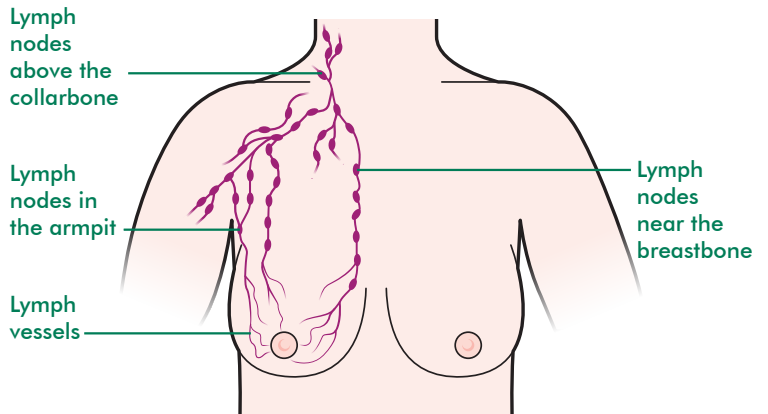


Matepukupuku ā-Ū



Ka rongō ana koe kua pā te matepukupuku ū ki a koe, tērā pea ka nui ngā pātai ka ara ake. Ka āwhina tēnei pārongo ki te whakautu i ō pātai e pā ana ki ngā wāhanga o te matepukupuku o ngā ū, pēhea ai te maimoa, me te noho ora i te wā o ngā maimoatanga me ngā rā ka whai iho.

Neke atu i te 3,000 ngā wāhine me tētahi puna iti nei o ngā tāne whakataunga ai me te matepukupuku o ngā ū ia tau, ia tau. Ko te tikanga, ka ora mai koe i te matepukupuku o ngā ū mehemea ka tere kitea.

He mate ki ngā pūtau kikokiko o te ū te matepukupuku ū. Ka hāngai atu a whakararo o nga kēkē (axilla) ki te kikokiko ū, tērā e pupuri ana i ngā tīpona waitinana (repe waitinana). Mō te nuinga, kāre i te mōhiotia, nā te aha puta ai te matepukupuku o ngā ū. Tērā pea, he tohu moata ngā panonitanga ki ngā ū mō te puta o te matepukupuku ū, nā reira me tiroirohia e tētahi rata.

Te hōtaka ria ū o Aotearoa

Kua tū ki Aotearoa tētahi hōtaka ria ū mō te kore utu e wātea ana ki ngā wāhine katoa o Aotearoa kei waenga nui i ngā tau 45 ki te 69. He mea whakaora tāngata te mahi whakaata ū mā te rapu moata i te matepukupuku o ngā ū i mua i te horapatanga. Mō te roanga ake o ngā kōrero e pā ana ki te ria matepukupuku ū, me ngā hua tērā ka taea, me ngā wharanga o te whai auau i ngā whakaata ū, tērā pea ka hiahia koe ki te toro ki te paetukutuku BreastScreen Aotearoa www.timetoscreen.nz/breast-screening.

Te Whakatau Matepukupuku ū

Mehemea kua kite koe i ētahi rerekētanga ki ō ū, me haere ki te kite i tō Rata i te tuatahi. Ka kōrero rātou ki a koe mō ngā tohumate, ka titiro ki ō ū, me te kōrero ki a koe mehemea kua pā te matepukupuku ki tētahi atu ō tō whānau i ngā rā ki muri.

Mehemea ka māharahara tō Rata he tohu matepukupuku ū o tohumate, ka taunaki rātou kia whai koe i ētahi whakamātautau anō (whakaata ū, te ultrasound rānei), ka tono rānei i a koe ki tētahi mātanga matepukupuku ū.

Mehemea ka kitea he panoni ki roto i tō whakaata ū mō te matepukupuku ū, ka whakarite tō kaiwhakarato BreastScreen Aotearoa i ētahi whakamātautau atu, ka tono rānei i a koe ki tētahi mātanga matepukupuku ū.



Te whakawāhanga me te mahi whakataumata matepukupuku ū

I te wā kua whakataungia kua pā te matepukupuku o ngā ū ki a koe, tērā pea, ka rongo koe i tō kāhui maimoa e kōrero ana mō to matepukupuku mā ōna wāhanga, tōna momo taumata rānei. He mea nui te mōhio i te wāhanga me te taumata o to matepukupuku ū i te mea, ka mārama tō kāhui maimoa, he aha te maimoatanga pai rawa mōu.

