effects of menopause?

21. E afaina ai tulga faaleulugalii i nei togafitiga?

Will the treatment affect my sexual relationships?

22. O afea e mafai ai ona ou toe foi i le galuega?

When can I return to work?

A aumai ni fa'amatalaga e te le malamalama ai, e mafai lava ona e toe saunoa atu:

If you receive answers you do not understand, feel comfortable in saying:

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“E mafai ona e toe saunoa mai i le vaega lea?”

“Can you explain that again?”

“Ou te le mautinoa lelei le uiga o lau saunoaga.”

“I am not sure what you mean” or

“E mafai ona e tusi i lalo pe tusi se ata fa'ata'ita'i le vaega lea?”

“Would you draw a diagram, or write it down?”

O le tusi lenei ua fa'apitoa mo tamaita'i ua maua i le kanesa o le susu e le'i sosolo. Mo kanesa ua sosolo, ua lomua e le Sosaiete a le Kanesa le tusi o le *Secondary Breast Cancer/Matepukupuku Tuarua ā-Ū: A guide for women with secondary breast cancer*. E maua lea tusi i le tuatusi lea (www.cancer.org.nz) po'o le numera **0800 CANCER (226 237)**. O le lomua o lenei tusi ua na o le gagana peretania o lo'o maua ai.

This booklet is for women with early breast cancer. For women with secondary breast cancer, the Cancer Society has published a booklet *Secondary Breast Cancer/Matepukupuku Tuarua ā -Ū: A guide for women with secondary breast cancer*. This can be obtained via the web address www.cancer.org.nz or **0800 CANCER (226 237)**.



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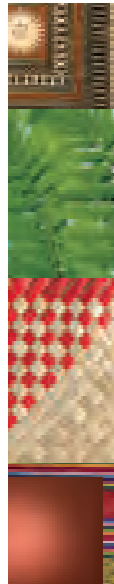
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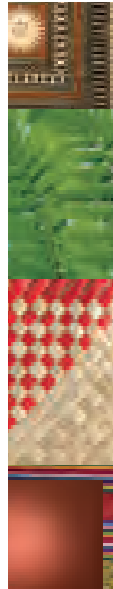
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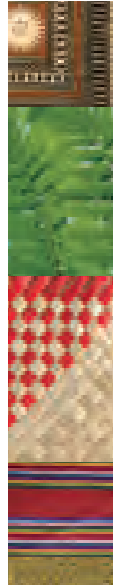
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Finagalo fa'aalia/Feedback

Kanesa o le susu e le'i sosolo/ Breast Cancer

E matou te fia iloa sou finagalo i lenei tusi: pe na aoga pe e le'i aoga foi ia te oe. A fia fa'asoa mai ou manatu e uiga i lenei tusi fa'amolemole tali fesili nei ona lafo lea i le tuatusi : Information Manager, the Cancer Society of New Zealand, PO Box 12700, Wellington 6144.

We would like to read what you thought of this booklet: whether you found it helpful or not. If you would like to give us your feedback please fill out this questionnaire, cut it out and send it to the Information Manager:

1. Sa fesoasoani lenei tusi mo oe?

Did you find this booklet helpful?

Ioe/Yes Leai/No

Fa'amolemole tusi mai mafua'aga o lau tali.

Please give reason(s) for your answer.



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2. Sa fa'afaigofie ona e malamalama i le tusi?
Did you find the booklet easy to understand?

Ioe/Yes Leai/No

Fa'amolemole tusi mai mafua'aga o lau tali.
Please give reason(s) for your answer.

3. E i ai ni au fesili e le'i maua atu le tali i lenei tusi?
Did you have any questions not answered in the booklet?

Ioe/Yes Leai/No

Afai e i ai, o a ia fesili?
If yes, what were they?

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4. O a vaega o le tusi na e fiafia tele i ai?
What did you like the most about the booklet?

5. O a ni vaega o le tusi e te le'i fiafia tele i ai?
What did you like the least about the booklet?

E ai nisi ou manatu e fia fa'asoa mai?

Any other comments



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Fa'amatalaga tau ia te oe (pule oe pe tali pe leai) Personal information (optional)

O oe lea e maua i le kanesa, po'o se uo/aiga/auaiga?

Are you a person with cancer, or a friend/relative/whānau?

Ituaiga: Tamaita'i Tane Tausaga _____

Gender: Female Male Age _____

Fa'afetai tele lava mo le tali mai i fesili, o le a fesoasoani lea i le vaiiiliina o lenei tusi. O le a matou fa'amaumauina ou manatu ua fa'asoa mai aua le fa'aleleiina o lenei tusi mo le isi lolomiga i le lumanai.

Thank you for helping us review this booklet. The Editorial Team will record your feedback when it arrives, and consider it when this booklet is reviewed for its next edition.

Please return to: The Information Manager, Cancer Society of New Zealand, PO Box 12700, Wellington 6144.

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Information, support, and research

The Cancer Society of New Zealand offers information and support services to people with cancer and their families. Printed materials are available on specific cancers and treatments. Information on living with cancer is also available.

We would appreciate your support

The Cancer Society receives no direct financial support from Government so funding comes only from donations, legacies, and bequests. You can make a donation by phoning 0900 31 111, through our website, or by contacting your local Cancer Society.

Acknowledgements

The Cancer Society would like to thank for their reviews, advice and contributions

Dr Birgit Dijkstra

Breast Surgeon, Department of Surgery, Christchurch Hospital

Dr Carol Johnson

Radiation Oncologist, Blood and Cancer Centre, Wellington Hospital

Professor Bridget Robinson

Medical Oncology Service, Christchurch Hospital and School of Medicine in Christchurch

Associate Professor Chris Atkinson

Oncologist, St George's Hospital, Christchurch and the Cancer Society of New Zealand's Medical Director

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Inspirational messages provided by **Fereni Ete** (faletua o le toeaina penisiona fa'amalolo —wife of Retired Reverend Elder Risatisone Ete), Head of Early Childhood Programmes, Pacific Training Institute.

Special thanks to P.A.C.I.F.I. A Wellington Central Branch's **Mele Wendt, Annie Roberts**, and **Maureen Tukaroa-Betham** for their valuable contributions towards the development of the booklet.

The Cancer Society thanks P.A.C.I.F.I. A Wellington Central Branch for their generous financial donation towards the development and launch of this booklet.

Thanks to **specific pr** Ltd for their help with coordination.

We also thank the women and their families who have experienced cancer, who told their stories, reviewed editions, and offered many valuable suggestions.

The Cancer Society would like to thank the volunteers and the staff at the Wellington Blood and Cancer Centre, and the women who kindly agreed to be photographed for our booklet.

Thanks to the following people for allowing the Society to take photos of their shop interiors:

Heather Shaw at Naturalwear, 5 Riddiford St Newtown, Wellington

Merieni Tapuimatagi-Hunkin at Merieni, 8 Cobham Court, Shop 1, Porirua, Wellington

Ray and Aymie David at Divine Speciality Tea House, Shop 119, North City Shopping Centre, Porirua

Photography

The cover photo of a tuelia flower (wild ginger) was taken by **Quang-Tuan Luong** of QT Luong/terraalleria.com.

Photographs in the booklet were taken by **Nicole Freeman** of Nicole Freeman Photography.

Booklet design by Moxie Communications Ltd.



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ANY CANCER, ANY QUESTION 0800 CANCER (226 237) Cancer Information Helpline

