

Cancer Kōrero

THE MORE WE TALK ABOUT IT **THE MORE WE KNOW ABOUT IT**



TE MANAWA TAKI



WHAKATAUKĪ

He aha te mea nui o te ao

**He tangata, he tangata,
he tangata**

What is the most important
thing in the world?

**It is people, it is people,
it is people.**

Through being well informed about cancer we have a head start on knowing the truth, the current facts and where we can immediately help. We can then be prepared to care for our own tinana, but also tautoko whānau or friends going through it.

Ka nui ngā mihi o te ngākau ki a koutou ngā rangatira o te Tau Ihu o te Waka a Māui, nā koutou tēnei taonga i tuku mai ki a mātau, arā, ko te ariā o tā koutou pukapuka mō te mate pukupuku hei pou kōrero mō tā matāu nei pukapuka i te rohe nei o Te Manawa Taki. Mā ō tātau nei tūpuna koutou, otirā tātau katoa e manaaki, e arataki. Paimārire.

We would like to acknowledge the generosity of Nelson Marlborough District Health Board in the use of this booklet and adaptation for Te Manawa Taki region. We would also like to acknowledge all those who have assisted in the creation of this resource.

RĀRANGI UPOKO

Contents

Tatauranga	
Facts and figures	2
He aha te matepukupuku?	
What is cancer?	3
He tohu whakatūpato	
Warning signs	4
He whakatāharahara	
How to reduce your risk of cancer	5
Hikareti me te matepukupuku	
Smoking and cancer	6
Matepukupuku me te waipiro	
Alcohol and cancer	8
Kai	
Healthy choices	9
Korikori tinana	
Physical activity	9
He mahi ārai matepukupuku	
For cancer protection	10
He whakatewhatewha	
Early detection is your best protection	11
He rārangi oranga-ā-pukapuka	
Lung health checklist	12
He rīanga ū	
Breast screening	13
Repe tātea hauora	
Prostate screening for prostate health	14
Testicular cancer	15
Whare tangata	
Cervical screening	16
Whēkau	
Bowel screening	18
He whakarāpopoto	
Summary	19
Matepukupuku – he kupu	
Words related to cancer—what do they mean?	20
Hapori taupuhipuhi	
Community supports	22

TATAURANGA

Facts and figures



1

The **total population** for Te Manawa Taki region is **797,680**



2

The approximate **Māori population** in Te Manawa Taki region is **212,480**



3

In New Zealand **1 person in every 3** who gets cancer **is cured**



4

Many cancers can be cured if they are found and treated in time



5

Māori are up to 30% more likely to get cancer than non-Māori



6

The leading cause of cancer death for **Māori men** in New Zealand is **Lung cancer**



7

In Te Manawa Taki region, the cancer that affects **Māori men** the most is **Lung cancer**



8

The leading cancer causing death in **Māori women** in Te Manawa Taki region is **Lung cancer**



9

In Te Manawa Taki region, the cancer that affects **Māori women** the most is **Breast cancer**



10

Māori are 74% more likely to die of cancer than non-Māori

HE AHA TE MATEPUKUPUKU?

What is cancer?

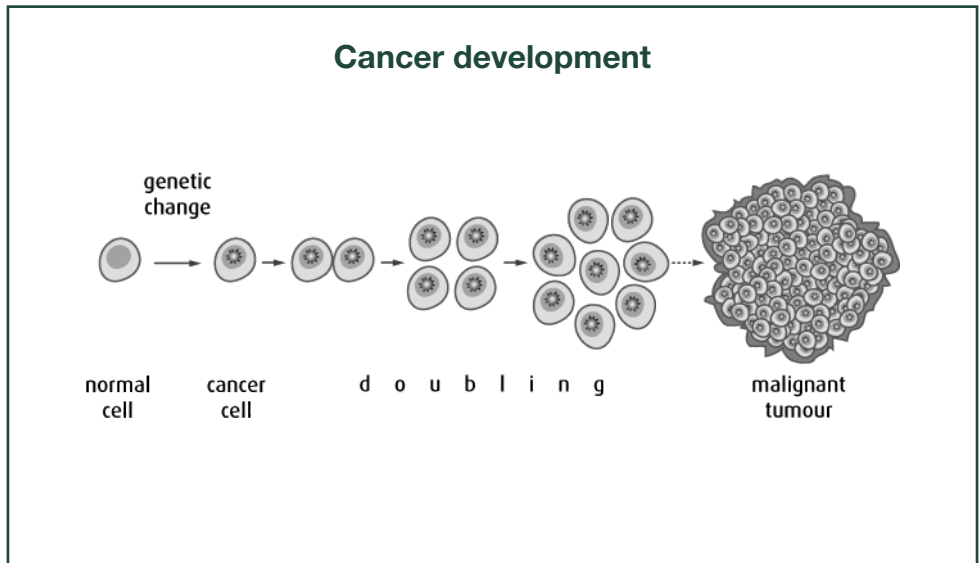
Normal body cells grow and divide, knowing when to stop growing, die and get replaced. Cancer cells don't know when to stop growing and divide out of control. These cells also don't die when they're supposed to. Cancer is when cells that are not normal, grow and spread which results in a malignant tumour forming.

