

TOKELAU



Ko na vaega uma agai kite hiakiga o te bowel

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Te Whatu Ora
Health New Zealand

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

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Ko te tuhi tenei e maua ai na fakamatalaga agai kite kaneha ma hukehukega o te bowel, e fehoahoani atu kia te koe mo te faiga o tau filifiliga pe auai koe ki te Polokalame tenei a Niuhila katoa mo te Hiakiga ote Manava, e fai fua e hēai he totogi.

E fakamalamalama atu ai te aogā o te fai hō ona hiakiga o te manava ke vave maua ai kafai ko koe kua maua ite bowel cancer, kae ke vave fai ni tofitiga ke mālōlō ai koe mai tenei tauale, e tuku atu ai foki na fakamatalaga agai ki te tāua o tenei hukehukega kae vena foki na fakapopolega e ono tutupu mai ite fai o he hukehukega o te bowel.



Kikila ifo ki na vaega ienei mo ni ietahi fakamatalaga:

- **[timetobowelscreen.nz](https://www.timetobowelscreen.nz)**
- telefoni e hēai he totogie 0800 924 432
- imeili **info@bowelscreening.health.nz**
- pe talanoa ki tau fomai kāiga.



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Ko heā te uiga o te Polokalame a Niuhihila katoa e Hukehuke ai te Bowel?

Ko te polokalame tenei e fehoahoani ke vave maua te bowel cancer, e hēai hona totogi.

Ko te polokalame tenei e fai taki lua tauhaga ma e ofo atu kina tamana ma na matua ite va o te 60 kite 74 tauhaga e mafai ke maua e kilatou na tauhiga fakateola mālōlō kua uma te fakatupe.

Ka lafo atu na na mea ienei kia te kilatou e mafai ke auai:

- **he tuhi valakaulia**
- **he pepa e tuku mai ai tau maliega**
- **he afīfī e fai ai te hiakiga o te bowel e maua fua e hēai he totogi, e i loto ai na fakatonuga pe vehea ona fakaaogā**

Ko te hiakiga tenei e fai ite fale ma e faigofie lele foki te faiga.

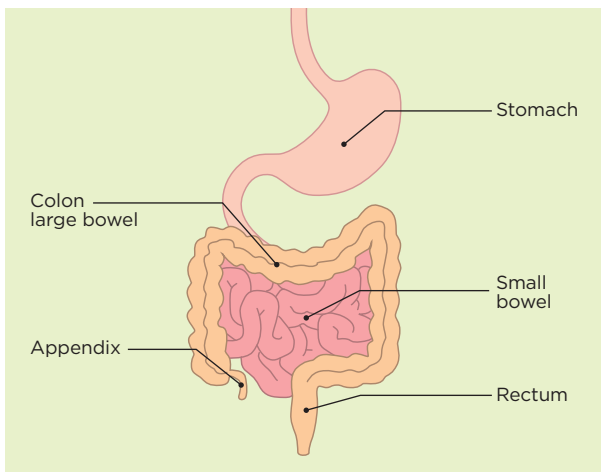
E maua na fakamatalaga ite uepehaite a te Te Whatu Ora e uiga kina tino e mafai ke maua na tautuaga ienei kua uma te fakatupe:

www.tewhatauora.govt.nz pe telefoni foki ki te **0800 924 432**.

Telefoni mai ite numela tenei e hēai hona totogi e **0800 924 432** ma fakailoa mai kafai ko koe e he fia auai, kite Polokalame a Niuhihila katoa mo te hiakiga o te Bowel.

Ko heā te bowel?

Ko te bowel he vaega e o te manava e gafa ma te fakavahegaga o te meakai. E hohoko e ia te stomach ki te anus (nofoaga) ma e fehoahoani ki te vaega o tau fekau mamao (e taku ko he bowel motion, na faeces pe ko te vaega o tau fekau mamao) ke fano kehe mai te tino. Ko te bowel e i loto ai te small bowel ma te large bowel (colon) ma te rectum.



Heā te bowel cancer?

Ko Bowel cancer e takua foki ko he colon, rectal or colorectal cancer.

Ko te Bowel Cancer e kamata kafai na hela i loto o te Bowel kua kamata ola vaele. Ko na hela ienei e liu kuni polyp (vaega e ola) ma e fano liliu ki he kanaha na tahi polyps i ni nai tauhaga.

