



I tuhia tēnei whārangi mōhiohio hei whakarato kōrero māu e pā ana ki te matepukupuku repeure.

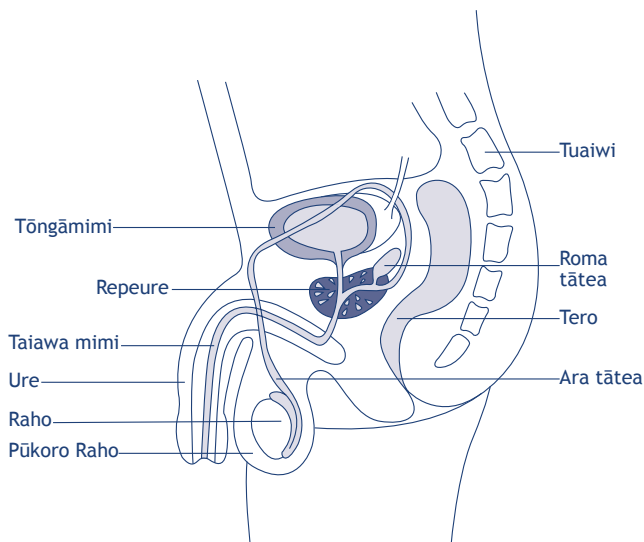
Mō te roanga o ngā kōrero, tirohia te puka *Matepukupuku Repeure* a Te Kāhui Matepukupuku. Kia whai wāhi koe ki tētahi kape, me whakapā atu ki ngā tapuhi mōhiohio matepukupuku i runga i te waea āwhina Cancer Information Helpline 0800 CANCER 226 237, me whakapā atu rānei ki tō Kāhui Matepukupuku ā-Rohe, me tikiake rānei i te paetukutuku a te Kāhui Matepukupuku (www.cancernz.org.nz).

He aha te matepukupuku?

He mate te matepukupuku ka pa ki ngā pūtau o te tinana. Ka tīmata ki roto i ō tātou ira. E kore e mutu te mahi a te tinana ki te hanga pūtau hou; kia tipu ai tātou, hei whakahou i ngā pūtau kua ruha, ki te whakaora hoki i ngā pūtau kua hē i ngā wharanga kino noa, ka puta katoa ngā matepukupuku nā runga i ngā tukinotanga ki ētahi momo ira.

Ka pā ēnei tūkinotanga huri noa i te wā o tō tātou oranga, heoi, arā ētahi tāngata torutoru nei, heke tuku iho ai tētahi ira kua tūkinotia mai i tētahi o ō rātou mātua ka whānau ana.

Te pūnaha taihema toa



Te repe tātea

He repe pakupaku te repe tātea, ka āhua pērā te rahi ki te pōro poikōpiko. Ka noho ki raro iho i te tōngāmimi me tana pōkai i te wāhanga whakarunga o te taiawa mimi – te ngongo kawē i te mimi mai i te tōngāmimi me te tātea mai i ngā raho ki waho o te tinana mā te ure.

Matepukupuku repe tātea

He puku marere te matepukupuku repe tātea o te repeure. Noho ai ngā matepukupuku repeure ka puta moata, ki roto i te repeure, kīia ai he matepukupuku ka noho ki taua wāhi

Ka hōrapa ana te matepukupuku mā te capsule (te ūhi whakawaho) o te repe tātea ka kīia tērā he hōrapa extracapsular, he matepukupuku maukaha noho ki taua wāhi.

Ka hōrapa ētahi matepukupuku repeure ki wāhi kē o te tinana, pērā ki ngā kōiwi, ki ngā repe waitinana hoki. (Kīia ai tēnei he metastatic, he matepukupuku tuarua, maukaha rānei.)

Pēhea te whānui o te pā o te matepukupuku repeure?