There are **two types of tumours**:

- Malignant which is a cancer
- Benign which is not cancer.

A growing tumour becomes a lump of cancer cells that can go on to destroy the normal cells around it.

Some of these tumour cells can break away and travel to other parts of the body where it starts up in a new place. This is called metastasis.



HE TOHU WHAKATŪPATO

Warning signs

You know your body better than anyone else. If you notice things changing or happening that aren't usual for you, **please see a doctor**. If cancer is diagnosed early, you have a better chance of surviving. Breast, bowel, cervical and early detection of lung cancer can be life saving. Every whānau member is a tāonga (gift) so be aware of the following.

Ongoing changes such as:

- Unexpected weight loss
- Fatigue (feeling weak, being constantly tired, or lacking energy)
- Unusual lump or swelling in your testicle, breast, mouth, tongue and neck or elsewhere in your body
- A cough that won't go away

- Difficulty having a mimi (passing urine), blood in your mimi (urine) or tiko (bowel motion)
- Heavy night sweats
- Breast or nipple changes
- Unexplained vaginal bleeding or discharge
- Sores that won't heal
- Pain that doesn't improve

It is important to go to the doctor as soon as you notice any of these unusual changes.

If what the doctor has given you does not help, see your doctor again or see another doctor.

Please take someone with you if you would like a support person.

Close whānau members

Please talk with your doctor if you have had close whānau members (brothers, sisters, mother, father, cousins, aunties, uncles) with cancer. This may mean we need to be more watchful for any specific changes in your body, as the risk of cancer may be higher for you.



HE WHAKATĀHARAHARA

How to reduce your risk of cancer

There are things we can do right now to reduce the risk of cancer.

You can reduce your risk by:

- Being smoke free and in a smoke free environment
- Eating a diet high in fruit and vegetables and low in saturated fat and sugar
- Being a healthy weight
- Doing regular physical activity
- Reducing your alcohol intake
- Being sun smart is about protecting your skin and eyes from damaging UV radiation from the sun. Slip, slop, slap and wrap.
 - **Slip** on a shirt with long sleeves
 - **Slip** into the shade of a leafy tree or umbrella when outside
 - **Slop** on plenty of broad spectrum, water resistant sunscreen (at least SPF 30). Put on 20 minutes before going outside and reapply every two hours and after being in water or sweating
 - **Slap** on a wide brimmed hat or cap with flaps
 - **Wrap** on sunglasses. Choose close fitting, wrap around sunglasses. Always check that your sunglasses protect against UV radiation
- Undertaking the recommended screening for different cancers
- Being aware of the early signs and symptoms of cancer.



HIKARETI ME TE MATEPUKUPUKU

Smoking and cancer



Smoking increases the risk of cancer. The link between smoking and cancer is very clear after years of research both here in New Zealand, and internationally. One quarter of New Zealand's cancer deaths are caused by smoking.

Smoking is linked to many types of cancers including:

- Lung
- Oesophagus
- Mouth
- Upper throat
- Pancreas
- Bladder
- Bowel
- Larynx
- Kidney
- Stomach
- Liver
- Leukaemia
- Ovary
- Cervix

Smoking kills about 5000 people per year. Breathing in second-hand smoke (from other people's smoking) kills about 400 people per year.

Drinking and smoking

together rather than just drinking or just smoking increases the cancer risk even more.

