



Cancer
Society

Te Kāhui Matepukupuku
o Aotearoa

‘ILO MO E MAHINO‘I‘O E KANISAA’
UNDERSTANDING CANCER

Tongan

Ngaahi fehu‘i te ke ngali
faka‘amu ke ‘eke
Questions you may wish to ask



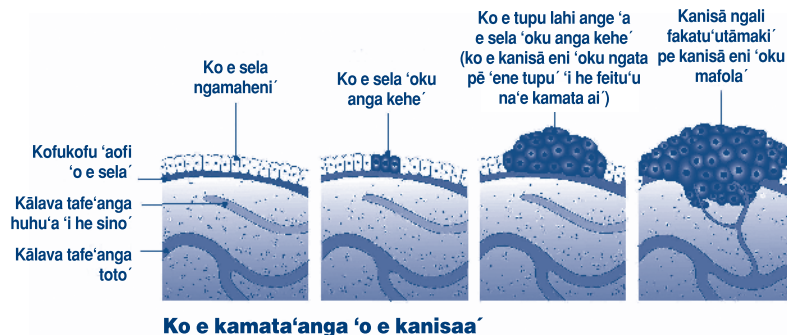
Ko ha tūhulu ma‘a’ e kakai ‘oku ma‘u ‘e he kanisaa’
A guide for people with cancer



Talateu

Ko e kanisaa' ko ha mahaki 'eni' i he fanga ki'i sela (cells) 'o e sino'. 'Oku toutou fa'u ma'u pē 'e hotau sino' ha ngaahi sela fo'ou ke fetongi'aki 'a e ngaahi sela kuo motu'a mei' he lahi 'o hono ngāue'aki', pē ke faito'o'aki 'a e ngaahi sela kuo maumau hili ha lavea. Ko e founa ko 'eni' 'oku mapule'i ia 'e ha fa'ahinga naunau tukufakaholo 'i he toto' (genes): ko e ngaahi kouti pe faka'ilonga eni 'oku nau fakahā ki hotau ngaahi sela' 'a e founa ke faito'o'aki kinautolu' pea mo e tō'onga ke ne fakahoko'. 'Oku tupu 'a e ngaahi kanisaa' mei' he ngaahi maumau ko ia ki he naunau tukufakaholo ko 'eni' i he toto'. Ko e ngaahi maumau ko 'eni' 'oku fa'a hoko ia lolotonga 'o 'etau mo'ui', neongo ko e fa'ahinga tokosi'i 'oku nau ma'u ha ngaahi naunau tukufakaholo 'i honau toto' kuo 'osi maumau pē ia mei he'enua mātu'a' i he taimi 'oku fā'ele'i ai kinautolu'. Kapau kuo 'osi maumau 'a e ngaahi naunau tukufakaholo ia ko 'eni' i he toto', 'e anga kehe leva 'a 'enau tō'onga'. Te nau ala tupu 'o hoko ko ha lama (tumour lump) 'a ia 'oku benign pe ngali lelei pē ('ikai ko ha kanisā) pe malignant pe ngali fakatu'utāmaki (ma'u 'e he kanisaa').

Ko e ngaahi lama 'oku 'ikai ko ha kanisaa' 'oku 'ikai ke nau mofele ki ha ngaahi konga kehe 'o e sino' kā ko e kanisaa' 'oku malava ke mofele.



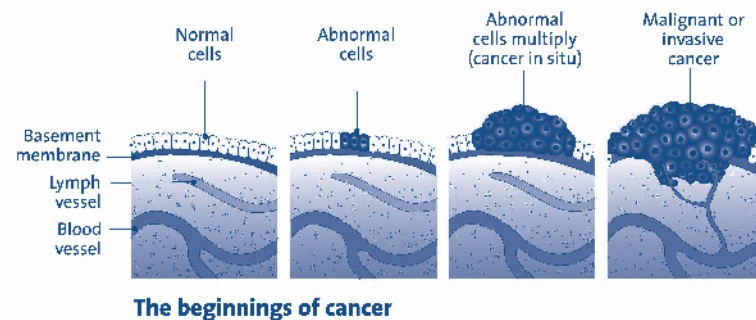
'Oku 'ikai ke pipihi 'a e kanisaa'. 'Oku 'ikai lava ke paasi atu mei' ha taha ki ha taha.

