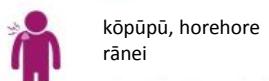
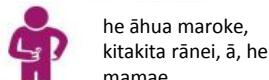
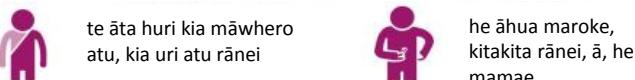
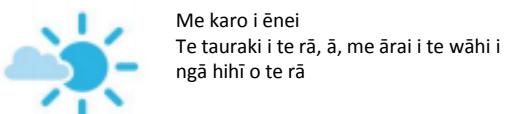
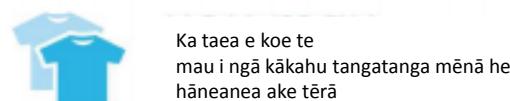
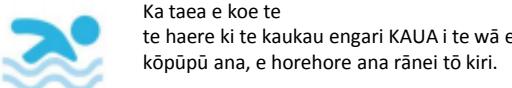


## Pānga ā-kiri

Ka pāngia pea te kiri o tō papatoiake e tētahi pānga a-kiri. Ko ngā wāhanga ka kaha pāngia ko tō tapatapa me te wāhanga o te tero i te mea he wāhi ngenengene ēnei. E kore e puta wave mai, engari ka puta haere i te roanga o te maimoatanga kātahi ka pai haere e 2-4 wiki i muri mai i te maimoatanga;



E kore e taea te kaupare atu i nga pānga ki tō kiri, engari tērā ētahi īhuatanga ka taea hei īwhina i a koe kia hāneanea atu tō noho; Kōrero ki tō kaihaumanu hihinga, nēhi rānei mō tō tikanga tiaki kiri. Mā rātou koe e whakamōhio mēnā e tika ana kia panonitia ētahi īhuatanga.



## Te akuaku me te monoku

- Mā ā mātou nēhi e tuku monoku ki a koe hei pani i te wā o te maimoatanga ina māngeongeo tō kiri. Engari mēnā he mariunga tōu tēnā kawea mai ka whakaatu ki ā mātou nēhi
- Tēnā kōrero ki tō rōpū mō te wāhanga o te papatoiake hei panipani
- Whakamahia te monoku i ētahi wā ruarua i te rā, engari kaua e pania i mua tata i tō maimoatanga.
- Whakamutua te pani mēnā ka pāwera tō kiri, ka kōputa, ka hohore rānei te kiri

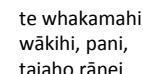
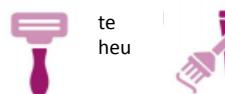
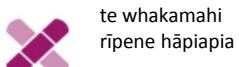


### Te horoi me te kaukau

Āta titiro kāore te wai i te wera rawa: āta horoia te kiri ki ngā hua e whakamahia noatia ana e koe, ā, ka āta pokipoki kia maroke ai

### Ngā 'KAUA E' mo te wāhi maimoa

#### Me karo i ēnei



**Kia mōhio mai** - i tonoa koe kia heu mō tō toronga CT, engari kaore e hiahia ana kia heua i te wa o tō maimoatanga.



## Ngā Pānga Kino o te Haumanu Hihinga: Repe Tātea

(Radiation Therapy Side Effects: Prostate)

## Tirohanga Whānui

Ka pā pea ētahi pānga kino i te haumanu hihinga ki tō wāhi maimoa engari ka rerekē ki ia tūroro.

Kua kōrero pea te Mātanga Mate Pukupuku Hihinga i ngā pānga kino wā poto, wā roa ki a koe i te wā o te tukanga whakaaetanga.

E whakamārama ana tēnei mātārere i ngā pānga kino wā poto. Ka tīmata pea ēnei tohumate i te wā o te wāhanga haumanu hihinga, ā, ka taumaha pea i te 1-2 wiki i muri mai i te wāhanga whakamaimoatanga. Engari ko te tikanga ka tau haere i te īhua 6 wiki i muri i te maimoatanga.

Ka tirohia koe e ngā nēhi mate pukupuku i te rā tuatahi, tuarua rānei o tō maimoatanga ki te kōrero anō i ōu īwangawanga, whakautu i ō pātai rānei. Ka taea anō te whakarite i ētahi atu aromataawai i tēnei wā.