IT'S NEVER TOO LATE THOUGH!

Things you can do:

- Become smokefree. Call Quitline for advice and support to help you. Quitline can assess what would be best suited to you and provide an exchange card for nicotine patches or gum to help you quit
- Avoid other people's smoke
- Have a smokefree whare (home) and waka (car)
- Ask your friends and whānau to be good examples and not smoke around the children



Smokefree services in an area near you:



Waikato and Gisborne
0800 6623 4255



Rotorua
0800 348 2400



Bay of Plenty
0800 427 246



MATEPUKUPUKU ME TE WAIPIRO

Alcohol and cancer

Many of us don't know that drinking alcohol increases the risk of developing cancers of the mouth, upper throat, voice- box, food-pipe, bowel, liver and breast (in women). Also, there is some evidence that alcohol increases the risk of stomach and pancreatic cancer. If you combine smoking with drinking, your risk of cancer may increase significantly.

Ways to reduce your alcohol-related cancer risk:

- Do more activities that don't involve drinking
- Reduce the amount of alcohol you drink and drink less often
- Switch to low strength alcoholic drinks



Less alcohol



Lower cancer risk

KAI

Healthy choices

No particular foods or eating patterns are guaranteed to prevent cancer, however some foods can reduce your risk of cancer. Eating a variety of fruit and vegetables every day will reduce the risk of developing some cancers.

Being overweight or obese increases the risk of developing some of the most common cancers. The guidelines for reducing cancer risk are the same as guidelines for cancer survivors, cardiovascular disease, diabetes prevention as well as general good health.



KORIKORI TINANA

Physical activity

Being physically active on most days is an important part of being healthy. Many people know that being active helps prevent heart disease, diabetes, stroke and weight gain, but they do not always realise it is also important for reducing cancer risk.

HE MAHI ĀRAI MATEPUKUPUKU

For cancer protection

For cancer prevention the scientific evidence suggests the more physical activity you do the better and that 30 minutes a day is not enough. Recent research suggests you need to do 60 minutes or more, of moderate activity or 30 minutes of vigorous activity every day. However any exercise is better than no exercise.

- Moderate intensity activity causes a slight but noticeable increase in breathing and heart rate
- Vigorous activity makes you 'huff and puff'
- Getting out and participating in fun activities with your whānau is a great way to be active and role model wellness;
 - Whānau hikoi (family walk)
 - Wā kaukau (swim time)
 - Haere ki tātahi (going to the beach)

Why worry about nutrition and physical activity?

- About 1 in 5 cancers diagnosed each year are related to having too much body fat, physical inactivity, excess alcohol consumption, and poor nutrition – and could be prevented!
- 47% of Māori adults are obese (more than 20% over their ideal weight).
- 66% of Pacific adults are obese
- 1 in 5 Māori children are obese



Today's challenge:

- Join an activity/club today
- Invite a friend/relative to start a walking plan

HE WHAKATEWHATEWHA

Early detection is your best protection

Screening is not able to provide you with a definite 'yes' or 'no' answer to the question of, 'do I have cancer?' A positive result does not mean you definitely have cancer, it may mean that you need further investigation to determine whether you may or may not have cancer. A negative result does not mean you are definitely cancer free. It just means that cancer has not been detected at that time, but does not mean that it may not develop in the future.

Lung health

The leading cause of cancer death in New Zealand for Māori men and women is lung cancer. Being aware of the symptoms and early detection of lung cancer can save lives. Like many types of cancer we don't always know why people get lung cancer. Being smoke free and keeping well can reduce your chances of lung cancer.

‘cough’,
‘cough’,
‘cough’,

Cough won't go away?
See your doctor

Kei te pā tonu mai te
maremare?
Haere ki te tākuta

Ko ngā pūkahu kahu te take, kua ko te mate

HE RARANGI ORANGA-Ā-PUKAPUKA

Lung health checklist

The early detection of lung cancer has the potential to save lives as well as improve your quality of life.

Cough, cough, cough!	Yes/No
Have you had a cough for over 3 weeks that won't go away?	
Cough up phlegm, mucus or blood?	
Run out of breath easier than people your age?	
Feel tight in the chest or wheezing?	
Get chest infections all the time?	
Have any chest pain?	
Always feel tired?	
Hoarseness or loss of voice?	
You've lost a lot of weight all of a sudden?	