Pēhea ai te whakarite whakataunga maimoa

Ka hāngai ngā kōwhiringa maimoa ka whakaratoa ki a koe mā runga i ngā pārongo katoa e wātea ana mō tō momo matepukupuku. Mai i te wā ka whakataungia kua whai koe i te matepukupuku ū, ka tiakina koe e tētahi kāhui e mau ana i ngā ngaio hauora. Me ata whakaaro koe ki ngā pātai ka hiahia koe kia whakautua, me to hari i tētahi tangata tautoko ka haere ana koe ki te kite i tō kāhui maimoa.

Breast cancer treatment

Ka taea te maimoa i te matepukupuku o ngā ū mā ngā huarahi maha: te pokanga, te maimoa te iraruke, te haumanu taiaki, me ngā maimoatanga whakahāngai rānei. Tērā pea, ka matapā koe i ētahi o ngā maimoatanga mō te matepukupuku o ngā ū. Kōrero ki tō kāhui maimoa e pā ana ki te matapā me te ārai hapū i mua i te tīmatatanga o ngā maimoa.

Matapaki me tō kāhui maimoa me ētahi atu maimoatanga e whakaarotia ana e koe hei whakamahi

Hāparapara

Mehemea kua whakatauria kua pā te matepukupuku ū moata ki a koe, kāre e kore ka whakaratoa koe ki te mahi hāparapara, hei tango i te matepukupuku. Mō ētahi atu tāngata, tērā pea ka whakaratoa ko te mahi hahau i mua i te hāparapara hei tīngongo i te matepukupuku kia māmā ake ki te tango.

I te nuinga o te wā, ka tangohia tētahi o ngā tīpona waitinana i tō kēkē, ētahi rānei, i te wā o tō hāparapara, me tētahi wāhanga, ētahi wāhanga rānei o te kiko o tō ū (mastectomy).

Whai muri i tētahi tangohanga ū

Whai muri i tētahi tangohanga ū (mastectomy), tērā pea ka āhei koe ki te whai hanganga hou ū. He mea āpuru te wā tuatahi ka titiro koe ki ō ū, ki tō poho rānei whai muri i tētahi pokanga. Ka tau haere te pupuhitanga me te marūtanga i

roto i ngā wiki. Mā te wā, ka papatahi te nawe, ka rerehu hoki.

Hahau

Whakamahi ai te hahau i tētahi rongoā hei patu pūtau matepukupuku, hei whakapōturi rānei i te tipu. Ka whai pānga ki ngā pūtau huri noa i tō tinana hei whakaiti ake i te mōrea o te hokinga mai anō o te matepukupuku ki o ū, ki te tipu anō rānei ki wāhi kē atu o tō tinana. Mō te roanga ake o ngā pārongo: www.cancernz.org.nz/cancer-information/treatment/chemotherapy

Tērā pea, he mea kaioraora ētahi o ngā pānga ki te taha o te mahi hahau. Me matua whakapā atu ki tō kāhui maimoa, me haere tonu atu rānei ki te taiwhanga mate whawhati tata o te hōhipera tata ki a koe, ka mea atu kai te whai maimoa hahau koe mēnā ka puta tētahi o ēnei tohumate:

- te kirikā
- te makariri – wiriwiri, tāwiriwiri hoki, te rongo i te wera me te makariri
- mamae te uma
- uaua te whakahā
- te ruaki ahakoa te kai rongoā ruaki kore
- mate tikotiko
- toto i te ihu, i ngā pūniho ānei, te kore mutu o te heke o te toto
- mamae ka mimi ana, toto i roto i te mimi.

He mea nui kia kua koe e tatari ki te rā e whai ake ana, kia mutu rānei te wikiene, ki te tono āwhina.

Maimoa Iraruke

Ko tā te maimoa iraruke, he whakamahi i ngā hihi iraruke hei whakamate i ngā pūtau matepukupuku, hei whakaiti iho rānei i tā rātou tipu. Ka whai pānga noa iho te mahi iraruke ki te wāhanga o te tinana e tāia ana ngā hihi. Mō te roanga ake o ngā kōrero mō te maimoa iraruke, haere ki: <https://cancernz.org.nz/cancer-information/treatment/radiation-treatment/>

Maimoa taiaki (haumanu endocrine)

Mehemea ka whakaatu ngā otinga o ngā whakamātautau receptor taiaki kua pā te matepukupuku taiaki receptor positive, ka whakaratoa te maimoa taiaki {haumanu endocrine} ki a koe. Mehemea kāre tō matepukupuku i te taiaki receptor positive, kāre e whakaratoa te maimoa taiaki ki a koe.

