



Western Bay of Plenty
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE

Module 3: Technical Knowledge


Ehara taku toa I te toa
takitahi, engari kē he toa
takitini

Acknowledging it's a team
effort, that one's success is
due to the support and
contribution of many



Introducing Cancer Screening

 **Audience:** Skilled Kaimahi/Community Health workforce.

 **Purpose:** Empowering cancer screening conversations in our Māori & Pacific communities.

 **Presenters:**

Mary Ann Nixon - Breast

Recruitment & Retention Coordinator

BreastScreen Midland

Chrissy Paul - Bowel

Kaihautu – Te Moana a Toi, Community Engagement

Hauora a Toi/ Bay of Plenty

Gemma Pearson - Cervical

Support to Screening Nurse

Western Bay Of Plenty Primary Health Organisation

Why We're – He Tangata, He Tangata!

“What is the most important thing in the world? He tangata, he tangata, he tangata.”

We're here for all our people – our kuia & koro, māmā & pāpā aunties & uncles, sisters & brothers, for the whole whānau.

Early detection of cancer saves lives – but not everyone has the same access.

You, our kaimahi, are the connectors between the health system and our people.



Why We Have National Screening Programme's

🎯 It's about early detection, equity, and access.

🤝 To ensure every person in Aotearoa has a fair chance to be screened.

📊 Collects and protects data.

🔄 Supports safe follow-up and continuity.


📈 Reduces health inequities.




Why Equity Matters – Aotearoa's Reality


 Māori cancer deaths are 1.7x that of non-Māori.

 Māori wāhine experience a higher incidence of breast & cervical cancers compared to non-Māori.

 Māori are more likely to be diagnosed with breast & bowel cancer at a younger age than non-Māori.

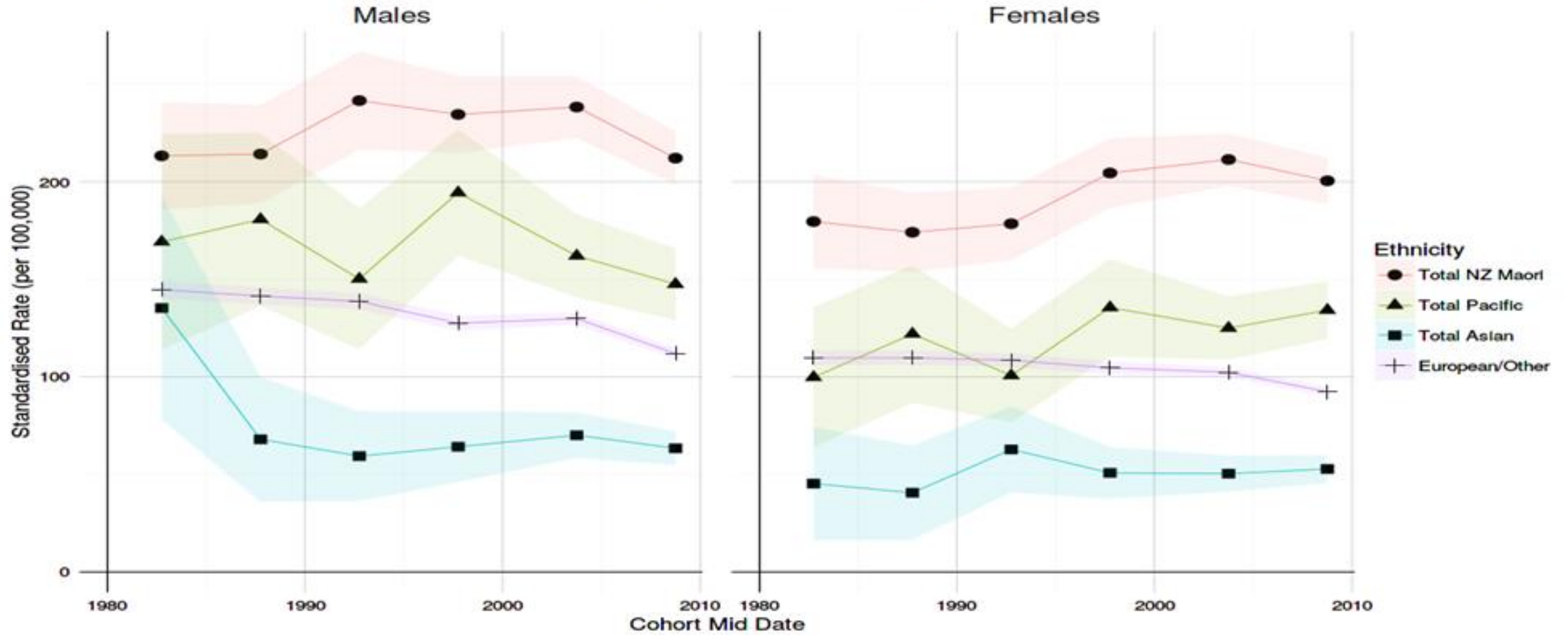
 Lower screening rates due to colonisation, trauma, racism in health services, lack of culturally safe care.

 Pacific and Asian communities also face these barriers.