Answering **yes** may **NOT** mean you have cancer but **you should get checked by your doctor, nurse or health professional.**



LET'S TALK LUNG HEALTH!

VISIT: www.haora.net.nz

HE RĪANGA Ū

Breast screening

Breast cancer is the most common cancer in New Zealand for women. Every year, about 2300 New Zealand women are diagnosed with breast cancer and about 620 die from it. New Zealand has one of the highest breast cancer rates in the world. It is not clear why.

Mammography screening

- Detects cancer early
- **Free breast screening for women aged 45–69 years** is provided by the national breast screening programme, BreastScreen Aotearoa.
- The aim of breast screening is to find small cancers before a lump can be felt in the breast. Early treatment has the best chance of success.
- The risk of developing breast cancer increases with age. Breast cancer is less common in women under 50.
- Although breast cancer is uncommon in women under 50, **ALL** women need to look for any unusual lumps and changes to the breast through self-examinations.
- To find out more about how to do a self-examination, symptoms and diagnosis, go to:

Breast Cancer Foundation NZ

www.breastcancerfoundation.org.nz

0800 902 732

- Seeing a GP promptly with any concerns will be hugely beneficial to ensure an early diagnosis.

For older women, breast screening using mammography (breast x-rays) followed by appropriate treatment is the best way of reducing the chance of dying from breast cancer.

Most of the available breast cancer information is directed at women. While it is rare, men are also affected by breast cancer. Approximately 25 men in New Zealand are diagnosed with breast cancer each year. It is more common in men over 60 and is encouraged that all men look regularly for breast changes and see their GP about any concerns.



The graphic features a dark blue background with a white circle containing the text 'Time to screen'. To the right of the circle, the text 'BreastScreen Aotearoa' is displayed. Below this, it states 'Free for women aged 45-69 years' and provides the phone number '0800 270 200' in large, bold white digits.

Time to screen

BreastScreen Aotearoa

Free for women aged 45-69 years

0800 270 200

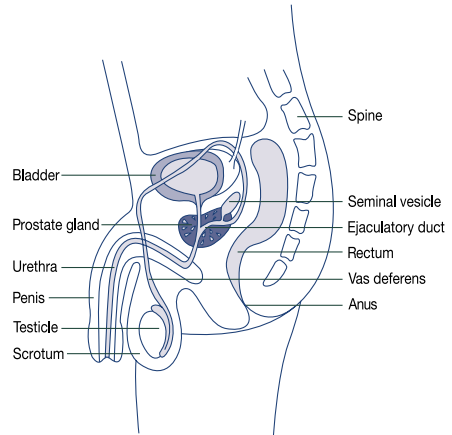
REPE TĀTEA HAUORA

Prostate screening for prostate health

The prostate is a small walnut-shaped gland that surrounds the bladder opening. Prostate cancer is the most common cancer found in men in New Zealand. If caught early, prostate cancer can be managed well and can usually be cured. Māori men are more likely to die of prostate cancer than non-Māori, usually because the cancer is found too late, to cure.

Prostate cancer affects every man differently. To learn more about prostate cancer;

- for myself
- for someone else (to support a man in my life) go to Kupe. www.kupe.net.nz



Prostate checklist for men	Yes/No
I am having a mimi more often	
When I mimi, I have trouble getting started or stopping	
I have a poor mimi flow or I dribble	
I often get up at night to have a mimi	
I have blood in my mimi	
I have pain in my lower back, hips or ribs	
I have a family history of prostate cancer and I'm 40 years old or more	
I am 50 to 70 years old	
I am concerned or want to know more	

Answering **yes** may **NOT** mean you have cancer but **you should get checked by your doctor, nurse or health professional.**

When deciding about a prostate check, you may want to talk to a member of your whānau and/or a trusted health professional (doctor or nurse).

Checking your risk of prostate cancer

Checks usually involve a blood test called a prostate-specific antigen test (**PSA**) and a digital rectal examination (**DRE**).

The prostate gland makes **PSA**. The higher the level of **PSA**, the more likely it is to be a sign of cancer.

