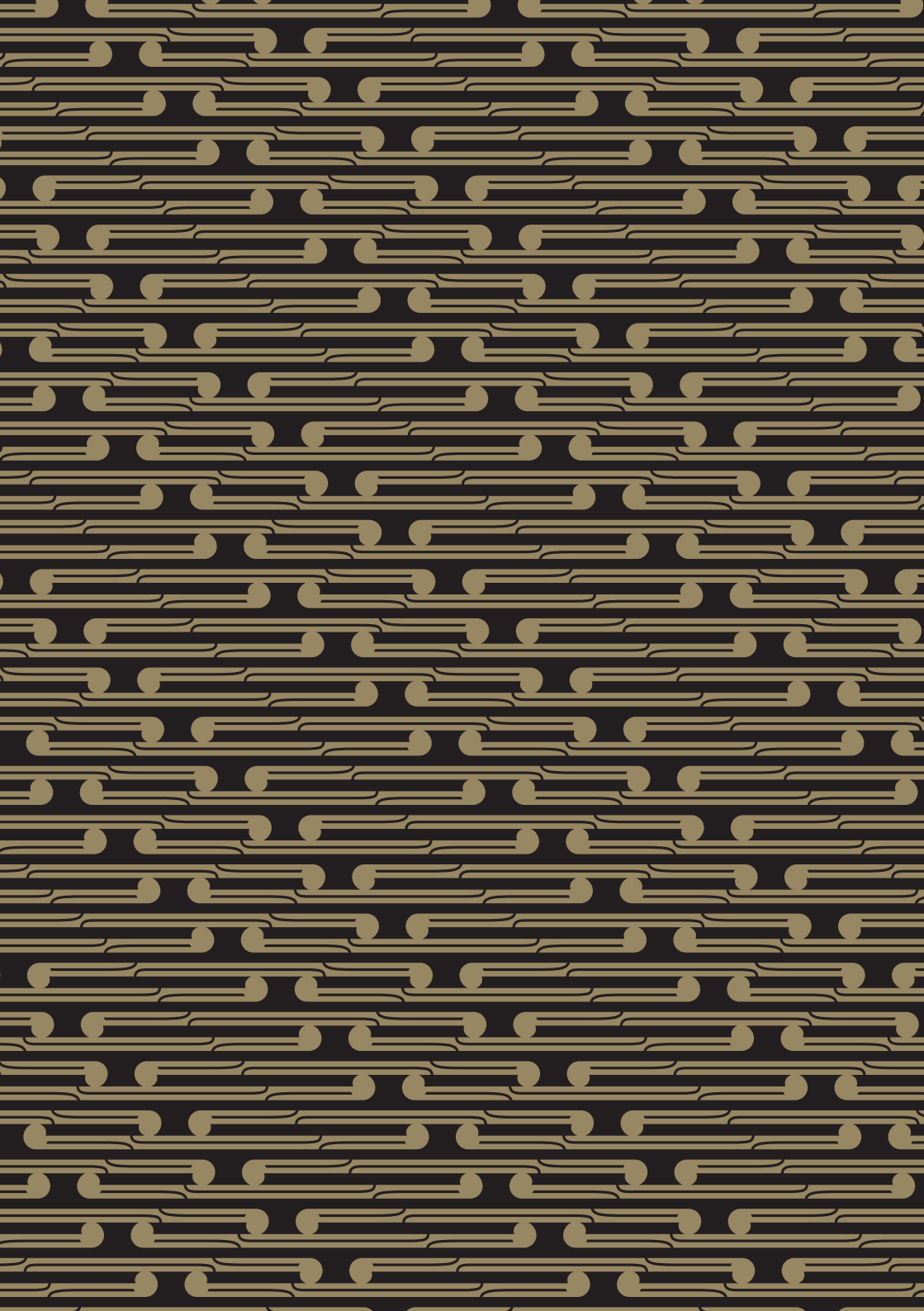




# HE WAHINE HE TAONGA

A collection of empowering cervical screening stories  
and information about your screening options



This booklet has been inspired by the strength and beauty of all wāhine Māori and our unwavering commitment to the health and wellbeing of our whānau.