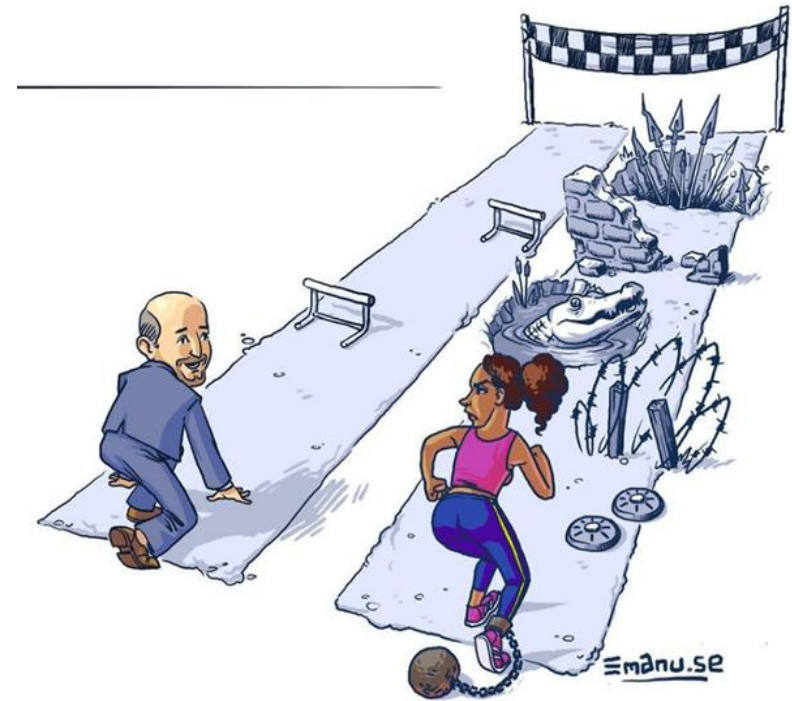
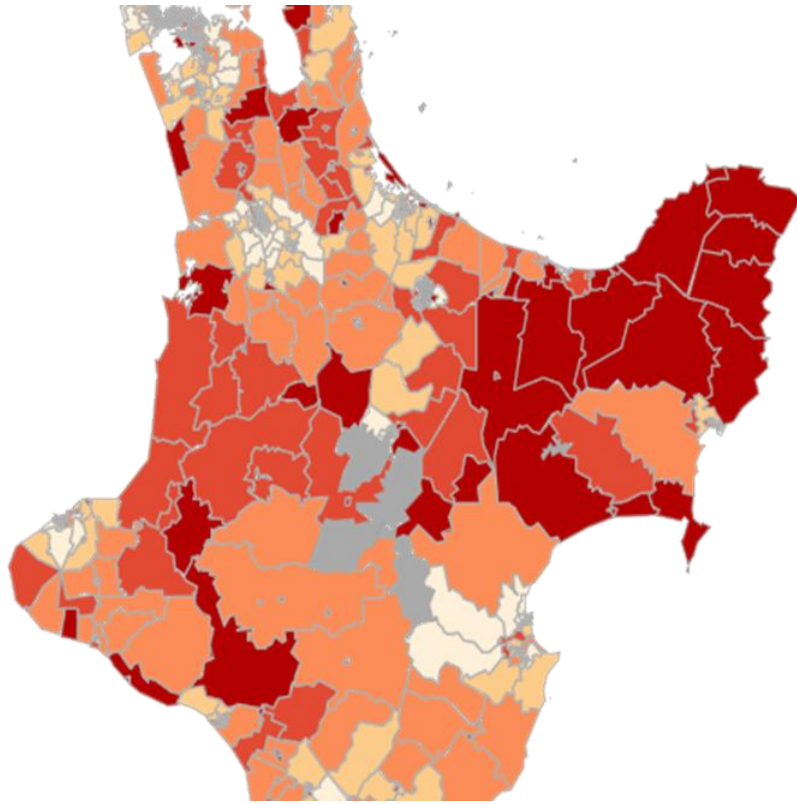
 We focus on priority groups because inequity isn't accidental – and neither is fixing it.

Cancer Mortality

Cancer (all) Mortality, 1-74 yrs



Cancer Screening – Deprivation and Access

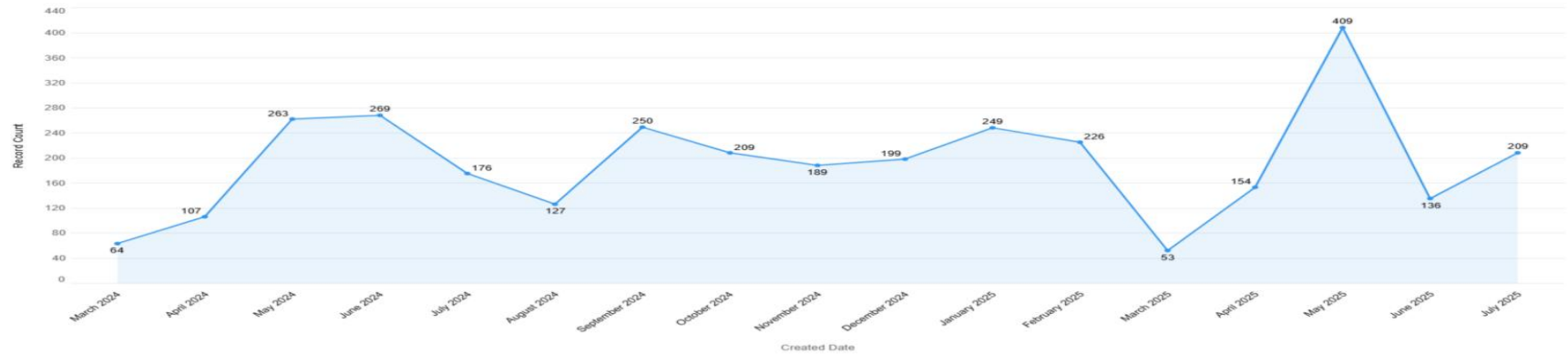


“What’s the matter?
It’s the same distance!”

Homelessness, poverty, isolation, higher mortality, no support or resources, hunger, victim blaming, appropriate info. Take every opportunity to engage, start the discussion, empower our whanau, target those with less access.