E mafia ke mataloa ke ola ai te kanaha oi ftoa hoholo ai ki ietahi vaega o te tino.

Ko te faifai ho ona hiakiga o te bowel, mo na tino e hēai ni āuga e kilatou lagonagia, ko he auala e fehoahoani ke maua ma togafiti ai te bowel cancer ite kamataga.

Ni āuga vehea to te kaneha o te bowel?

Ko na āuga o te bowel cancer e takalahi e ono aofia ai:

- te huiga e pa ki ei tau fekau mamao pe ko tulaga e iei to bowel ma e fano te fia vaiaho e venei ai
- kelekele i loto o tau fekau mamao pe ko tau bowel motion

E tāua lahi to fano ki tau fomai ke hiaki koe, e tuha pe ko na āuga ienei e tutupu mai ona ko ni ietahi tahi tulaga.

E takalahi te kaneha o te bowel?

E hili atu te maualuga o te tulaga o na tino e maua bowel cancer i Niu Hila i loto o te lalolagi katoa. Ko te bowel cancer ko tona lua ia o mafuaga e pito hili ona maualuga e āfaina ai na ola o tagata i luga o Niu Hila mai te kaneha. I te taimi nei, e ova ite 3300 ia tino kua maua ite bowel cancer i tauhaga uma ma e ova ite toka 1200 ia tino e gagalo ona ko te famai tenei ko te bowel cancer.

Ko ai te āfaina lahi ai?

Ko te Bowel Cancer is takalahi atu ina tino kua ova ite 60 tauhaga, ma e hili atu ona takalahi ina tamāloloa na i lō na fafine.

E ke mafaia oi fakataigole te tulaga e ono āfaina ai koe ite bowel cancer kafai e:

- lelei te tulaga o tau meakai, e lahi kina fuālakau kaina ma na fuālakau fai meakai pe ko na vegetables ma na meakai e maua ai te fibre
- kolēni i aho takitahi
- e hē ulaula

Kafai kua mataloa pe kua leva to maua ite inflammatory bowel disease, pe iei foki he talaaga mo te kaneha ite koutou kāiga, ko tona uiga e maualuga te tulaga e ono maua ai koe ite bowel cancer.

Heā te tāua ai te fai hō oni hiakiga o te bowel?

E ono he iei ni lapatakiga ke kē haifa ma iloa ai ko koe kua maua ite bowel cancer. Kae ko te meahili, ko na hiakiga e fai taki lua tauhaga ma e mafai ai ke laveaki mai ai na ola o kilatou e maua ai.

! E tāua to faitala ki tau fomai kāiga i ho he, kafai kua iei ni āuga mo te bowel cancer ia te koe.

He hiakiga vehea te hiaki ai te bowel?

Ko te hiakiga e fakaaogā e te Polokalame a Niuhiila katoa mo te hiakiga o te Bowel ko te faecal immunochemical test (FIT). E mafai ke kitea ai na vaega liliki o te toto i loto o tau (fekau mamao) pe ko te bowel motion na kaumai ke huke. Ko he fakailoga tenei e vave fakailoa atu ai e iei te tulaga fakahetonu kua pa ki ei to bowel. E fakataunuku e koe tenei hiakiga i loto o to fale/kāiga.





E faigofie lele te faiga e ke faia ai te hiakiga tenei i to kāiga. E hēai hau mea e totogi mo tenei hiakiga.

E fakataunuku vehea e au te hukega?

Fai fakavave tau hiakiga. E tāua lele ke ke fakataunukua te hiakiga tenei i loto ote ono mahina talu ona ke maua. E hē mafai ke fakaaoga tau hiakiga ete fale hukehuke kafai kua teka te aho na tataau ke fakaaogā ai.

E manakomia e koe na mea ienei, ke fai ai tau hiakiga:

- ao he tamā vaega ite mea lakau e fai ai tau hiakiga mai tau (fekau mamao) bowel motion ma fafao ki loto o te tamā fagu
- fafao fakatahi ma te pepa o tau maliega e pipiki ai te aho na fai ai, ki loto o te tagapepa-e fai tona hipi
- fakaaogā te teutuhi kua uma te totogi na lafo atu ke toe lafo fakavave ai.

