

# He Pukupuku Taikiri tō Tom



our mission is to care, our vision is to cure



he mea tautoko nā

 **Farmers**

# He Pukupuku Taikiri tō Tom

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Nā Tony Harris i whakaahua



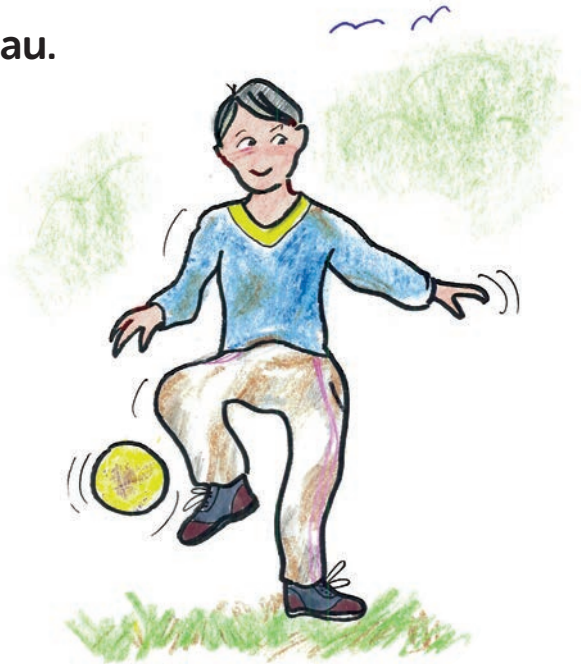


Tekau noa ngā tau o Tom. E noho ana ia ki tōna māmā, matua whakaangi, tuahine me tana teina whakaangi.

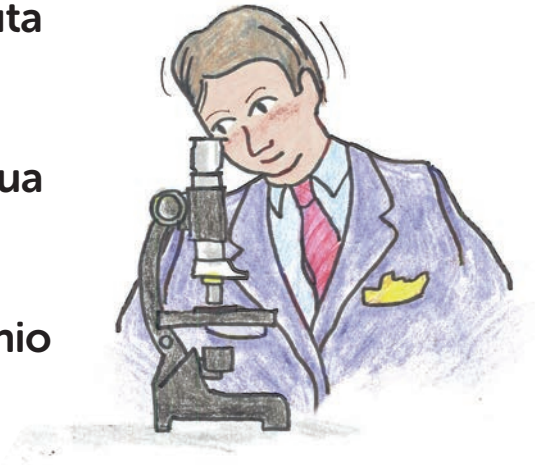
Kei reira hoki a Mutley, tana kuri!

E rekareka ana a Tom he nui tōna whānau.

Ka pau te rā i a Tom e omaoma ana i te mārā, pōharuharu ana i te tākaro poiwhana. I taua pō, i roto i te kauranga, i kite ia i tētahi puku i te taha o tōna kakī. Ka whakakitea ki tōna whaea, otirā i ruarua ia mehemea he repe noa tērā i tōna kakī. Heoi i tino rahi ake te āhua i tō te repe noa. Kāore rātou i tino mōhio nā ka haere ki te tākuta, ā, ka tukua rātou ki te hōhipera.



I te hōhipera ka kitea a Tom e tētahi tākuta i kī ka hiahiatia e Tom he pokanga iti kia tangohia te puku. Kātahi ka āta tirohia taua puku e tētahi tākuta i huaina he kaimātai tukumate i raro i te karu whārahi. Ka mōhio te kaimātai tukumate mehemea kei te raruraru te repe.



“He aha pea te mate kei roto?” ka ui a Tom. Ka whakamārama te tākuta ko tētahi ingoa anō mō te repe ko te pona taikiri. Kei runga i tō tinana katoa ēnei, kāore i tō kakī anake. Ko tā rātou mahi he papare mate. Ka rahi ake rātou ina mahi i tēnei, ā, ko te tikanga tēnei.