Recent BOP BOWEL Screening Rates

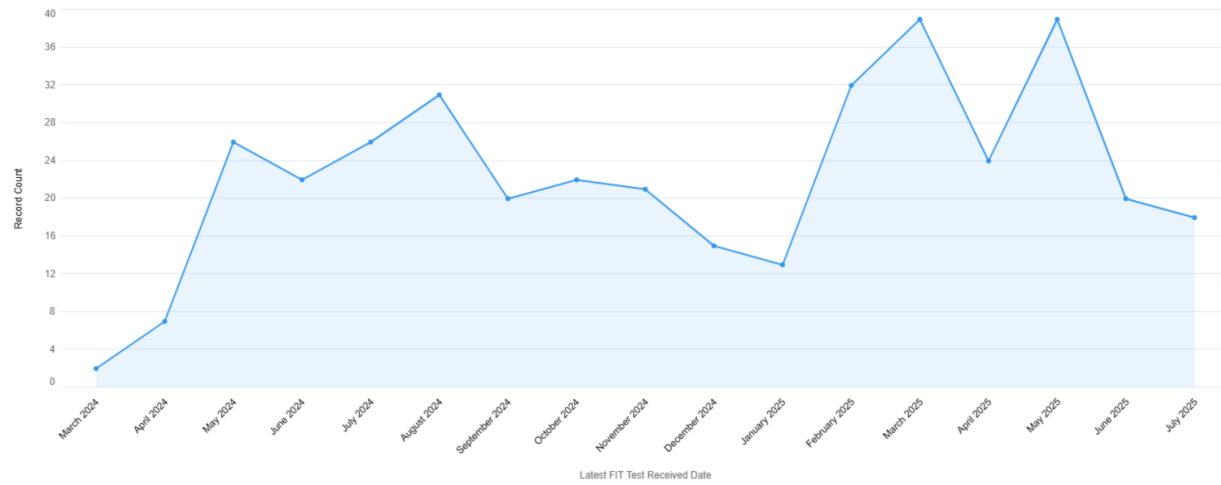
Outreach participants monthly



22/07/2025 3:36 pm - Viewing as Chrissy Paul BOPOR

As of 22/07/2025 3:36 pm

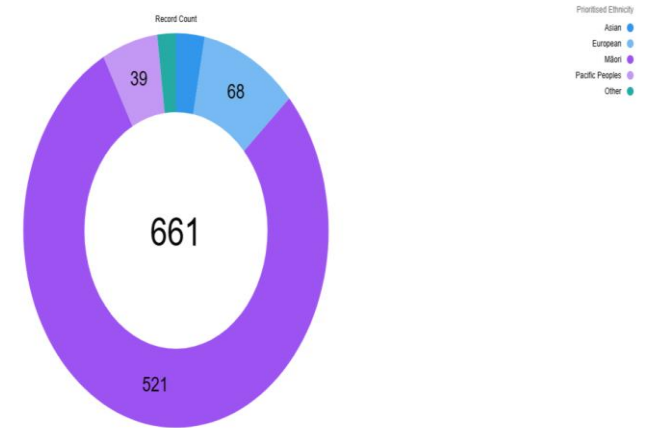
Outreach - returned kits monthly



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As of 22/07/2025 3:36 pm

Outreach Participants by Ethnicity



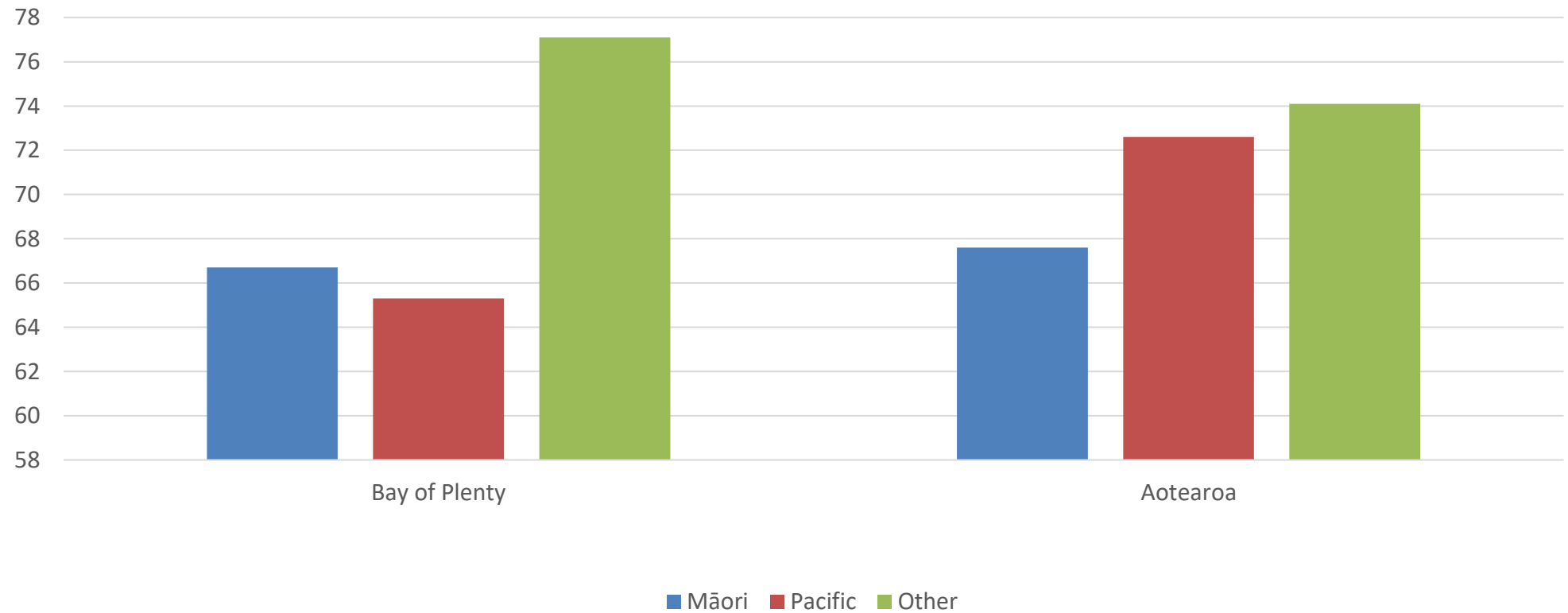
22/07/2025 3:36 pm - Viewing as Chrissy Paul BOPOR

As of 22/07/2025 3:36 pm

Recent BOP CERVICAL Screening Rates

🎯 The NCSP target is to reach 80% screening coverage for all those eligible.

% screening coverage by ethnicity - May 2025



Recent BOP BREAST Screening Rates

 National Target: 70%

Bay of Plenty:

	Total	Māori	Pacific
Eligible	41,026	8,368	563
Screening status	62.25%	59.51%	57.01%

BreastScreen Midland (Waikato, Bay of Plenty & Lakes)

	Total	Māori	Pacific
Eligible	124,567	26,404	2641
Screening status	63.48%	58.27%	57.25%

BreastScreen MIDLAND

Breast Care & Screening

**The programme
and how we can help ourselves**





Mary Ann Nixon
Recruitment & Retention Coordinator
BreastScreen Midland

A special thank you & acknowledgement to
Lisette Ingram, Clinical Nurse Specialist,
Te Whatu Ora Waikato

What is the Breast Screening Programme?

Mammograms
can find what
you can't feel

A publicly funded national breast screening programme in Aotearoa New Zealand.

It provides free mammograms (x-rays of the breast) for eligible wahine every two years

The aim of the programme is to reduce the number of wahine who die from breast cancer by finding it early and treated before it grows or spreads.

Eligibility

The programme is available for women who:

- Are aged 45 to 69 years. To be extended to 74 years in October 2025
- Have no symptoms of breast cancer
- Have not had a mammogram in the last 12 months
- Are not pregnant or breastfeeding
- Are eligible for public health services in Aotearoa/New Zealand
- Have been free of breast cancer for 5 years

Joining the programme

- When you turn 45 and for subsequent two yearly mammograms, you will be sent an invitation to screen via email, text or letter, depending on the contact details we have.
- Invitations will include a personalised link for managing your own enrolment and booking online.
- You can enrol online via TimetoBreastScreen.nz
- Feel free to call 0800 270 200 if you prefer

Why is this important?

- Breast Cancer is the most common cancer among women in Aotearoa New Zealand
- 1 in 9 women will be diagnosed during their lifetime – 70-75% of those are 50 years and older
- 3,500+ women diagnosed each year and 650+ will die each year
- Most will have no family history
- Men make up 1% of NZ breast cancer cancers (approximately 25 each year)

Don't put it off! It could save your life

About Mammograms

Screening mammograms do not prevent breast cancer but can reduce the risk of dying from breast by approximately 33%

Early detection is your best protection

Screening does not provide an absolute guarantee but does detect 8-9 out of 10 breast cancers.

