

TUVALU



Sukesukega katoa mote bowel

timetobowelscreen.nz



Te Whatu Ora
Health New Zealand

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

Time to
screen

National
Bowel
Screening
Programme

Te tusi tenei e isi ne fakamatalaga ote bowel cancer mo sukesukega ote bowel o fesoasoani o fai tau filifiliga me kau koe kite free National Bowel Screening Programme

E fakamatala me pefea a sukesukega o fesoasoani o sala te bowel cancer ma vave fai ako te masani e lei ma fakatogafiti e fakatoka foki fakamatalaga manuia kite faiga o sukesukega ote bowel



Ka manako koe ki niisi fakamatalaga:

- fano kite timetobowelscreen.nz
- telefoni kite napa se togi e 0800 924 432
- meli info@bowelscreening.health.nz
- io me faipati ki tau tokita.



Contents

- 4** Sea te polokalame National Bowel Screening?
-
- 5** Sea te bowel?
Sea te bowel cancer?
-
- 6** Nea faailoga ote bowel cancer?
Pefea o iloa ate bowel cancer?
Koai ka pokotia malosi?
-
- 7** Kai ia e taaua ei te sukesukega ote bowel?
Sea te sukesukega ote bowel test?
-
- 8** E fai pefea neau ate test?
-
- 9** Sukesukega mo latou e seai ne faailoga.
Kooi e tau o faipati ki olotou tokita?
-
- 10** Kooi tino e se tau o fai ne latou a sukesukega
mote bowel test?
E iloa neau pefea aku ikuga?
-
- 11** E maua neau mafea aku ikuga?
Sea te uiga ma seai se ikuga o tau test?
-
- 12** Sea te uiga mafai ko isi ne ikuga o tau test?
-
- 13** Nea mea aofia iloto ite colonoscopy?
-
- 14** E isi ne fakamaseiga o colonoscopy?
E tau o togi neau te colonoscopy, a niisi test
mote faiga?
-
- 15** E pefea ma maua neau te bowel cancer?
E pefea ke lei katoatoa te faiga ote bowel
cancer?
-
- 16** E maua neau fakamatalaga e manako au kiai?
Ko ai e mafai o iloa neia oku fakamatalaga?
-
- 17** Kafai au se malie ki galuega ne fai kiau, e ave
pefea taku fakatagi?
-
- Back cover** Niisi fakamatalaga

Sea te polokalame National Bowel Screening?

Mea nei se polokalame e se togi o fesoasoani o salasala te bowel cancer.

E fakatokagina i taki lua tausaga ki tagata mo fafine mai tausaga 60 kite 74 kola e mauagina ne latou fakatupega mo te ola lei.

Latou kola e mafai o ulu ka ave kia latou:

- **tusi kami**
- **fomu fakatalia**
- **te pusa o sukesukega ote bowel ese togi mo fakamatalaga iluga ite fakaogaga oia.**

Te test e fai ite fale e faigofie fua.

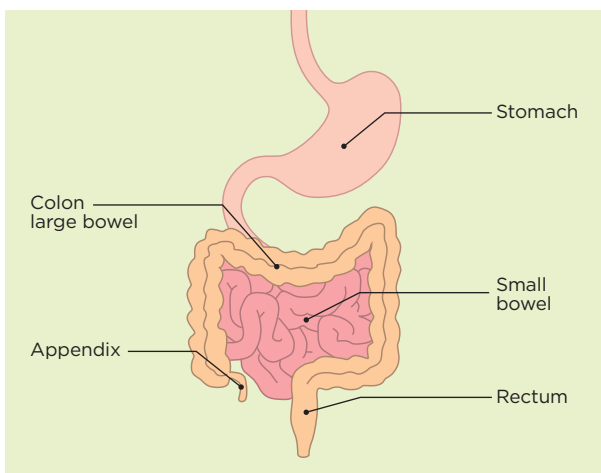
Fakamatalaga me kooi e mafai o maua neia fesoasoani konei ite ola lei iluga i fakatupega e avanoa iluga ite website ate Te Whatu Ora:

www.tewhatauora.govt.nz io me vili kite
0800 924 432.

Kafai se manako koe o ulu kite Polokalame National Bowel Screening fakamolemole vili mai kia matou ite telefoni se togi **0800 924 432.**

Sea te bowel?

Te bowel se vaega o te system o alaga o meakai. E soko mai te tinae kite anus (mulu) kae fesoasoani ki au fekau (fakaigoa gasuega o te bowel, au fekau io poo) ke tiakina neia te foitino. Te bowel e faite mai bowel folikiliki mo bowel lasi (colon mo rectum).