Engari i ētahi wā ka rahi ake ngā pona taikiri ina kāhore he mate. Ka pēnei i te mea ka hē noa te mahi a ngā pūtau i roto i a rātou. Ka rea ka tipu ēnei, nā ka rahi anō hoki te pona taikiri. Ina kī te pona taikiri i ēnei pūtau kino ka huaina tēnei ko te pukupuku taikiri. Ko te pukupuku taikiri ko te pukupuku o ngā pona taikiri.

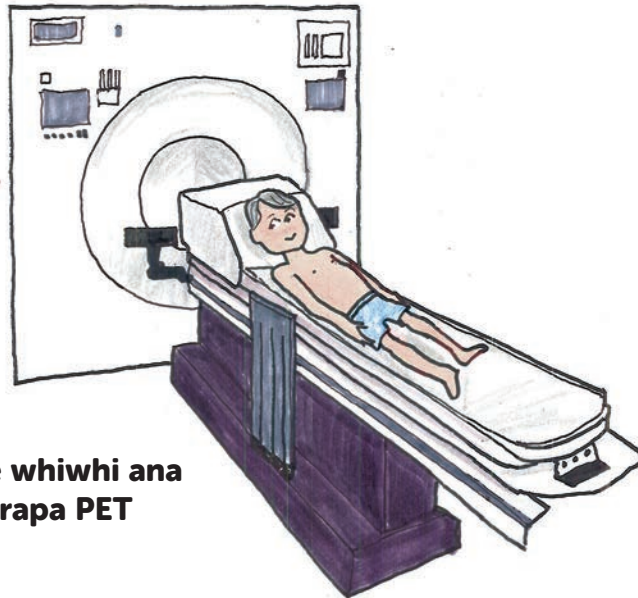


Ka hoatu he rongoa ki a Tom kia moe ia kia ahei ai te takuta poka (te takuta mana te pokanga e mahi) te tango i tana pona taikiri rahi me te kore mamae. Katahi te pona taikiri ka tukua kia whakamatautauria e te kaimatai tukumate. Oho ake a Tom he pai tonu tona ahua, a, ka hoki ki te kainga.

Etahi ra i muri mai ka hoki ano ia ki te hohipera mo etahi karapa. (He tikanga titiro ki roto i te tinana te karapa – penei i te whakaahua whakaroto, engari he whiwhiwhi rawa atu. Ko te tikanga ka takoto koe ki tetahi papa ka neke ki roto ki tetahi mihini nui ka tango i te whakaahua i roto o to tinana.)



I hiahiatia ngā karapa e Tom kia kite ai te tākuta mehemea kei ētahi wāhi anō o tōna tinana ngā pona taikiri rahi. I ētahi wā ka puta ērā ki te kēkē, ki te tapatapa (a runga rawa o tō waewae), ki te puku, te poho rānei. He maha tonu ngā momo karapa, ka āwhina i ngā tākuta kia kitea aua mea.



**Tom e whiwhi ana  
i te karapa PET**

I āhua matakū tonu a Tom. He mahi tauhou te haere ki te hōhipera kia tangohia te pona taikiri me te whiwhi karapa. Engari i āta whakamārama ngā tākuta, ngā tapuhi me ngā mātanga tākaro i ngā mea katoa e ahatia ana. He kaimahi ā-iwi hoki tōna i kōrero ki tōna whānau mō te āwhina e hiahia pea rātou. I āhei tonu a Tom te hoki ki te kāinga me te whakangahau tahi me ōna hoa.



I te wiki i muri ake i hoki anō a Tom ki te hōhipera me tōna whaea rāua ko tana matua whakaangi. Kua hoki mai ōna huanga i te kaimātai tukumate e mea ana he pukupuku taikiri tōna puku (he momo mate pukupuku), otirā i huaina tōna mate ko te pukupuku taikiri o Hodgkin. I tapaina ki a Tākuta Hodgkin nāna te tuhituhinga tuatahi mō tēnei mate tata ki te 200 tau ki mua.



