

# Te Kano Ārai Mate HPV

(Te Kano Ārai Mate mō te Human Papillomavirus)

**Ka āwhina ki te ārai mate pukupuku ka hua i te mate HPV**

Puka Whakaaetanga Matua Tēnā waitohua ka whakahoki i te puka ki te kura.



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# Te Puka Whakaaetanga Kano Ārai Mate HPV mā Ngā Mātua

**E tukuna ana tētahi kano ārai mate kore utu ki ngā ākongā tau 8 hei āwhina ki te ārai i ngā mate mai i ngā momo mate e iwa o te human papillomavirus (HPV) e ara ake ai ngā mate pukupuku maha i muri mai.**

Ka tuku mōhiohio tēnei puka ki a koe mō te kano ārai mate HPV, me te tono whakaaetanga i a koe kia whiwhi ārai mate tō tamaiti i te kura.

## He aha te HPV?

He huaketo noa te HPV e urutā ana mā te āta pā o te kiri ki te kiri. Ki te kore he ārainga mate, ka pāngia te nuinga o ngā tāngata ki tētahi mate HPV i tētahi wā. Ka pai haere noa te nuinga o ngā mate HPV, ā, kāore e tino puta ake ngā tohumate. Engari kāore e pai ake ētahi mate HPV, ā, ki te kore e whakamaimoatia ka pā mai pea he mate nui, ko te mutunga atu i ngā tau o muri mai ko te mate pukupuku.

He nui ake te pā mai o te mate pukupuku i ētahi mate HPV tēnā i ētahi atu, ā, he kiritona ka pupū ake i ētahi atu momo HPV. Ka taea e te ārainga mate ārai i ngā momo HPV e whitu ngā tino pūtaka e pā mai ai pea te mate pukupuku me ngā momo HPV e rua e pā mai ai ngā kiritona.

## Ngā HPV ko te pūtakenga o ngā mate pukupuku

Ko ngā mate pukupuku i ahu mai i te HPV ka pā ki te wahine me te tāne. Ko te HPV te pūtaka o te mate pukupuku ki ngā wāhanga rerekē o te tinana, otirā ki te wāhi taihemahema, korokoro, waha rānei. Ko te mate pukupuku i te waha whare tangata te mea e tino pā mai ana, arā ko te mate pukupuku ki te taha whakararo o te kōpū. I ia tau i Aotearoa, tata ki te 160 ngā wāhine ka whakatauhia kei te mate pukupuku i te waha whare tangata, ā, tata ki te 50 ka mate i tēnei.

## He aha tēnei kano ārai mate, ā, he pēhea tana mahi?

Ko Gardasil<sup>®</sup> 9 te ingoa o te kano ārai mate HPV. He ārai atu i ngā momo HPV e iwa – e whitu he pūtaka mate pukupuku, ā, e rua he pūtaka kiritona taihemahema. Ka mahi te kano ārai mate mā te whakahau i te tinana ki te mahi paturopi hei whawhai i te HPV. Ki te pā he tangata ārainga mate ki te HPV, ka whawhai ngā paturopi i roto i ōna toto i te huaketo me te ārai i a ia kia kore ai e mate. Ko te tikanga e hia kē ngā wiki

ka hipa i muri i te werohanga kano ārai mate kia puta ai te ārai HPV.

Kāore e puta mai te mate HPV, mate pukupuku rānei i te kano ārai mate.

## He pēhea te pai o te mahi a te kano ārai mate HPV

He tino pai rawa te ārai a te kano ārai mate i ngā mate mai i ngā momo HPV e iwa e ahu mai ana te 90 ōrau o ngā mate pukupuku mai i te HPV. Ko te tūmanako ka roa tonu te noho kaha o te ārainga. I roto i ngā rangahau, tata ki te nuinga i whiwhi kano ārai mate i tiakina mai i te mate HPV me te mate.

I roto i ngā tau 11 kua hipa, ko te maha o ngā mate HPV me ngā mate i tino heke i waenga i te hunga rangatahi i ngā whenua e whakarato ana i ngā ārainga mate HPV, tae atu ki Aotearoa.

Kia tino kaha ai tēnei kano ārai mate, me whiwhi ārai mate te tangata i mua i tāna whakaraerae ki te HPV, arā, i mua rawa o te tīmata o te mahi tōkai.

Me whiwhi ngā tāngata i ngā horopeta kano ārai mate katoa i tūtuhua mō tō rātau pakeke. He iti iho ngā horopeta o te kano ārai mate e hiahiatia ana e te hunga tamariki (e rua kē, kaua e toru) kia āraitia i te mea he pai ake te ū o ō rātau tinana ki te kano ārai mai i te hunga pakeke ake.

