

I tuhia tēnei hei āwhina i a koe i te wā e whai ana koe i te maimoatanga iraruke (kīia ai ko te haumanu iraruke i ētahi wā).

#### He aha te maimoatanga iraruke?

Ko te whakamahi i ngā hihi iraruke ki te patu i ngā pūtau matepukupuku te mahi a te maimoatanga iraruke, ki te whakamutu rānei i tō rātou tipu. Ka whai pānga anake te maimoatanga iraruke ki te wāhi o te tinana ka tuhia ngā hihi.

Awhiawhi ki te hāwhe o ngā tangata mate i te matepukupuku ka whai i te maimoatanga. Mō ētahi o ngā matepukupuku koina tonu te maimoa matua. Whakamahia ai i ētahi wā ki te taha o te hāparapara, te hahau, te haumanu taiaki.

#### He aha te take whakamahia ai te maimoatanga iraruke?

- Hei whakaora matepukupuku, he nui tonu ngā wā ka tāpiria ki ētahi atu maimoatanga.
- Hei tīngongo i tētahi pukupuku kia whai kiko pai ake ai te mahi hāparapara - neoadjuvant maimoatanga iraruke.
- Hei patu i ngā pūtau matepukupuku e mau tonu ana whai muri i te hāparapara - adjuvant maimoatanga iraruke.
- Hei whakatōmuri i te tipu o te matepukupuku, hei whakahirihiri tohumate rānei, pērā ki te mamae o te kōiwi- maimoatanga taurima.

#### Pēhea te whakarato i te maimoa iraruke?

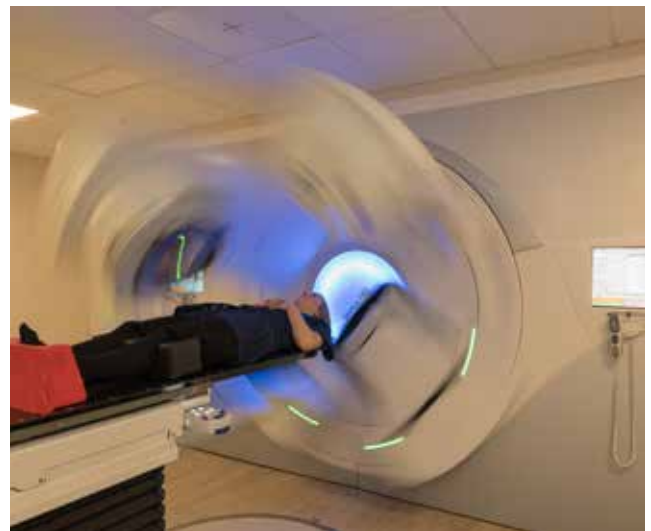
E rua ngā momo huarahi hoatu ai i te maimoatanga iraruke: ko te maimoatanga iraruke hihi ā-waho me te maimoatanga iraruke ā-roto.

Ka hāngai te āhua o tō maimoa iraruke ki tō momo matepukupuku, ki te wāhi hoki o tō tinana e noho ana te matepukupuku. Ka maimoatia ētahi matepukupuku mā te iraruke a waho, a roto hoki.

#### 1. Maimoatanga iraruke ā-waho

Ka hāngai te mīhini ka whakamahia mōu ki te momo matepukupuku kua pā ki a koe, me te wāhi hoki o tō tinana kua pā taua matepukupuku. Hei taura atu, he pai ake ngā mīhini haumanu kirimoko mō nga maimoa matepukupuku kei runga i temata o te kiri. Whakamahia ai ko ngā whakatere ā-rārangi heimaimoa i ngā matepukupuku e noho hōhonu ana ki roto i te tinana.

I te wā o te maimoatanga ka takoto pahoho koe, ka huri te mīhini huri noa i a koe kia hāngai ai te tuku o te iraruke ki te pukupuku mai ngā koki rerekē. He rite ki te mahi a te whakaata roto. Kīhai koe e kite, e rongorongo rānei i tetahi mea i te wā o te maimoatanga.



*Ka whakamahia te whakatere matūriki iraruke (kua whakaahuatia mai) ki te whakarato i te maimoa iraruke.*

#### 2. Maimoatanga iraruke ā-roto

Mehemea ka whai koe i te maimoatanga iraruke ā-roto, ka purua he kākano ira rukeruke, he waea kē rānei (pērā ki te caesium, iridium or iodine) ki roto i te tinana kia noho pātata ki tō matepukupuku, ki roto tonu rānei i te matepukupuku. Mā tēnei mahi, ka āhei te tuku i ngā horopeta kaha rawa, hāngai pū ki te wahi

e noho ana te matepukupuku me te karo i ngā kikokiko hauora.

