

# Matepukupuku Tuarua ā-Ū

Te mōhio mō te Matepukupuku Tuarua ā-Ū



Mō ngā tangata kua kitea kei te mate i te matepukupuku tuarua ā-ū. Tērā pea he pai hoki mō ngā tangata tata ki a koe, pērā ki tō whānau, o hoa, o kaitiaki rānei. Ko te whāinga, ko te āwhina kia mārama koe ki te matepukupuku tuarua ā-ū me ngā pānga ā-tinana, ā-wairua ki runga i a koe me ngā tāngata tata ki a koe. E kōrero ana mō te oranga o te tangata i te taha o te mate nei me te titiro whakamua. Ka titiro ki ngā tohu mate me ngā maimoatanga tae noa ki ngā rārangi rauemi tautoko, āwhina hoki e wātea ana mōu. Mō ētahi wāhine, mā te whai mōhiotanga e pā ana ki tō rātou mate, e taea e rātou te whakatikatika i a rātou kia whai kaha anō i ngā taumahatanga.

Ahakoia he hāngai te nuinga o ngā kōrero ki te wahine, he hāngai, he pai tonu pea mō ngā tāne kua kitea kei te pāngia ki te matepukupuku tuarua ā-ū.

He whakamārama kei te rārangi kupu i muri i te pukapuka nei, mō ngā kupu kua miramirahia.

## Pēhea te whanake o te matepukupuku tuarua ā-ū

Ka puta te matepukupuku tuarua ā-ū i te wā ka rauroha haere ngā pūtau matepukupuku ā-ū, mai i te puku tuatahi i roto i te ū, ki ētahi atu wāhi o te tinana mā te pūnaha waitinana, mā te pūnaha ia toto rānei. Kua rongopē koe i tēnei e kīia ana ko metastases, ko te matepukupuku wā, ko te puku tuarua, ko te tuarua rānei.

Ki te kitea te matepukupuku tuarua ā-ū, kāore he oranga i tēnei mate, heoi, ka taea te whakamaui, mō te wā roa tonu i ētahi wā.

## Ngā Tohumate

He rerekē ngā wheako a tēnā wahine ki tēnā wahine mō te matepukupuku tuarua ā-ū. He tino rerekē te kaha o te pānga o ngā tohumate ā, ki ētahi wahine he iti noa iho, kua kore rānei he tohumate. Ko ētahi o ngā tino tohumate, ko te hiamoe noa, ko te kore hiakai me te āhua pāngia ki te mate.

## Maimoatanga

He maha tonu ngā momo maimoa mō te matepukupuku tuarua ā-ū:

- Ngā haumanu taiaki
- Ngā haumanu iraruke
- Hahau
- Monoclonal paturopi.

## Ngā Haumanu Taiaki

Ko te mahi a te nuinga o ngā haumanu taiaki, ko te whakaitia i te oestrogen kei roto i te tinana, ko te ārai rānei i ngā pūtau matepukupuku kia kore e toro atu ki ngā oestrogen. He āhua hōhā ngā pānga kei te taha o te haumanu taiaki engari, ehara i te mea he



mōrearea. He nui ngā momo maimoa taiaki e wātea ana, nā reira e taea e ngā rata te whakamātau i te maha o ngā momo huarahi.

## Haumanu Iraruke

Ko tā te haumanu iraruke mahi, ko te patu i ngā pūtau matepukupuku mā ngā ihi tino kaha, me te whakaiti i te patunga o ngā pūtau Māori. Ka taea e ētahi o ngā haumanu iraruke te whakaheke i te pupuhitanga o ētahi matepukupuku ki ētahi wāhanga o te tinana, ā, mā tēnei e iti ake ai te mamae.

## Hahau

Ko te hahau, ko te whakamahi i ngā whakapōauau patu matepukupuku hei whakamate i ngā pūtau matepukupuku. Ka haere ēnei whakapō auau mā te iatoto kia tae ki ngā pūtau kei roto i te tinana. Tērā pea ka heke te rahi o te kōpuku o te matepukupuku maimoa hahau, tērā pea ka pupuri noa iho kia kore e nui ake.

## Te tautāwhi i ngā pānga o te matepukupuku tuarua ā-ū

Ko te huarahi pai rawa atu mō te tautāwhi i ngā tohumate o te matepukupuku tuarua ā-ū, ko te tere whakahaere maimoa mō te matepukupuku ake. I ētahi wā tere mahi ai ngā maimoatanga, ā, tere tonu te pai haere o ngā tohumate. Heoi anō, mehemea he maha tonu ngā wiki e mahi tonu ana ngā maimoatanga, he nui tonu ngā huarahi ki te tautāwhi i ngā tohumate. Ko te morphine tētahi o ngā rongoā e whakamahia ai mō ngā mamae tino kino. Ka taea te whakarite i te horopeta mō ia tangata.

Ki te āta whakamahi te morphine hei whakaiti ake i te mamae, ka āta hoatu ngā horopeta ā-tautāwhi, kia kore ai e warawara te tangata.

## Ngā Mate Whakahā

Rapua he āwhina hauora ki te puta he mate whakahā.

## Ngā Hononga me te hōtakatanga

Ko tētahi o ngā pānga o te mahi hahau ko te kore pirangi ai nā te mea he anuanu koe, hiamoe rawa koe, kua hia ruaki, kei te mamae koe.

