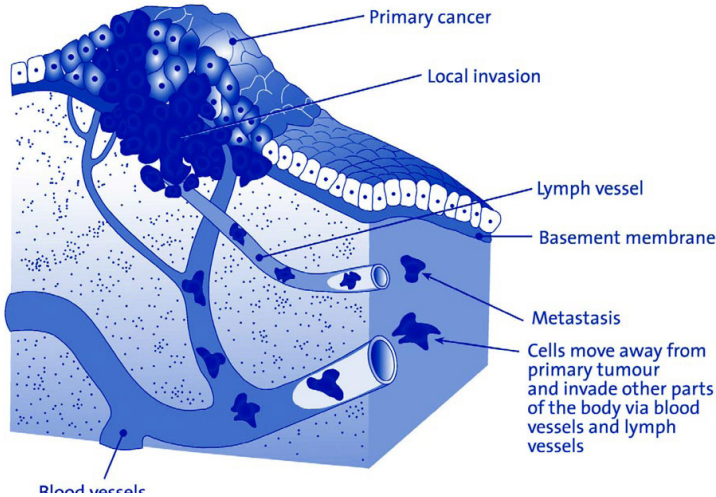


# Secondary Breast Cancer - Maori Matepukupuku ā-Ū Tuarua



**Mō ngā tāngata kua puta te whakatau mō te pā o te matepukupuku ā-ū tuarua, tēnei pukapuka, ko te nuinga o rātou, he wāhine. E whai ana te pukapuka ki te āwhina i a koe, kia tino mārama ai koe ki tēnei mea, te matepukupuku ā-ū, me ōna papātanga ā-tinana, ā-ngākau hoki ki a koe me te hunga tata ki a koe.**

Mō ētahi tāngata, mā te whai i ngā pārongo e pā ana ki ngā āhuatanga ka puta ki a rātou tētahi huarahi ki te whakahoki anō i te mana ki a rātou, i ngā wā ka taumahatia, ka kore whai kaha rānei.

## Mōhiotanga matepukupuku tuarua ā-ū

Ka rauroha ana te matepukupuku ā-Ū, hei taurira – ka rauroha ana ki ngā kōiwi, ka kīia he matepukupuku ā-ū tuarua tērā. • Ko ngā momo wāhi rauroha ai te matepukupuku ā-Ū, ko ngā kōiwi, ko te ate, me ngā pūkahu. • Ka āhei anō ki te rauroha ki te roro, heoi anō, kāre e tino kitea ana i tēnei.

## Te whakatau i te matepukupuku tuarua ā-ū

He rerekē ngā wheako a tēnā, a tēnā, e pāngia ana ki te matepukupuku. Ka āhei te whakamahi i ngā whakamātautau

kia mōhio ai mehemea kua rauroha te matepukupuku, kia mōhio ai hoki kua rauroha ki whea.

Ka hāngai ngā tohumate ki te wāhanga o tō tinana kua pā te matepukupuku tuarua ā-ū, ā, tērā pea kāore e nui ngā tohumate ka puta. Ka rongopē koe i ngā tohumate ki roto i ō kōiwi, ki tō ate, ki ō pūkahu, ki tō roro rānei.

Mehemea ka whakaaro koe kua puta he panoni ki tō hauora, ā, kei te māharahara hoki koe, me kōrero ki tō rata ā-wāhānau. Ka whai pea ētahi o ēnei whakamātautau ki roto i ngā whakamātautau tātari, pērā ki te titiro whakatau kōiwi, ngā titiro whakatau ultrasound me te CT, ngā whakaata roto ā-uma, me ngā titiro whakatau MRI me te PET.

## Te maimoa matepukupuku tuarua ā-ū

Tērā pea ka urupare te matepukupuku ā-ū ki te maha o ngā momo maimoatanga

- Haumanu taiaki
- Maimoa iraruke
- Hahau
- Paturopi monoclonal
- Ka hāngai te maimoatanga ka whakataunakitia mōu, ki tō momo matepukupuku ā-ū kua pā ki a koe, me ngā wāhi o tō tinana kei te pā, ki tāu e hiahia ana rānei.
- E rangona noatia ana ētahi papātanga ki te taha i te wā o temaimoatanga. He ritenga kore tā tēnā, tā tēnā, o ngā papātanga ki te taha.



## Ngā haumanu taiaki

He nui ngā pūtau matepukupuku ā-ū e mau ana i nga pūmua e kīia ana ko ngā pū taiaki wahine (oestrogen me te progesterone). Ka kīia te matepukupuku e mau ana i te maha o ēnei pūtau - he pū-taiaki pitotī. Ka āhei te maimoa i ngā pitotī pū-taiaki matepukupuku ā-ū mā ngā taiaki, engari kāore ngā pitotā pū-taiaki matepukupuku ā-ū e urupare ki te haumanu taiaki, ka maimoatia kē mā te mahi hahau. Ko te Tamoxifen tētahi o ngā maimoa ka tino whakamahia i ngā maimoa taiaki.

