

TREATMENTS

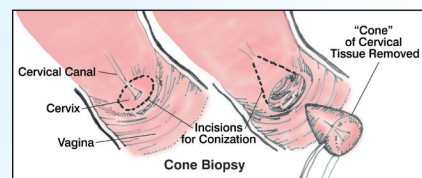
Depending on the type of disease, the treatments are used alone or in combination to either control cancer cell growth or to eliminate the disease entirely.

Surgery:

Surgery is the oldest form of cancer treatment. About 60% of cancer patients will undergo surgery, either by itself or in combination with other therapies. Surgery may be recommended to remove cancerous areas of the cervix (e.g. cone biopsy) which preserves childbearing abilities. More advanced stages of cervical cancer may require a hysterectomy.

Seven types of cancer surgery:

- Preventive
- Diagnostic
- Staging
- Curative
- Supportive
- Restorative
- Palliative



Chemotherapy:

Chemotherapy uses powerful drugs to kill cancer cells, control their growth, or relieve pain symptoms. Chemotherapy may involve one drug, or a combination of two or more drugs, depending on the type of cancer and its rate of progression. It can be used in combination with other treatments such as surgery, or radiation to make sure all cancer cells have been eliminated.

Chemotherapy is administered in three ways:

- Intravenous (I.V.)
- Oral
- Injections

Radiation therapy:

This treatment uses large doses of energy beams or particles to destroy cancer cells in a specifically targeted area. Radiation damages the internal chemical structure

of cancer cells, which keeps them from multiplying.

Over 50% of cancer patients will undergo radiation therapy. It is often used in combination with other treatments. Radiation shrinks the tumor to make surgery or chemotherapy more effective

TOGAFITIGA

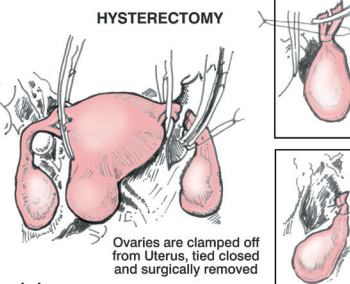
E fa'atatau togafitiga e faia i le ituaiga fa'ama'i po'o le ituaiga kanesa. E mafai ona faia na'o se togafiti e tasi, e mafai fo'i ona fa'aaogaina fa'atasi togafiti e tele, e puipuia ai le sosolo o le kanesa pe fa'aumatia ai fo'i le kanesa atoa.

Taotoga (surgery):

O le ituaiga togafitiga lea ua loa ona fa'aaogaina. E tusa e 60% o kanesa e faia taotoga, ae o isi fo'i taimi e faia fa'atasi taotoga ma togafitiga. O le taotoga fa'apei o le (cone biopsy) e mafai ona aveesea mai ai vaega ua afaina i le kanesa o le 'auga o le fa'a'autama. O le isi ituaiga taotoga o le aveeseina o le fa'a'autama (hysterectomy).

Fitu ituaiga o taotoga mo le kanesa:

- Puipuiga
- Tau fa'amaoniga o le gasegase
- Tulaga ua iai le kanesa
- Togafiti le kanesa
- Fesoasoani ma lagolago
- Toe fo'i i tulaga na iai
- Fa'a'ititia le gāoi po'o le tigaina



Togafitiga e fa'aaoga vailaau malolosi (chemotherapy):

O togafitiga (chemotherapy) e fa'aaoga vailaau malolosi e faaumatia ai sela o le kanesa, fa'atapula'a le tupu o le kanesa, ma fa'a'ititia fa'ailoga o le mafatia ma le tiga. O le togafitiga lena, e mafai ona fa'aaogaina na'o le vailaau malosi e tasi, pe lua fo'i, pe sili atu i luga, e fa'atatau lava i le ituaiga kanesa ae ma'ise o le tele vave o le a'afiaga o le tino i le kanesa. E mafai ona fa'aaogaina fa'atasi lena togafiti ma isi togafiti e iai le

taotoga (surgery), ma le fa'aaogaina o le uila malosi (radiation) ina ia mautinoa ua fa'aumatia sela uma o le kanesa.

E tolu auala e fa'aaogaina mo le chemotherapy:

- Fa'aaoga le tui fafana (intravenous)
- Fa'ainu pe tu'u i le gutu (oral)
- Fa'aaoga le tui (injections)

Togafiti e fa'aaoga le uila malosi (radiation therapy):

Ua fa'aaogaina se vaega tele o le enetia po'o ave malolosi o le uila i lena togafiti ina ia fa'aleagaina ma fa'aumatia sela o le kanesa i se vaega patino ma fa'apitoa. E mafai e le malosi o le uila ona fa'aleaga totoga tutotonu o sela o le kanesa, ma puipuia mai ai i le fa'ateleina.