DRE—is a quick way for your doctor to check whether there may be a problem with your prostate. To feel the surface of your prostate, the doctor will place a gloved finger into your rectum (bottom). You are more likely to have prostate cancer if your prostate feels rough, hard or irregular.

A prostate check aims to check your prostate and see if there are any irregularities that may lead to prostate cancer. While the PSA blood test and the DRE may be uncomfortable, there is no risk from having them. They do not harm you in any way.

HELPLINE:
0800 4 PROSTATE
(0800 477 678)

Testicular cancer

Testicular cancer is the most common cancer for men aged 15-39. Testicular cancer is the presence of cancer cells or a cancerous growth in or on the testicles. It is very treatable if caught early. Monthly self-examinations are recommended.

Not all lumps in the testicles are cancerous, however it's recommended that if anything unusual is noticed, that you see a doctor about this as soon as possible. Men that were born with undescended testes are more at risk, although there is no further known cause of testicular cancer. Māori men have considerably higher rates of testicular cancer than non-Māori men. To find out more about how to do self-examinations, symptoms and diagnosis go to:

Testicular Cancer NZ

testicular.org.nz

phone **0800 660 800**



WHARE TANGATA

Cervical screening

Cervical cancer is highly preventable through cervical screening every **3 years**



He huarahi whakamaru
mō te whare tangata,
mō te iwi.

A way of protection for
the womb, and for the
future of all.

Who needs a smear test?

All women between 25 and 69 who have ever been sexually active are advised to have a smear test every three years.

Check out **#smearyourmea** campaign

#SmearYourMea

Be aware of HPV

- Cervical cancer is caused by a virus called human papillomavirus or HPV which is sexually transmitted. HPV affects almost all people at some point in their lives
- There are many types of HPV, but only a few types will cause cell changes in the cervix that can lead to cancer
- Having regular smear tests every three years is the best way of finding and treating any cell changes and preventing cervical cancer from developing

What does a smear test cost?

Some Māori providers, community or primary health organisations offer a free or low cost service. If you are Māori or a Pacific Islander please ask about cost as often it will be free. Otherwise you may be charged the usual fee from your doctor or nurse.

Changes to the test

From July 2023, women will have the option to self-test. A vaginal swab can be taken by the woman herself in privacy when she visits her healthcare provider for a screen, or it can be taken by a clinician if she prefers.



National
Cervical
Screening
Programme

Free for women/anyone with a
cervix aged 25-69 years

0800 729 729

What happens during the test?

Having a smear only takes a few minutes. Some women find it a little uncomfortable, but it should not hurt.

A few cells will be collected from your cervix (the neck of the womb) and placed into a liquid solution that preserves the cells for testing. The test looks for abnormal cells. Any abnormal cells are treated to stop them from becoming cancer.

In some situations, women having a cervical smear test will also be offered an HPV test, which tests for the virus that may lead to cervical cancer.

The HPV test is performed on the same sample as the smear test, so there is no need to have a second test.

HPV can also cause cancer of the throat. The HPV vaccine is available for everyone male and female aged 9-26 years.

Children who are in year 8 at school are offered the vaccine either through school based immunisation programmes or through your family doctor if a school programme is not available.

Discuss this with your healthcare provider for more information.

Remember

See your doctor if you have any:

Checklist	Yes/No
Bleeding or spotting between menstrual periods	
Bleeding or spotting after sexual intercourse	
Bleeding or spotting after your menstrual periods have stopped (after menopause)	
Persistent pain in your pelvis	
Pain during sexual intercourse	
Unusual discharge from the vagina; the discharge might be smelly, have changed colour from white to pink, brown, or green, or be streaked with blood	

These symptoms can happen for several reasons. Answering **yes** may **NOT** mean you have cancer but **you should get checked by your doctor, nurse or health professional.**

WHĒKAU

Bowel screening

The National Bowel Screening Programme commenced in Te Manawa Taki region in 2019.

Lakes District Health Board (DHB) was the first to roll out the programme, followed by Hauora Tairāwhiti in 2020 then Waikato DHB at the start of 2021 with Bay of Plenty and Taranaki DHBs to complete roll out by end of 2021.

Screening involves testing for bowel cancer in people who do not have any obvious symptoms of the disease. Screening is important because bowel cancer can develop without any early warning symptoms.