'Oku lahi 'a e ngaahi founa ki hono faito'o 'o e kanisaa' hangē ko e tafa, kimo (chemotherapy) pea pehē ki he faito'o hulu ki hono tamate'i 'o e kanisaa' (radiation therapy). Talanoa pea mo ho'o toketaa' fekau'aki pea mo e faito'o 'e lelei taha kiate koe'. 'Oku lahi 'a e ngaahi kanisā 'e ala mato'o atu 'i hano faito'o.

Introduction

Cancer is a disease of the body's cells. Our bodies are always making new cells to replace worn-out cells, or to heal damaged cells after injury. This process is controlled by certain genes: the codes that tell our cells how to heal and behave. Cancers are caused by damage to these genes. This damage usually happens during our lifetime, although a small number of people inherit a damaged gene from a parent when they are born. If genes are damaged they can behave abnormally. They may grow into a tumour (lump) which may be benign (not cancer) or malignant (cancer).

Benign tumours do not spread to other areas of the body whereas cancer has the ability to spread.



Cancer is not catching. It cannot be passed from one person to another.

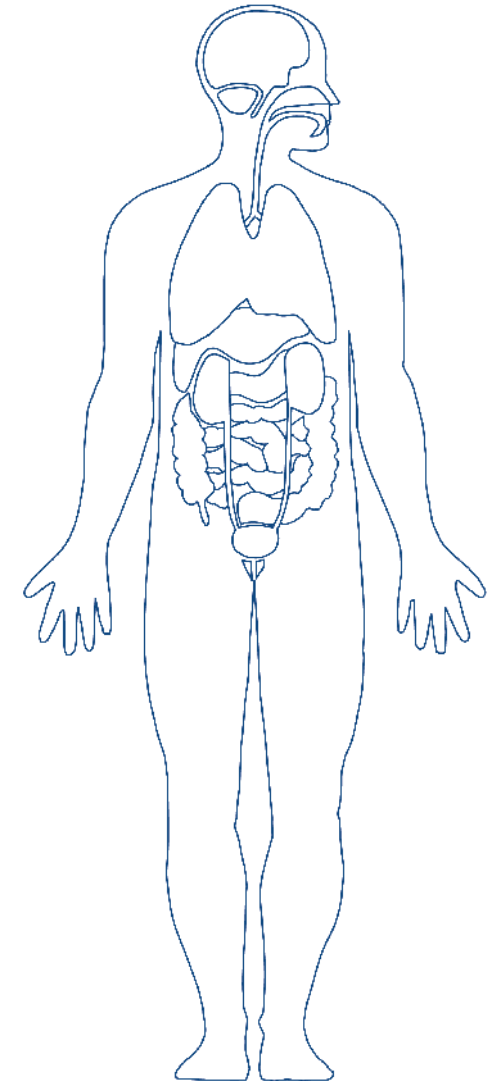
There are many ways of treating cancer such as surgery, chemotherapy and radiation treatment. Talk to your doctor about what is best for you. Many cancers can be successfully treated.


'I he taimi te ke fanongo ai 'oku' ke ma'u 'a e kanisaa', 'oku mahino 'e ngali ke mou ilifia mo ho fānili' pea 'e ngali lahi foki mo ha'o ngaahi fehu'i. 'I hono tali atu ho'o ngaahi fehu'i' 'e lava ke ke ongo'i ai 'oku' ke mapule'i lelei 'a e me'a 'oku hoko atu kiate koe'. Ko ha lisi eni 'o ha ngaahi fehu'i ke tokoni atu kiate koe ke ke ma'u 'a e lelei taha te ke ala lava' mei ho'o taimi mo ho'o toketaa'.

When you hear you have cancer you and your family may feel understandably frightened and you may have many questions. Having your questions answered can help you feel in control of your situation. Here is a list of questions to help you make the most of your time with your doctor.

