

He aha ngā Whakamātau Whakatātare Mate Ūtaetae?

What are Breast Cancer Clinical Trials?







Ngā Ihirangi

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Ngā Kōrero e Pā ana ki a Mātou

Who We Are

Ko Ngā Whakmātau Whakatātare Mate Ūtaetae (Breast Cancer Trials - BCT) tētahi rōpū e kī ana ki ngā tākuta me ngā kairangahau mate ūtaetae rongonui i te ao, he hunga e noho ana ki Ahitereira me Aotearoa, waihoki, he tira manawanui ki te hura i ngā rongoā hou, pai anō hoki, ka mutu, te hura i ngā rautaki ārai mō ngā tāngata katoa kua pāngia e te mate ūtaetae.

1978, Ka whakahaere a NWWMŪ he kaupapa rangahau, he mahi whakamātau whakatātare e ngā whare matarau (ngā whare haumarū, ngā hohipera, ngā rōpū rangahau) ā motu, ā ao nōki. Koni atu i te 926 ngā kairangahau, me te 116 ngā whare whakahaere kaupapa hurinoa i Aotearoa me Te Whenua Moemoeā. Koni atu i te 17,169 tāngata kua whai wahi ki a mātou whakamātautau whakatātare.

Kei roto i ā mātou mahi rangahau ko te mahi tahitanga, hanga motuhake nei, i waenganui i ngā kairangahau, i ngā kaiwhakauru whakamātau whakatātare me ngā kaitautoko, ā, nā konei kua piki ngā rongoā mō te mate ūtaetae ka tahi, ka rua kua panonihia ngā huarahi whakatika i te mate ūtaetae, ka mutu, e hia miriona tāngata e ora tonu nei i tēnei rangahau ngātahitanga huri noa i te ao.





926

Ngā Kairangahau



116

Ngā Umanga Kua
Whai Wāhi



17,169

Ngā Kaiwhakauru ki
Ngā Whakamātau
Whakatātare



Ko Ahorangi Sherene Loi te Heamana Rangahau o ngā whakamātau whakatātare Neo-N me DIAMOND, ā, e noho ana ia i te Poari Kaitohu Breast Cancer.

He Aha Ngā Whakamātau Whakatātare?

What Are Clinical Trials?

Anō te hiranga o te wāhi ki ngā whakamātau whakatātare i roto i tā tātou pūnaha hauora, ā, mātua ko tōna painga hei hura i ngā rongoā e whai hua ake ana i ngā rongoā e whakamahia ana ā mohoa nei, kia kīia ai koia pū ko te tihi o te manaaki. He mea hanga ēnei whakamātau whakatātare kia whakautua ai tētahi pātai pūtaiao kotahi, ka mutu, ko te whakatairite mena he pai ake te rongoā hou i te rongoā o mohoa nei.

Katoa ngā rongoā mō te mate ūtaetae me āta whakamātau mā ngā tukanga o ngā whakamātau whakatātare i mua tana puta ki tehapori whānui.

Ko Ahorangi Bruce Mann te Kaihautu Rangahau ki Ngā Whakamātau Whakatātare Mate Ūtaetae



Ngā Momo Whakamātau Whakatātare

Types of Clinical Trials

He maha ngā momo whakamātau whakatātare hei ārai, hei whakaora anō hoki i te mate ūtaetae, ā, he nui anō hoki ngā rangahau e aronui ana ki te whakapiki ake i te oranga o te tūroro.

E ponitakatia ana te hōtaka **BCT research** e ngā whakamātau whakatātare e 85 i roto i ngā wāhanga pērā i te kimi tangata, i te whakahoki kōrero, i te arohaehae me te tā tuhinga. E whakahaeretia ana te hōtaka rangahau ki tō mātou tari matua ki Newcastle, NSW.

He mea hoahoa ngā Whakamātau Whakatātare **Ārai** hei whakamātau i ngā rautaki ārai hou i te mate ūtaetae mō te hunga kīhai i pāngia e te mate nei engari e teitei ana te tūraru. Hei tauira; ko ngā tāngata kei a rātou te irakē pērā i te BRCA1 me te BRCA2.

He mea hoahoa ngā whakamātau whakatātare **Whakaora** kia kitea ai ngā rongoā whai hua nui, me te whakamātau i ngā rongoā hou kia kitea ai mena rānei he pai ake ngā hua ki ngā tūroro, tēnā ko te paerewa rongoā o mohoa nei.

E aronui ana ngā whakamātau **Kounga** o te oranga ki te tūroro mate ūtaetae me ōna whakaaro mō ngā painga me ngā hua kino ka puta i ngā rongoā, ka mutu, e whāia ana kia pikitia te wheako matua o ngā tūroro e whai nei i ēnei rongoā ā haere ake nei.

