

E WHITU NGĀ WĀHINE
IA RĀ KA WHAKATAUHIA
KEI TE MATE.

MATE PUKUPUKU KI TE Ū: WHAKAITIA TŌ TŪPONOTANGA

- 1 Me mārama koe mai i ngā tau 20
- 2 Whakaaturia ngā rerekētanga ki tō tākuta
- 3 Me tīmata ngā whakaata ū i ngā tau 40
- 4 Me mōhio koe ki ō mōreareatanga

1 ME MĀRAMA KOE MAI I NGĀ TAU 20

Ko te mate pukupuku ki te ū te mate pukupuku e pāngia nuitia ana e ngā wāhine o Aotearoa. Ko te nuinga o te hunga e pāngia ana e te mate pukupuku ko ngā wāhine kei ngā tau 50 neke atu (i ētahi wā ka pā ki ngā tāne), ahakoa he iti ake te tūponotanga. Ko te nuinga o te hunga e pāngia ana e te mate pukupuku ki te ū kāore he hītori o tēnei mate i roto i te whānau.

Me mōhio koe ki te āhua tonu o ō ū mai ō tau 20 kia mōhio ai koe ki ngā rerekētanga. Ka taea te whakamaimoa i te mate pukupuku ki te ū mēnā ka tōmua te kitea.

2 WHAKAATURIA NGĀ REREKĒTANGA KI TŌ TĀKUTA

Ki te kite koe i ētahi rerekētanga, he āhuatanga hou rānei, ahakoa kua whiwhi whakaata ū koe ina tata nei, me whakaatu ki tō tākuta.

He puku hou

Ka mātotoru haere te kiri i te ū, kēkē, paewai rānei

He rerekē te mamae

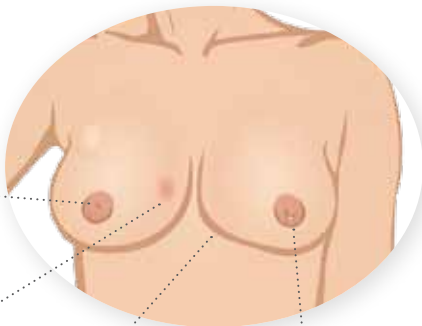
Mamae te ū, ā, kāore e ngaro atu

Ka rerekē te kōmata

Ka kōaro, kounu rānei te kōmata

Ka rerekē te kiri

Ka rerekē haere te tae o te ū, hei tauira, tae, ngongo, kōruhe, whero haere rānei, pāpaka, whakamāunu, kirirua rānei te kiri i te kōmata



Ka rerekē te āhua

Ka rerekē te āhua, te nui rānei o te ū

Ka papī te kōmata

Ka papī noa iho te kōmata ahakoa kāore i te kōtēhia

Tirohia ngā rerekētanga

Me rite tonu te tiro tiro i ō ū kia mōhio ai koe ki ōna āhua ake. Ka kite ētahi wāhine i ngā rerekētanga tērā pea he mate pukupuku.

Tirohia ngā rerekētanga i roto i te whakaata. Tukuna ō ringa ki raro, ki ō tikihope rānei. Pēhia whakamuatia ō pakihwi me ō tuke. Kei te kimi koe i ngā rerekētanga hou, rerekē rānei.

Me whāwhā haere mō ngā rerekētanga i roto i te hīrere, tāpu kaukau rānei. Me rere ō matimati e toru o waenga ki ia ū. Me kapi katoa te ū mai i raro i tō paewai ki raro i tō ū, ā, mai i waenga o tō uma ki ō rara i te taha o tō uma. Ā, waiho ō ringa ki ō taha, ka pēpehi haere i ō matimati kia tae ki raro i ia kēkē.

Ki te kitea he rerekētanga, haere ki te kite i tō tākuta kia tiro tirohia mai.

3 ME TĪMATA NGĀ WHAKAATA Ū I NGĀ TAU 40

Ka piki te mōreareatanga i te pakeketanga haere. Ko te whakaata ū te tikanga pai rawa mō te rapu tōmua i te matemate pukupuku i te ū ina ka kitea ngā puku iti i mua noa atu i te putanga. Ko te tātaritanga e taunakihia ana e te Foundation:

- ❖ **40-49 tau:** ia tau
- ❖ **50 tau, neke atu:** ia rua tau
- ❖ **70+:** me kōrero ki tō tākuta





E whakaratohia ana e BreastScreen Aotearoa ngā tātaritanga whakaata ū **koreutu** ki ngā wāhine kei ngā tau 45-69 ia rua tau. Mā ngā wāhine kāore i te whai tohumate tēnei kaupapa, nō reira mēnā kei te māharahara koe, whakaaturia ki tō tākuta. **Mō te rēhita, waea ki 0800 270 200.**

4 ME MŌHIO KOE KI Ō MŌREAREATANGA



Ka piki tō mōreareatanga i te:

Whakaitia tō mōreareatanga mā te:

 Waipiro	Whakaitia tō inu waipiro (tirohia te www.nzbcf.org.nz mō ētahi atu kōrero).
 Taumaha tinana	Te whakarite kia kaua e tino taumaha, otirā i muri i te koero.
 Pānga ki te taiaki	Te kōrero ki tō tākuta mō te pānga ki te taiaki, hei tauira HRT, ārai hapūtanga ā-waha i muri i te 40 tau, te kore whai tamariki, te whai tamariki rānei ina pakeke ake.
 Te noho pāeko	Kia 3-5 ngā whakakorikori tinana i te wiki.

Ka piki ō taumata estrogen i ēnei āhuatanga katoa, ā, ka piki tō tūponotanga ki te mate pukupuku ki te ū.

Me kōrero anō ki tō tākuta mō ngā āhuatanga mōrearea **kāore e taea** e koe te takahuri, pēnei i te mate pukupuku ki te ū i roto i tō whānau, tō hītori, ngā whakamaimoatanga haumanu iraruke rānei ki tō ū i a koe e tamariki ana.



Kei te hiahia tohutohu koe? Waea ki **0800 BCNurse** (0800 2268 773)



He kōrero atu anō kei www.nzbcf.org.nz



Tuku karere mai ki www.facebook.com/NZBreastCancerFoundation



Whāia mātau i **Twitter:**

@NZBCF