He mea hira kia kaha tonu koe ki te kōrerorero me tō hoa- kia kaha kōrua ki te whitiwhiti kōrero mō ōu hiahia. Tērā pea ka kitea e koe ētahi huarahi auaha hei whakatutuki i ēnei, hei kaupare atu i ngā matakū me te kimi huarahi pai rawa mōu.

[Māna anō e whakamāui ake](#)

## Tautoko ā-Wairua

Tērā pea ka pōraruraru katoa tō wairua, ka rērere ō kāre-a-roto. Ehara I te mea kino, ka pā tēnei āhua ahakoa te aha. Kāore i te tino mōhiotia te take ka rauroha haere ētahi matepukupuku, ko te mea kē, kia kua koe e mahara nō u ake te hē i pēnei ai.

Kāore he whakautu māmā mō te pānga mai o tētahi mate mō rearea. He rerekē tēnā ki tēnā, nā reira mā ia tangata e hua ai tō na ake huarahi mō ngā āhuatanga pēnei. Mā te kōrerero ki te whānau me ngā hoa e pā ana ki



ngā matakū o te hemo, e whai wā ai rātou e aroha mai ana, ki te āwhina, ki te tautoko i a koe.

Tērā pea, he whai hua te kōrero ki tētahi kei waho o te whānau. He pai tonu ki te maha o ngā tāngata, ngā kaitohutohu, ngā pou hāhi, me ngā minita hōhipera hei tautoko i a rātou ahakoa te whakapono. Tērā pea he whai hua ngā rōpū āwhina-whaiaro, rōpū tautoko ki a koe. Kāore e kore, ka hiahia tō rata, ngā tapuhi, tō tauwhiro, me ētahi atu e tiaki ana i a koe ki te āwhina i a koe. Ehara i te mea whakaiti tangata te whai āwhina ngaio, engari he tohu pai kei te whakatau koe i ō āwangawanga.

## Te kōrero ki ngā tamariki

Mā te pakeke o ngā tamariki e tohu i a koe ki te āhua o ngā kōrero ka hoatu e koe. Mō mōhio ngā tamariki nohinohi ēhara nō rātou te hē. Me mōhio rātou, kāore e kore, ka haere te tangata mate ki te hōhipera. Pai noa iho ngā tamariki āhua pakeke ake ki te mōhio mō te mate, ā, ka taiohi ana, e tika ana kia mōhio ki ngā kōrero katoa, he nui ake hoki ō rātou māramatanga.

Me mōhio katoa ngā tamariki ka ahatia e rātou i te wā kei te hōhipera koe, arā; mā wai rātou e tiaki, ngā rerekētanga ki ngā mahi o ia rā, ia rā.

## Pārongo a te Manatōpūmatepukupuku (Cancer Society) me ngā ratonga tautoko

Ka whakarato tautoko me te pārongo nohotapu ngā Manatōpū Matepukupuku ā-Rohe. Waea atu ki tō MMP ā-rohe kia kōrero ki ngā

kaimahi ratonga tautoko, me waea atu rānei ki tēnei nama waea 0800 800 426. He whānui ngā momo ratonga a ngā pokapū matepukupuku ā-rohe mō ngā tāngata matepukupuku me ō rātou whānau.

Anei ētahi:

- kaihautū tūao mō ngā waka kawē tangata whai maimoatanga
- wāhi noho
- rōpū tautoko, rōpū mātauranga.

## Ngā Haumau Taukoto me te Rerekē

He mea nui me mōhio tō rata mehemea kei te whai koe i ētahi haumanu rerekē nā te mea, kāore pea ētahi o ēnei maimoatanga e noho pai i te taha o ngā rongoā o nāianei.

## Ratonga Whakamāori ā-Waha

E takoto ana te kōrero i te NZ Health and Disability Code, e āhei ana te tangata ki te whai kaiwhakamāori i te wā o ngā hui hauora. Pai noa iho mēnā ka āwhina tētahi o te whānau, tētahi hoa rānei, mehemea he rerekē tō reo ki tō te rata. He pai noa iho hoki te tono kaiwhakamāori mō tō rata mehemea kāore i te tika, kāore rānei e taea e tētahi o te whānau.

## Te kai tika me te haumarukai

Mā te kai tika, kai pai hoki, e āwhina i a koe ki te noho ora me te ārai i ngā pānga kino ka whai i ngā maimoatanga. Kei roto i te pukapuka *Eating Well / Kia pai te kai* a te



Manatōpū Mate Pukupuku, ētahi tohutohu whai kiko mō te kai me ētahi tohutaka. Waea atu ki tō Manatōpū Mate Pukupuku ā-Rohe mō tētahi kape o te pukapuka nei, me waea atu rānei ki a **0800 CANCER (226237)** mō tētahi kape, me tikiake i tō mātou paetukutuku [www.cancernz.org.nz](http://www.cancernz.org.nz). Kai te hōhipera hoki tētahi tohunga mō te kai pai, hei āwhina anō.

This information sheet was reviewed in December 2006 by the Cancer Society. The Cancer Society's information sheets are reviewed every two years by cancer doctors, specialist nurses and other relevant health professionals to ensure the medical information is reliable, evidence-based and up-to-date. The sheets are also reviewed by consumers to ensure they meet the needs of readers.

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For cancer information and support  
phone **0800 CANCER (226 237)**  
[www.cancernz.org.nz](http://www.cancernz.org.nz)