Teu ihe koga mālū te mea tenei e kave ke fai ai tau hiakiga ke pa kite taimi e lafo ai. E hē manakomia ke teu i loto o te aiha. Lafo tau hiakiga ite aho lava na fai ai pe ko te aho alafaki auā e ono fakahetonu te tulaga e pa ki ei kafai e tuai lafo.

Ko na hukehukega e mo na tino e hēai ni āuga e kilatou lagona

! E mafai e na tino kua katoa te 60 kite 74 tauhaga ke fai e kilatou te hiakiga o te bowel e tuha pe hēai ni āuga o te bowel cancer e kilatou maua.

Ko ai te tatau ke talanoa kite latou fomai kāiga?

Ko ietahi tino e ono fakaluaina te tulaga e mafai ke maua ai ite bowel cancer.

Ko na tulaga e ono āfaina lahi ai e aofia ai:

- kafai kua iei ni tino e tokalua o to kāiga e kāiga tafapili koutou ite pito e fokotahi, na maua ite kaneha o te manava
- e iei he tino tamaiti (i lalo ote 55 tauhaga) e tafapili koe ki ei i to kāiga na maua ite bowel cancer
- e iei he mahalohaloga ko koe ma to kāiga e ono maua ite famai o te bowel cancer
- kua mataloa to maua ite inflammatory bowel disease, e veia ko te ulcerative colitis, ma kua ova atu ite 10 tauhaga talu to maua ai

Ko koe e tatau ke faitala ki tau fomai kāiga kafai koe e toe fano kikila, kafai iei ni vaega kua tākua i luga e ia te koe.

Ko koe e tatau ke fai pea hau hiakiga o te bowel, e tuha pe fokotahi oioti he tulaga e ono āfaina ai koe.

Ko ai te he tatau ke fai he latou hukehukega o te bowel?

Ko te hiakiga o te Bowel e hē fetau mo tagata uma. Ko koe e he tatau ke auai ki te polokame e hiaki ai te bowel kafai ko koe e:

- iei ni o āuga o te kaneha o te bowel.
- kua fai hau colonoscopy i loto o te lima tauhaga kua teka
- ko koe e i he polokalame o te bowel cancer pe ko te bowel polyp
- ko koe na maua, pe fai nei ni o togafitiga mo te bowel cancer
- kua kavekehe to large bowel
- e maua nei ite ulcerative colitis pe ko te Crohn's disease
- e i lalo o te kikilaga a tau fomai kāiga mo na fakafitauli tau bowel

Talanoa ki tau fomai kāiga, kafai e he ke mautinoa pe talafegai mo koe te hiakiga o te bowel.

Fakamolemole fakailoa mai kafai na fai hau colonoscopy i loto o te lima tauhaga kua teka ma e hēai he peleni ke fai ho ni au colonoscopies. E toe valakaulia atu koe e kimatou ite aho e katoa ai te lima tauhaga talu te fai o tau colonoscopy ke auai kite polokalame tenei kafai koi talafeagai mo koe. E mafia koe ke telefoni mai kia te kimatou ite numela tenei e hēai hona totogi **0800 924 432**.

E maua vehea e au te tali o taku hiakiga?

Ko koe e fakafehokotaki atu ma fakailoa atu te tali o tau hiakiga ma taku atu tona uiga. E ono fakafehokotaki atu foki koe e tau fomai kāiga pe ko he teine fomai.



Ko āfea te maua ai e au te tali o taku hiakiga?

E tolu vaiaho oi maua atu ai te tali o tau hiakiga kafai kua toe fakafoki e koe te afifi o tau hiakiga o te bowel. Fakamolemole telefoni ki te Polokalame a Niuhihila katoa mo te hiakiga o te Bowel ite numela tenei e hēai hona totogi **0800 924 432**, pe lafo hau imeli ki te imeli tenei: info@bowelscreening.health.nz.

Heā te uiga kafai kua maua mai te tali o taku hiakiga ko au e heki maua?

Kafai kua maua mai te tali o tau hiakiga ko koe e heki maua, ko tona uiga e hē manakomia ke fai ni ietahi hukehukega mo te taimi nei.