Bowel cancer develops slowly and can be treated successfully if detected in its early stages.

Screening can reduce the risk of dying from bowel cancer in up to one third of people diagnosed.

Simple tips for a healthy bowel

- Eating foods rich in fibre such as brown rice, oats, wholegrains, brans, legumes, fruit and vegetables can keep bowel motions soft and bulky
- Aim for two serves of fruit and five serves of veges each day
- Drinking enough fluid is important
- Keeping moving and active can help



**Time to
screen**

National
Bowel
Screening
Programme

Freephone **0800 924 432**

For more information visit
www.timetoscreen.nz



Checklist	Yes/No
I have had runny tiko (diarrhoea) for several weeks OR	
I have had hard tiko (constipation) for several weeks	
I feel that when I have a tiko (bowel motion) my bowel hasn't emptied completely	
I have bloody or tarry (black) tiko	
My puku is uncomfortable (frequent gas pains, bloating or cramps)	
I've lost weight and am feeling tired	

If you have any of these symptoms, see your doctor.

HE WHAKARĀPOPOTO

Summary

- Adjusting to life with cancer can be challenging
- Some cancer treatments can be tough, but sticking with them will help in the long term
- The longer we leave it to see a doctor, the risk of not surviving cancer increases
- Living in Te Manawa Taki region means we sometimes need to travel to either Waikato or Auckland hospitals to access some treatments.

The good news is;

- at least one third of all cancer cases are preventable
- cancer cells can often be treated and destroyed
- there are many medications and treatments available for cancer now that weren't around a few years ago
- there is heaps of information and support available to you
- we have very good cancer services in this region
- implementing the New Zealand Cancer Action Plan 2019-2029 is a key focus for Te Aho o Te Kahu – Cancer Control Agency:
www.health.govt.nz/publication/new-zealand-cancer-action-plan-2019-2029



MATEPUKUPUKU – HE KUPU

Words related to cancer – what do they mean?

Biopsy

A biopsy is when a sample of cells or tissues are removed from the patient to be looked at under a microscope and studied to see if there are any signs of disease. You can have a biopsy to test for many diseases, not just cancer.

Benign

A benign tumour is not a malignant tumour or cancer. It does not spread to other parts of the body like cancer can.

Chemotherapy/‘Chemo’

Chemotherapy is the treatment of cancer with anti-cancer drugs. When cancer is treated with chemotherapy, the person takes medicine in either a tablet, intravenous or injection form. The chemicals in the medicine are designed to attack and kill the cancer cells.

Carcinogens

Carcinogens are substances that can cause genes to alter their state.

Colonoscopy

Colonoscopy is a procedure in which a trained specialist uses a long, flexible, narrow tube with a light and tiny camera on one end, to look inside your nono and bowel. Colonoscopy can show irritated and swollen tissue, ulcers, polyps, and cancer.

Digital Rectal Examination (DRE)

The doctor will insert a gloved finger into your nono to feel any abnormalities in the prostate gland.

Radiation Therapy /Radio Therapy

Radiation therapy is when radiation is used to kill cancer cells. The area where the cancer is in the body is marked with a pen and then the radiation machine is directed at this area.

Staging

This term is a way of describing the extent of a cancer, how big is the tumour and if and where it has spread to. This helps doctors decide on the best course of treatment.

Ultrasound test

The ultrasound test uses sound waves that create a picture of an area on the body being scanned, onto a computer screen.

The ultrasound transducer is passed over the body on top of a transparent gel that has been put onto the person's skin.



CT/CAT scan

(Computerised Axial Tomography scan)

A CT scan takes a 3D image using x-ray measurements to create images of the body. This allows your doctors or medical team to view the inside structures of your body.

PET CT scan

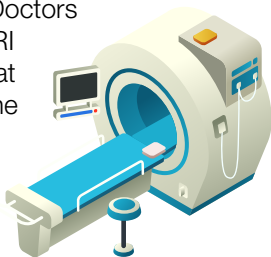
(Positron emission tomography)

A PET CT scan begins with an injection of a glucose based radiopharmaceutical called fluorodeoxyglucose (FDG). A PET CT is used to detect and diagnose disease early so treatment can start quickly. It is also used to evaluate organs and/or tissues for the presence of disease or other conditions as well as evaluating treatment.