We would like to acknowledge the following wāhine for their contribution to this resource:

Natalie Richards, Erena Temara,  
Anahera Waru, Waimarie Stirling,  
Promise Royal and Aroha Yates-Smith

Tohunga Raranga:  
Ani-Makere Taare  
Teresa Murray



## ABOUT THE DESIGN

This tohu is made up of two design elements - the Rauru and the Mangopare. The Rauru which is the outer circular pattern encapsulates transformation, new pathways, inner strength and the resilience to endure challenges with unwavering determination.

Embedded within the Rauru is the Mangopare—commonly seen in moko kauae—which draws inspiration from the hammerhead shark, and its key attributes of strength, power, and courage.

We created this tohu to represent cervical screening, it's significance and the power, courage, and strength of wāhine and people with a cervix that do the test as well as the kaimahi that support them.

In this context, this design represents the wharetangata and the ongoing cycle of life it provides when it's cared for.



## *‘I cervical screen to protect our whakapapa’*

I’ve always had to psych myself up for cervical screening. It’s not a pleasant experience but, I know how important it is for me to get it done. Through regular screening cell changes were detected in my cervix. It was a scary time for me but with the support of my whānau I got the treatment I needed early. So four years later, I’m back to regular checks with no further complications.

I make sure that my daughters know how to exercise rangatiratanga over our bodies, our whare tangata and hauora to protect our whakapapa, by getting regular health checks like cervical screening.

# TŌ MATAWAINGA, TŌ WHIRINGA

## Your test, your choice

- The self-test option for cervical screening gives you more control over what happens with your tinana.
- The self-test swab is quick, safe, accurate and so easy to do. It tests for the Human Papillomavirus (HPV) which causes most cervical cancers.
- It can be done at your hauora provider. Some screen-takers may also offer community-based locations, a mobile unit, or a take-home option, so check what's available in your area.
- You can still choose to have a cervical sample taken if you prefer - kei a koe te tikanga. Taken by a trained health professional, the sample will first be tested for HPV. The same sample can then also be checked for any cell changes if HPV is found.
- Your best protections against cervical cancer are HPV immunisation (free for all people aged 9 to 26) and regular cervical screening.
- Cervical screening may be free for some people, so check with your screen-taker to see if it's free for you.

*He wahine,  
he taonga*

Every woman is a treasure



*'I'm a daughter,  
a sister, a māmā  
and now a  
grandmāmā.  
I cervical screen  
for my whānau'*

I cervical screen because it's my responsibility to be well for my whānau. So often wāhine Māori put the health of others before themselves, but how can we take care of the people we love, if we aren't well ourselves? I've had my own cervical scare which makes me even more committed to the health and wellbeing of myself AND my whānau. I want to experience life with my kids and now my mokopuna for as long as I can.

## NGĀ MEA HEI MŌHIO

### What you need to know

- Once you've had your first HPV test, and if HPV is not found, screening will be every 5 years for most people.
- 5 years is a safe gap because if you don't have HPV, your risk of developing cell changes that may lead to cancer is very low.
- Having HPV does not mean you have cancer or need treatment, but further checks will allow any cell changes to be monitored and treated early, if needed.
- In most cases HPV clears up by itself. But when this doesn't happen, and if it leads to any concerning cell changes, we can almost always treat these changes before cancer even develops.
- If you have any questions please ask. Your screening kaimahi or screen-taker will be there to help you.

*Whakatairangatia  
te mana o te  
whare tangata*

Elevate the status  
(legacy) of women



DRESS: WAIAPU ROAD | RARANGA: ANI-MAKERE TAARE

## *‘I want to normalise kōrero around cervical screening and looking after my whare tangata’*

Kōrero. That’s what’s most important to me when it comes to my hauora. I want to normalise kōrero around cervical screening and looking after my whare tangata so I always ask questions.