## Ngā maimoa whakahāngai

Ka whakamaua e ngā maimoa whakahāngai ngā pūmua ki runga, ki roto rānei i ngā pūtau matepukupuku kit e whakararu i te tipu o ngā pūtau matepukupuku.. Kei roto i ngā mahi maimoa whakahāngai ko ngā paturopi monoclonal. He rongoā ēnei ka hāngai ki ngā pūmua whakahāngai i runga i te mata o ngā pūtau, ā, ka whakamahi i te pūnaha taunga o te tinana ki te patu i ngā pūtau matepukupuku. Ko ngā tauira o te maimoa whakahāngai ka whakamahia mō te matepukupuku ā-ū, ko ngā paturopi monoclonal trastuzumab (Herceptin) me te pertuzumab (Perjeta). He pai anake ēnei mō te hunga kua pā te matepukupuku āū 'HER2-positive'.

## Te Maimoa iraruke

Ko te tikanga ka taunakitia te maimoa iraruke: ki te whakamāmā ake i te mamae kōiwi, te kaupare me te maimoa pīnekeneke aho tuaiwi, me ngā whatinga whai muri i te hāparapara kōiwi, me ngā whatinga, ahakoa kāore he mahi hāparapara. Ka whakamahia anō hei maimoa i ngā wāhi riteritete ki runga i te kiri, ki roto i ngā tīpona waitinana, me te matepukupuku ki te roro.

## Te Hahau

Ko te tikanga ka taunakitia te hahau mehemea he rauangi taiaki tō matepukupuku, kua kore te maimoa taiaki e whakahaere i te tipu o te matepukupuku, kei te haere tonu ngā tohumate me/rānei kei te tipu tonu te matepukupuku ā-ū.

I mua i te tīmatanga o ngā maimoa, me mātua whakarite kua kōrero koe i ngā kōwhiringa me te rōpū maimoa matepukupuku. Mehemea ka pīrangī koe i tētahi whakaaro tuarua, me tono koe.

## Te kōrero ki o rata

I mua i tō haere ki te kite i tētahi rata, tērā pea hē pai ki te tuhi i o pātai ki tētahi pepa. Mō tētahi tauira rārangi pātai tērā pea ka hiahia koe ki te whakamahi. Hē mea pai hoki mēnā ka whai tangata tautoko koe i tō haerenga ki te kite i tō rata matepukupuku.

## Ka pēhea te haere o te maimoatanga

Ko te huarahi pai hei whakahaere i ngā tohumate o te matepukupuku ā-ū, ko te maimoa i te matepukupuku. Ko te mamae, ko te hiamoe, me te hiaruaki ētahi o ngā tohumate o te matepukupuku āū.

He ritenga kore te wheako a tēnā, a tēnā, o ngā tohumate matepukupuku ā-ū. Kōrero ki tō rata mehemea e whai wheako tohumate ana koe o te matepukupuku ā-ū. Ka āhei rātou ki te taunaki maimoa mōu.

Ko te mamae, ko te ngenge, ko te hiaruaki ētahi o ngā tohumate o te matepukupuku ā-ū. I te nuinga o te wā, tino whakamahia ai te morphine hei rongoā mō te mamae pākaha.

## Te Rongoā whakapakari kōiwi

Mehemea kua pā te matepukupuku ā-ū ki o kōiwi, tērā pea ka whakaratoa he rongoā whakakaha kōiwi, pērā ki te bisphosphonates.

## Te Pīnekeneke aho tuaiwi

Te maimoa moata – I te nuinga o te wā, ko te heipū pai rawa mō te karo i te potanga ukauka ki te aho tuaiwi, ko ngā rongoā pūtaiaki, ngā maimoa iraruke, te hāparapara, ko te kōwhiringa rānei o ēnei katoa.

Kitea noatia ai te matepukupuku tuarua ā-ū ki roto i te kōiwi tuarā. Mō ētahi tāngata, ka puta he pēhitanga ki te aho tuaiwi ka rauroha ana te matepukupuku ki te tuaiwi. Nāna ka puta he mamae, ā, i ētahi wā mutunga mai, ka tūkinotia te aho o te tuaiwi.

Inā ka puta tētahi o ngā tohumate e whai ake nei, me kōrero ki tō rōpū maimoa matepukupuku i te wā puta ai.

- ko te tengatenga, ko te kēkerewai
- te uaua ki te hīkoi
- te uaua ki te mimi
- te kōreke, te kōrere rānei

## Te Raruraru whakahā

Ko tētahi o ngā tino take puta ai he raruraru mō te mahi whakahā ki te hunga kua pā te matepukupuku tuarua ā-ū, ko te kiripūkahu (he kohinga wai tinana ka karapotia e tētahi o ngā pūkahukahu). Me haere ki te rapu rongoā mehemea ka uaua te whakahā.