MRI scan

(Magnetic Resonance Imaging scan)

The MRI scan uses magnets to create an image of a body on a computer. It may take slightly longer than 30 minutes to do the MRI scan and the patient has to lie very still inside a metal cylinder. The machine is very loud and so patients are usually asked to wear ear plugs. Doctors prefer to use the MRI scan when looking at the soft tissues of the body as it produces clearer pictures than the CT scan for those areas.



Malignant

Cancer is caused by cells in our bodies continuing to divide when they should have stopped. The dividing cells create a lump that is called a tumour. There are two types of tumours. One is cancerous, and the other is not cancer. A malignant tumour is cancerous.

Laparoscopy

A laparoscope is a long tube with a camera at one end and an eye piece at the other. It is like an endoscope. When having a laparoscopy the patient has small cuts made into their abdomen through which the laparoscopy enters the body so that the doctor can see inside.

Endoscopy

An endoscopy is a long tube that has a camera on the end. You swallow the tube so that the camera can look inside your body.

Mammogram

A mammogram is the test that women have to try and detect breast cancer early. The mammogram machine compresses the breast between two plates and pictures are taken of the breast tissue.

HAPORI TAUPUHIPUHI

Community supports

Your first line of support is to talk with someone you can trust, this could be a partner, parent, friend, aunty, cousin or neighbour. Within your area there will be support services available. An example of these may include your own GP or Practice Nurse and local Māori Health Providers.

Useful information sites

NZ Cancer Society

www.cancersociety.org.nz

Te Aho o Te Kahu

– Cancer Control Agency

teaoho.govt.nz

New Zealand Breast Cancer
Foundation

www.nzbcf.org.nz

Hā Ora: Let's talk lung health

haora.cms.waikato.ac.nz

Ministry of Health

**[www.health.govt.nz/your-health/
conditions-and-treatments/
diseases-and-illnesses/cancer](http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/cancer)**

Cancer Treatment Options NZ

www.cancerinfo.co.nz

National Screening Unit

www.timetoscreen.nz

KUPE – Prostate Cancer

www.kupe.net.nz

Smear Your Mea

www.facebook.com/smearyourmea

Here is a great little quiz to do online
to see what you may need to alter to
reduce the risk of cancer

cancercouncil.com.au/1in3cancers

General cancer support



All cancers – Cancer Society NZ

The leading NZ organisation available to support all patients with any type of cancer. There are multiple services, support groups, resources and tools available to health practitioners, patients and whānau.

Cancer information helpline: 0800 226 237

waikato-bop.cancernz.org.nz



**Breast Cancer
Foundation NZ**

Breast Cancer

New Zealand Breast Cancer Foundation is one of the main support organisations for breast cancer in New Zealand. The website offers a wide range of resources, support and information.

Breastcare nurse: 0800 BC NURSE

www.breastcancerfoundation.org.nz



TUAPAPA PŪKAHUKAHU
LUNG FOUNDATION
New Zealand

Lung Cancer Foundation of NZ

The lung cancer foundation NZ is dedicated to promoting healthy lungs and early detection of disease, including lung cancer.

021 959 450
lungfoundation.org.nz



Prostate Cancer Foundation of NZ

A predominately consumer based organisation and website that provides a Helpline, useful information, diagnosis, staging, treatment, advocacy and support.

Helpline: 0800 477 678
prostate.org.nz



Bowel Cancer
NEW ZEALAND

Bowel Cancer New Zealand

Bowel cancer NZ is a nationwide patient led organisation committed to reducing the impact of bowel cancer through awareness, education, support and research.

Contact number: 021 027 5194
beatbowelcancer.org.nz



our mission is to care, our vision is to cure

Leukaemia and Blood Cancer Foundation

Supports and educates patients with blood cancers. Offers support groups for multiple myeloma, chronic leukaemia, bone marrow transplant, survivorship, lymphoma available in most regions.

Contact number: 0800 15 10 15
www.leukaemia.org.nz



Health Navigator

Provides health information and links to many other websites.

Healthline: 0800 611 116
www.healthnavigator.org.nz



Healthpoint

Healthpoint provides up to date information about healthcare providers, referral expectations, services offered and common treatments.

www.healthpoint.co.nz

Ō TUHITUHINGA

Your notes

[illegible]