He Mātai Ū MRI

Breast MRI Case Study

E whāia ana e te Mātai Ū MRI kia kite mena rānei mā te MRI Ū (Magnetic Resonance Imaging) whai muri i te tautohu i te mate ūtaetae ka rerekē pea te mahere rongoā, ka mutu, mā tēnei ka aha ngā hua ki ngā tūroro.

31 noa iho ngā tau o Laura McCambridge (kei te pikitia) kātahi ia ka tautohua ki te mate ūtaetae kōkuhu pūtau, whai muri i tana kitea ake o te koropuku i tana ū. Marama atu, marama mai ka rongoātia a ia, koia ko te pokanga koropuku, e whā ngā huringa haumanu matū, he pokanga ū me te haumanu taiaki.

Mahi ai a Laura hei kaikōkiri hinonga e whakahaere ana i ngā whakamātautau whakatātare mo te roro ikura me te korongenge ki te Florey Institute of Science and Mental Health ki Poipiripi, waihoki i runga i tana mōhio ki te hiranga o te rangahau whakamātautau whakatātare, tērā tōna kaikā kia whai wāhi atu a ia. I rongo ia mō te Mātai Arotake Ū MRI mai i tana rata hāparapara.

“Kua wheako ahau i ngā painga huhua i taku whai wāhitanga ki tēnei mātaitanga. He nui aku hui tahi ki taku rata hāparapara, nā reira i whakaaro ai ahau he paparanga manaaki anō, he paparanga tirohanga tēnei nā taku whai wāhitanga ki tēnei mātaitanga.”

“Ehara i te mea katoa ngā rangahau he hua tōtika ki ngā kaiwhakauru, engari e tata tūturu ana te whai wāhi ki te hāpai i te whanaketanga o te tūmomo mātauranga nei, ka mutu ki ahau nei he tino taonga tērā, he rawe hoki ki te kī i whai wāhi atu koe.”

**Mō te kimi kōrero anō mō ngā whakamātau whakatātare tuwhera
visit www.breastcancertrials.org.au/current-clinical-trials.**



ASSEMBLY LAB

Kua whai wāhi a Laura McCambridge
ki te kaupapa He Mātai Ū MRI.

Ngā Kaupeka o te Whakamātau Whakatātare

Phases of a Clinical Trial



Kaupeka 1 e kawea ana ngā whakamātau whakatātare hei whakamātau i te rongoā hou hei tuatahitanga ki roto i tētahi rōpū iti (kei tōna 50 tāngata) kia arotakengia ai te haumarutanga me ngā hua kino o te rongoā hou, me te hua takawaenga (intervention). Kāore e whakarite tupurangitia ngā whakamātau whakatātare Kaupeka 1.

Mena te rongoā ka whai hua i te kaupeka 1, ka neke ki te rangahau **kaupeka 2**, ā, ka whakamātauria te rau tāngata kia tautohua ai ōna painga me te arotake tonu i tōna haumarutanga.





Ko ngā whakamātau whakatātare **Kaupeka 3** ko te whakatairite i ngā rongoā hou me ngā rongoā papai o mohoa nei (te paerewa rongoā), waihoki, ko te rangahau i ngā painga o te rongoā me te takiwaengatanga ki roto ki ngā rōpū tāngata nunui (mai i tōna rau tāngata ki tōna mano tāngata). E arotahi ana tēnei ki ngā rongoā whai hua nui hei patu i te māuiui, ki ōna anō hua ka pā ki te kounga o te oranga tangata, otirā, i te wāhi ki te ako tonu i ngā hua kino. Nā, e taea ana i te whakamātau whakatātare kaupeka 3 te whakatairite ngā paerewa rongoā me ngā rongoā hou, he panoni i te rahi o te rongoā ōrite, he ara kē rānei hei tuku i taua rongoā ōrite.

Kawea ai te whakamātau whakatātare **kaupeka 4** whai muri i te whakaetanga o rongoā hou rānei, o te takiwaengatanga rānei, ā, kuhu auau noa ana ki ngā mahi whakaora. E whāia ana e te whakamātau whakatātare kaupeka 4 kia nui te ako mō ngā hua kino me te haumarutanga o te rongoā hou, ngā tūraru mauroa me ngā painga o te rongoā hou, ka mutu, ko ngā hua pai o te rongoā ka whakamahia ana i te taupori whānui, ā haere nei te wā.





Ko Ahorangi Sarah-Jane Dawson te
Heamanawa Rangahau o te whakamātau
whakatātare CAPTURE.