I encourage my whānau and friends to speak up if they are unsure about their results and to keep asking questions until they feel tau within themselves. We sometimes feel too whakamā to speak up because we feel like we’re being a hōhā but mātauranga when it comes to our tinana is so important.

Our doctors and nurses trained to help us stay well so talk to them, tell them how you’re feeling, ask them everything and anything you need to, and know that it is absolutely okay to do so.

# TE MĀRAMA KI NGĀ PUTANGA

## Understanding your results

- Screening tests will first show whether you have HPV. Then, if HPV is found, checks for cell changes will be done.
- These further checks may depend on the type of HPV found, how your initial screening test was done, and the nature of any cell changes.
- You may be recommended to return to have a cervical sample taken (if your initial screening test was done as a vaginal swab), or you may be referred directly to colposcopy.
- Having HPV, or cell changes, or being referred for colposcopy does NOT mean you have cancer. But it is important to check, so you can find anything that needs treating.
- Early treatment of cell changes is almost always successful in preventing cancer.
- Please talk to your screening kaimahi or screen-taker if you feel unsure about your results.

*Mā te mōhio e  
piki ai te hauora  
me te waiora*

Knowledge improves  
health and wellbeing



KĀKAHU: ADRIENNE WHITEWOOD | RĀRANGĀ: ANI-MAKERE TAARE



## *‘Cervical screening saved my life’*

In my twenties, I had what was at that time called a pap smear and abnormal cells were found. I was referred for a colposcopy where they used a microscope to view the cell changes on my cervix. At the same time they took a biopsy for further testing. Being so young, I was so scared but the procedure itself was relatively quick. It turned out that I needed treatment and close monitoring.

I’ve never looked forward to cervical screening because for me personally, I don’t want anyone looking ‘down there’ but I do it on time every time because I know how important early detection is.

## MATAWAI KŌPŪ: NGĀ MEA HEI MŌHIO

### Colposcopy: what you need to know

- A referral for colposcopy is usually because a cervical screening test has found that there may be changes to the cells on your cervix. This does not mean that you have cancer.
- If you have any questions or concerns about what to expect, talk with your screening kaimahi or screen-taker before your appointment.
- Colposcopy is safe and effective and the procedure itself only takes around 15 minutes.
- During colposcopy a microscope is used to view and check the cells on your cervix. The microscope is like a pair of binoculars on a stand (this does not touch your body).
- They may take a small sample of tissue to test (a biopsy) which will take a few seconds to collect. People have said it feels like a quick pinch.
- Please talk to your nēhi (nurse) or colposcopist if you feel uncomfortable.