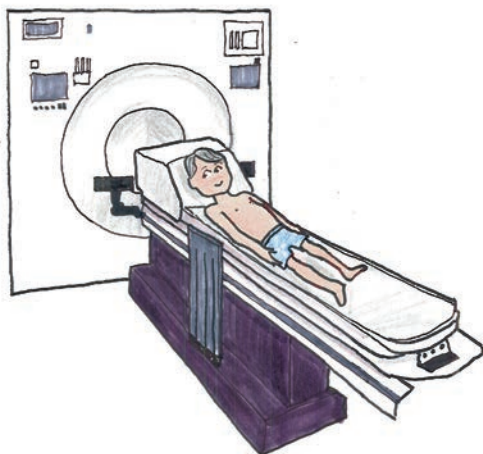
I whakaaro a Tom i tino āwangawanga te āhua o ōna mātua i te meatanga o te tākuta i te kupu 'mate pukupuku'. I mahara hoki a Tom i te māuiui o tōna Kōkā Julie i te pukupuku. I tino pōuri katoa te whānau. I roa tonu tōna mate, i makere hoki ōna makawe.

Ka ui atu a Tom ki te tākuta mehemea ka makere ōna makawe, mehemea hoki ka ora wawe anō ia. Ka mea atu te tākuta, "E tūmanako ana mātou ki te tingongo i te pukupuku taikiri kia ngaro atu rā anō, kia pai anō koe. I ētahi wā ko tētahi pānga tūpono ka makere ō makawe. Engari kua e āwangawanga, ka tipu mai anō."

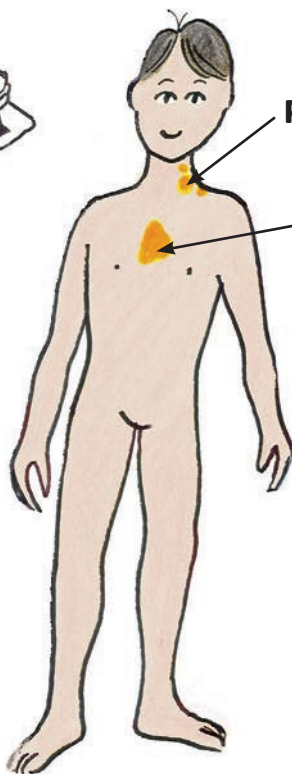
Ka kōrero te tākuta mō ngā mea me mahi kia ngaro te pukupuku taikiri o Tom – ka huaina tēnei e ia ‘tō maimoatanga’. I mea ia, ahakoa kua tangohia e te tākuta poka te nuinga o te pukupuku taikiri, i whakakitea e ngā karapa i roto anō ētahi i tōna poho. Me whakangaro e rātou tērā wāhi hoki, kei tipu ake anō te pukupuku taikiri.

Ko ētahi tamariki i mate i te pukupuku taikiri o Hodgkin, kāore i rite ki a Tom te pai, ka māuiui me te nui o te kirikā (pāmahana teitei) ka tino werawera i te pō. Nā te tino werawera me huri pea ngā hīti me ngā paraikete i waenganui pō. Ka heke rawa te taumaha o ētahi tamariki kia tino tūpuhi ake, ka tino rakuraku ētahi.

Nō ka mōhio nei ngā tākuta he pukupuku taikiri tō Tom, kua kitea hoki i whea atu i tōna tinana te mate, ka mea rātou kia tīmata te maimoatanga. Ka mea te tākuta hei runga anō te nuinga me te momo o te maimoatanga i te nui o te pukupuku taikiri i tōna tinana, me te pai o te tingongo i te maimoatanga. Ka hurihuri a Tom he pēhea rātou i mōhio ai ki tēnei. Ka whakamārama anō te tākuta nā tētahi momo karapa anō (te karapa PET) i whakaatu ko ēhea ngā wāhi o te pukupuku taikiri kei te ora tonu, kei te tipu hoki. Ko ngā wāhi ora ka kitea i te karapa hei wāhi mārama ake. Ka mahia anō he karapa PET i muri ake kia kitea mehemea kua ngaro katoa atu ngā pūtau mārama o te pukupuku taikiri i te maimoatanga. I whakaaro a Tom kātahi te mea mōhio ko tēnei.



