



AKAMARAMA'ANGA NO TE MAKI PU'AROTO  
UNDERSTANDING CANCER

Cook Island Maori

# Te au uianga penei ka anoano koe i te ui mai Questions you may wish to ask



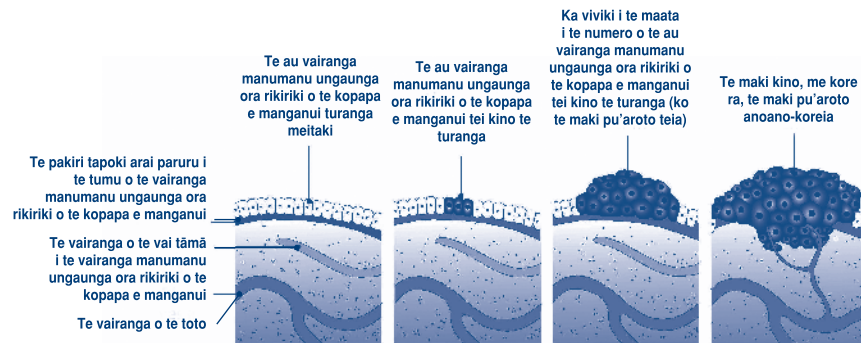
E akataka'anga akamarama no te aronga tei tu'ia e te maki pu'aroto  
A guide for people with cancer



# Akatomo'anga

E maki tei roto i te au vairanga manumanu ungaunga ora rikiriki (body's cells) e manganui o te kopapa, ko te maki pu'aroto. Ka maani ua rai te kopapa i te au vairanga manumanu ungaunga ora rikiriki ou ei mono i te au mea takere tei pou to ratou tuatau, me kore ra, ei rapakau i te au vairanga tei kino no tei pakia ia. Na tetai au tuanga o te toto piri'anga kopu-tangata (genes) e akateretere i teia maani'anga; te au akanoonoo'anga (codes) te ka ta'angaanga i te au ungaunga ora rikiriki te ka rave i te rapakau'anga ma te peu tau. Ka tupu te au tu maki pu'aroto me kino ake teia au toto piri'anga kopu-tangata (genes). E tupu ana te kino i roto i te ratou ora'anga tangata, i tetai taime ra, e tokoiti ua te aronga e tu ana i teia toto kino mei roto mai i tetai o te nga metua, i te tuatau i anau ei ratou. Me kino ake te toto piri'anga kopu-tangaa (genes), ka riro teia i te akakino i to ratou turanga. Penei, ka tupu mai te maki akapuku (tumour lump), te ka vai meitaki ua (benign [kare i te maki pu'aroto]), me kore ra, e maki kino (e maki pu'aroto).

Kare te au maki akapuku meitaki ua e toto'a ana ki te au tuanga o te kopapa, eiaa mei te maki pu'aroto te ka mama ua i te toto'a.



**Te akamata'anga o te maki pu'aroto**

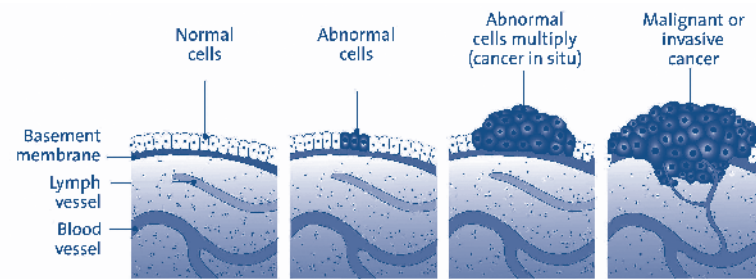
Kare te maki pu'aroto i te maki piri ua atu. Kare teia maki e piri atu mei tetai tangata ki tetai tangata.

E maata te au ravenga no te rapakau i te maki pu'aroto, mei te vā'i, te ravenga o te vairakau kemikara (chemotherapy), e to te akaāta'anga marū ma te kore e vairakau (radiation therapy). E komakoma atu koe ki toou taote no te ravenga meitaki rava atu noou. E maata te au maki pu'aroto te ka rauka meitaki i te rapakau'ia.