Ka puta te whānui te matepukupuku repeure ki ngā tāne e 50 tau te pakeke, neke atu rānei, ā, koia te matepukupuku kitea noatia ana i te nuinga o te wā, ki roto i ngā tāne o Aotearoa. Āhua 3000 ngā tāne ki Aotearoa i ia tau, ia tau, e whakatauria ana kua pāngia ki te matepukupuku repeure.

Nga tohumate repetatea

Kāore pea e puta he tohumate ki ngā tāne kua pāngia moata ki te matepukupuku repeure i te mea, ka puta noa iho ngā tohumate i te wā kua rahi rawa te tipu o te matepukupuku ā, kua pēhi i te awa mimi (te ngongo kawē i te mimi mai i te tōngāmimi).

Mō ngā tāne e 50 tau te pakeke, neke atu rānei, he nui ngā wā ka āhua rahi ake te tipu o te repe tātea nā runga i tētahi momo mate kore-matepukupuku e kīia ana ko te benign prostatic hyperplasia (BPH).

He ōrite ngā tohumate o te whakarahinga mārire o te repe tātea me ngā puku marere (matepukupuku) me te whai pea i ētahi o ēnei āhuatanga:

- uaua te mahi mimi
- ka nui ake ngā wā mimi, tae noa ki ngā wā o te pō
- ka mamae i ngā wā mimi
- ka puta he toto i roto i te mimi (kāore e tino kitea ana tēnei).

I etahi wā, tēra pea nā te matepukupuku repeure i puta ai ēnei tohumate.

Ki te whai koe i ētahi o ēnei tohumate, he mea nui kia tirohia koe e tō rata.

He whakamātau toto mō te repe tātea-tauwhaiti antigen (prostate-specific antigen-PSA)

Tērā pea ka piki ngā taumata PSA nā runga i te whakarahinga mārire o te repe tātea, te kakā, te mate whakapokenga rānei o te repe (te prostatitis), nā te matepukupuku repeure.

He tohu te whakamātau PSA kei te nui ake tō noho mōrea ki te putanga o te matepukupuku repeure ki te whakataurite ki te tangata e whai ana i te PSA rōnaki.

Whakamātau pāorooro me te unuhanga

Mā te unuhanga o te repeure anake e taea ai te whakatau i te matepukupuku. Ka āwhina ngā mōhiohio o te unuhanga i a koe me tō rata whakarite whakataunga mō te whakahaere o te matepukupuku repeure.

Mahi whakataumata

Mehemea he matepukupuku kei roto i te tauira unuhanga ka whakataumatatia ki te whakaatu i te kaha mahi a te matepukupuku. Ka tiro te kaimātai tahumaero ki te hoahoa ka puta nā runga i ngā pūtau matepukupuku, katahi ka hoatuna he tohu mai i te 1 ki te 5 ki taua hoahoa. Kīia ai tēnei ko te whakataumata Gleason. Whakamārama ai te whakataumata Gleason i te āhua o te matepukupuku i raro i te karu whakarahi, ā, whakamārama ai te wāhanga tātari korahi o te matepukupuku i te wāhi kitea ai te matepukupuku.

Te whakawāhanga i te matepukupuku

Tērā pea ka pēnei te matepukupuku:

- ka noho apiapi ki te repe tātea kīia ai hoki i ētahi wā, he matepukupuku repeure noho ki taua wāhi.
- kua maukaha ki taua wāhi, nā reira ko te tikanga kua hōrapa ki tua atu o te repe tātea ki ngā wāhi noho tata.

Kua noho metastatic, ko te tikanga kua hōrapa ki wāhi kē o te tinana.

Te whakahaere me te maimoa i tō matepukupuku repeure

Ka hāngai ngā kōwhiringa maimoatanga ka hoatuna ki a koe, i runga i ngā mōhiohio katoa kei te pupuri tō rata mō tō matepukupuku me te huarahi e tika ana mōu. Ko ētahi o ngā mōhiohio kei roto ko enei:

- te rahi o te repe tātea
- te mākā Gleason
- te taumata o te PSA
- te mahi a tō tōngāmimi
- te wāhi noho ai te matepukupuku
- tō hauora whānui
- tō pakeke
- te maimoatanga e hiahia ana koe
- ngā kōwhiringa maimoatanga e wātea ana i tō rohe.