Tērā ētahi maimoa rerekē e whakaiti ake ana i te taumata oestrogen me te taumata progesterone i roto i te tinana. Mehemea kua whai he receptor taiaki ki runga i tō matepukupuku ū, ka hāngai te kōwhiringa maimoa ki tō pakeke, ā, mō ngā wāhine, ka hāngai kē ka eke ana te koero.

Ko te koero moata tētahi o ngā pānga ki te taha ka puta i aua momo maimoa ki ngā wāhine.

Mō te roanga o ngā pārongo ://canceraustralia.gov.au/sites/default/files/publications/bcmc-breast-cancer-early-menopause-v2_504af03adb71c.pdf

Whai katoa ai ngā momo maimoa matepukupuku ū i ngā pānga ki te taha. Kōrero ki tō rōpū maimoa e pā ana ki ētahi huarahi hei whakahaere i ēnei.



Maimoa matawhāiti mō te HER2 matepukupuku positive

Mehemea ka whakaatu ngā hua o te whakamātautau HER2 kua piki rawa tō taumata pūmua HER2, ka tautuhia tō matepukupuku hei HER2 positive, ka whakaratoa hoki he maimoa matawhāiti ki a koe. Ko te maimoa matawhāiti kaha whakamahia ai, ko te Trastuzumab (Herceptin). I ētahi wā, whakaratoa ai ko te Perjeta, engari ka whāia anake tēnei mō te matepukupuku ū maukaha.

Te whakahaere i ngā pānga ki te taha o te maimoa matepukupuku ū

I te wā o te maimoatanga me muri mai i te pokanga, tērā pea, ka rongo koe i ētahi pānga ki te taha. **Ki te puta he tohu mō te mate urutā, me tere tonu te whai maimoa.**

- Ko te huihi ā-matepukupuku te pānga ki te taha e kitea auau ana.
- Me maumahara, he mea nui tonu tō hauora hinengaro pērā ki tō hauora tinana, ā, e wātea ana hoki he tautoko mōu.
- Tērā ētahi tāngata ka raru pea i ngā pānga o te hāparapara mō te wā āhua roa tonu. Tae noa:
 - cording
 - he mamae ki tō ringa me ētahi rerekētanga anini
 - he rerekētanga ki tō nekehanga ringa, nekehanga pokohiwi rānei
 - seroma (he waitinana e noho amio ana i te mate.

Te arokā ki ō ū, me te whai tirotirohanga auau

Ka mutu ana ngā maimoatanga, me whai koe i ngā tirotirohanga auau me tō kāhui maimoa, me tō whai whakaata ū mō ngā kikokiko ū e toi ana. Ka iti haere ake ngā hui tirotirohanga auau mehemea kua kore he raruraru.

I te nuinga o te wā, whai whakaata ū ai ngā tāngata ia tau, ia tau, whai muri i te maimoatanga mō te matepukupuku o ngā ū. He utu kore ēnei mehemea he tono ngā tō rata ki tō DHB. Mō te roa o tō whai i ngā mahi whakaata ū ā-tau, kōrero ki tō kāhui maimoa.

Tokorima tau whai muri i te mutunga o te maimoa, e āhei ana ngā wāhine 45 ki te 69 te pakeke ki te hoki ki te hōtaka ria ia rua tau, ka whakaratoa e BreastScreen Aotearoa. Mehemea ka hiahia tonu koe i ngā whakaata ū ā-tau, mā tō Rata e hoatu i te tono.

He mea nui, ka iti haere ana o tirotirohanga ki te whakamōhio i tō rata mehemea ka kite koe i ētahi rerekētanga hou ki o ū, ki tō uma rānei, kei te rongo rānei koe i ētahi mamae i roto i tō tinana.

Te whakarite mō ngā panoni ki te āhua o tō tinana, te noho pakari tonu me te kai pai

Tērā pea ka āwhinatia koe mehemea ka rapu koe i ngā huarahi ki te arotau pai i tō tinana – pērā ki te kai pai, ki te tīmata hōtaka korikori pērā ki te yoga, me te whakamahi panoni toiora whai muri i te maimoa matepukupuku ū.