**Tom e whiwhi ana ki te karapa PET**

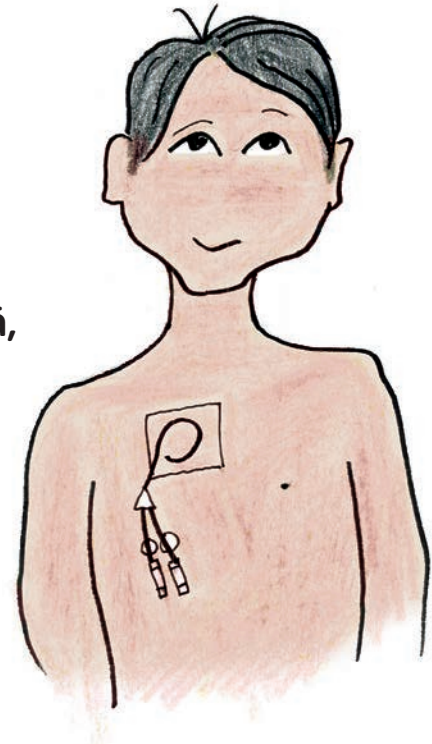


**Pukupuku taikiri ora i te kaki**

**Pukupuku taikiri ora i te poho**

**Ka kitea te pukupuku taikiri ora i te karapa PET**

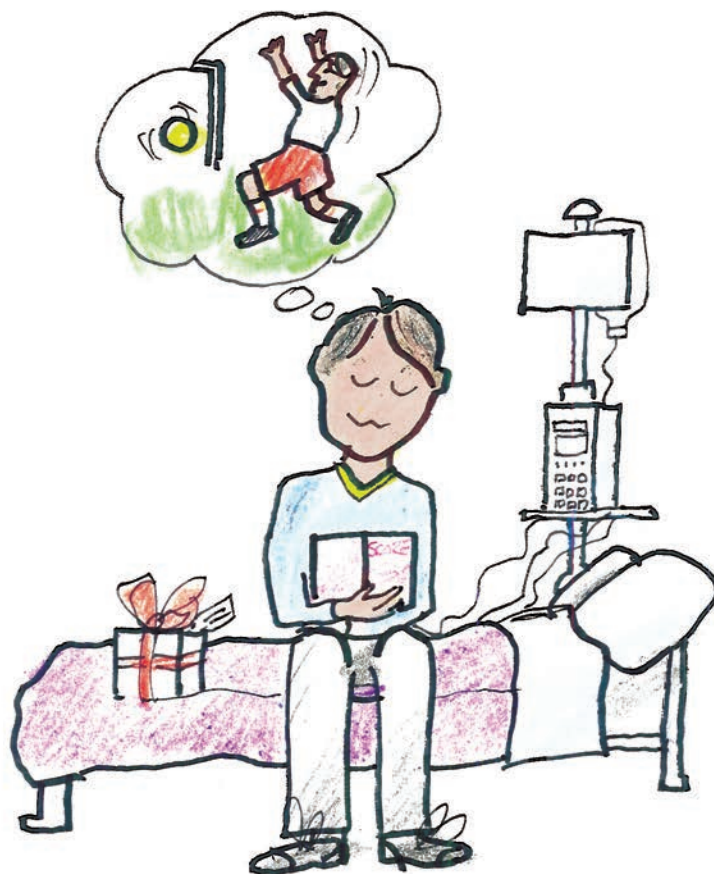
Hei wāhi o te maimoatanga o Tom i hiahiatia e ia he rongoā, ka huaina he haumanu ā-matū, kia whakangaromia te pukupuku taikiri. Hei āwhina mō tēnei ka whakaurua ki tōna poho he ngongo ka huaina he ngongo rongoā. He rerekē ngā momo ngongo rongoā - he ngongo Hickman tō Tom, kei ētahi atu tamariki he Ngongokawe, he ngongo PICC rānei. Ka taea kia tangohia te toto mō ngā whakamātautau toto i te ngongo rongoā, kia hoatu rānei te haumanu ā-matū mā reira – kia māmā ake ai. Ka hiahiatia e Tom he pokanga iti anō kia whakaurua te ngongo ki te wāhi pai, nā ka hoatu e ngā tākuta he rongoā ki a ia kia moe, pērā i te pokanga tuatahi.