## Te Hypercalcaemia

Ka puta te hypercalcaemia (he nui te konupūmā i roto i te toto) mehemea kua whai matepukupuku ā-ū tuarua ki roto i ō kōiwi. Ka maimoatia i te hōhipera mā ngā rongoā e āwhina ai te whakaiti i te konupūmā ki roto i te toto, me ētahi atu tohumate kua rongo koe, ā, ka whakatara i te wā ka heke ngā taumata toto ki te wāhi tika.

## Te Lymphoedema

He pupuhitanga te lymphoedema i tētahi wāhi o te tinana nā runga i te puni o ngā ia waitinana. Mō te hunga kei te pāngia ki te matepukupuku ā-ū, tērā pea ka puta he pāngia ki te ringa, ki te pātū uma rānei o te taha kei te maimoatia. Ko te maimoa pai rawa atu mō te lymphoedema, ko tētahi hōtaka korikori tinana, mirimiri tinana me te tiaki kiri, me tētahi kākahu ringaringa pīnekeneke, tētahi tākai rānei.

**Ki te puta te kirikā ki a koe (he pāmahana 38 mahana C, neke atu rānei tōu), ki te māuiui rānei koe ahakoa te pai o tō pāmahana, kua e whakakeke - me tere tonu to whakatikatika. Whakapā atu ki to tapuhi matepukupuku, to rata rānei, ka whai i ngā tohutohu ka hoatuna.**

## Te noho me te matepukupuku tuarua ā-ū

Tērā pea, ka rongo ana koe kua rauroha to matepukupuku ā-ū, ka puta he henumitanga o ngā kāre ā-roto.

He rerekē ngā kāre ā-roto ka puta, mai i te kore whakapono, te uapare, te ohore, te riri, te kēkerewai, te paraheahea hoki.

He tini anō ngā momo wā ka whai papātanga te matepukupuku ā-ū ki a koe, me ō hononga. He maha tonu ngā ara ā-mahinga hei tautoko i a koe i te wā whai matepukupuku ā-ū koe.

Ko te kai pai, te korikori i te tinana, me te whakangohe ētahi mea nui o te noho me te matepukupuku ā-ū tuarua. Ko te hauora taketake, ko te hauora whakahāngai, ko te hauora

whiringa rānei ētahi huarahi hei āwhina i a koe, kia piki ake tō āhua, me te whakamāmā ake i tō whai maimoatanga.

## Tautoko ā-ahurea, ā-wairua hoki

Ka whai ngā hōhipera huri noa i te motu i ngā kaimahi hauora kua whakangungutia hei tautoko i ō hiahiatanga ā-wairua, a-ahurea, ā-whaitaua hoki. Tērā pea, hē puna āwhina ngā kaimahi hauora kei tō marae ā-rohe, kei tētahi ratonga hauora Moananui-ā-Kiwa rānei. E wātea ana hoki ngā minita o te hōhipera ki ngā tangata katoa, ahakoa te whakapono, te kore whakapono rānei, me tā rātou whakarato tautoko mā te karakia me te hurihuringa mārie. Kōrero ki tō rōpū atawhai hauora mō ngā ratonga e wātea ana.

## Hauora Māori

Ka huri ētahi Māori ki ngā kaupapa hauora Māori i ētahi wā mēnā he uaua ki te whakatau ko tēhea, ko tēhea o ngā momo maimoa me whai. Tae noa rā ki te rongoā Māori, te romiromi, te mirimiri rānei, hei tauira atu. Ka hāngai katoa ki tarutaru otaota whenua me ngā rākau, te haumanu romiromi me te whakaoranga ā-wairua. Mehemea he uaua ki te korere i ō hiahia ki ngā kaiwhakarato maimoatanga, rapua tētahi tangata hei kaitaunaki mōu, kia āhei ai ngā tohunga hauora me matanga maimoa o ngā hōhipera ki te mahi ngātahi.

## Ngā wāhi pānui, paetukutuku hoki

*100 Questions and Answers about Advanced and Metastatic Breast Cancer.* Lillie D (2011). Shockney, Gary R. Shapiro.

*Armed with Chocolate Frogs: Living with advanced breast cancer* (2006). Edited by Debbie Fry. Kate Carey Productions.

*When Cancer Returns: Support for people with cancer* (2012). National Cancer Institute, National Institutes of Health, U S

*The Cancer That Wouldn't Go Away: A story for kids about metastatic cancer* (2013) Hadassa Field (Recommended for four- to eight-year-olds).

The following links are active and take you to some useful web pages:

[Cancer Australia](#)

[Breast Cancer Care \(UK\)](#)

[Macmillan Cancer Support \(UK\)](#)

[www.breastcancer.org.nz/support/secondary](http://www.breastcancer.org.nz/support/secondary)