# 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.



**The beginnings of cancer**

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

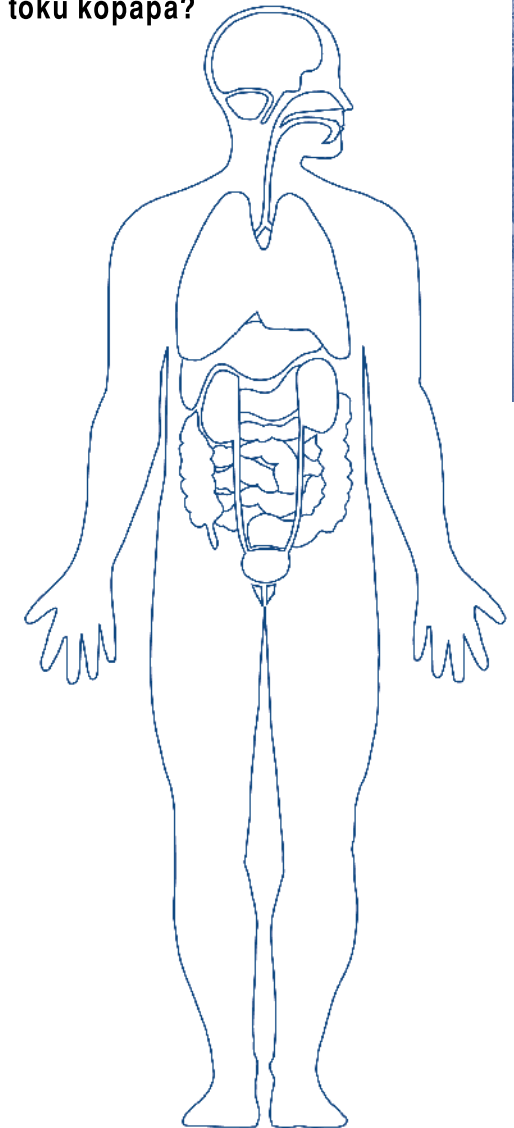
There are many ways of treating cancer such as surgery, chemotherapy and radiation treatment. Talk to your doctor about what is best for you. Many cancers can be successfully treated.


Me rongō koe e, kua tū'ia koe e te maki pu'aroto, kare e akaapa'anga me ka matakū manamanata koe e toou kopu-tangata, e penei, e maata taau au uianga no teia tei tupu. Me pa'uia atu taau au uianga, ka riro te reira i te tauturu kia papu ia koe e, ka rauka rai ia koe i te raverave i toou turanga. Teia tetai akapapa'anga o te au uianga te ka riro ei tauturu ia koe i te akapuapinga i toou tuatau korua ko te taote.

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 Eaa te ingoa i te tu o toku maki pu'aroto?**  
**What is the name of my cancer?**

**2 Tei teea ngai teia maki i roto i toku kopapa?**  
**Where is it in my body?**





**3 Eaa ta teia maki pu'aroto e akatupu nei ki toku kopapa?  
How is the cancer affecting my body?**


**4 Eaa te au akara'anga (tests) te ka anoanoia noku?  
What tests do I need?**


**5 Aea au e kite ei i te au tuatua no te au akara'anga  
(tests) tei raveia noku?  
When will I know the results?**

**6 Eaa ta te au tuatua o te akara'anga tei raveia ka akaāri  
mai kia tatou?  
What will the tests tell us?**

**7 Eaa ta au tu rapakau'anga no teia maki e vai nei?  
What treatments are available?**

**8 Eaa te akakoro'anga o te rapakau'anga te ka raveia?  
What is the aim of the treatment?**






**9 Ka manuia ainei te akakoro'anga o teia rapakau'anga te ka raveia?  
What is the probability of it working?**


**10 E angaanga rapakau kimi ravenga'anga ainei tetai te ka rauka iaku i te piri ki roto?  
Is there a clinical trial I can join?**

**11 Ka aere ainei au ki roto i te are-maki rapakau'ia ai?  
Will I have to have treatment in hospital?**

**12 Ka akapeea koe e kite ei e, te angaanga meitaki ra te tu o te rapakau'anga e raveia ra?  
How do you check treatment is working?**

**13 Me kare te rapakau'anga te ka raveia e manuia, eaa atu i reira te parani te ka aru mai?  
If treatment is not working what is the plan?**






**14 E au maki ke ainei tetai te ka tupu ake?**  
**Are there any side-effects?**


**15 E akanoo'anga ainei tetai no te kai tei tau kia kai au?**  
**Should I follow a special diet?**

**16 Ka riro ainei te rapakau'anga ei tamanamanata i toku turanga kia tu au i te tamariki?**  
**Will treatment affect my fertility?**

**17 Ka meitaki ainei au i te angaanga?**  
**Can I work?**

**18 Ka riro ainei te rapakau'anga ei tamanamanata i te takoto ki toku tokorua?**  
**Will the treatment affect my sex life?**






**19 Ka meitaki ainei au i te akatikatika uaua?**  
**Can I exercise?**

**20 Ka rauka ainei iaku i te teretere mamao aere?**  
**Can I travel?**

**21 Ka aere au ki ea kimi tauturu ei i te turuturu iaku?**  
**Where can I go for support?**

**22 Ka tutaki ainei au i tetai o te au mea te ka raveia noku?**  
**Will I have to pay for anything?**

**23 Eaa te ka tupu me kare toku maki pu'aroto e rauka i te kimi ravenga'ia?**  
**What will happen if my cancer can not be controlled?**





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No te au tuatua akakitekite o te maki pu'aroto e te turuturu, kapiki'ia atu te numero founu **0800 CANCER (226 237)**, me kare ra, ātoro'ia atu te **www.cancernz.org.nz**

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



*These booklets are provided in the following languages:*

- Arabic
- Chinese Simplified
- Chinese Traditional
- Cook Island Maori
- English
- Gujarati
- Hindi
- Korean
- Maori
- Niuean
- Samoan
- Tongan

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