



# Kano ārai mate HPV

## (Kano ārai mate Human Papillomavirus)



HE KANO ĀRAI MATE PUKUPUKU I TE WAHA WHARE TANGATA

●●● Puka Whakaae Kura



**Ka taea mō te kore utu mai i te kura e ngā kōtiro me ngā taitamāhine te kano ārai i ngā momo mate HPV e whā me ngā kiritona taihemahema ka puea ai te nuinga o ngā mate pukupuku i te waha whare tangata.**

He āwhina ngā kōrero i ēnei whārangi mōu i a koe ka whiriwhiri kia werohia koe ki te kano ārai mate i te kura, kāo rānei.

Me āta pānui, me āta whiriwhiri ngā kōrero nei. Kia tau ō whakaaro, ka whakakī, ka whakahoki i te puka ki te kura.

Mēnā kei raro iho te taitamāhine i raro i tō kaitiakitanga i te 16 tau, me haina e koe te puka. Mēnā he pakeke ake ia i te 16 tau, ka taea tonu e ia te haina.

**Tēnā hainatia te puka ka whakahoki ki te kura.**



## He aha ia te HPV?

He wheori noa ngā HPV. Ki te pā mai ētahi o ngā momo HPV, tērā pea ka ara te mate pukupuku i te waha whare tangata, ka ara hoki pea ngā kiritona taihemahema.

Ka hōrapa ngā momo o te HPV kei te kawē i te mate pukupuku i te waha whare tangata mā te ai. E 80% o ngā tāngata ka pāngia e te HPV, ko te nuinga i waenganui i ngā tau 16 ki te 20.

Ka mahea noa te nuinga o ngā pānga o te HPV, kāore e puta te mate pukupuku i te waha whare tangata.

## He aha te mate pukupuku i te waha whare tangata?

Ka pā te mate pukupuku i te waha whare tangata, arā, te taha whakararo o te whare tangata. Ki te kore te HPV e mahea, ā, ki te kore e tirohia, ka hipa ngā tau, ā, tērā tonu pea ka puea he pūtau kino, ko te mutunga ka pā te mate pukupuku i te waha whare tangata.

Ki te werohia ngā taitamāhine ki te kano ārai mate ināianei, ka heke te tūponotanga hē o te whakamātautanga pani, te pāngia rānei e te mate pukupuku i te waha whare tangata ina wahine rātou.

## He aha te kano ārai mate?

Ko Gardasil® te ingoa o te kano ārai mate HPV. Ka ārai i ngā momo e whā o te HPV – mai i ngā momo e rua ka puta te 70% o ngā mate pukupuku i te waha whare tangata, ā, mai i ngā momo e rua anō ka puta te 90% o ngā pānga o ngā kiritona taihemahema.

## Ki te werohia ngā taitamāhine ki te kano ārai mate, me haere tonu ki ngā whakamātautanga pani ina pakeke rātou?

Āe. Ehara i te mea ka ārai ngā werohanga i ngā momo HPV katoa ka puea ai te mate pukupuku i te waha whare tangata. Mō ngā wāhine kei waenganui i te 20 ki te 70 tau te pakeke kua tīmata te ai, me haere ki te whakamātautanga pani ia toru tau, ia toru tau. Ko te haerenga ngātāhitanga o te kano ārai mate HPV me ngā whakamātautanga pani te tikanga pai rawa hei ārai i te mate pukupuku i te waha whare tangata.

## He aha te tikanga o te kano ārai mate?

Mā te kano ārai mate, ka hangā e te tinana he ārai ki ngā momo HPV e whā.

## Pēhea te kaha o te kano ārai mate?

E 95% ki te 100% te kaha o te kano ārai mate ki te ārai i ngā momo HPV e whā ka puea te 70% o ngā mate pukupuku i te waha whare tangata me te 90% o ngā kiritona taihemahema tērā ka puta.

Kia tino kaha ai te kano ārai mate, me wero ngā taitamāhine ā mua i te tuwheratanga mai o te HPV, arā, ā mua i tā rātou tīmata ki te ai.

Hāunga te mea he roa te wā kātahi anō ka tīmata te ai, nā te mea kua werohia ki te kano ārai mate, ka heke iho te tūpono pā o te HPV me te pā o te mate pukupuku i te waha whare tangata ā ngā rā kei te tū.

