



TE MŌHIO KI TE MATEPUKUPUKU
UNDERSTANDING CANCER

Māori

Ngā pātai tērā pea ka hiahia tuku koe Questions you may wish to ask



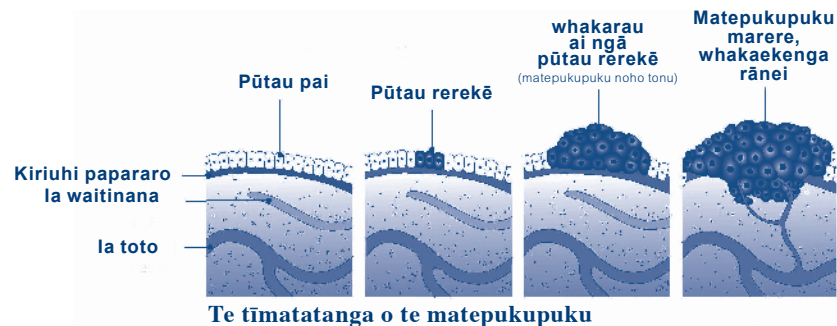
He aratohu mō ngā tāngata kua pāngia ki te matepukupuku
A guide for people with cancer



Kupu Whakataki

He mate tēnei e pā ana ki ngā pūtau o te tinana. He kaha o tātou tinana ki te waihanga pūtau hōu hei whai i ngā pūtau kua ngoikore haere, kua kino rānei nā runga i ngā wharanga. Whakahaerehia ai tēnei hātepe e ngā ira hāngai. Ka puta te matepukupuku nā ēnei wharanga ki nga ira. Puta ai ēnei wharanga i te wā o tō tātou oranga, heoi anō rā, arā anō ētahi tangata ka whiwhi i ētahi pūtau kino mai i ō rātou pākeke, i te wā whānau ai rātou. Mehemea kua whara tētahi pūtau, kāore e kore ka puta he pukupuku, ā, ka puta pea hei mate mārire (kore matepukupuku) hei mate marere rānei (whai matepukupuku).

Kāore ngā puku mārire e hōrapa ki wāhi kē o te tinana, engari te matepukupuku, e āhei ana ki te hōrapa haere.



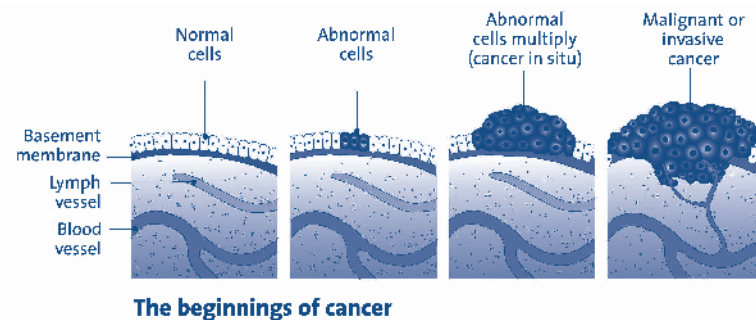
Kāore e taea te hopu i te matepukupuku, inā rā, kāore tēnei mate e peke mai tētahi, ki tētahi atu.

He maha ngā huarahi hei whai e pā ana ki ngā maimoatanga matepukupuku, pērā ki te mahi hāparapara, te mahi hahau me te mahi haumanu iraruke. Kōrero ki tō rata mō te mea pai mōu.

Introduction

Cancer is a disease of the body's cells. Our bodies are always making new cells to replace worn-out cells, or to heal damaged cells after injury. This process is controlled by certain genes: the codes that tell our cells how to heal and behave. Cancers are caused by damage to these genes. This damage usually happens during our lifetime, although a small number of people inherit a damaged gene from a parent when they are born. If genes are damaged they can behave abnormally. They may grow into a tumour (lump) which may be benign (not cancer) or malignant (cancer).

Benign tumours do not spread to other areas of the body whereas cancer has the ability to spread.



Cancer is not catching. It cannot be passed from one person to another.