Kei roto i ngā maimoatanga ka whakaarohia e tō rata ko enei:

- tirotiro ngangahau
- hāparapara
- maimoa iraruke
- haumanu taiaki.

Tirotiro ngangahau

Tērā pea ka hoatuna ko te tirotiro ngangahau ki ngā tūrooro whai matepukupuku e noho paku rawa ana te mōrea ki te hōrapa haere.

He rautaki whakahaerenga tēnei kāore e tere huri ki te maimoa i te matepukupuku, engari ka ata aroturukihia (he nui te PSA me he unuhanga tārua).

Hāparapara

Mehemea kāore anō te matepukupuku i hōrapa ki tua atu i te repe tātea, ka taea te tango i te repe katoa mā te mahi hāparapara.

Maimoatanga iraruke

Ko te whakamahi i te iraruke pūngao nui te maimoatanga iraruke hei whakamate i ngā pūtau matepukupuku, ki te ārai rānei i tō rātou hanga hou.

E toru ngā momo maimoa iraruke mō te matepukupuku repeure:

- hihi ā-waho (EBRT)
- brachytherapy horopeta iti
- brachytherapy horopeta nui
- maimoatanga taiaki
- He mea puta noa ngā taiaki i roto i te tinana. Ka whakahaere rātou i te tipu me te mahi a ngā pūtau ā, tērā pea ka taea te whakamahi hei maimoa i te matepukupuku repeure. Me whai rawa te matepukupuku repeure i te testosterone taiaki tāne e tipu ai ia. He maha tonu ngā ara hei whakatōmuri i te tipu haere, hei tīngongo rānei i te matepukupuku mā te whakaiti i ngā taumata testosterone o te tinana.

Ngā mahi whakatau i te maimoatanga

He tino uaua i ētahi wā ki te whakatau he aha te maimoatanga tika mōu. Tērā pea ka whakaaro koe kei te tere rawa te haere o ngā mahi, kāre koe e whai wā ki te āta whakaaro i ngā piki me ngā heke. Heoi anō, he mea nui kia kaua koe e akiakina ki te hoatu i tō whakataunga – me tika hoki mōu. Mā te kōrero auau ki ō rata i mua i tō whakataunga maimoatanga e āwhina pea i a koe. He mea pai te kōrero ki tētahi mātanga (kaimātai roma mimi) tētahi kaimātai matepukupuku rānei.

Ngā pāpātanga ki te taha o ngā maimoa matepukupuku repeure

He rangitahi ngā wā mate mimi tata. Tērā pea ka

noho mō te 3 marama, ā, ka whakatikatika noa i roto i te wā 6 ki te 12 marama.

Kāore e kore ka matapā ngā tāne kua whai i te maimoatanga mō te matepukupuku repeure, tērā pea ka kite rātou i ngā rerekētanga ka puta ki te mahi ai. Anei pea ētahi o aua rerekētanga:

- He uaua te whakatora i te ure
- Maroke noa iho te tātea (kāore he tātea, he iti noa iho rānei)
- Kua kore noa iho e hiahia ai.

Matapōuri

He rua noa atu te kaha ake o te puta o te matapōuri ki te tāne e pāngia ana ki te matepukupuku repeure, e ai ki ētahi atu o te hunga tāne. Kāore e kore ka puta te māharahara, te kōhukihuki te pōuritanga ruru ki ngā tāne whai matepukupuku repeure me ō rātou hoa moe.

Tērā pea he mea tino āwhina i a koe te whai tohutohu i tētahi atu tangata mehemea he raru tēnei mōu. Tērā pea me whai rongoā kē ētahi tāne. Kōrero ki tō rata ā-rohe me te whakapā atu ki Te Kāhui Matepukupuku ā-rohe mō ngā ratonga whai tohutohu kei tō takiwā.

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