Mō ngā taitamāhine kua tīmata kē te ai, he mea pai tonu kia werohia ki te kano ārai mate nā te mea kāore anō pea kia pā ki a rātou ngā momo e whā katoa o te HPV ka ārai te kano.

Tērā he āwhina anō te kano nei te ārai i ētahi atu momo o te mate pukupuku, pērā i ngā mate pukupuku ka pā ki te tara ka puea i te HPV.

## Pēhea te roa o te kaha o te kano ārai mate?

Ko te tūmanako kia roa tonu te noho kaha o te kano ārai mate nei. Kei te haere tonu ngā rangahau i tēnei wā, nā reira kāore i te mōhio he aha te roa o te kaha. I tēnei wā, ka whakaatuhia e ngā rangahau, e rima tau kei te kaha tonu te kano.

## He haumaruru te kano ārai mate?

Neke atu i te 100 ngā whenua o te ao kei te nanao ki te kano ārai mate nei; kāore he raruraru. I whakaaetia te kano ārai mate ki Aotearoa i runga i ngā taunakitanga mō te pai me te kaha o te kano i ngā whakamātautau ki te 20,000 tāngata neke atu, ki te ao, ki Aotearoa nei hoki. Kei te aroturukitia tonutia te haumarutanga o te kano ārai mate nei huri noa i te ao, tae mai hoki ki Aotearoa nei.

E kore te kano ārai mate HPV e whakararu i te āheinga o te wahine ki te whakawhānau tamariki.

Mō te roanga atu o ngā pārongo mō te haumaruru o te kano ārai mate nei, titiro ki te whakarāpopotonga Consumer Medicine Information kei te whārangi mutunga, toro atu rānei ki [www.cervicalcervaccine.govt.nz](http://www.cervicalcervaccine.govt.nz) waea rānei ki 0800 IMMUNE (0800 466863).

## He putanga kētanga i te werohanga i te kano ārai mate?

He rite ki ngā werohanga kano ārai katoa, tērā pea ka mamae, ka kirikā, ka pupuhi te wāhi o te ringa i werohia.

Arā atu ngā putanga ka puta i ngā rā e rua whai muri i te werohanga:

- te kirikā (ka pūwera)
- te paipairuaki (ka pā mai te mate), te ruaki
- te ānini o te māhunga (aniroro)
- te māhunga paopao
- te taumaha whānui (kei te mate, kei te mamae)
- te mangeo, te rakuraku i te kiri.

Kotahi anake te putanga kētanga kino, arā, ko te anaphylaxis, ka pā ki te tokoiti rawa iho (tata ki te toru i ia kotahi miriona werohanga), ka puta wawe i ngā meneti whai muri i te werohanga. Ki te pā mai tēnei mate, kei te mōhio ngā tapuhi tūmatanui me aha.

Ka noho te tapuhi tūmatanui ki te taha o ia kōtiro mō te 20 meneti ka whai i te werohanga. He tikanga whānui tēnei mō te werohanga ahakoa he aha te momo werohanga. I tua atu, ka hōmai e te tapuhi he puka e whakaatu ana i te wāhi me te wā i werohia ai te kano ārai mate.

Mēnā he māharahara āu mō te hauora o te tamāhine kei raro i tō kaitiakitanga whai muri i te werohanga, whakapā atu ki te tapuhi tūmatanui, ki tō tākuta rānei.

He mea nui kia whakaatu ki te tapuhi tūmatanui, ki tō tākuta rānei ngā putanga kētanga whai muri i te werohanga. Māu, mā tō ngaio hauora rānei e whāki ki te Centre for Adverse Reactions Monitoring ngā putanga kētanga tērā ka whai i te werohanga. Ki te kore e mōhio he aha te take i pā ai he putanga kētanga, kōrero ki te tapuhi tūmatanui, ki tō tākuta rānei.

## Ko wai te hunga me kua e whiwhi i te kano ārai mate?

Kua rawa e werohia ngā taitamāhine ki te kano ārai mate mēnā kua tata mate (hypersensitivity, anaphylaxis rānei) rātou i tetahi mea kei roto i te kano, i tētahi werohanga atu o te kano ārai mate (titiro ki te whārangi mutunga mō ngā mea kei roto i te kano).

Kaua e hoatu te kano ārai mate ki te wahine hapū.

## Pēhea nei te whāngai i te kano ārai mate?

E toru ngā werohanga ki runga ake o te ringa, i roto i te ono marama.