E sili atu i le 50% o gasegase o le a latou fa'aaogaina lena togafiti. E fa'aaoga fa'atasi lena togafiti ma nisi togafitiga ina ia fa'a'ititia le tupu o le kanesa, ma fa'ateleina ai le aoga o taotoga (surgery) fa'apea togafiti e fa'aaoga ai vailaau malolosi (chemotherapy).

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CERVICAL CANCER PREVENTION

PUIPUIA MAI LE KANESA O LE 'AUGA O LE FA'A'UTAMA

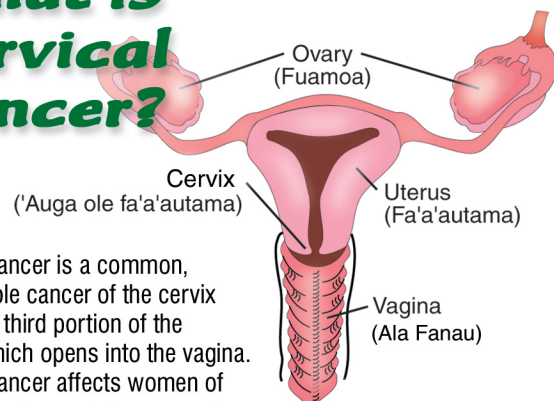
Understanding cervical cancer and taking steps to prevention.

Malamalama i le kanesa o le 'auga o le fa'a'autama ma faia auala mo le puipuiga.



Samoan National Nurses Association

What is Cervical Cancer?



Cervical cancer is a common, but treatable cancer of the cervix (the lower third portion of the uterus) which opens into the vagina. Cervical cancer affects women of all races and ages, but commonly between ages 40 and 55.

Because of cultural beliefs, limited access to health screening, low socio-economic status and many other factors, Samoan women are more likely not to be treated on a timely fashion. In regards to cervical cancer and many other types of cancers, lack of sufficient data has prevented a fair comparison of Samoan women with many other ethnic women.

O le ā le kanesa o le 'auga o le fa'a'autama?

O le kanesa o le 'auga o le fa'a'autama ose kanesa ua ta'atele, e mafai ona togafitia, ma ua a'afia ai le vaetolu o le pito i lalo o le fa'a'autama e aga'i atu i le ala fanau. O leinei kanesa ua afaina ai tina uma o so'o se lanu ma so'o se tausaga, ae ta'atele i le va o le 40 ma le 55 tausaga.

Ona o le tele o talitonuga ma aganu'u eseese, fa'aititia o auala e mafai ona su'esu'eina ai tulaga o le soifua maloloina, mau lalo le tulaga o lo'o soifua ai ma le tāmāoaiga, ma isi lava fa'afitauli e tele, ua ave'a ia ma ala a tonu o le a le mafai ona togafitia ai tina Samoa i taimi tonu e tatau ona togafitia ai i leinei fa'ama'i. I tulaga o le kanesa o le 'auga o le fa'a'autama, atoa ma isi ituaiga kanesa eseese, ua faigata tele ona faia o ni feso'otaiga po'o ni fa'atusatusaga o le aofaiga o tina Samoa ua a'afia i le kanesa ma tina o isi atunu'u ona ua le lava ni tusitusiga fa'amaumau e tusa o leinei fa'ama'i.

PREVENTION

Pap smear:

A simple, relatively painless and inexpensive method for detecting pre-cancerous and cancerous cells of the cervix (lower end of the uterus). A "pap smear" is not the same thing as a pelvic examination, and is not done every time you have a pelvic exam. When a pap smear is properly performed, it is highly effective in detecting abnormal cells before they become cancerous. Pap smear test should be performed by age 18 or when a woman becomes sexually active. All women should have a pap smear as part of a pelvic examination once a year.

Pelvic examination:

An examination or a "check up" in which the Doctor will check the vagina (inside and outside), cervix (opening of the uterus) and the uterus (womb). The doctor may also take tests at that time such as a "pap smear", and tests for other female infectious diseases.

Annual check-up:

It is recommended that women must have a routine annual check-up with her doctor once every year. A pap smear is recommended to be part of this routine check-up annually.