*Hle toka  
tū moana*

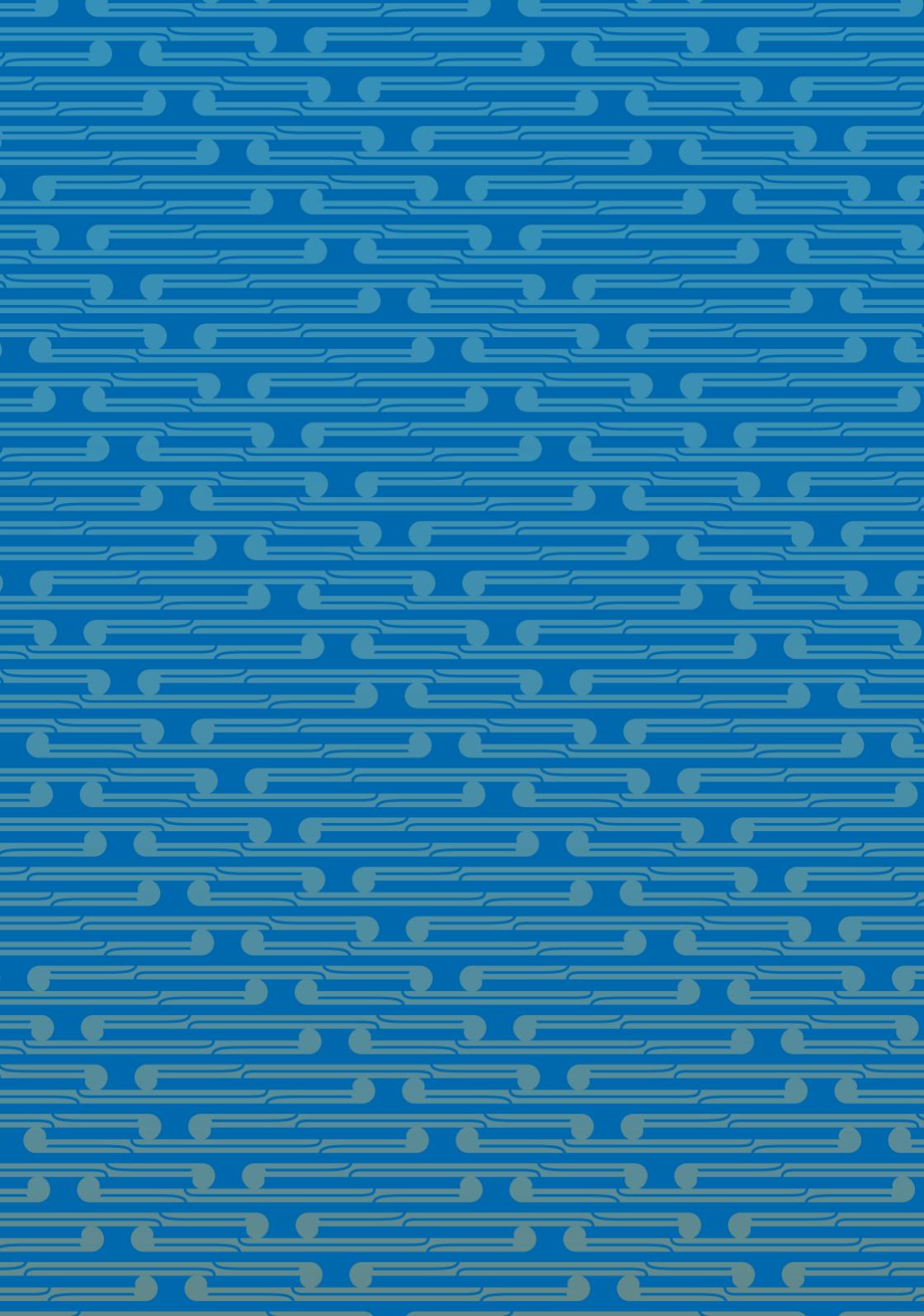
Your strength is like  
a rock standing firm  
in the ocean



DRESS: KIRI NATHAN | PARANGA: TERESA MURRAY

## *‘My tamariki are my why’*

Cervical cancer is one of the easiest cancers to prevent as long as it is detected early which is enough motivation for me. I cervical screen because I want to be around to see my tamariki and eventually their tamariki grow.



*Me aro koe  
ki te hā o  
Hineahuone*

Pay heed to the  
dignity of women



## *'I want to remove cervical cancer from our whakapapa'*

We have a history of cancer deaths in our whakapapa, which brought our whānau much heartache and sadness. My darling sister died of cancer far too young, and I, too, had part of my right breast removed, because of mate pukupuku. We've lost whanaunga and friends to this disease, so being involved in a kaupapa that raises awareness about the importance of screening means so much to me.

Cervical screening saves lives. Nā reira, kia kaha wāhine mā, be brave, if not for yourself, then for your pā harakeke.