## He pēhea te haumaruru o te kano ārai mate?

He tino rawa te hītori haumaruru o te kano ārai HPV. Neke atu i te 100 miriona ngā horopeta kano ārai mate HPV kua tukuna i ngā tau 11 kua hipa, ā, e ai ngā whakaaturanga ki tēnei wā kāore he pikitanga o ngā pānga tēnā ki ētahi atu kano ārai mate a ngā tamariki. Mō tētahi rārangi o ngā pānga ka taea, tirohia te wāhanga pānga noa.

Mō ētahi atu mōhiohio mō te haumaruru o te kano ārai mate, tirohia [www.health.govt.nz/hpv](http://www.health.govt.nz/hpv), [www.immune.org.nz](http://www.immune.org.nz), tirohia rānei Ngā Mōhiohio Hauora Kiritaki i whakaputaina i [www.medsafe.govt.nz/consumers/cmi/g/gardasil9.pdf](http://www.medsafe.govt.nz/consumers/cmi/g/gardasil9.pdf)

Mā te ārai mate i tō tamaiti i te wā tika mō te HPV ka āwhina i a ia ki te ārai atu i ngā mate pukupuku

Ka kaha ake te ārai mate o te hunga i whiwhi ārainga mate i tō rātau tamarikitanga

## Ko wai te hunga kia kaua e whiwhi ārainga mate?

He tino tokoiti ngā tamariki kāore e pai kia whiwhi ārainga mate. Mēnā he pānga kino tō tāu tamaiti ki tētahi kano ārai mate i mua, me kōrero koe ki tō tākuta, mātanga, nēhi rānei i mua i te haina i tēnei puka whakaaetanga.

Ka taea tonu te whiwhi ārainga mate ngā tamariki e mate ana i te huangō, i te mate pāwera, e whakaora ana rānei i tētahi mate pēnei i te maremare noa iho.

## Ki te whiwhi ārainga mate ngā taitamāhine, me haere tonu ki ngā whakamātautanga waha whare tangata ina pakeke rātau?

Āe. Me whai tonu i ngā whakamātautanga waha whare tangata whai muri i ngā ārainga mate HPV. Ka āraitia e te kano ārai mate te nuinga o ngā momo mate pukupuku ka ahu mai i te HPV, nō reira ka pā tonu ki te tangata tētahi atu momo HPV kāore i whakauru ki te kano ārai mate. Mō ētahi atu mōhiohio mō te kaupapa whakamātautanga waha whare tangata haere ki te paetukutuku a te National Screening Unit: [www.nsu.govt.nz](http://www.nsu.govt.nz)

## Ka pēhea te tuku i te kano ārai mate?

Ka werohia te kano ārai mate HPV ki te kikopuku. E rua ngā werohanga me whiwhi i te hunga 14 tau, tamariki ake rānei. Ko te werohanga tuarua ka tukuna i te 6 marama i te iti iho i muri mai i te werohanga tuatahi. Me whiwhi te hunga pakeke ake i ngā werohanga e toru.

## Ngā pānga noa

Pērā i ngā ārainga mate katoa, kāore e kore ka mamae pea te ringa o tō tamaiti me te kirikā, te mamae, ka pupuhi rānei te wāhi o te ringa i werohia. Arā atu anō ngā pānga ka puta i te rā tuatahi, i ngā rā e rua rānei whai muri i te werohanga:

- ka ānini te māhunga
- he kirikā (ka pūwera)
- he whakapai ruaki
- he takarangī, pōātinitini (āmai). Mā te kai parakuihi, tina rānei i mua i te whiwhi ārainga mate ka taea te takarangī, pōātinitini te ārai
- he hūhi (kei te mate, kei te mamae).

He pānga pāwera kino te anaphylaxis e taea ana mai i ngā kano ārai mate katoa. He tino rerekē ki te pā mai, tata ki te toru ngā tāngata i roto i ia miriona kano ārai mate ka tukuna, ā, ko te tikanga i roto tonu i ētahi meneti noa iho mai i te tukutanga. Ka whakangungua ia nēhi kano ārai mate ki te whakarite i aua momo pānga. Ka mātakihia tō tamaiti e te nēhi mō te 20 meneti i muri i te ārainga mate. He tikanga tēnei whai muri i ngā ārainga mate katoa.

Ka tohutohu anō te nēhi i tō tamaiti mō ngā mea me whai ia i muri i te ārainga mate.