So..be breast aware! Know your normal

The radiation dose is very low – benefits outweigh possible risks

Anxious about having a mammogram?

- **Take a support person**
- **Book with a friend – awhi one another**
- **Talk to the Medical Imaging Technician (Mammographer)**
- **Worried about discomfort?**
- **Pre-menopausal?**
- **You have the right to ask the MIT to stop the mammogram at any time**

Risks we can't change

We don't know exactly what causes breast cancer, but we do know that certain risk factors can increase your chance of getting it

being
a
woman

getting
older

family
history

dense
breast
tissue

previous
breast
issues

Risks we can try to change



**Exercise regularly.
Choose something you
enjoy – you're more likely
to maintain a routine.
Include strength and
balance.**



Maintain a healthy diet and body weight

For breast cancer risk, maintaining a healthy body weight post menopause is very important

Other risk factors we can change:

- **Alcohol - avoid or reduce consumption**
- **Smoking – don't!**

Common misunderstandings cleared up



Deodorant/antiperspirants, silicone implants and underwire bras do not cause breast cancer

Breast Awareness



**It's as easy as TLC –
touch, look, check**



There's no right way!

**The aim is to know
what is normal for you,
and become familiar
with your own body**

**Before you
start, have a
look in the
mirror**



**You are looking for changes
that are new to you. Have
your breasts changed shape?**

PAUSE.

**Time to leave
if needed.**

Nipple inversion

Have a look at your nipples – are they roughly the same? Are either of them pulling in or fully inverted?



Are there any dimples or puckering of the skin?

Subtle dimpling or puckering can be a sign of changes under the skin

These can become a lot easier to see if you raise your arms up high to look at your breasts as they lift up and flatten out



Peau d'orange

Orange peel
texture of the
skin



Skin scaling or rashes

Redness or flaking skin on the breast or nipple



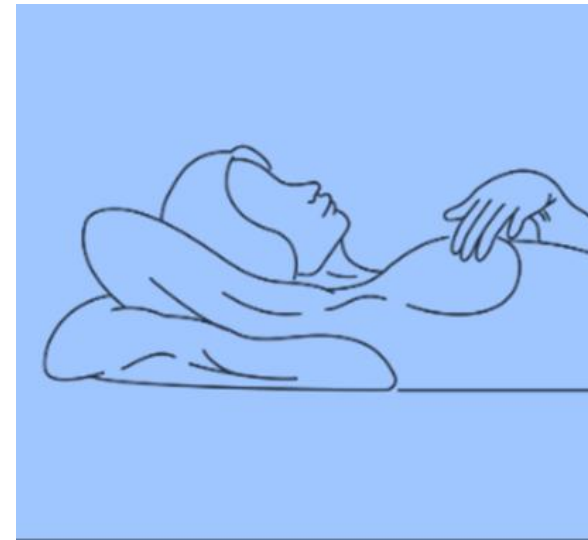
Nipple discharge other than breast milk

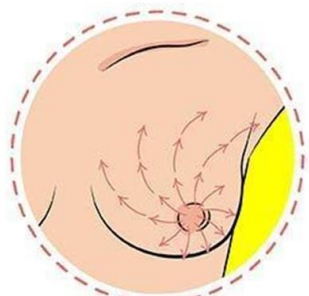
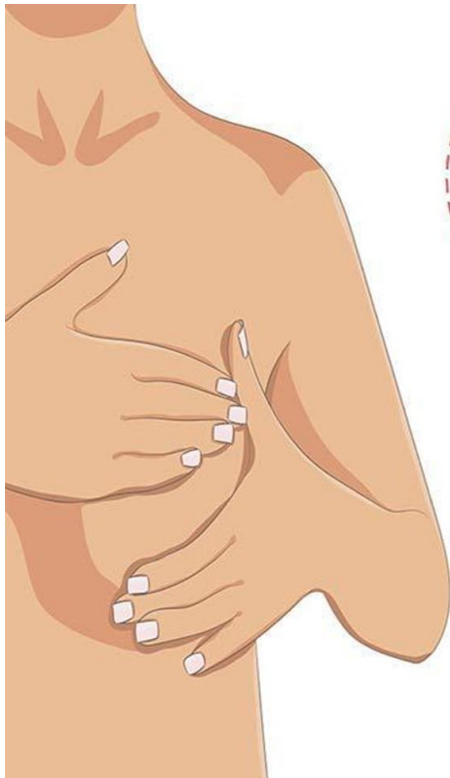
Any clear or blood stained fluid should be checked

Any discharge that happens without squeezing or is only coming from a single duct should be assessed



**You can choose
to examine
yourself
standing up or
lying down**





WEDGES



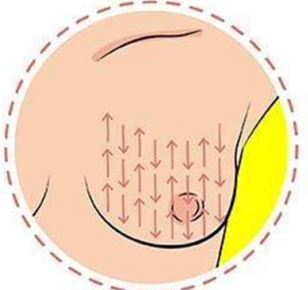
EXAMINE BREASTS IN THE MIRROR FOR LUMPS OR SKIN DIMPLING...



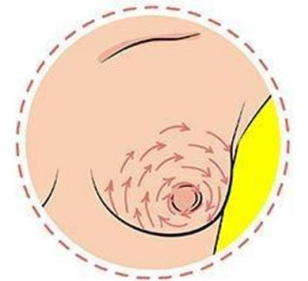
...CHANGE IN SKIN COLOR OR TEXTURE...



EXAMINE BREAST AND ARMPIT WITH RAISED ARM



UP AND DOWN



CIRCLES

Noticed changes?

Book an appointment with your GP to be assessed by your doctor

If the GP is unable to rule out a concern about the changes, he/she will refer you to a breast care/diagnostic centre for an assessment appointment

You will be triaged and have a mammogram and/or ultrasound and see a doctor at the breast care/diagnostic centre for assessment

Goals

- Enrol in the breast screening programme when I turn 45 and screen every two years
- Do I know how my breasts normally feel and look?
- Do I check them monthly and know the signs and symptoms?
- Do I know about my family history of cancer, and do my children/grandchildren know?
- I will get any unusual breast changes checked by my doctor
- I know the risk factors I can influence

Questions / He Pātai



***“Ko au te Puna”
“Ko te Puna ko au”
“I am the Spring and the Spring is
me”***

***Te Puna
Ora***

***Te Puna
Aroha***

***Te Puna
Poipoi***



***Te Puna
Awhina***

***Te Puna
Rangimarie***

***Te Puna
Roimata***

***He Wahine, He Taonga!!
Mauriora!***

TE TĀTARI WHEKAU BOWEL SCREENING

Chrissy Paul

Kaihautu – Te Moana a Toi Community Engagement |
Hauora a Toi Bay of Plenty

Time to
screen

National
Bowel
Screening
Programme



Lumana'i.