He Aha Ngā Hua o te Kuhu ki Ngā Whakamātau Whakatātare?

Why Participate in a Clinical Trial?

He nui ngā take e kuhu ai ngā tāngata ki ngā whakamātau whakatātare:

- ▶ Ka āhei pea rātou kia whiwhi rongoā i mua i tana putanga tūturutanga atu hei paerewa rongoā mo ngā tūrora mate ūtaetae katoa
- ▶ Ko ngā rongoā kei roto i te whakamātau whakatātare ko te puru rourou o ngā paerewa rongoā, whakatairitehia atu ki tētahi rongoā hou i kitea ai i ngā rangahau tōmua he pai ake pea.
- ▶ Mā te kuhu ki te whakamātau whakatātare ka hōhonu ake te mātauranga rongoā.
- ▶ Mā ngā whakaputanga hua o ngā whakamātau whakatātare o mohoa nei ka pai ake pea ngā rongoā me ngā hua matua mō ngā wāhine ka pāngia e te mate ūtaetae, ka pāniga rānei e ōna tūraru.

Ka nui ake pea te mātakitia mai o ngā kaiwhakauru whakamātau whakatātare i ngā tūrora ka whakawhiwhi i ngā paerewa rongoā, waihoki, he nahanaha ake ngā mauhanga mō tana whiwhi rongoā. Arā onā patapatai hei whakaoti, e pā ana ki ngā whakaaro me ngā tauhohe o te kaiwhakauru ki te rongoā. E tohu ana tēnei āta whitanga i te tika me te hōhonu o ngā taipitopito, kātahi ka tāia ki ngā hautaka pūtaiao kaiarotake aropā (peer reviewed scientific journals).



He Mātai Whakamātautau Whakatātare BRCA-P Samantha's Experience on a Breast Cancer Clinical Trial

Kotahi tonu o ia 400 wāhine i te ao whanake kei a rātou te irahangakē tuku iho BRCA1. E hāngai ana tēnei hangakē ki te takiwā o te 70% tūraru whakawhanake mate ūtaetae, me te 40% tūraru whakawhanake mate pukupuku wharekano i te roanga o te oranga o te tangata.

I tēnei wā tonu nei, tokomaha ngā wāhine me te irahangakē BRCA1 ka amo ake i ngā ara aukati i te mate ūtaetae, tae atu hoki ki te tango pokahia mai o ngā ū. Mā te Whakamātautau Whakatātare BRCA-P tērā te tūmanako ka whai whiringa aukati pai ake ēnei wāhine.

21 tau noa iho a Samantha kātahi ia ka rongō e kawē ana ia i te irahangakē BRCA1, he mea tuku iho taua irahangakē e tōna māmā, tērā i tautohua ai ki te mate ūtaetae

nō Samantha e 12 ana te pakeke. Ko te whakamātautau whakatātare BRCA-P he mea whakatupurangi, he mea kāpōrua, he mea rongōā whakataruna, ā, ko te tikanga o tēnei kāore ngā kaiwhakauru me ngā tākuta e mōhio mena rānei e whiwhi pūroi Denosumab ana, e whiwhi rongōā whakataruna rānei. Ko te rongōā whakataruna tētahi rongōā e rite nei te āhua ki te rongoa whai mana, engari kāore he hua.

Ahakoia he 50/50 te tūponotanga o Samantha ka whiwhi i te tūroi rongōā whakataruna, hei tāna inā kē te pai o te mātautanga tēnā ko te kore whiwhi i te tūroi whakatātare.

“Ka whiwhi mātautanga koe, ka whiwhi tautoko koe, ka whakautua āu pātai, ka mutu katoa ēnā he iti te kōkūhūtia mai i te pokonga ū e rua.”



Kua whai wāhi a Samantha Weeks ki te whakamātau whakatātare BRCA-P

He Haumaru Rānei Ngā Whakamātau Whakatātare?

Are Clinical Trials Safe?

Ko te ingoa o te pukapuka ārahi mō ngā tātakinga i tētahi whakamātau whakatātare ko te kawa whakahaere. Tuhia ai ngā kawa whakahaere o te whakamātau whakatātare e ngā tākuta whai wheako me tētahi kāhui tohunga ki ngā rongoā mate ūtaetae, ki ngā rangahau whakatinana (translational research) me te whakahaere whakamātau (trials coordination). Katoa ngā whakamātau whakatātare e tātakina ana e Breast Cancer Trials, ka āta mātakina e tō mātou Kōmiti Kaitohutohu Pūtaiao (Scientific Advisory Committee).