Anei ētahi o ngā momo maimoatanga iraruke ā-roto:

- **brachytherapy** - ka purua he pū ira rukeruke ki roto i te tinana, tērā pea ka noho tata ki tō matepukupuku, ki roto kē rānei i tō matepukupuku. Ka hāngai te momo pū ki te momo matepukupuku
- **haumarū radioisotope** - ka werohia he wai
- ira rukeruke, ka horomia rānei e koe, hei whakawhāiti i te matepukupuku.
- Iraruke intra-operative - ka hoatuna te iraruke i te wā o te hāparapara.

E kore koe e noho iraruke whai muri i ia maimoatanga, nō reira, ehara i te mea me whai whakatūpatō motuhake koe ki te kainga.

### **Ka noho ira rukeruke au nā runga i te maimoatanga iraruke?**

He nui ngā wā puta ai tēnei pātai, ā, ka hāngai te whakautu ki temomo maimoa kei te whai koe.

Kīhai koe e noho ira rukeruke nā runga i te maimoatanga iraruke ā-waho. He pai noa iho ki te noho me o tamariki, tō whanau, me ngā hoa hoki i te wā o te maimoatanga, whai muri hoki i te maimoatanga.

Ka āhei te hoatu i te maimoatanga iraruke ā-roto ma ngā huarahi e rua:

**1. Rangitahi** - ka raua he pū ira-rukeruke ki roto i tō tinana ā, katahi ka tangohia. Ka noho anake te ira-rukeruke ki roto i a koe i te wā e noho ana te pū ira rukeruke i roto i tō tinana. Ka mahia katoa ēnei mahi i te hōhipera.

**2. Tūturu** - ka raua he pū ira rukeruke ki roto i tō tinana ā, kāre e tangohia. Ka noho ira rukeruke koe mō te wā poto. Kāre e kitea i tō tinana mehemea kei noho ira rukeruke koe engari, he mea nui kia whai koe i ngā tohutohu haumarū ka hoatuna ki a koe. Mā tēnei e whakarite, kia kore ai tō whanau me o hoa e noho mōrearea ki te iraruke.

### **Ki whea au e whai ai i te maimoa iraruke?**

Kei ngā pokapū matanga maimoa ki Tamaki Makaurau, ki Kirikiriroa, ki Tauranga, ki Te Pāpā-i-oea, ki Te Upoko-o-te-Ika, ki Ōtautahi me Ōtepoti hoki ngā maimoatanga iraruke.

### **He āwhina anō mō ngā waka kawē me ngā wāhi noho?**

Tērā pea, he āwhina e wātea ana mō ngā utu haerenga waka me ngā utu noho whare mehemea he āhua tawhiti te haere ki ō hui hauora me ō hui maimoatanga hoki. Mā te pokapū maimoatanga, mā Te Kāhui Matepukupuku ā-rohe rānei koe e tohutohu ngā momo āwhina ka āhei ai koe ki te tono, pērā ki te Āwhina Haerenga ā-Motu, me te āwhina wāhi noho a te Kāhui Matepukupuku.

### **Ngā pānga ki te taha mō te maimoa iraruke**

Ka ata maheretia tō maimoatanga ki te whakaiti i ngā pānga tārūrū me ngā pānga mau tonu ki te taha, engari, tērā pea ka puta tonu he pānga ki te taha. Mā tō rōpū maimoatanga iraruke koe e kōrero mō ngā āhuatanga ka pā ki a koe i mua i tō tīmata i te maimoa. Mehemea kei te āwangawanga koe mō ngā pānga ki te taha i te wā o tō maimoatanga, e āhei ana koe ki te whakatakoto pātai, ahakoa te wā.