**They were before, we are
now, theirs is the future.**

- AvaNiu Pasifika

When your home test kit arrives
in the post, don't delay - it could
save your life!

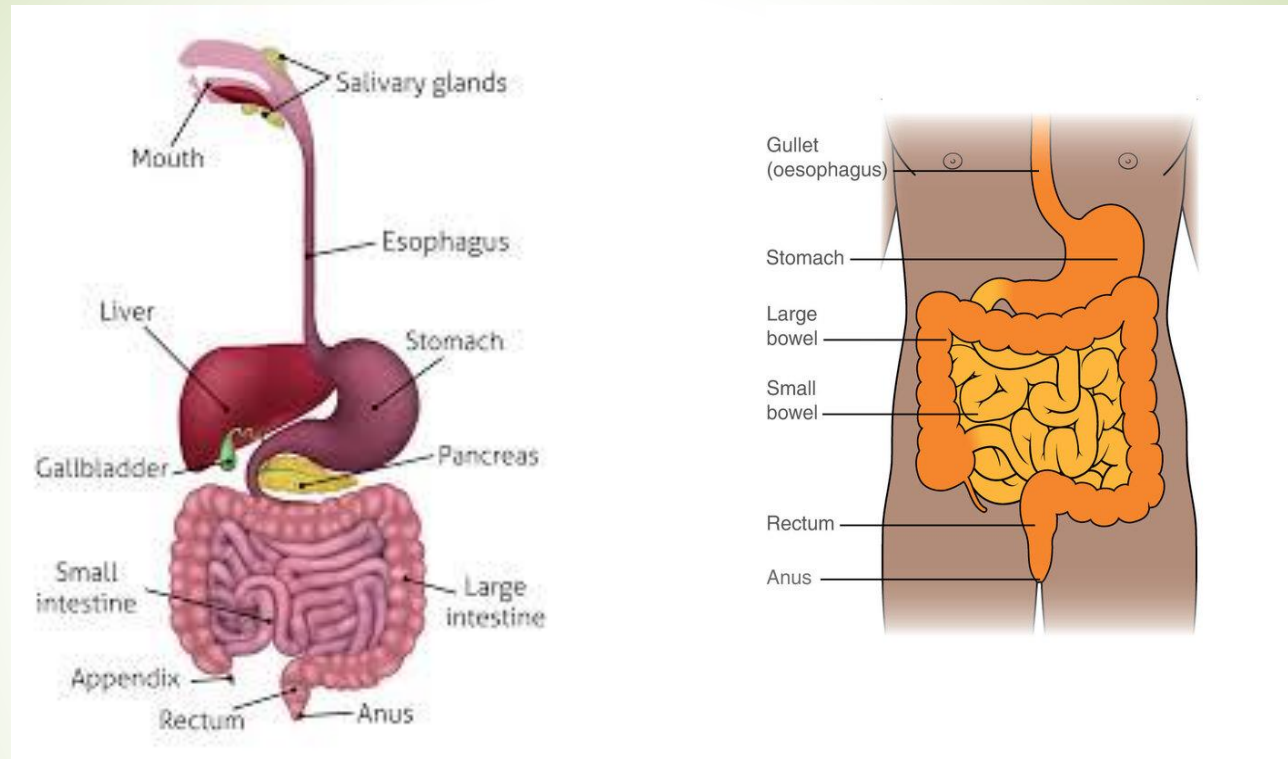
The National Bowel Screening
Programme is providing
free screening to people
aged 60 to 74 years who
are eligible for publicly
funded health care.



National
Bowel
Screening
Programme



What is your bowel?



The bowel is part of our food digestive system. It is divided into the small bowel and the large bowel. It connects the stomach to the anus (bum). It may also be known as your intestines, colon, guts, tero tero or whekau. **Images always help whanau to locate our internal organs.**

Bowel screening why, who and how

- New Zealand has one of the highest rates of bowel cancer in the world. The second highest cause of cancer death in Aotearoa.
- More than 3300 people are diagnosed every year and more than 1,200 die.
- **For kaumatua
60/58- to 74-year-olds**