## He aha kē ngā āhuatanga whiwhi kano ārai mate i tua atu i te kura?

E wātea ana ngā ārainga mate HPV mai i ngā tākuta whānau me ngā pokapū hauora tūtata. Ki te huri ō whakaaro mō te tuku kano ārai mate ki tō tamaiti i te kura (i mua, i muri rānei i te tukutanga o ngā kano ārai mate), me whakapā hāngai koe ki te nēhi hauora tūmatanui – kei te whārangī whakamutunga ana taipitopito whakapā o te wāhanga mōhiohio o tēnei puka.

Ki te takaroa te tuku kano ārai mate tērā pea me maha atu ngā werohanga e hiahiatia ana e tō tamaiti kia āraitia ia, i te mea e toru ngā werohanga me whiwhi i ngā tāngata 15 tau, neke atu rānei.

## Ki hea au whiwhi mōhiohio atu anō?

- **Kōrero atu ki te nēhi hauora tūmatanui, tō tākuta, tō nēhi rānei**
- Tirohia [www.health.govt.nz/hpv](http://www.health.govt.nz/hpv)
- Tirohia Ngā Mōhiohio Hauora Kiritaki kua whakaputahia i [www.medsafe.govt.nz/consumers/cmi/g/gardasil9.pdf](http://www.medsafe.govt.nz/consumers/cmi/g/gardasil9.pdf)
- Waea koreutu ki **0800 IMMUNE (0800 466 863)**

Whakapā atu ki te nēhi hauora tūmatanui mēnā e hiahia ana koe i ētahi atu mōhiohio mō te whakakī i te puka whakaaetanga Matua, mēnā rānei e hiahia ana koe i ngā mōhiohio i roto i tētahi atu reo.

# Whakamāramatanga Mōhiohio Rongoā mā te Kiritaki (whakarāpopototanga)

- He kano ārai mate te Gardasil® 9 ka āwhina ki te ārai i ngā mate e whai ake e ahu mai ana i ngā momo human papillomavirus (HPV) 6, 11, 16, 18, 31, 33, 45, 52 me te 58: mate pukupuku ki te waha o te whare tangata, teke, tara me te tero, te waha o te whare tangata kua pīari, tōmua rānei o te mate pukupuku, ngā riwha i te teke, tara me te tero, ngā kiritona taihemahema, mate HPV me ētahi atu mate pukupuku HPV.
- Kei roto i ia horopeta 0.5 mL ko ngā moroitikaramu 30 (mcg) o te pūmua HPV 6 L1, 40 mcg o te pūmua HPV 11 L1, 60 mcg o te pūmua HPV 16 L1, 40 mcg o te pūmua HPV 18 L1, 20 mcg o te pūmua HPV 31 L1, 20 mcg o te pūmua HPV 33 L1, 20 mcg o te pūmua HPV 45 L1, 20 mcg o te pūmua HPV 52 L1, me te 20 mcg o te pūmua HPV 58 L1.
- Kei roto i ia horopeta 0.5 mL ko te wai horomata me ngā moroitiki konumohe (konutai pūhaumāota), L-histidine, polysorbate 80, me te konutai porate. Whakakuhuna noatia ai ēnei mea ki ētahi atu rongoā, ētahi atu kano ārai mate hoki.
- Kāore he tāroki, he rongoā paturopi, 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 (Saccharomyces).
- Kaua e whakaae kia whiwhi tō tamaiti i te kano ārai mate mēnā he pāwera ia ki te Gardasil® 9, ki tētahi mea rānei kei roto.
- Kāore i te mōhiotia te haumarū o te Gardasil® 9 i te hapūtanga. Kāore i kitea e ngā raraunga i whakaputaina ngā āwangawanga haumarū i waenga i ngā wāhine i werohia ki te Gardasil® 9 kīhai i mōhio i te hapū rātau.
- Mēnā kei tō tamaiti ētahi o ēnei āhuatanga, me kōrero koe mō te ārainga mate ki te nēhi hauora tūmatanui, ki tō tākuta, ki tō nēhi rānei i mua i te whakaaetanga ki te werohanga ārainga mate: ngā mate e pā ana ki te toto, ki te pūnaha ārai o te tinana kua ngoikore, hei tauria, nā tētahi tōrōkiri ira, nā te huaketo ārai-kore (HIV) rānei.
- Kei te whārangi e whai ake ngā pānga noa. He tino rerekē te pā mai o ētahi atu pānga. E rārangi ana i te paetukutuku a Medsafe Ngā Mōhiohio Rongoā Kiritaki whānui me te pepa raraunga o ngā tūponotanga kaha i pūrongohia.
- Ki te puta ētahi tohumate rerekē, taumaha rānei ki tō tamaiti i muri mai i tana whiwhi i te Gardasil® 9, me whakapā atu ki tō tākuta, nēhi hauora tūmatanui rānei. Me pūrongo atu ngā mātanga hauora i ngā pānga ka puta i muri i te werohanga ārainga mate ki te Centre for Adverse Reactions Monitoring (CARM). Ka taea anō e koe te pūrongo hāngai atu ki a rātau mā te paetukutuku CARM ([www.otago.ac.nz/carm](http://www.otago.ac.nz/carm)).