**Ngongo Hickman**



Hei tōna ohonga ake kua whakaurua paitia noa te ngongo!  
Ka noho ia ki te hōhipera i taua pō, ā, ka hoatu ki a ia ētahi o  
te haumanu ā-matū rā te ngongo rongōā. Aoake ka hoki ia ki  
te kāinga.





Kāhore i whakaurua rā te ngongo rongoā te haumanu ā-matū katoa i whiwhi a Tom.

He pire ētahi wāhi, he miere rānei, arā he rongoā waiwai pērā i te rongoā maremare. I pai kē ia

ki te pire, heoi kāore i āhei tētahi kōtiro i te taiwhanga te kai pire nā reira i kai miere kē ia.

Me hoki tonu a Tom ki te hōhipera mō tana maimoatanga, engari kāore ia i roa ki reira, i moe rānei i te pō. I te kāinga ia te nuinga o ngā pō hei mātakitaki i tōna tino hōtaka i te Pouaka Whakaata! He mamao tonu ngā

kāinga o ētahi tamariki i whiwhi maimoatanga, nā reira ka noho rātou i te hōhipera, pātata rānei mō te rua pō ia wā.



I ngā wiki i muri mai, kāore i tino pai te āhua o Tom, ka tino ngenge ia. Heoi i kite tonu ia i ōna hoa, i haere hoki ki te kura. Ka tīmata hoki ngā makawe o Tom ki te makere, nā reira ka whakaaro ia me tapahi katoa atu, otiia i pai tonu tōna āhua. Ka whakamau pōtae pīni ia mō te kura, kāmeta rānei ina makariri tōna māhunga!



I tētahi wā i teitei rawa te pāmahana o Tom, ā, me haere ia ki te hōhipera, kua kī kē hoki ngā tākuta me ngā tapuhi me haere ia ki te hōhipera ina kirikā ia. Ka whakakitea mai he whakamātautau toto kāore i rawaka ōna pūtau toto mā tōtika (neutrophils) hei whawhai i ngā mate, nā ka hoatu ki a ia e ngā tākuta me ngā tapuhi he rongoā paturopi (he rongoā whawhai mate) rā tōna ngongo rongoā kia ngaro te kirikā. Ka noho ia ki te hōhipera mō ētahi rangi, engari i pai tonu, i tākaro hoki ia ki te Playstation, i nui hoki te mātakitaki Pouaka Whakaata.



Neutrophil

I ētahi wiki i muri mai, ka whiwhi karapa PET anō a Tom kia kite mehemea kua ngaro katoa ngā pukupuku taikiri ora, mā te tiro tiro kāore tonu he wāhi mārāma i tōna tinana. Ina kitea ētahi wāhi mārāma, me whiwhi haumanu iraruke ia (maimoatanga whakaahua whakaroto) i te mutunga o tana haumanu ā-matū, kia tino mōhio kua ngaro katoa ngā pūtau kino.

Ki te hiahiatia e Tom te haumanu iraruke me tūtaki ia ki ngā tākuta haumanu iraruke ka whakatakotoria he kaupapa ko whea, hei āwhea hoki, te maimoatanga whakaahua whakaroto. Ko te tikanga ka mahia te maimoatanga iraruke e rua wiki pea i muri i te mutunga o te haumanu ā-matū, nā me haere ia ki tētahi taiwhanga motuhake mō te maimoatanga i ia rā mō te rua wiki.