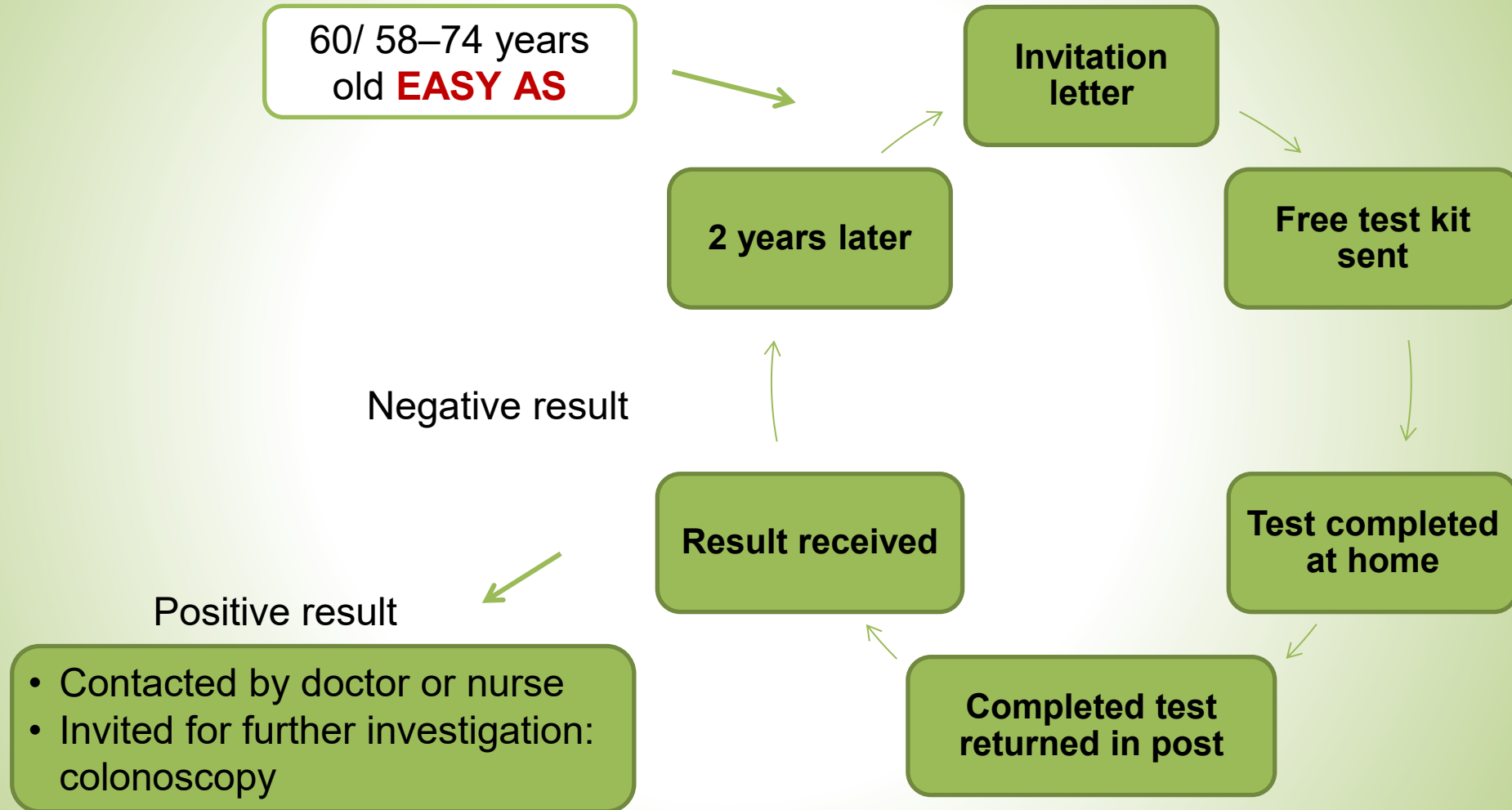


Bowel screening why, who and how



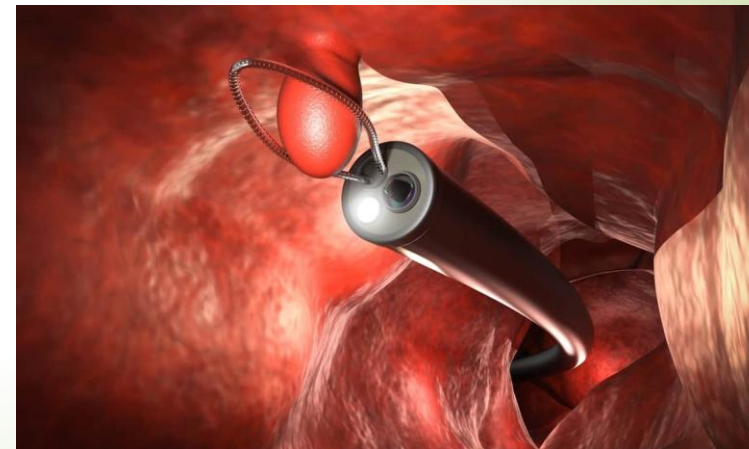
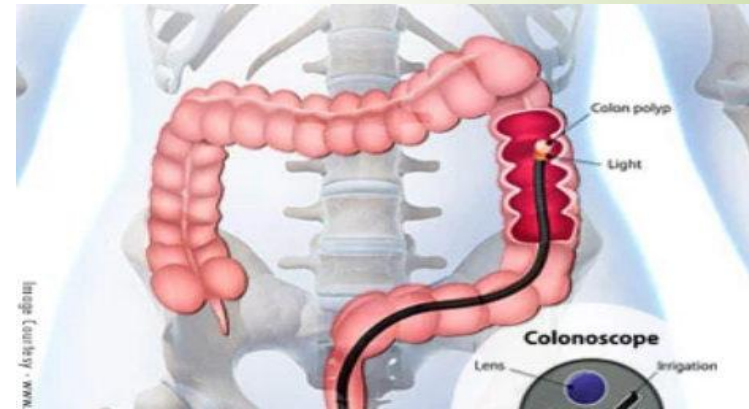
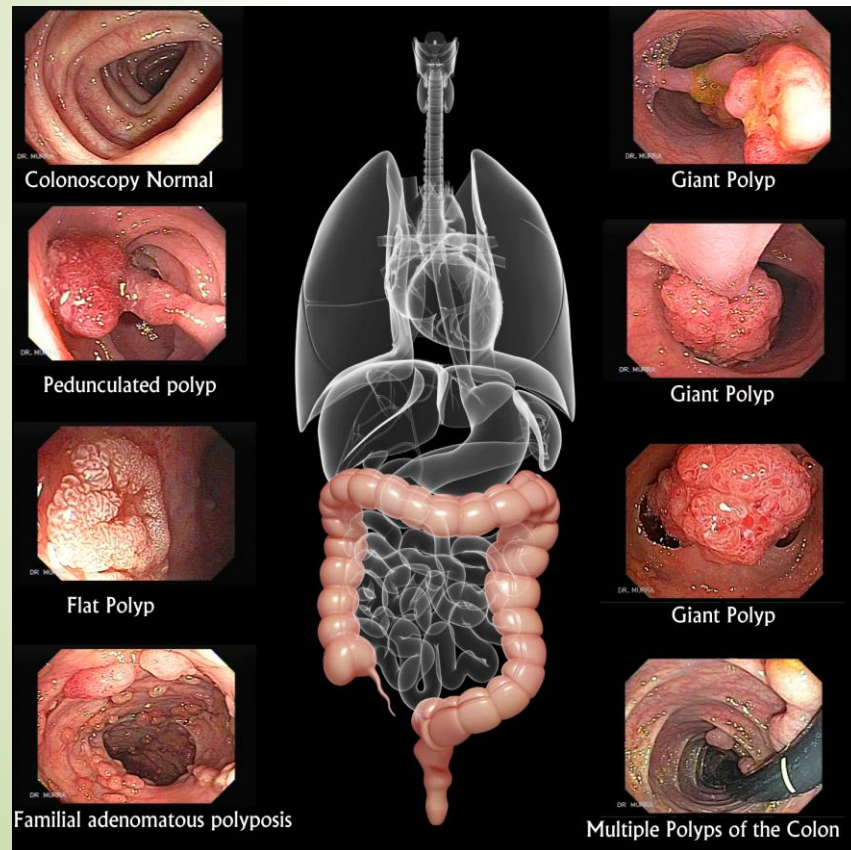
<https://youtu.be/GGkoybpAy20>

Participant pathway



What is a Colonoscopy?

Your bowel is cleaned out by drinking special drinks and food. Then a special camera passes along your bowel looking for pre cancer polyps or cancer. Polyps are removed at the same time. **Pictures really inform**



Screening outcomes

- For every **1000 people** who complete a bowel screening test, **about 50 will be a positive test.** Of those, **about 35 will have polyps & on average 3 or 4 can have bowel cancer.**
- **Reassure whanau a POSITIVE test only means a further test is needed. Many kaumatua are afraid of what might be found.**
- **This can help kaumatua not to worry and provides a picture of screening outcomes.**

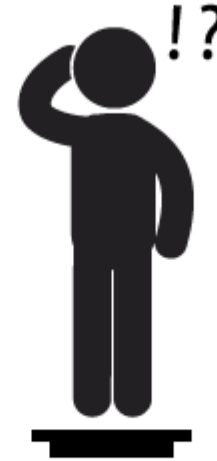
Signs and symptoms



Change in
Bowel Habits



Blood
in Stool



Unexplained
Weight Loss



Persistent Abdominal
Discomfort

It's important to get checked by your doctor, don't wait!