PUIPUIGA

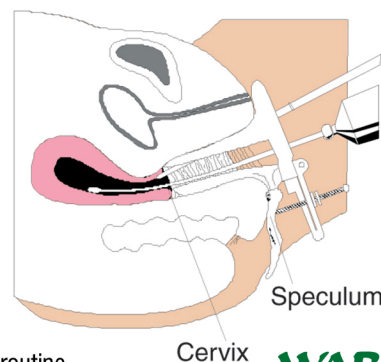
Pap smear:

O se auala faigofie, lē taugata, ma lē lagona sona tigaina, ua mafai ona su'eina ai le tina pe ua amata ona afaina i le kanesa o 'auga o le fa'a'autama (le vaega pito i lalo o le fa'a'autama). O le suega lenei e le tutusa ma le suega e su'eina ai isi o totoga fanau o le tina, e le faia fo'i i taimi uma e su'eina ai pe siakiina ai totoga fanau o le tina. Afai e faia lelei ma mae'ae'a lenei suega, o le a matuā aoga tele e fa'ailoa mai ai pe ua amata ona afaina pe ua afaina fo'i le tina i leinei kanesa. O le suega lenei ua fa'atonuina ma fautuaina e faia pe a fai ua 18 tausaga o le soifuaga o le tina pe ua amata fo'i ona faia o

feusuaiga pe faiaiga. Ua tatau i tina uma ona faia o lenei suega i tausaga ta'itasi fa'atasi ai ma isi suega masani o totogasa o le tina i tausaga uma. Peita'i, o tina uma ua tele le avanoa e afaina ai i leinei kanesa, ua tatau ona fa'amalosia e faia nei suega fa'atasi i le tausaga.

Suega o totoga fanau (pelvic examination):

O le siakiina ma le su'eina o totoga sa ma le ala fanau o le tina (totonu ma fafo), o le 'auga o le fa'a'autama (cervix), ma le fa'a'autama. Ua su'eina nei vaega o le tino o le tina pe o iai ni tulaga fa'aletonu ua tutupu mai. Ua mafai e le foma'i ona faia le suega lea o le pap smear, atoa ma isi suega fa'apitoa mo gasegase fa'ale-tina i le taimi o lau suega lea.



Suega fa'atausaga:

Ua fa'atonuina ma fautuaina tina uma ia faia a latou talavai masani i tausaga ta'itasi. Ua fa'atonuina fo'i le faia o le suega o le pap smear e ave'a ma suega faifa'atasi i lau talavai lenei.

WARNING SIGNS and SYMPTOMS

Usually there are no warnings signs during the early, easily treatable stage.

In later stage:

- Unexplained vaginal bleeding, and persistent vagina discharge
- Pain and bleeding after sexual intercourse
- Severe abdominal pain
- Loss of appetite
- Sudden loss of weight
- Anemia

UIGA PO'O FA'AILOGA MASALOMIA UA AFAINA OE

I le amataga o lenei gasegase, e leai ni uiga po'o ni fa'ailoga va'aia ma iloa.

O tulaga mulimuli ane ai pe a fai ua afaina i le kanesa:

- Le mautinoa le mafuaaga o le palapala po'o le eleele e sau i le tina, atoa ma le fa'ateleina o le sau o le vavale mai i totoga sa o le tina
- Tiga ma sau le palapala po'o le eleele pe a uma ona feusua'i
- Fa'ateleina le tiga o le manava (ae maise lava le vaega pito i lalo o le manava o le tina)
- Le lagona se fia tausami, fa'ateleina pauna ua lusi
- Le lava le toto

RISK FACTORS

- Early age of sexual activity or sexually active before age 18
- Multiple sexual partners
- Race
- Cigarette smoking
- Low socio-economic status
- History of persistent vaginal infections or genital warts
- First child before age 20, or have had many pregnancies

TULAGA MASALOMIA MATUIĀ E MAFUA AI LE KANESA

- La'ititi tausaga o le soifuaga ae ua faia feusuaiga, po'o le faia fo'i o nei tulaga ae le'i atoa le sefulu valu o tausaga o le soifuaga
- To'atele o au paaga ua e feusua'i ai
- O le lanu
- Ulaula tapa'a po'o le sikareti
- Mau lalo le tulaga o le tāmāoaiga o lo'o soifua ai
- Talaaga o le afaina so'o i fa'ama'i pipisi fa'apitoa fa'ale-tina, po'o lafitoga tutupu solo i totoga sa o le tina
- Fanauina le ulua'i tama ae le'i atoa le lua sefulu o tausaga o le soifuaga, ma to'atele le fanau fa'apea le aofa'i o ma'itaga