For more information talk to your  
hauora provider or screen-taker,  
visit **TimeToCervicalScreen.nz**,  
call **0800 729 729**, or **scan here:**



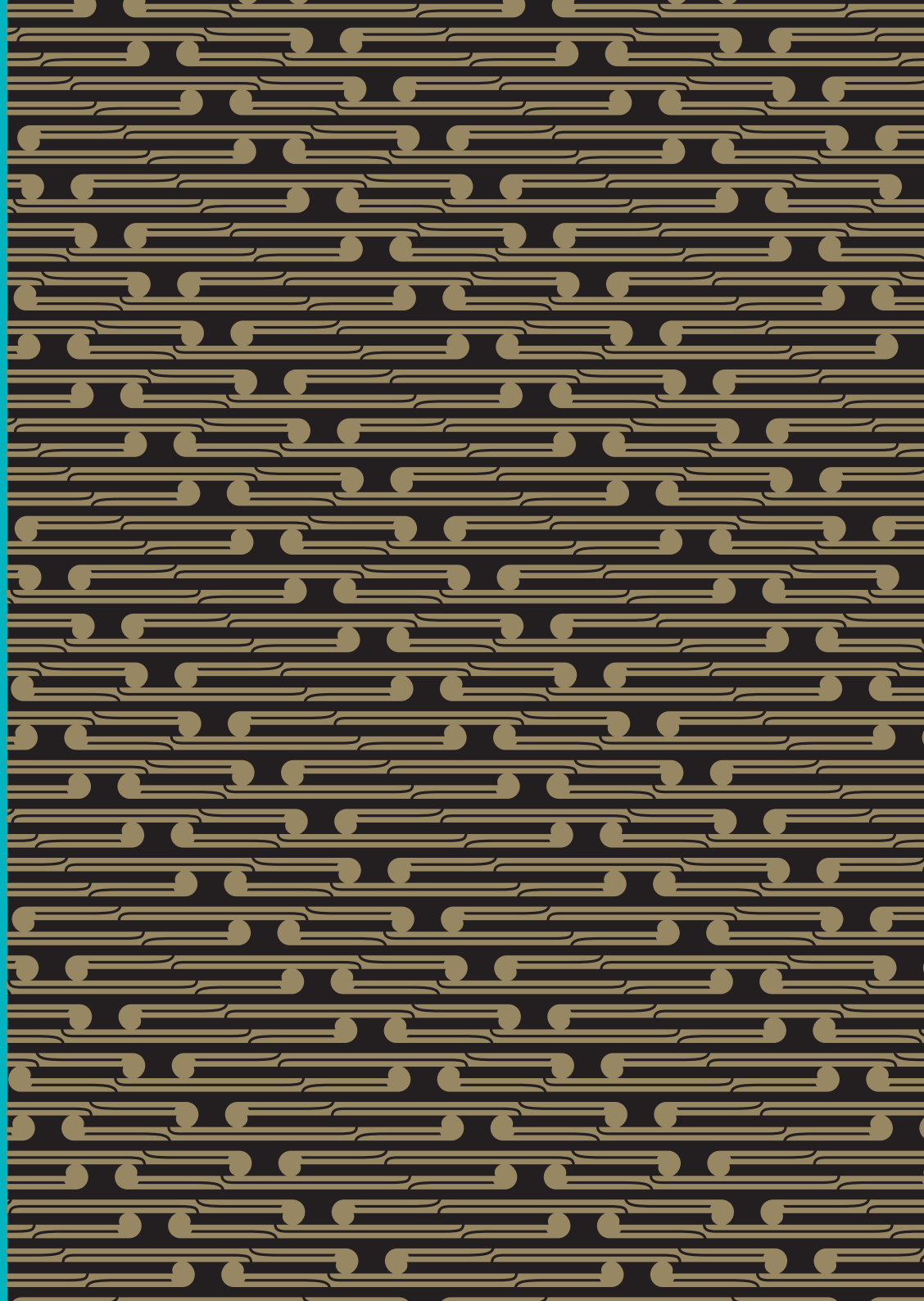
*Tūwhitia te  
hopo, mairangatia  
te angitū!*

Feel the fear and do it anyway.  
Be brave.



*Mā te  
Flauora  
o ngā whaea  
ka piki te ora  
o te whānau,  
o te hapu,  
me te iwi*

Healthy mothers ensure  
healthy families





National  
Cervical  
Screening  
Programme

**Health New Zealand**  
Te Whatu Ora