Ka hāngai ō pānga ki te taha ki runga i ēnei:

- te nui o te iraruke ka hoatuna ki a koe
- te wāhi o tō tinana e maimoatia ana
- tōu ake urupare
- te momo iraruke ka whiwhi koe
- ētahi atu maimoa e whai ana koe (pērā ki te hahau)

I te nuinga ō te wā, ka whakarōpūhia ngā pānga ki te taha ki era ka puta moata, ki ērā ka puta i te wā o te maimoa, me ērā ka puta i te mutunga ō te maimoa (ngā pānga tārūrū ki te taha), tae noa ki ērā ka whanake i ngā marama, i ngā tau rānei ki muri (ngā pānga tōmuri ki te taha)

Ka tino heke te nuinga o ngā pānga ki te taha āwhiwhi ki te ono wiki whai muru i te maimoatanga. Mā tō rōpū maimoatanga iraruke e kōrero mō ngā āhuatanga tērā pea ka puta ki a koe.

### **Te whakatau ko tēhea maimoa ka whāia**

Mehemea kei a koe te tikanga ko tēhea maimoa ka whai koe, tae noa ki te kore whai i tētahi, me ata whakaarotia e koe ngā kōwhiringa. Tērā pea ka hiahia tuku pātai koe ki tō rata, pērā ki ēnei:

- He aha te whāinga o tō maimoatanga?
- Ka roa ake taku noho ora mehemea ka whai au i te maimoa?
- Ka puta anō he mōrea ki tōku kounga toiora nā runga i te maimoa?• He maimoa atu i ēnei mōku?
- He aha te kōrero mō te kaha o te mahi a te

maimoa?

## He whakaaro tuarua

Arā ētahi hunga ka hiahia ki te whai whakaaro tuarua mai i ētahi atu rata. E āhei ana koe ki te kōrero ki tō mātai matepukupuku, ki tō rata ā-whānau rānei ki te tuku i a koe ki tētahi atu rata matepukupuku kia whai koe i tētahi whakaaro tuarua.

## Te tiaki i koe anō

Tērā pea ka puta he taumahatanga ā-tinana, ā-kāre nā te matepukupuku. Mā te kai pai, me te korikori tinana, me te whakangohe e āwhina i a koe ki te whakaitit ake i ngā taumahatanga me te whakapiki i tō oranga. He mea nui te tere whakatau i ō kāre-ā-roto me ōu nā hononga tangata.

Ahakoā tō āhua, kei te wātea ngā ratonga tautoko ki a koe. Mehemea ka korero koe ki tō GP, ki tō rōpū maimoatanga iraruke, ki tō Kāhui Matepukupuku ā-rohe rānei, ma ratou koe e tohu ki tetahi atu, pērā ki tētahi kaitohutohu, ki tētahi kaimātai hinengaro, e āhei ana ki te āwhina i a koe ki te whakahaere i aua kare ā-roto.

Mō te roanga o ngā pārongo e pā ana ki tēnei kaupapa, pānuihia te puka a Te Rōpū Matepukupuku o Aotearoa Coping with Cancer on our website at [www.cancernz.org.nz](http://www.cancernz.org.nz)

Mō te roanga o ngā kōrero, mō te tautoko rānei, waea mai ki tō mātou Waea-āwhina Pārongo Matepukupuku 0800 CANCER (226 237) ki te kōrero ki ngā kaimahi mātanga pārongo, me peka atu rānei ki tō tari Kāhui Matepukupuku ā-rohe.

*Advanced Cancer / Matepukupuku Maukaha  
Chemotherapy / Hahau*

*Coping with Cancer*

*Eating Well During Cancer Treatment / Kia Pai  
te Kai te wā Maimoatanga Matepukupuku*

*Emotions and Cancer*

*Getting on with Life After Treatment / Te Hoki  
Anō ki tō Toioranga Whai Muri I te  
Maimoatanga*

*Living with Dry Mouth / Te Noho me te Waha  
Maroke*

## Ngā paetukutuku pai

- Cancer Council Australia [www.cancer.org.au](http://www.cancer.org.au)
- Canterbury District Health Board (New Zealand) - [www.cdhb.health.nz/Hospitals-Services/Cancer-Blood-Services/Canterbury-Regional-Cancer-Blood-Service/Radiation-Oncology/Pages/default.aspx](http://www.cdhb.health.nz/Hospitals-Services/Cancer-Blood-Services/Canterbury-Regional-Cancer-Blood-Service/Radiation-Oncology/Pages/default.aspx)
- Macmillan Cancer Support (UK) - [www.macmillan.org.uk](http://www.macmillan.org.uk)
- National Cancer Institute (USA) - [www.cancer.gov/cancerinfo](http://www.cancer.gov/cancerinfo)
- Radiation Oncology: Targeting Cancer (Australia) [www.targetingcancer.com.au](http://www.targetingcancer.com.au)