## Ngā Pānga Kino ka Kaha Kitea

- Ruha
- Proctitis – ngā huringa o te tōngātiko
- Tōngāmimi kakā (cystitis) - ngā huringa o te tōngāmimi
- Mamae me te pupuhi
- Pānga ā-kiri
- Mate mīmī - he mate onge

### Kei konei mātou hei āwhina i a koe!

Ia rā, ka pātai tētahi kaihaumanu hihinga kei te pēhea koe. Kaua e tawhitawhi ki te whakaputa i ngā amuamu. Ina pā ēnei pānga kino ki a koe engari kāore i whāiti ki tēnei rārangī; ka taea e mātou te tono i a koe ki ā mātou nēhi mate pukupuku ki te kōrero anō i ēnei.

**I mua i te tīmatanga o to maimoatanga ka whiwhi koe i ngā kōrero mō ngā whakaritenga o ia rā mō tō kōpiro me tō tōngāmimi. He mea nui tēnei mō te tika o to maimoatanga me te whakamauru i ēnei pānga kino.**

### Ngā hoapā

Ratonga Toto me te Mate Pukupuku ā Rohe  
Whare 8, Papa 4  
ADHB

Waea: 09 307 4949

Taupaepae toronga waea 22631

Ngā nēhi toronga waea 22837

Mātai Mate Pukupuku Tārū toronga waea  
23826 (Mane-Paraire 8-4pm)

## Ruha

- He nui ngā āhuatanga e hua ai te ruha
- Te pānga o te maimoatanga i runga i ngā pūtau noa
  - Te ahotea e pā ana ki tō māuiuitanga
  - Te haerenga ia rā ki te maimoatanga
  - Te whakahāere i tō tauoranga/mahi i waho ake o te maimoatanga
  - Ngā āwangawanga pūtea

### Ngā huatau:

- Me whakarite i ngā whiringa kai tōtika
- Kia kaha te inu
- Te whakangā me te āta kori (hīkoi)
- Me tiaki anō i a koe - ētahi tikanga whaiaro hei āwhina i a koe ki te whakangā
- Te rapu āwhina i ētahi atu

### Proctitis – ngā huringa o te tōngātiko

Ka kakā pea te kiri tōngātiko i te haumanu hihinga katahi ka puta ēnei pānga kino:

- mate tikotiko
- he nui ake ngā wā haere ki te tiko
- tōngātiko kōhukihuki
- mamae / kokohu
- patero
- hūwareware paheke
- Toto (kāore e kaha kitea)

Tēnā whakamōhiotia tō rōpū whakamaimoa mēnā e pā ana ēnei pānga kino ki a koe.

## He aha te mea ka taea e au?

- Ngā panoni whiringa kai - whiringa kai muka iti. Pātai ki te rōpū mō ngā mōhiohio anō mō tēnei
- Whakamātauria ngā kai iti, auau hoki ia ruarua hāora
- Kia kaha te inu wai (māna rānei e rāhuitia ana te inu)
- Rongoā ārai mate tikotiko
- rongoā mamae whānui
- Ngā ārai hukihuki (antispasmodic)

### Tōngāmimi kakā (cystitis) - ngā huringa o te tōngāmimi

Ka hua mai pea i te haumanu hihinga te mumuratanga o te tōngāmimi, ā, ko ētahi o ngā pānga kino ka hua mai pea:

- Te auau me te kōhukihuko o te mimi
- He mamae / he kakati te mimi
- Mamae kōpū
- He toto i roto i te mimi
- E māturuturu ana te mimi (incontinence)

Tēnā whakamōhiotia tō rōpū whakamaimoa mēnā e pā ana ēnei pānga kino ki a koe.

## He aha te mea ka taea e au?

- Kia kaha ki te inu wai hei whakawaimeha i te mimi, kia kore ai e tino hīrawerawē (māna e rāhuitia ana te wai)
- Kaua e inu waapiro, kawhe rānei
- Ngā kōpaki ural e pāhua ake ai te mimi
- Ka tīkina e ā mātou nēhi tētahi tīpakohanga mimi (MSU) hei whakakore i te pokenga

### Mamae me te pupuhi

Ka pā pea te pupuhitanga i te wāhi maimoa, ā, ka raru, ka mamae pea. Kainga he rongoā whakamauru pēnei i te paracetamol i te wā e hiahia ana. Kōrero ki tō rōpū maimoa mēnā kua kore e taea te whakamauru i te mamae.