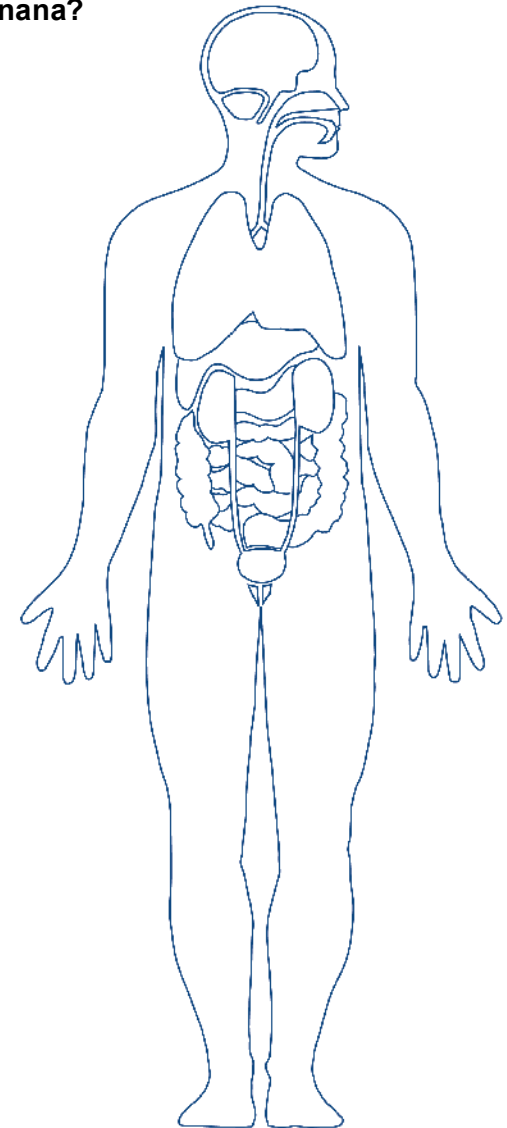
There are many ways of treating cancer such as surgery, chemotherapy and radiation treatment. Talk to your doctor about what is best for you. Many cancers can be successfully treated.

Ka mōhio ana koe kua pā te matepukupuku ki a koe, tērā pea ka pā te mataku ki a koe me tō whānau, ā, kāore e kore ka nui ngā pātai ka ara ake. Ka āwhina ngā whakautu i a koe ki te whakahaere pai i ngā āhuatanga o tō mate. E whai ake nei tētahi rārangi pātai hei whakamaumahara i a koe i te wā kōrero ai koe ki tō rata.

When you hear you have cancer you and your family may feel understandably frightened and you may have many questions. Having your questions answered can help you feel in control of your situation. Here is a list of questions to help you make the most of your time with your doctor.

**1. He aha te ingoa o taku matepukupuku?
What is the name of my cancer?**

**2. Kei tēhea wāhi o taku tinana?
Where is it in my body?**





**3. Pēhea te pānga o te matepukupuku ki taku tinana?
How is the cancer affecting my body?**


**4. He aha ngā whakamātautau me whai au?
What tests do I need?**


**5. Āhea mōhio ai au ki ngā hua o te whakamātautau?
When will I know the results?**

**6. He aha ngā kōrero ka puta i te whakamātautau?
What will the tests tell us?**

**7. He aha ngā maimoatanga e wātea ana?
What treatments are available?**

**8. He aha te whāinga o ngā maimoatanga?
What is the aim of the treatment?**






9. Ka mahi pai anō te maimoatanga?
What is the probability of it working?


10. Ka taea te hono ki tētahi whakamātautau ā-haumanu?
Is there a clinical trial I can join?

11. Me haere au ki te hōhipera mō ngā maimoatanga?
Will I have to have treatment in hospital?

12. Pēhea te mōhio mēnā kei te mahi pai te maimoatanga?
How do you check treatment is working?

13. Ki te kore te maimoatanga e mahi tika whai muri mai i tērā, ka aha?
If treatment is not working what is the plan?






14. He mate tūpono anō kei te taha o ngā maimoatanga?
Are there any side-effects?


15. Me whai rārangi kai motuhake au?
Should I follow a special diet?

16. Ka taea tonu e au te mahi pēpi?
Will treatment affect my fertility?

17. Ka pai noa iho au ki te mahi?
Can I work?

**18. Ka pā anō he rarararu ki tōku hia ai nā runga
i te maimoatanga?**
Will the treatment affect my sex life?






19. Ka pai noa iho au ki te korikori i taku tinana?
Can I exercise?

20. He pai noa iho te puta ki te haerēre?
Can I travel?

21. Ki hea au rapu tautoko ai?
Where can I go for support?

22. Me utu anō au i ētahi utu?
Will I have to pay for anything?

23. Ka aha mēnā kāore e taea te whakahaere i taku matepukupuku.
What will happen if my cancer can not be controlled?





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Waea atu ki te nama **0800 CANCER (226 237)** mō ngā kōrero me ngā āwhina matepukupuku, me haere rānei ki **www.cancernz.org.nz**

For cancer information and support phone **0800 CANCER (226 237)** or go to **www.cancernz.org.nz**



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I tuhia, i whakaputaina tēnei pukapuka iti i te marama o Pipiri 2008 e te Kāhui Matepukupuku o Aotearoa.

E whakatau ana, e whakamihi ana hoki te Kāhui Matepukupuku o Aotearoa i a Simon Woolf nō Images By Woolf mō te whakaahua kei runga i te uhi.

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