E taua ke ke manatua ko:

- ko na hiakiga e piki mai ai kafai e iei he kelekele i tau bowel motion, ko ietahi kaneha e he fano tumau te kelekele. Ko tona uiga e ono he kitea ma mihi ai te kaneha i ietahi taimi
- Ko te bowel cancer e mafai ke tutupu ite va ona taimi e fai ai na hiakiga.

Ko te mea ia e tāua ai te fai ho o na hiakiga. Kafai e fetau mo koe, ko koe e toe valakaulia atu ke toe fai na hiakiga i te lua tauhaga ka hau.

! E tāua to faitala ki tau fomai kāiga i hō he taimi, kafai kua kamata tutupu ni āuga mo te bowel cancer ia te koe.

Heā te uiga kafai kua maua mai te tali o taku hiakiga ko au kua maua?

E hē veake ko koe kua maua ite bowel cancer kafai kua maua mai te tali o tau hikiga e positive.

Ko te hiakiga e mafai ke maua ai na tamā vaega ote kelekele e i loto o tau (fekau mamao) bowel motion.

Ko na tamā vaega o te kelekele e hula i tau fekau mamao e mafua mai i ni polyps (ni vaega e ola), pe ko ietahi tulaga e veia ko na haemorrhoids (piles), e togafiti gofie lele.

Ko na Polyps e he hē kaneha, kae ona mafai ke tupu ma kaneha i loto o ni nai tauhaga. Ko te lahiga ona polyps e kavekehe gofie ite taimi e fai ai te colonoscopy, e fakataigole ai te afainaga e maua kafai kua maua ite bowel cancer.

Kafai ko te tali o tau hiakiga e he lelei ko tona uiga e manakomia ke toe fai ni ietahi hukehukega. Ko he colonoscopy te mahani oi fai. Ko te bowel cancer e mafai ke vave maua kafai e fai he colonoscopy, ma e mahani manuia na togafitiga e fai.

Ko koe e fakafehokotaki atu e tau fomai pe ko he teini fomai ke talanoa kite tulaga ona tali o tau hiakiga vena ma na hiakiga ka hohoko e talafegai mo koe.



Kafai e iei he talaāga o te bowel cancer ite koutou kāiga, e ono lapatakia koe ke fano kikila tau fomai kāiga, pe uga koe ki te New Zealand Familial Gastrointestinal Cancer Service.

Ni vaega vehea te fakataunuku ai te colonoscopy?

Ko te colonoscopy e fai e he tino kua fakapitoa mai te ola mālōlō. E fafao e kilatou he tamā paipa pe he tube ki loto o ō (nofoaga) anua. E iei te tamā pukeata ite pito o te paipa e fakaaogā ke hiaki ai te tulaga e iei ai fahē o to manava pe ko to bowel, ke kikila pe iei ni vaega e fakahetonu. Ko te colonoscopy e ia fakailoa mai ai kafai e iei ni polyps pe ko ni kaneha i loto o to manava.

E iei na tamā mea e kave pe tipi kehe mai kafai e iei he kaneha kua maua pe ni (vaega e ola) polyps e maua. Ko na polyps e mahani lava tipi kehe. Ko na vaega e kaveheke pe ko na polyps e titipi kehe e lafo kite fale hukehuke ki iloilo pe i loto ai he kaneha.

Ko na Polyps e hē ni kaneha, kae mafai ke tupu ma kaneha i ni nai tauhaga. E he iei he mea e ke lagona kafai e tipi kehe na polyps pe ko na mea e kave ke hukehuke.

E tuha pe toka 7 mai te toka 10 tino e fai a latou colonoscopy i te Polokalame a Niuhiila katoa mo te hiakiga o te Bowel e iei na polyps, ma e puipuia mai ai ite kaneha kafai e kavekehe.

E tuha pe toka 7 mai te toka 100 tino e fai a latou colonoscopy ite Polokalame a Niuhiila katoa mo te hiakiga o te Bowel, e kitea kua maua ite kaneha ma ko te tokalahiga e manakomia ke fai ni o latou togafitiga.



E iei ni lavelavea e maua mai ite colonoscopy?

Ko te colonoscopy he hiakiga e manatu e haogalēmu. Kae e veia lava ko te lahiga ona togafitiga faka te falemai, e iei na fakafitauli e mahani oi tutupu.