## Ka pēhea ki te huri ōku whakaaro?

Mēnā i whakaae koe engari kua huri ō whakaaro (hei mua, hei muri rānei i ētahi o ngā werohanga), tēnā whakapā tika ki te tapuhi tūmatanui.

## Ki te kore ahau e whakaae ki te kano ārai mate i te kura, ka taea te hōmai ā te wā?

Āe. Ka taea te kano ārai mate HPV i ngā tākuta, ngā pokapū hauora me ētahi whare haumanu Family Planning e ngā kōtiro me ngā taitamāhine kua mutu te haere ki te kura, kāore rānei i whakaratoa ki a rātou, kāore rānei i pīrangi kia werohia ki te kura. Kāore he utu o te tuku i te kano ki ngā kōtiro me ngā taitamāhine i whānau mai i te rā 1 o Kohitātea i te tau 1990 whai iho.

Ko te rā 31 o Hakihea i te tau 2011 te rā mutunga mō ngā taitamāhine i whānau mai i ngā tau 1990 me 1991 kia werohia ki te werohanga tuatahi o ngā werohanga e toru o te kano ārai mate nei. Mō ngā taitamāhine i whānau haere mai i te tau 1992, me whiwhi rātou i te werohanga tuatahi o ngā werohanga e toru o te kano ārai mate hei mua i te ekenga ki te rā whānau 20.

### KEI HEA TE ROANGA ATU O NGĀ PĀRONGO?

It takes Three

- Kōrero ki te tapuhi tūmatanui, tō tākuta, te tapuhi ake rānei.
- Toro atu ki [www.cervicalcancervaccine.govt.nz](http://www.cervicalcancervaccine.govt.nz) (he hononga ki Aotearoa me ngā pae tukutuku ki tāwāhi, ka pupuri hoki i ngā tohutoro mō ngā pārongo kei te puka nei).
- Waea kore utu 0800 IMMUNE (0800 466863).

Ki te pīrangi koe ki ētahi atu pārongo, kia hōmai rānei ngā kōrero i te puka whakaae ki reo kē, me kōrero tika ki te tapuhi tūmatanui.





## Whakarāpopotonga o Ngā Pārongo Rongoā

- He kano ārai mate a Gardasil® ka āwhina ki te ārai i ēnei mate ka hua i ngā momo o te Human Papillomavirus (HPV) 6, 11, 16 me te 18: te mate pukupuku i te waha whare tangata, ngā tohu ki te mate pukupuku ka ahu mai i ngā whakamātautanga pani, ngā mate pukupuku ki te waha o te tara me te tara, ngā kiritona taihemahema, tae atu ki te mate HPV.
- Kei ia 0.5 ml he 20 mcg o te pūmua HPV 6 L1, e 40 mcg o te pūmua HPV 11 L1, e 40 mcg o te pūmua HPV 16 L1 me te 20 mcg o te pūmua HPV 18 L1.
- Kei ia 0.5 ml ētahi aluminium (amorphous aluminium hydrophosphate sulphate), te tote (sodium chloride), te L-histidine, te polysorbate 80, te sodium borate me te wai horomata. Whakakuhuna noatia ai ēnei mea ki ētahi atu rongoā, ētahi atu kano ārai mate.
- Kāore he preservatives, antibiotics, ētahi mea rānei mai i te tinana o te tangata, kararehe rānei.
- Ka mahia te kano ārai mate me te ihi (yeast), i reira mahue mai ai pea ētahi toenga meroiti o te ihi.
- Kaua e whakaae ki te kano mehemea he pāwera koe ki te Gardasil®, ki tētahi atu mea rānei ki roto.
- Ko ētahi putanga kētanga tērā ko te mamae, te whero me te pupuhi ka pā ki te wāhi i werohia; te kirikā, te hēmanawa (bronchospasm); he urupare kē rānei.
- Tērā pea ka pā ētahi atu putanga kētanga kāore i kitea whānuitia; kua oti katoa ēnei te rārangi i te Consumer

Medicine Information and Datasheet mai i Medsafe: [www.medsafe.govt.nz](http://www.medsafe.govt.nz)