Always encourage and support kaumatua to attend GP

0800 924 432

Common concerns & korero

💩 **Its dirty - taking your sample is clean** and only needs a very small **bit of tiko/poop** on the stick.

💩 **Posting the tiko/poop** - the container is very strong in a plastic bag and posted in a cardboard prepaid envelope.

💩 **I'm worried, scared** and don't care.

💩 **I don't trust the health system**

💩 **I did the test because I love life!!**

**Information is power, demystify
bowel screening , it works.**



**Mauri ora ki a tatou katoa,
Let the life force be with us all.**



National
Bowel
Screening
Programme



Cervical Screening

'Me tiaki i te whare tangata'
...the house of life must be protected.

Gemma Pearson

Ngāti Kahungunu ki Wairarapa

Support to Screening Nurse

Western Bay Of Plenty Primary Health
Organisation



National
Cervical
Screening
Programme

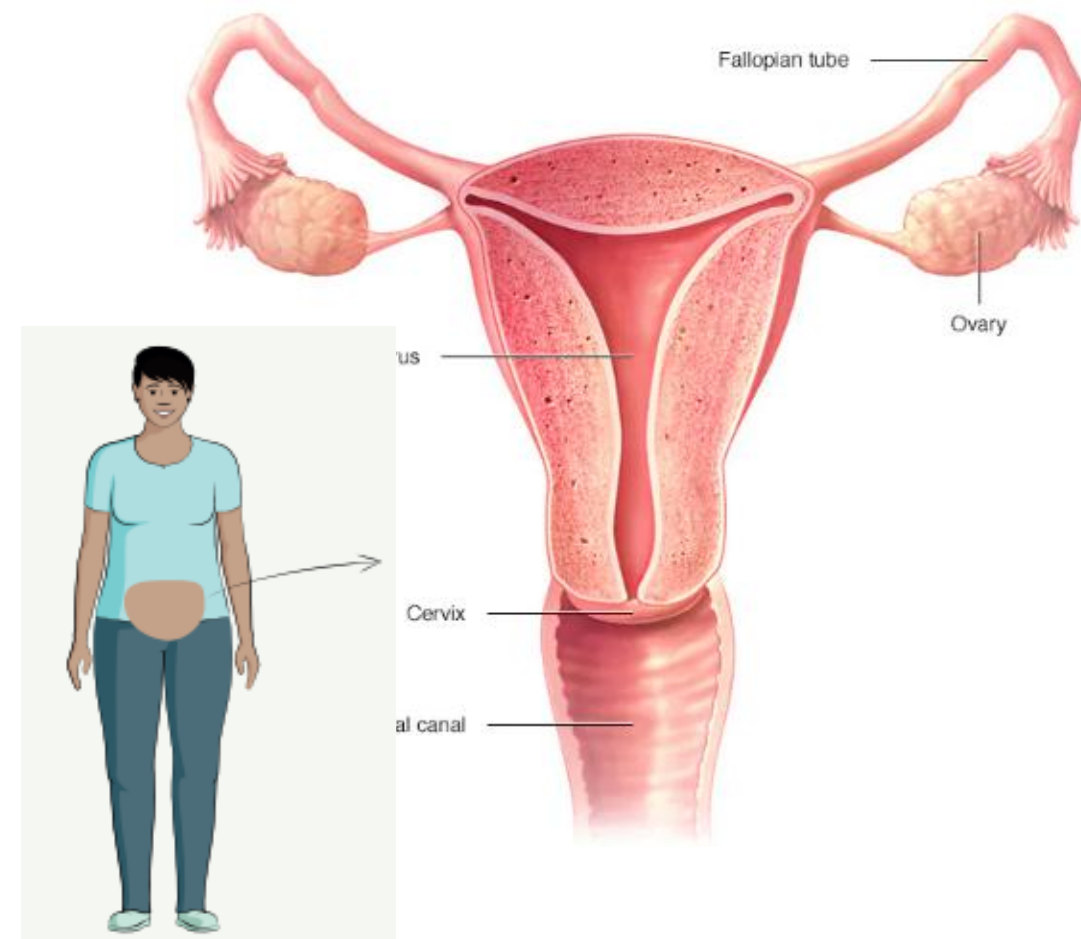
What Is Cervical Cancer?

♀ Cancer of the cervix.

🦠 Usually caused by a virus called HPV.

🚫 Often there are no signs of early-stage cervical cancer.

👩 It is one of the most preventable cancers.



Signs & Symptoms of Cervical Cancer



vaginal bleeding between periods or after menopause



pain or swelling in your legs



vaginal discharge that's not normal for you



lower back pain



unexplained weight loss




feeling tired and weak (fatigue)



vaginal bleeding/pain during/after intercourse

 Having these symptoms does not mean you have cervical cancer, but it is important to have any changes checked by your doctor.

 Often there are no signs of early-stage cervical cancer, which is why regular cervical screening tests are important.

What Is Cervical Screening?

🎯 It's a simple test to check for HPV, the virus that can cause cervical cancer.

👩 Self-swab

👩 Clinician-assisted swab


💡 It's quicker, easier, and less invasive than the old smear test!


👏 Cervical screening is not about treating cancer—it's about **preventing it**. With HPV vaccination and routine screening checks, we can eliminate cervical cancer.





Understanding HPV

– The Virus Behind Cervical Cancer

 HPV (Human Papillomavirus) is a common virus passed through intimate skin-to-skin contact.

 Most people will have it at some point – usually harmless and goes away on its own.

 Some types can lead to cervical cancer if not detected and treated early.

 That's why regular screening is so important – to catch it early, before it causes problems.

Cervical screening

How to do the self-test



National
Cervical
Screening
Programme

ask your healthcare provider
for help.