E wātea anō ētahi atu mōhiohio mai i Medsafe:  
[www.medsafe.govt.nz/consumers/cmi/g/gardasil9.pdf](http://www.medsafe.govt.nz/consumers/cmi/g/gardasil9.pdf)

## Ngā tika kiritaki

Ko ngā Tikanga a Te Toihau Hauora, Hauātanga ka whai pānga ki ngā kiritaki katoa e whakamahia ana i tētahi ratonga hauora, hauātanga rānei i Aotearoa. Mō ētahi atu mōhiohio, tirohia a [www.hdc.org.nz](http://www.hdc.org.nz), waea atu rānei ki a 0800 555 050.

## Te noho matatapu

Tērā pea i hoatu e ngā kura ētahi mōhiohio pēnei i ngā ingoa o ngā ākonga, tau rūma, rā whānau, wāhi noho me ngā mātāwaka. Ko te tikanga kua whakamōhiotia koe e tō kura i mua i tana mahi i tēnei. Ko ēnei mōhiohio, me ērā ka tukua mai e koe ki te puka whakaaetanga Matua, ka whakamahia hei āwhina ki te whakahaere i tēnei kaupapa ārainga mate.

Ko ngā mōhiohio o tēnei puka whakaaetanga me ngā taipitopito o ia ārainga mate i tukuna, i whakakāhorehia rānei ka tuhia e tō poari hauora ā-rohe, ā, ka tukuna ētahi kōrero ki te Rēhita Ārainga Mate ā-Motu.

He pātengi raraunga ā-motu te Rēhita Ārainga Mate ā-Motu, e puritia ana e Te Manatū Hauora, he tuhi i ngā ārainga mate i tukuna i Aotearoa.

E tiakina ana ēnei mōhiohio e te Tikanga Tūmataitinga Mōhiohio Hauora. Ko ngā mātanga hauora whaimana anake e āhei te kite, te whakamahi me te whakarerekē. Engari, ka taea anō e koe te tiroiro me te whakatika i ngā taipitopito mōhiohio a tō tamaiti; ki te hiahia koe ki te mahi i tēnei, me whakapā atu ki tō nēhi hauora tūmatanui, tākuta, pokapū hauora rānei.

Ka whakamahia ēnei mōhiohio e ngā nēhi hauora tūmatanui:

- hei whakapā atu ki tō tākuta, pokapū hauora rānei, kia mōhio ai ko ēhea ngā ārainga mate i tukuna ki tō tamaiti
- mēnā he raruraru mate kei tō tamaiti
- ki te whakamōhio atu ki te kura mēnā i werohia tō tamaiti ki te ārainga mate, kāore rānei
- ki te aromātai i tēnei kaupapa ārainga mate me te whakamahere kaupapa ā muri ake
- te tuku rānei i tō tamaiti ki tō tākuta, ki tō nēhi rānei mō te ārainga mate mēnā kāore ia i whiwhi i te kura.

Ka whakamahia e te National Screening Unit ēnei mōhiohio hei tautoko i ngā mahi ki te whakaiti i te mate pukupuku.

Ko ngā mōhiohio kāore e tautuhi i te tangata ka whakamahia pea mō ngā take rangahau, te whakamahere rānei i ngā ratonga hōu.

Mō ētahi atu mōhiohio mō te tiritiri rārangi ingoa o ngā kura, te noho matatapu me te whakamahi mōhiohio, tirohia ngā kaupapahere a tō poari hauora ā-rohe. Mēnā he pātai āu mō te matatapu, ka taea te imēra ki [enquiries@privacy.org.nz](mailto:enquiries@privacy.org.nz), waea kore utu rānei ki Te Mana Mātāpono Matatapu i 0800 803 909.

## Ngā korero whakapā mō te Nēhi Hauora Tūmatanui: