

E PĒWHEA ANA TŌ ORA? HOW'S YOUR HEALTH?

TARANAKI WHĀNUI, HE ROHE ORANGA • TARANAKI TOGETHER, A HEALTHY COMMUNITY

Welcome to the second edition of the 'E Pēwhea Ana Tō Ora?' In this panui we are sharing information about preventing our women dying from cancer. Breast screening and cervical screening are Māori health 'priorities' because breast cancer and cervical cancer are leading causes of death and illness for Māori in Taranaki. The good news is that we can change this. We can reduce the chances of getting the cancers that take our women from us far too early.

Tiakina ō ū (Look after your breasts)

Kei te ngana mātou ki te aha?

What are we trying to do?

There's a campaign happening in Taranaki and across the country to get all our Māori women aged 45 to 69 having regular, free, two-yearly breast screens. This is the age range when cancers are most likely to form.

A breast screen, or mammogram, is an x-ray taken of your breasts to see if there's anything that needs to be looked at more closely. After your appointment you'll get a letter in one to two weeks with the result of your screen. If something is found that needs a closer look, your letter will let you know what you need to do next.

Me mōhio koe ki te aha

What you need to know

BreastScreen Aotearoa (BSA) runs free clinics in two locations in Taranaki; at Fulford Radiology in New Plymouth (where clinics are run all year round) and at a mobile clinic, which is currently in Stratford at the War Memorial Hall from 3 August to 18 September, 2015.

Ngati Ruanui Health Care has a Breast Screening coordinator who can help with appointments and support you through your journey. She covers the whole of Taranaki. Your regular doctor can also help connect you to the breast screening service.



Me aha koe? What can you do?

If you're aged between 45 and 69, enroll with BreastScreen Aotearoa and get your free breast screen.

You can also find out if the women in your extended whanau aged between 45 and 69 have had a breast screen in the last three years. If not, encourage them to contact Breast Screen Aotearoa on the free phone number (0800 270 200) to arrange an appointment.

He mōhiohio anō

For more information

1. Phone BreastScreen Aotearoa on 0800 270 200
2. Contact Marcia Reid from Ngati Ruanui Health Care in Hawera on (06) 278 1310
3. Contact your own doctor's clinic
4. Visit the Breast Screen Aotearoa (BSA) website at www.breastscreen.govt.nz

Atawhaingia tō wharetangata (Look after your womb)



Kei te ngana mātou ki te aha?

What are we trying to do?

Cervical cancer is one of the most preventable cancers caused by a sexually transmitted virus. Having a regular cervical screen is the best way of finding the virus, so we're on a mission to get as many of our Māori women between the ages of 25 and 69 to have their cervical smear tests done.

Ka haere ki hea? Where do you go?

Your doctor or the nurse at your doctor's clinic can help, including the doctors clinics at Tui Ora in New Plymouth and Ngati Ruanui Health Care in Hawera. Family Planning and sexual health

centres can also help, or find out more information by phoning the National Cervical Screening Programme at freephone 0800 729 729 or visit their website at www.cervicalscreening.govt.nz

Cervical screening is the best way to help prevent cervical cancer

Me aha koe? What can you do?

If you or women in your whanau aged between 25 and 69 haven't had a cervical screen test in the last two years, make sure you/they make an appointment at the doctors to have one done. Also check with your or your partners friends and women in your wider whanau and if they haven't had a test, encourage them to go see their doctor to have one. It's about whanau!

www.tdhub.org.nz

We hope the information in this panui is helpful. If you have any feedback or questions please email ngawai.henare@tdhb.org.nz or phone the Taranaki DHB Māori Health Unit on (06) 753 6139. We also welcome you to call in and see us, next to the Whaiora at Taranaki Base hospital.



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