E iei na tamā afainaga e maua mai te hiakiga tenei o te colonoscopy, pe ko te tipi kehega o na polipe, ko na tulaga ienei e tutupu ai te fano lahi o te kelekele pe afaina ai foki to bowel ma iku ai foki ka manakomia e koe ni ietahi togafitiga.

E tatau ke totogi e au te colonoscopy, ma na tahi hiakiga pe ko na togafitiga?

Kafai ko koe e mafai ke i lalo o te Polokalame a Niuhila katoa mo te hiakiga o te Bowel, e hēai he



tau mo te colonoscopy ma ni ietahi hiakiga pe ko ni togafitiga e fai i lalo o te hikimi a te ola mālōlō mo tagata lauaitete.

E vehea la kafai ko au kua maua ite bowel cancer?

Ko koe e fakatonu ke kikila he fomai fakapitoa kafai kua iloa ko koe kua maua i te bowel cancer. Ko te takotoga ko te togafitiga lahi ia o te bowel cancer. Kae ko ietahi taimi e fautua te fai o na togafitiga ienei - te chemotherapy pe ko te radiotherapy.

E manuia vehea na togafitiga o te bowel cancer kafai e fai?

Ko na tino e vave iloa kua maua ite kaneha o te bowel e hili atu te tulaga e manuia ai kafai e fai o latou togafitiga. Kafai e tuai maua te kaneha, ma

kua ina toe vaega ote tauale, e hili atu te faigata ke togafiti.

E katoa ia te au na fakamatalaga e ko manakomia?

E tāua lahi to nofo malamalama kina vaega uma e fakataunuku ai na hukehukega o te manava ka ko heki faia hau tonu ke auai koe ki te Polokalame a Niuhila katoa mo te hiakiga o te Bowel, ma fakataunuku ai hau hiakiga.

Fakafehokotaki na vaega i lalo mo ni ietahi fakamatalaga agai ki te Polokalame a Niuhila katoa mo te hiakiga o te Bowel:

- kikila ifo ki teo **[timetobowelscreen.nz](https://www.timetobowelscreen.nz)**
- telefoni ki te **0800 924 432** e hēai he totogi
- lafo hau imeli ki te **info@bowelscreening.health.nz**

Ko ai te ia mafaia oi kikila ki na fakamaumauga e uiga kia te au?

Ko fakamatalaga e manakomia mo ni ietahi hukehukega pe ko ni togafitiga e ono manakomia e koe, e ao mai na fakamaumauga a te ola mālōlō e tutauhi (private) ma na fakamaumauga a te ola mālōlō mo tagata lauaitete. E fakaaogā ke mātau ma iloilo ai Polokalame a Niuhila katoa mo te hiakiga o te Bowel.

Ko na fakamatalaga e patino ki te tino lava ia e ao, oi teu ai, ma fakaaogā oi fakakino pe titina ki te tulaga e talafeagai ma te Privacy Act 2020.

E fai vehea haku faitioga kafai au e hē fiafia ki te tulaga ona tautuaga na ko maua?

Ko te Code of Health and Disability Services Consumer's Rights e mafai ai ke fai hau faitioga ite auala e fetai ma talafegai ma koe.

E mafai koe ke telefoni ki te **0800 924 432**, pe lafo hau imeli ki te **info@bowelscreening.health.nz**, mo ni ietahi fakamatalaga ki te tulaga e pitohili ona lelei mo koe, kafai e fia fai hau faitioga agai kite polokalame tenei pe ko na tautuaga/fehoahoaniga na ke maua.

E mafia foki ke maua mai ni fakamatalaga mai te Office of Health and Disability Commissioner. Telefoni ki te **0800 112 233** pe kikila ifo ki te **www.hdc.org.nz**.



Mo ni ietahi fakamatalaga

Fakafehokotaki na vaega e tākua i lalo mo ni ietahi fakamatalata agai kite Polokalame Hukehuke o te Bowel a Niuhila katoa:

- fakamolemole hiaki [timetobowelscreen.nz](https://www.timetobowelscreen.nz)
- telefoni kite numela **0800 924 432** e hēai hona totogi
- imeli ki te info@bowelscreening.health.nz
- pe talanoa ki tau fomai kāiga.

[timetobowelscreen.nz](https://www.timetobowelscreen.nz)



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