

Ārainga Mate i te HPV

(Human Papillomavirus)

Ka āwhina ki te ārai mate pukupuku ka hua i te mate HPV

He mōhiohio ēnei mā ngā rangatahi
me ō rātau whānau



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Ka āwhina te ārainga mate human papillomavirus (HPV) ki te ārai atu i tētahi huaketo e pā mai ai ngā mate pukupuku maha e pā ana ki ngā tāne, wāhine hoki.

E wātea ana te ārainga mate HPV mō te koreutu mā te katoa kei ngā tau 9–26.

He aha te HPV?

- He huaketo noa te HPV e urutā ana mā te āta pā o te kiri ki te kiri. Ka pāngia te nuinga o ngā tāngata i tētahi wāhanga o tō rātau ora.
- Ka pai haere noa te nuinga o ngā whakapokenga HPV, ā, kāore e tino puta ake ngā tohumate. Engari i ētahi wā kāore e pai ake ētahi mate HPV, ā, ka pā mai ngā huringa pūtau i te tinana e pā mai ai te mate pukupuku ā tōna wā.

He aha ngā mate pukupuku ka ahu mai i te HPV?

- Ko te HPV te pūtake o te nuinga o ngā mate pukupuku i te waha whare tangata, arā ko te mate pukupuku ki te wāhanga whakararo o te kōpū. Ka tipu ngā pūtau pīari ki te waha whare tangata e pā mai ai pea te mate pukupuku ki te kore e kitea, tangohia rānei.
 - He mea nui ngā whakamātautanga auau o te waha whare tangata hei ārai i te ōwehenga iti o ngā mate pukupuku waha whare tangata kāore i te kapi i te kano ārai mate.
- Ka pā mai anō i te HPV te mate pukupuku ki te korokoro me te waha, ā, he nui ake te pānga mai ki te tāne tēnā ki te wahine. Ka pā mai anō i te HPV te mate pukupuku ki te tero, tara, teke, ure rānei.
- Ko ētahi momo HPV te pūtake o ngā kiritona taihemahema.



TATA KI TE 8/10 NGĀ TĀNGATA

ka pā ki te HPV i tō rātau ora

He pēhea te ārai a te ārainga mate i te mate pukupuku?

Ka mahi te kano ārai mate mā te whakahau i te tinana ki te mahi paturopi hei whawhai i ngā momo HPV e tino pā mai ai te mate pukupuku, kiritona taihemahema rānei.

Ki te pā he tangata kua whiwhi ārainga mate ki te HPV, ka whawhai ngā paturopi i roto i ōna toto i te huaketo me te ārai i a ia kia kore ai e mate.

Ko te tikanga e hia kē ngā wiki ka hipa i muri i te werohanga kano ārai mate kia puta ai te ārai HPV.

Kāore e puta mai te mate HPV, mate pukupuku rānei i te kano ārai mate.

He aha te taipakeke me whiwhi ārainga mate ngā tāngata mai i te HPV?

E tūtohutia ana kia tukuna te kano ārai mate ki ngā tamariki o ngā tau 11–12, engari kāore he utu mō rātau kei ngā tau 9–26.

- Ko te hunga kei ngā tau 9–14 me whiwhi i ngā werohanga e rua o te kano ārai mate, kia ono marama te wehenga i te iti rawa.



- Ko te hunga 15 tau, neke atu me whiwhi i ngā werohanga e toru o te kano ārai mate, kia ono marama i waenga.

He kaha ake te kano ārai mate ina whāngaia i te wā tamariki ake, ā, e rua ngā take.

- He kaha te urupare ārai mate i te wā e tamariki ake hei ārai i te huaketo.
- Ka ārai te kano ārai mate i te whakapokenga – kāore e *whakamaimoa*. Ko te tikanga o tēnei kāore e tino whaitake mō te hunga i pāngia ki te HPV nā te mahi tōkai.

Ka tukuna te ārainga mate ki ngā tamariki i te nuinga o ngā kura, ko te tikanga hei te Tau 8. E wātea ana te ārainga mate mō te koreutu mai i ngā tākuta me ētahi atu pokapū hauora.

He pēhea te whaitake o te kano ārai mate?

- He tino whaitake te ārainga mate mō te ārai whakapokenga mai i ngā momo HPV e tino tūpono pā mai ai te mate pukupuku.
- He tino pai anō te ārainga mate mō te ārai kiritona taihemahema.
- I roto i te tekau tau kua hipa, kua tino heke te rahi o ngā mate nā te HPV i roto i ngā rangatahi i ngā whenua kei te whakarato ārainga mate HPV.
- He mau roa te tiaki a te ārainga mate, ā, kāore e pau i roto i te wā.

50+
NGĀ TĀNGATA
O AOTEAROA

**KA MATE I NGĀ
MATE PUKUPUKU
HPV I IA TAU**

He pēhea te haumaruru o te kano ārai mate?

- He tino pai rawa te rongonui haumaruru o te ārainga mate HPV ki ētahi atu ārainga mate taitamariki.
- Ka pā noa mai te ringa mamae, wherowhero hoki, mamae, pupuhi rānei i te wāhi i weroa. Kāore e tino pā mai te kirikā, ānini māhunga, whakapai ruaki, takarangī rānei.
- He tino rerekē tētahi pānga pāwera kino, anaphylaxis rānei, i muri i te ārainga mate. Ki te mate pā mai, ka taea te whakamaimoa e tētahi nēhi. Nā tēnei take, ka tonoa ngā tāngata kia tatari mai mō te 20 meneti i muri i te ārainga mate.

Ko wai kia kaua e whiwhi ārainga mate?

- Kia kaua te hunga i whai pānga pāwera kino ki te ihi, tētahi atu kai rānei o te kano ārai mate e whiwhi ārainga mate. Ki te kore koe e tino mōhio, me kōrero ki tō tākuta, nēhi rānei.
- Me whakatārewa te ārainga mate a ngā wāhine hapū, i te mea kāore i te mōhiohia te haumaruru o te kano ārai mate i te hapūtanga. Kāore anō kia kitea ngā māharahara haumaruru i waenga i ngā wāhine hapū kua whiwhi ārainga mate.

Te Rēhita Ārainga Mate ā-Motu

- Ka tuhia ngā ārainga mate ki te Rēhita Ārainga Mate ā-Motu (NIR) kia taea ai te tuku whakamaumaharatanga mō ngā werohanga whai ake, ā, kia mōhio ai ngā mātanga hauora he aha ngā ārainga mate me tuku, ahakoa ka haere ngā tāngata ki rata kē.
- Ka taea anō te whakamahi ngā mōhiohia ki te tiroiro i te pānga o te kaupapa ārainga mate ki ngā pāpātanga mate pukupuku.



Ki hea au tiki kōrero atu anō?

Mō ētahi atu kōrero, kōrero atu ki tō tākuta, nēhi, pokapū hauora rānei; haere ki www.health.govt.nz/hpv, waea rānei ki **0800 IMMUNE (0800 466 863)**.

E wātea ana ngā kōrero mō te Kaupapa Tātari Waha Whare Tangata ā-Motu ki te paetukutuku a te National Screening Unit i www.nsu.govt.nz.

This resource can be viewed at www.healthed.govt.nz. Revised December 2016.
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