Sea te bowel cancer?

Bowel cancer e fakaigoa foki colon, rectal or colorectal cancer.

Bowel cancer e kamata mafai cells ite bowel ko kamata o ola kose mafai o taofi. Te cells e mafai o liu iloto ite polyp (se mea e ola) ako niisi polyps e mafai o fuli kite cancer iloto ite fia tausaga.

E mafai o leva kii taimi koi tuai te cancer o ola o s'olo ki niisi koga o te foitino.

Asiga masani o tino ese iloa ne latou a faailoga o te bowel, se avanoaga e aoga o fakatoka ake iloa ke fakatogafiti vave te bowel cancer.

Nea faailoga ote bowel cancer?

Faailoga masani ote bowel cancer e mafai o aofia iei :

- ko mafuli te fano koe ki ou tinae ako leva o tumau iloto ite fia vaiaso
- e isi ne toto iloto i au fekau.

E ui niisi faailoga penei e mafua mai niisi tulaga aka, **e taaua ke asi fakalei ne te tokita.**

Pefea o iloa ate bowel cancer?

Niu Sila koia loa e maluga tena rate ite bowel cancer ite lalolagi. Bowel cancer koia kote napa lua te pogai e mate iei a tino i Niu Sila. Fakamuli nei e siliga ite 3300 afe o tino ne maua i tausaga takitasi ne te bowel cancer ako siliga ite 1200 ne mate mai te masaki tenei.

Koai ka pokotia malosii?

Bowel cancer e masani o maua ne latou mai luga ite 60 tausaga kae lasi loa te poko i tagata ilo fafine.

E mafai o fakamama te mafuaga ote bowel cancer mafai:

- e kai lei kae uke fuagalakau, laulakau mo fibre
- fakatumau te fakamalosilosi
- ko se pusi.

Ka lasi te inflammatory bowel cancer io me fano i te kaiga te bowel cancer e maluga pokotiaga o te bowel cancer kia koe.

Kai ia e taaua ei te sukesukega ote bowel?

E mafai o seai ne faailoga ia koe ko maua ne te bowel cancer. E pefea loa, sukesukega ote bowel ite taki lua tausaga e mafai o fakasaogalemu iei tou olaga.

! Kafari ko isi ne faailoga ote bowel cancer e sae aka i sose taimi, e taaua ke faipati koe ki tau tokita.

Sea te sukesukega ote bowel test?

Te test e fakaoga ne te polokalame National Bowel Screening se faecal immunochemical test (FIT). E mafai o iloa neia mea likiliki ote toto e nofo ite sampolo foliki ote bowel motion (poo) o koe. Te mea nei se fakamasauaga ke iloa vave meko isi se fakalavelave kiluga i tou bowel. E fai loa ne koe tau test ite fale.





Te free test tasi o auala vave kae faigofie o fai ne koe i tou fale.

E fai pefea neau ate test?

Fai te test fakavave ne koe. E taaua o fai te test ioto ite 6 masina ma maua tau pusa. Te falesukesuke se mafai o fai neia tau test mafai ko seke te po ote masina.

Te faiga ote test koe manakomia ke:

- puke ne mea mai tau bowel test (poo) fakaoga te lakau test ko faulu iei kiloto ite tube
- tuku ne sampolo kiloto ite paaki e loka tena sipi fakatasi mote fomu fakatalia
- lafo fakavave iloto ite teutusi kooti ne fakatoka kooti foki ne togi.

Tausi au sampolo ise koga mokomoko ke oko kite taimi ko lafo iei. E se manakomia o tausi iloto ite aisa. Lafo te test ite aso foki loa tena io meko te sua aso me kafai e tuai e mafai o se lei a te sampolo.

Sukesukega mo latou e seai ne faailoga.

! Tokoukega mai te 60 kite 74 tausaga kola e seai ne faailoga o te bowel cancer e mafai o fai te bowel screening test a latou.

Kooi e tau o faipati ki olotou tokita?

E isi ne tino e mafai o lasi tulaga ote bowel cancer ia latou.

Tulaga o pokotiaga aofia iei:

- e tokolua io meko tokouke kaiga pili ite faitu loa e tasi ote kaiga kooti ne maua ne te bowel cancer
- e isi foki ne ana kaiga pili ko oti ne fakaata ite bowel cancer a koi foliki (mai lalo te 55 tausaga)
- a koe mo tou kaiga ko iloa io me masalosalogina ite masaki kote bowel cancer
- e lasi te maua ne koe inflammatory bowel disease pela mo te ulcerative colitis e siliga ite 10 tausaga.