Ka noho pai tō taumaha mā te noho pakari, a he mea hei whakaiti i te pēhi kino me te hiamoe. He mea pai anō hoki kia noho pakari tonu o kōiwi me tō manawa. Kua puta he kōrero e kī ana, mā te korikori auau e āwhina ki te kaupare i te hokinga mai anō o te matepukupuku o ngā ū.

Ka piki te taumaha a ētahi i te wā maimoa nā runga i te maimoatanga, te whakarerekētanga ki tō hiakai, me te iti ake o ngā mahi korikori. Mehemea e hiahia ana koe ki te whakaiti i tō taumaha, me kōrero ki tō rata e pā ana ki ngā huarahi haumaruru hei whai māu.

Me pēhea āwhina ai ngā whanau

I roto i tō tū hei hoa, hei whānau rānei ki tētahi kua pāngia ki te matepukupuku o ngā ū, kei te ako anō hoki koe ki te whakarite i ōu ake kāre-ā-roto me o aronga nui. Tērā pea, ka hiahia koe ki te āwhina engari kāore koe e mōhio me aha. Anei ētahi whakaaro tērā pea ka āwhina:

- Me mārama koe ki te matepukupuku o ngā ū me ōna maimoatanga. Mā tēnei e āwhina i a koe kia mōhio ai koe ki ngā piki me ngā heke o te tangata e tautoko ana koe.

- Me ata whakaaro koe ki ngā tohutohu ka hoatu koe. Te whakarongo i te wā kei te kōrero rātou, te noho i tō rātou taha, ngā huarahi pai hei whakaatu i tō atawhai.
- Kōrero tahi mō o kōrua kāre-ā-roto, me pono tonu ki ngā mea e pēhi ana i a koe.
- Kōrero ki a rātou mō tō hiahia ki te whai i a rātou ki a rātou hui tiroirohanga. Ka āhei koe ki te tautoko i a rātou, tuhi i ngā kōrero, mēnā e tika ana - te whakauru ki roto i ngā kōrero.
- Me mārama, tērā pea ka hiahia kē tō hoa, tō whanaunga rānei ki te kōrero takitahi ki tō rātou kāhui tiaki.

Te noho ora me te matepukupuku ū

Mō te nuinga o ngā tāngata, ka iti haere ngā pānga ki te taha i roto i ngā wiki torutoru i mua i te mutunga o ngā maimoa, he roa ake ētahi pānga ki te taha. Rapua ngā huarahi hanga pai mō te arotau ki tō tinana.

Kōrero ki tō kaiwhakawhiwhi mahi e pā ana ki ngā tautoko tērā pea ka hiahia koe i te wā e whai ana koe i ngā maimoatanga.

He mea āwhina te hui me te kōrero ki ētahi atu e rite ana ki a koe whai muri i te puta o te tohumate matepukupuku o ngā ū.

Ehara i te mea hou ki te whakaaro ka hoki mai anō tō matepukupuku, he tini tonu ngā tāngata kua pā te matepukupuku e kī ana, ma te wā rā anō, ka heke haere te anipā.

More information

Breast cancer <https://cancernz.org.nz/cancer-information/cancer-types/breast-cancer/>

Secondary breast cancer <https://cancernz.org.nz/assets/Uploads/Secondary-breast-cancer-web.pdf>

Managing cancer fatigue <https://cancernz.org.nz/assets/Cancer-information/Managing-cancer-related-fatigue/IS-cancer-related-fatigue.pdf>

Exercises to help after breast surgery https://www.cancer.org.au/content/about_cancer/factsheets/Breast_exercises_after_surgery_poster_July_2018.pdf

Living with lymphoedema

<https://cancernz.org.nz/assets/Uploads/IS-Living-with-lymphoedema.pdf>

<https://cancernz.org.nz/assets/Uploads/IS-Understanding-lymphoedema.pdf>

Breast Cancer Care (UK) www.breastcancercare.org.uk/information-support

Macmillan Cancer Support (UK) www.macmillan.org.uk/information-and-support/

Breast Cancer Aotearoa Coalition (New Zealand) www.breastcancer.org.nz

BreastScreen Aotearoa <https://www.timetoscreen.nz/breast-screening>

Breast Cancer Foundation <https://www.breastcancerfoundation.org.nz>