Kāhore i a Tom he tohu o te tahumaero ora, mārama i runga i tōna karapa PET. Ka mutu tōna haumanu ā-matū ka mutu anō tōna maimoatanga! Ka rawe!

Ahakoia kua mutu te maimoatanga o Tom, me hoki auau ia ki te hōhipera mō ngā karapa kia kitea ai kei te pai tonu ia.

Ka tipu anō mai ōna makawe katoa, ā, i te kura anō ia, hākinakina tahi ana me ōna hoa. He tau kotahi i muri mai, nā te nui o tana pai, me hoki anō ia ki te taiwhanga hauora i te rua, toru wā rānei i te tau.



## **Pukupuku taikiri o Hodgkin me te pukupuku taikiri kore-Hodgkin**

E rua ngā momo pukupuku taikiri – te pukupuku taikiri o Hodgkin (HL) me te pukupuku taikiri kore-Hodgkin (NHL). E pāngia ana e aua mate he wāhi o te tinana e whawhai ana i te tahumaero me te mate. Ka huaina tēnei wāhi o te tinana ko te pūnaha taikiri, he mea hangā i ngā pona taikiri i honohono katoa, rite ki te meka. Kei reira ngā pona taikiri ki te whawhai i te tahumaero me te mate.

Ahakoā e pā ana te HL me te NHL ki te wāhi kotahi o te tinana (te pūnaha taikiri), he rerekē, ā, ka rerekē te maimoatanga.



E rima ngā momo HL, ā, he āhua rerekē tētahi o ēnei i ērā atu. Mō ngā momo matua e whā kotahi te maimoatanga – pēnei i whakaahuatia i tēnei pukapuka.

Kei roto i te rōpūtanga NHL ngā momo pukupuku taikiri katoa ehara i te pukupuku taikiri o Hodgkin. Ka wehea ēnei ki ngā momo rerekē maha tae ki te momo pūtau-B ko te tikanga noa ka puta i te kakī, te māhunga me te puku, me te momo pūtau-T ko te tikanga noa ka puta i te poho. Hei runga i te momo NHL te maimoatanga, heoi ko te tikanga kei roto anō te haumanu ā-matū – te rongoā i whakaahuatia i tēnei pukapuka.



# Te tikanga o ēnei kupu

Ka rongo pea koe i ngā kupu hōu maha i a koe i te hōhipera.

Kei raro nei ētahi o ngā kupu matua me te tikanga.

Ki te ruarua koe mō ētahi atu, me pātai noa ki tō tākuta, tō tapuhi rānei.

## **REHU ĀRAI MAMAE**

Ina hoatu rongoā ngā tākuta ki a koe hei whakamoe i a koe i te pokanga,  
kia kore ai koe e rongo i te mamae.

## **WHAKAMĀTAUTAU TOTO**

Ina tirohia he taura iti o ōu toto kia kite e hia ngā pūtau whero,  
ngā pūtau mā me ngā mōtepe.

## **MATE PUKUPUKU**

Ina tino rerekē (kino) ngā pūtau i roto i tō tinana, ā, ka tipu tonu,  
ka tipu tonu, he mea herekore.

## **HAUMANU Ā-MATŪ**

He ranunga o ngā rongoā rerekē e maimoa ana i te mate pukupuku.

# Te tikanga o ēnei kupu

## **KARAPA CT**

He whakaahua whakaroto e titiro ai te tākuta ki roto i tō tinana ki ō whēkau katoa. Me takoto hū rawa koe.

## **MĀTANGA TOTO**

He tākuta ka tiaki i ngā tūroro me te tahumaero toto, pona taikiri rānei, me te raruraru o te toto, te pona taikiri rānei.

## **NGONGO HICKMAN**

Ka whakaurua i raro i te rehu ārai mamae he ngongo kotahi, ngā ngongo e rua rānei, ka puta te pito i te poka iti i te kiri o tō poho.

## **PUKUPUKU TAIKIRI**

Ko te mate pukupuku i te pūnaha taikiri.