<https://youtu.be/fMSbSO2fjhg>

How the Screening Pathway Works



Ages 25–69, every 5 years



Anyone with a cervix



Free for Priority Group Women



1. Get invited (via text/letter/phonecall)

2. Choose self-test or clinical

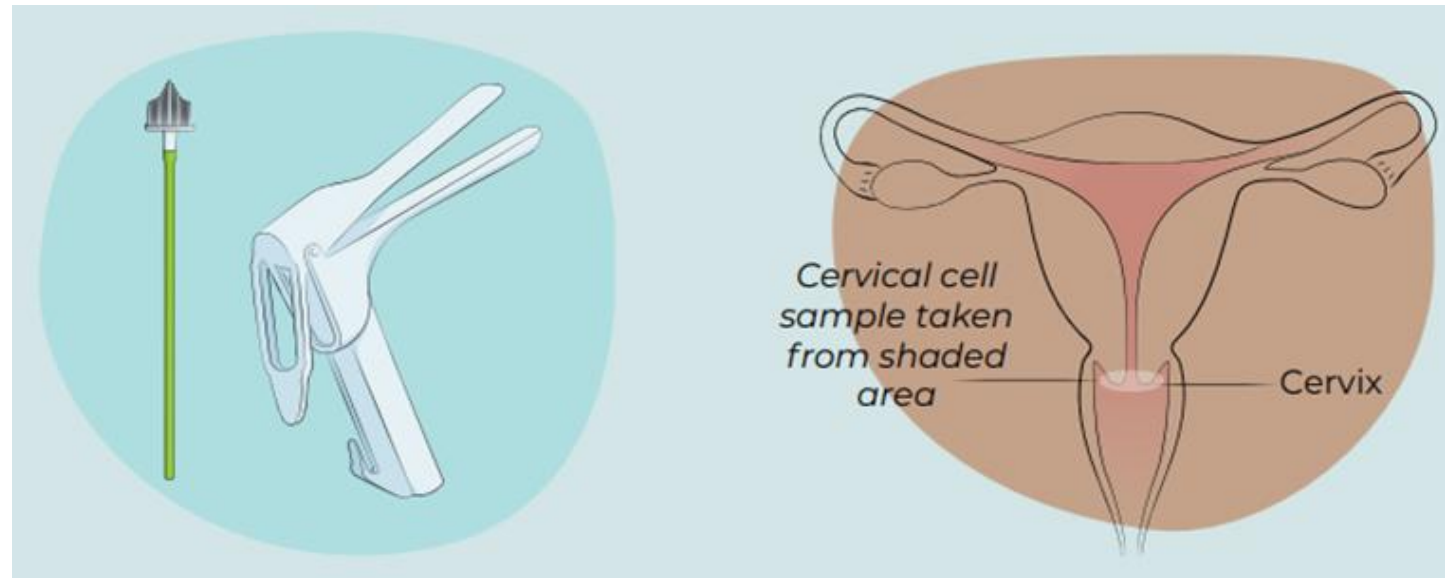
3. Get your results in 1-2 weeks

4. If HPV found: follow-up and treat

Follow up screening

FREE Free for everyone

1. In clinic with the nurse or GP
2. Colposcopy

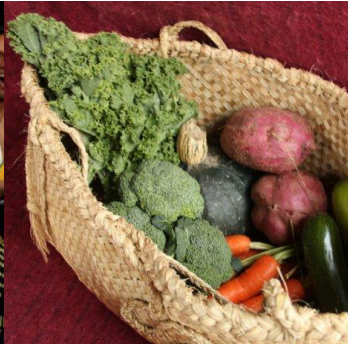


He wāhine, He taonga



Reduce the risk of developing cancer

- Eat healthy kai: fruit, veggies, fibre
- Regular exercise
- Be a healthy weight
- Reduce red meat & processed meats in diet
- Be smoke-free
- Reduce/ don't drink alcohol
- HPV vaccination
- **Stay up to date with your screening tests**



Use Your Superpower – Kaimahi on the Frontline



🌱 Be that trusted face in your community.


💬 Korero in a way that is accessible to people

💡 Kōrero with whanau, at work, the marae, at kōhanga, at church or sports... will save a lives.


👏 You are the connector. The encourager. The advocate.

Opportunistic Screening – Every Moment Counts

 Grocery runs. GP visits. Kōhanga drop-offs. On the sideline.

 Any time is a good time to say: “Hey matua/whaea, when was your last cancer screening test?”

 Normalize screening. Make it part of everyday kōrero.

 The more comfortable you are, the more comfortable they will be.



Why People Don't Screen – Hear Their Realities

✘ “It’s scary.”

✘ “I had a bad experience.”

✘ “It’s embarrassing/whakama.”

✘ “That area is tapu/sacred”

✘ “I’m busy / no transport / no one told me.”

✘ “I’m not at risk” – no family history.

🧠 **Many people simply haven’t been given the info in a way that clicks with them.**

Lack of Access Is Real



- No clinics nearby or at suitable times
- Don't know it's free
- Childcare or transport issues
- Unsure how to book or test
- Differing levels of health literacy
- No trust in the healthcare system
- Health services don't always reach the people
- 💡 You help us to reach whanau.

Real Kōrero – Real People

- Breast – misinformation & health literacy.
- Bowel – breaking barriers that people face.
- Cervical – consistency & commitment to building genuine relationships.



Real Kōrero – What Works Best

✓ Names carry mana

✓ Kōrero kanohi ki te kanohi (face-to-face) phone & text can work too?

✓ Culturally safe, non-judgemental approach

✓ Flexibility – mobile clinics, after-hours, community spaces, home visits

✓ Visual aids and real-life examples

✓ Whakawhanaungatanga - walk beside them through the process if needed

Useful resources



Time to screen BreastScreen Aotearoa

Screening for breast cancer

Joining BreastScreen Aotearoa

TimeToBreastScreen.nz



Bowel screening is easy

Do it for your whānau!

Talk to your doctor or
Free Phone 0800 924 432

Free bowel screening is available to people aged 60 to 74, and from the age of 50 for Māori and Pacific people in some areas. A bowel screening test kit will be sent to your home every two years. This simple test can help find bowel cancer early when it can often be successfully treated. It could save your life.

To find out more go to timetobowelscreen.nz or talk to your doctor

To Kaitiaki Take Kōwhiri Health New Zealand
Te Kaitiaki Take Kōwhiri Oranga

Time to screen National Bowel Screening Programme

English

CERVICAL SCREENING


What you need to know

timetocervicalscreen.nz



Safe.
Accurate.
Self-test option.




Time to screen National Cervical Screening Programme

 **HealthEd** Resources

Nau mai haere mai, welcome to HealthEd

HealthEd provides you with free and up-to-date public health resources from New Zealand health organisations. Te Whānau Ora Health New Zealand and the Ministry of Health provide these resources to help all New Zealanders lead healthier lives.

[Find resources](#)

-  Breast: 0800 270 200
-  Bowel: 0800 924 432
-  Cervical: 0800 729 729

CALL ON US!

Final Messages – He Kupu Whakamutunga

✨ Cancer screening is mana-enhancing, not shameful.

✨ Our communities need your voice, your aroha & your understanding.

✨ Commitment to Te Tiriti o Waitangi

✨ Don't underestimate the power of a simple kōrero.

✨ Together, we change outcomes – not just stats

He Patai...?