Kafai e isi ne tulaga o pokotiaga penei e tau mo koe o sautala te mea tena mo tau tokita ite sua asiga a koe.

A koe e fai foki loa tau test o fakaata te bowel mafai foki loa e isi ne tulaga o pokotiaga penei e oko kia koe.

Kooi tino e se tau o fai ne latou a suksesuega mote bowel test?

Te fakaataga ote bowel se fai mo tino katoa. Se tau mo koe o kau kite polokalame suksesue ote bowel mafai koe:

- ko isi ne faailoga ote bowel cancer
- ko oti ne maua ne te colonoscopy iloto ite 5 tausaga ko teka
- ko isi ne bowel polyp io me iloto ite polokalame monita o bowel cancer
- ko oti ne maua io me koi fai a togafiti mote bowel cancer
- koa oti ne tapale te large bowel
- e maua ne te ulcerative colitis io meko Crohn's disease e ola ite vaai taimi tena
- e asi saale ite tokita e uiga mote fakalavelave kite bowel.

Kafai koe se maina lei me ite suksesuega ote bowel se lei kia koe, e mafai koe o faipati ki tau tokita.

Kafai koe ko maua ne te colonoscopy iloto ite 5 tausaga ko teka ako colonoscopies e seki palani mo koe, fakamolemole fakailoa. E mafai o toe kami atu koe ke ulu kiloto ite polokalame mafai koe koi tau o ulu, 5 tausaga mai taimi ne fai iei tau colonoscopy. E mafai o vili mai ese togi kite **0800 924 432**.

E iloa neau pefea aku ikuga?

E fesokotaki atu kia koe kite ikuga o fakailoa atu sea te uiga kia koe. E mafai o maua ne koe se fekau mai tau tokita io mese neesi.



E maua neau mafea aku ikuga?

Ka maua ne koe ikuga o tau test iloto ite tolu vaiaso ma oti ne lafo ne koe ate pusa o te faiga o tau bowel. Kafai seki ai se tala kai maua iloto ite tolu vaiaso, fakamolemole vili kite National Bowel Screening Programme ite napa se togi **0800 924 432**, io me meli kite info@bowelscreening.health.nz.

Sea te uiga ma seai se ikuga o tau test?

Kafai seai se ikuga o tau test tena uiga koe se manakomia se sukesukega faopoopo ite taimi tena.

E taaua ke manatua me:

- te fakaataga ote test ka iloa a toto iloto i tou bowel motion a niisi cancer e seai ne toto i taimi katoa. Tena uiga i niisi taimi e mafai o se maua
- bowel cancer e mafai o ola ake i te vaasia o taimi e sukesuke ate test

Tena te mea e taaua ke fai saale au asiga. E mafai o toe kami koe ite sua lua tausaga, mafai koi tau koe o fai.



Kafai ko isi ne faailoga ote bowel cancer e ola i sose taimi, e taaua ke faipati koe ki tau tokita.

Sea te uiga mafai ko isi ne ikuga o tau test?

Kafai koe ko maua se fai pela a koe ko maua ne te cancer ote tinae.

Te faiga ote test e mafai o iloa mea likiliki o toto i taimi tena i tau bowel motion (poo).

Mea likiliki o te toto se mea masani e mafua mai te polyps (se mea e ola) io me se tulaga foliki pela mo te haemorrhoids (piles) e mafai fua o fakatogafiti.

A Polyps sei koia ne cancer, kae e mafai o ola pela me ne cancer iloto ite fia tausaga. Te lasiga o Polyps e faigofie fua te tapale keatea ite colonoscopy, e fakafoliki neia pokotiaga moaa e ola te bowel cancer.

Kafai tau test a koe ko maua tena uiga ko tau o fai niisi sukesukega. Ate mea masani pela kote colonoscopy. A te colonoscopy e mafai o matea neia te bowel cancer ma vave koe tela e mafai o manuia ma fakatogafiti.

Ka fesokotaki atu tau tokita io meko te neesi o sautala ki luga i ikuga mote vaega ote fakasologa o sukesukega tela e lei kia koe.



Kafai e isi ne kaiga mua e maua ne te bowel cancer, e mafai o fakailoa atu ke fano koe ki tau doctor io me ave koe kite New Zealand Familial Gastrointestinal Cancer Service.

Nea mea aofia iloto ite colonoscopy?