## **NGĀ PONA TAIKIRI**

Te wāhi noho o ngā pūtau e whawhai i te mate me te tahumaero. Ka rahi ake ngā pona taikiri ina whawhai i te mate me te tahumaero, kei te hanga hoki i ētahi pūtau anō.

## **KARAPA MRI**

He karapa e whiwhi ai te tākuta i te pikitia mārama o ngā mea e ahatia ana i roto i tō tinana. He nui pea tōna haruru, otirā, ahakoa kāore e mamae, tērā pea ka whiwhi koe ki te rehu whakamoe, te rongoā rānei hei whakapārore i a koe.

# Te tikanga o ēnei kupu

## **KOREPŪTAUMĀ**

Ina tata kore ō pūtau toto mā (ngā pūtau mā ka whawhai i te mate).  
Ko te tikanga o te korepūtaumā ka nui ake tō mōrearea ka pāngia koe e te mate.

## **MĀTANGA MATE PUKUPUKU**

He tākuta e maimoa ana i te tangata mate pukupuku.

## **KARAPA PET**

He karapa anō e āhei ai te tākuta te kite i ngā mea e ahatia ana i roto i tō tinana!  
Ko ngā wāhi o te tinana kei reira te pukupuku pona taikiri ka kitea i te karapa hei  
wāhi mārama.

## **NGONGO PICC**

He ngongo kotahi, e rua rānei ka whakaurua ki roto i a koe i raro i te rehu  
whakamoe, e puta ai te pito i tētahi poka iti i te kiri o tō ringa.

## **NGONGOKAWE**

He ngongo ka whakaurua i raro i te kiri tata ki te kēkē i a koe i raro i te rehu  
whakamoe, ka haere i raro i te kiri ki te uaua matua i te kakī. Ka hoatu he  
rongoā, ka tangohia rānei he toto, ka pania he 'kirīmi wana' ki te kiri e poki ana  
i te ngongokawe i te hāora kotahi i mua atu – kia kōpā taua wāhi me te kore e  
mamae ina uru te ngira.

## **RARURARU TŪPONO**

Tētahi mea ka tūpono pea nā te maimoatanga, hei tauira,  
te rongo i te mate, te makawe makere iho rānei.



our mission is to care, our vision is to cure

**Ko Leukaemia & Blood Cancer New Zealand tētahi  
whakahaere ā-motu i Aotearoa i whakaihia ki te tautoko i ngā  
tūrora me ō rātou whānau e mate ana i te pukupuku toto,  
te pukupuku taikiri, te pukupuku roro kōiwi,  
me ngā mate toto pērā.**

**He rerekē te wheako o ngā whānau katoa; ehara i te mea  
ngāwari te ora i te pukupuku toto, mate toto rānei, engari kei  
a koe ētahi hoa tautoko.**

**0800 15 10 15**

**[www.leukaemia.org.nz](http://www.leukaemia.org.nz)**



He mea uratau mai i "Tom has Lymphoma", he whakaputanga ngātahi nā CLIC Sargent, te rōpū aroha tuatahi i te UK mō te tamariki mate pukupuku me ō rātou whānau, me te Lymphoma Association, he rōpū aroha e whakaputa motuhake ana i te mōhiohio mārama, me te tautoko tōtika mō te hunga kua pāngia e te pukupuku taikiri.

[www.clicsargent.org.uk](http://www.clicsargent.org.uk)

[www.lymphomas.org.uk](http://www.lymphomas.org.uk)

Kāore a CLIC Sargent me te Lymphoma Association e whakaae ki te kawenga mō te tika o tēnei urutaunga.





**Ki te mea he pātai āu ki te ruarua rānei koe mō tētahi mea,  
me pātai ki tētahi o tō kapa maimoa, whakapā rānei ki  
Leukaemia & Blood Cancer New Zealand.**

**Waea koreutu** 0800 15 10 15

**Waea** 09 638 3556

**Waea tuhi** 09 638 3557

**Īmēra** [info@leukaemia.org.nz](mailto:info@leukaemia.org.nz)

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