- Ki te puta ētahi āhuatanga rerekē i te werohanga ki te Gardasil®, me whakapā wawe ki tō tākuta, ki tō pokapū hauora rānei.
- Mō ngā wāhine ka hapū i mua i te whakaotinga o ngā werohanga e toru, me whakaoti ā muri i te whānautanga mai.
- Mēnā kei a koe ēnei āhuatanga, kōrero ki te tapuhi tūmatanui, ki tō tākuta, ki tētahi atu tapuhi ā mua i te whakaaetanga ki te werohanga o te kano ārai mate: ngā mate e pā ana ki te toto, ki te mate ārai kore rānei ka ahu mai, hei tauira noa, i te whakahekenga tangata, i te mate Human Immunodeficiency Virus (HIV), aha atu.
- Mā te tākuta rawa e whakaae te Gardasil®. He painga, he kino i te rongoā. Kōrero ki tō tākuta, ki te tapuhi tūmatanui rānei, mō ngā painga me ngā kino i te kano ārai mate, tae atu ki tō āheinga kia whiwhia.
- Ehara i te mea ka kapi i te werohanga o te kano ārai mate te haere ki ngā whakamātautanga pani. Ko te tūtohu a te Ministry of Health kia whakamātauhia ngā wāhine kua ai ia toru tau ia toru tau, ka mutu kei waenganui i ngā tau e 20 ki te 70.

Ka taea te roanga atu o ngā Consumer Medicine Information i Medsafe: [www.medsafe.govt.nz](http://www.medsafe.govt.nz)

## Te Matatapu

Tērā pea i hoatu e ngā kura he pārongo pērā i te ingoa o te tamāhine, te nama o tana taiwhanga ako, rā whānau, kāinga noho, momo iwi hoki. Ko te tikanga me whakapā te kura ki a koe i mua i te whākina o aua kōrero. He āwhina ēnei kōrero, tāpiri ki ngā kōrero kei tēnei puka whakaae, ki te whakahaere i te hōtaka kano ārai mate.

Ka puritia ngā kōrero i te puka whakaae nei me ngā kōrero mō ia werohanga i tuku, kāore rānei i whakaaetia ki te School-based Vaccination System (tētahi atu pūnaha kei to poari hauora ā-rohe); ka tukua ētahi o ēnei kōrero ki te National Immunisation Register.

He pātengi raraunga te School-based Vaccination System ka whakamahia e ngā poari hauora ā-rohe ki te pupuri i ngā kōrero mō ngā werohanga o te kano ārai mate i ngā kura. He pātengi raraunga ā-motu te National Immunisation Register, kei te Ministry of Health, ka pupuri i ngā kōrero mō ngā werohanga i ngā tamariki o Aotearoa, tae atu ki te hunga kei ētahi hōtaka kano ārai mate ake.

Kei raro ngā pārongo i te puka whakaae nei, te School-based Vaccination System me te National Immunisation Register i ngā here o te Health

Information Privacy Code. Ko ngā ngaio hauora ka whakaaetia anake te hunga ka āhei te pānui, nanao, whakarerekē rānei i ngā kōrero. Heoi, ka āhei tō pānui me te whakatikatika i ngā pārongo mōu ake; ki te hiahia koe, whakapā ki te tapuhi tūmatanui, ki tō tākuta rānei.

Ka aro ngā tapuhi tūmatanui ki ngā pārongo kei te School-based Vaccination System me te National Immunisation Register hei āta tohu ki ngā kōtiro me ngā taitamāhine i tohipa i te wā werohanga, kua tae rānei ki te wā kia werohia. I tua atu ka taea te whai ngā kōtiro me ngā taitamāhine kāore i whakaae kia werohia ki te kano ārai mate HPV.

Ka whakamahia noatia ai ngā pārongo kāore e tohu ko wai ko wai, mō ngā take rangahau, mō te whakatakoto mahere ratonga hou hoki.

Mō te roanga atu o ngā pārongo e pā ana ki te whakawhitihiti pārongo a ngā kura, te matatapu me te whakamahia i ngā pārongo, pānuitia ngā kaupapa here a tō poari hauora ā-rohe, haere rānei ki [www.cervicalcancervaccine.govt.nz](http://www.cervicalcancervaccine.govt.nz). Mehemea he pātai āu e pā ana ki te matatapu, imēra ki [enquiries@privacy.org.nz](mailto:enquiries@privacy.org.nz), patu waea rānei ki te waea kore utu a te Privacy Commissioner i 0800 803 909.

### Ngā meka whakapā ki ngā Tapuhi Tūmatanui:



[www.cervicalcancervaccine.govt.nz](http://www.cervicalcancervaccine.govt.nz)