A te colonoscopy e aofia iei te tokita poto kooti ne akoako i mea tau te ola lei o faulu neia te tube manifi kiloto i tou anus (koga i lalo). E isi se mea pei ata foliki kii ite mata ote tube e fakaoga o iloilo neia te laina manifi o tou bowel o onono ma isi se fakalavelave. A te colonoscopy e mafai o matea neia ma nofo ikona te polyps io meko te cancer.

Kafai ko maua te cancer ka isi se sampolo foliki io me fai se biopsy kae kafai te polyps (se mea ola) e maua ka tapale keatea. Te sampolo io meko polyps kola e tapale ka ave kite falesukesuke o iloilo mafai se cancer.

Polyps sei koia ne cancers, kae e mafai o fuli kite cancer iloto ite fia tausaga. Te fai ote biopsy io me tapale te polyps te masani e se mae.

Pela 7 kite 10 tino e maua ne te colonoscopy pela mese vaega ote National Bowel Screening Programme e mafai o maua ne latou a polyps, kola kafai e tapale kose mafai o ola te cancer.

Pela 7 kite 100 tino e maua ne te colonoscopy pela mese vaega ote National Bowel Screening Programme ko iloa ko maua ne te cancer ako taulasiga manakomia togafiti.



E isi ne fakamaseiga o colonoscopy?

Colonoscopy se faiga e iloa e saogalemu. E pefea loa, te lasiga o faifaiga faka te fakaimasaki, e isi ne taimi ko tupu fakalavelave.

E isi se faletonu foliki ote colonoscopy ia teia loa io te tapalega o polyps e mafai o fakamafua te lasi ote toto io me fakamasei neia tou bowel tela e tau o fakatogafiti.

E tau o togi neau te colonoscopy, a niisi test mote faiga?

Kafai e talia koe o kau iloto ite National Bowel Screening Programme, te faiga o test mote fakatogafitiga ote colonoscopy iloto ite public health system e se togi katoa.



E pefea ma maua neau te bowel cancer?

Kafai ko iloa ko maua koe ne te bowel cancer koe ka ave ki se tokita fakapitoa. Te faiga tonu ote bowel cancer kote tipi. Ako niisi mea e mafai o fakaoga kote chemotherapy io meko te radiotherapy.

E pefea ke lei katoatoa te faiga ote bowel cancer?

Tino kola e vave o fai olotou bowel cancer e lasi kii te avanoaga manuia o latou ma fakatogafiti. Kafai ko maua fakamuli ko lasi te masaki ko tai faigata o fakatogafiti.

E maua neau fakamatalaga e manako au kiai?

E taaua ke iloa ne koe a mea katoa mote bowel screening koi tuai o mafaufau koe o kau kiloto ite National Bowel Screening Programme kote mea ke fai tau test.

A niisi fakamalataga aka iluga ite National Bowel Screening Programme:

- fano kite [timetobowelscreen.nz](https://www.timetobowelscreen.nz)
- vili kite napa se togi **0800 924 432**
- meli kite info@bowelscreening.health.nz

Ko ai e mafai o iloa neia oku fakamatalaga?

Fakamatalaga e uiga mo niisi iloiloga io me ko faifaiga e mafai o puke katoa mai te public mote private health services ke fakaoga o monita a polokalame iloilo ate National Bowel Screening.

Fakamatalaga totino mo fakamaumauga o koe e puke, tausi, avanoa, fakamasei ki te tulaga tela e fetai tonu mote Privacy Act 2020.

Kafai au se malie ki galuega ne fai kiau, e ave pefea taku fakatagi?

Te Code of Health and Disability Services Consumers Rights e avatu neia te saolotoga ke fai sau fakatagi ise auala e lei kia koe.

Kafai koe fia fai sau tagi e uiga mote polokalame io ko fesoasoani ne maua ne koe, e mafai koe o vili kite National Bowel Screening Programme ite **0800 924 432**, o me meli ki ite **info@bowelscreening.health.nz**, mo niisi fakamatalaga iluga i fiifiliga lei mo koe.

E mafai foki o maua ne koe fakamatalaga mai te ofisa ote Health and Disability Commissioner. Vili **0800 112 233** io me fano koe kite **www.hdc.org.nz**.



Niisi fakamatalaga

Niisi fakamatalaga e uiga mote National Bowel Screening programme:

- fakamolemole asi kite timetobowelscreen.nz
- vili kite napa se togi **0800 924 432**
- meli kite info@bowelscreening.health.nz
- io me faipati ki tau tokita.

timetobowelscreen.nz



National
Bowel
Screening
Programme

Te Whatu Ora
Health New Zealand

Te Kāwanatanga o Aotearoa
New Zealand Government