1 Ko e hā 'a e hingoa 'o e kanisā 'oku ou ma'u?
What is the name of my cancer?

2 Ko e fē 'a e feitu'u 'i hoku sino' 'oku 'i ai 'a e kanisaa?
Where is it in my body?





**3 'Oku anga fēfē 'a hono uesia 'e he kanisaa' hoku sino?
How is the cancer affecting my body?**


**4 Ko e hā 'a e ngaahi sivi 'oku ou fiema'u?
What tests do I need?**


**5 Teu 'ilo fakakū 'a e ola 'o hoku sivi?
When will I know the results?**

**6 Ko e hā 'a e me'a 'e 'asi mai 'i he sivi?
What will the tests tell us?**

**7 Ko e hā 'a e ngaahi faito'o 'oku ala 'atā ke fai?
What treatments are available?**

**8 Ko e hā 'a e taumu'a 'o e faito'o?
What is the aim of the treatment?**






**9 Ko e hā hano faka-‘avalisi ‘e ngāue ‘a e faito‘o?
What is the probability of it working?**


**10 ‘Oku ‘i ai nai ha faito‘o faka-kilīniki ‘ahi‘ahi ‘e lava
keu kau atu ki ai?
Is there a clinical trial I can join?**

**11 ‘Oku fiema‘u nai ke fai haku faito‘o ‘i he falemahaki?
Will I have to have treatment in hospital?**

**12 ‘Oku anga fēfē nai ha‘ate vakai‘i pe ‘oku ngāue nai ‘a
e faito‘o’ pe ‘ikai?
How do you check treatment is working?**

**13 Kapau ‘e ‘ikai ke ngāue ‘a e faito‘o’, ko e hā leva ‘a e palani?
If treatment is not working what is the plan?**





**14 'Oku 'i ai nai ha ngaahi fakatamaki kehe 'e ala hoko?
Are there any side-effects?**


**15 'Oku fiema'u nai ke u muimui ki ha founa ma'u
me'atokoni makehe?
Should I follow a special diet?**

**16 'E uesia nai 'e he faito'o' 'a e malava ke u ma'u fanau?
Will treatment affect my fertility?**

**17 'E lava ke u ngāue?
Can I work?**

**18 'E uesia nai 'e he faito'o' 'a 'eku mohe mo hoku hoa?
Will the treatment affect my sex life?**






**19 'E lava nai ke u fakamālohisino?
Can I exercise?**

**20 'E lava nai ke u folau?
Can I travel?**

**21 Ko fē ha feitu'u ke u 'alu ki ai ki ha ngaahi tokoni?
Where can I go for support?**

**22 'E fiema'u nai ke u totongi ha fa'ahinga me'a?
Will I have to pay for anything?**

**23 Ko e hā e me'a 'e hoko 'okapau 'e 'ikai lava ke mapule'i
hoku kanisā?
What will happen if my cancer can not be controlled?**





Cancer Society of New Zealand Inc. (2008)

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publisher.

Ki ha ngaahi fakamatala ki he kanisaa´
pea mo ha ngaahi pou pou, telefoni ki he
fika **0800 CANCER (226 237)** pe vakai
ki he uepisaiti: **www.cancernz.org.nz**

**For cancer information and support
phone 0800 CANCER (226 237)
or go to www.cancernz.org.nz**



These booklets are provided in the following languages:

- Arabic
- Chinese Simplified
- Chinese Traditional
- Cook Island Maori
- English
- Gujarati
- Hindi
- Korean
- Maori
- Niuean
- Samoan
- Tongan

Ko e kii pepa´ ni na'e hiki tohi 'eni pea mo pulusi 'i Siulai 2008 'e he Sōsaieti ki he Kanisā 'a Nu'u Sila´.

'Oku 'oatu heni ha fakamālō mei´ he Sōsaieti Kanisā 'a Nu'u Sila´ (Cancer Society of New Zealand) kia Simon Woolf mei´ he Images By Woolf ki he ngaahi tā 'i mu'a 'i he kii pepa´ ni.

These booklets were written and published in July 2008
by the Cancer Society of New Zealand.

The Cancer Society of New Zealand acknowledges and thanks
Simon Woolf from Images By Woolf for the cover photograph.