E whakarārangi ana te kawa whakahaere whakamātau whakatātare i ngā take kei muri i te rangahau, ko wai mā te hunga wātea kia kuhu, ngā rongoā me ngā whakamātautau ka whāia, mō āhea ēnei oti ai, ā, he aha hoki e pērā rā. Me mātua whakaae te kawa whakahaere e te pae kaupūtaiao motuhake, e ngā tākuta ngaio me ngā kiritaki, katoa e kīia ana he komiti matatika. E āta arotakengia ana, e āta mātakihia ana te haerenga o te whakamātau whakatātare me te haumarutanga o ngā kaiwhakauru e te Komiti Motuhake Mātaki Raraunga me te Haumarutanga, me te komiti matatika, nā rātou te whakamātau i whakaae.

I mua i te kuhu ki te whakamātau whakatātare, me mātua mārāma ngā kaiwhakauru ki ngā take e tātakina ana te whakamātau whakatātare, ki ngā tūraru tūpono me ngā painga, waihoki, he aha rawa te wāhi ki ia ka kuhu atu. Ko te whakatau kia kuhu atu, ka oti i runga i ngā pārongo mō te tūrora ka tukuna e tōna tākuta tuku rongoā. E taea ana te whiwhi tuhinga pārongo e pā ana ki te whakamātau whakatātare. Me ngata ngā whakaaro o te tākuta me te kaiwhakauru e tārewa ana i ngā pārongo katoa mō te whakamātau whakatātare, waihoki, kua waitohu e rāua he tauākī e tohu ana i tēnei. E kīia ana ko tēnei tukanga ko te “obtaining informed consent to participate in a clinical trial”.



Me Pēhea Taku Kuhu ki te Whakamātau Whakatātare?

How Can I Take Part in a Clinical Trial?

Mena koe he rata kia kuhu mai ki tētahi whakamātau whakatātare mate ūtaetae, me kōrero koe ki tō tākuta tuku rongōā.

He rārangi e kī ana ki ā mātou whakamātau whakatātare o mohoa nei e wātea ana, kei tā mātou pae tukutuku, kei breastcancertrials.org.au/current-clinical-trials.

Ko ngā pārongo mō ngā whakamātau whakatātare i roto i Ahitereiria me Aotearoa, ka kitea i te pae tukutuku rārangi whakauru mō ngā whakamātau whakatātare a Ahitereiria me Aotearoa, arā, kei www.anzctr.org.au.





Mai te tau 1997 kua tautokohia ngā mema me ngā hoa o Maitland Ladies Golf i ngā Whakamātau Mate Ūtaetae, kōni atu i te \$60,000 kua kohia e rātou mō tō tātou rangahau.

Te Wāhi Āwhina ki a Koe

How You Can Help

Me whai whakamātau whakatātare ngā tūhuratanga rongoā miharo, e huri ora mai ai ngā orange tāngata kua pāngia e te mate ūtaetae. Mei kore ake te pūtea tautoko i a Breast Cancer Trials, hei whakapai ake i ngā rongoā, hei aukati atu, he āpōpō e kī ana ki te tūmanako mō ngā wāhine katoa.

Arā noa atu ngā huarahi e hono mai ai koe ki a Breast Cancer Trials me te whiu tautoko mai. Tērā pea mā te tuku auau mai i te pūtea, he tuku ā-marama; he koha rānei ki tō māmā i mua i te Rā Whakanui i Ngā Māmā. He huarahi whakahirahira te takoha i runga i te mahara aroha ki tētahi hei tohu whakamauhara ki a ia.

He pēhea rānei te 'kimi kupu āwhina' mā te kuhu ki tētahi kaupapa hākinakina me te kimi tautoko mai i tō whānau, mai i ō hoa me ō hoa mahi? Ka mutu, pēnā he tangata ngākaunui koe ki te hahau pōro, tērā pea ka pai koe ki tā mātou kaupapa Tee Off, e tautoko nei i a Breast Cancer Trials.

Arā ētahi atu anō kōrero mō te taha ki te tautoko, tēnā hono atu ki www.breastcancertrials.org.au.



Ngā Pae Tukutuku Whai Hua

Useful Websites

Ahitereiria:

Australian Clinical Trials

australianclinicaltrials.gov.au

Australian New Zealand Clinical Trials Registry

anzctr.org.au

Breast Cancer Trials

breastcancertrials.org.au

Breast Cancer Network Australia

bcna.org.au

BreastScreen Australia

cancerscreening.gov.au

Cancer Australia

canceraustralia.gov.au

Cancer Council Australia

cancer.org.au

Clinical Oncological Society of Australia (COSA)

cosa.org.au

National Health and Medical Research Council (NHMRC)

nhmrc.gov.au

Therapeutic Goods Administration

tga.gov.au

Aotearoa:

Australian New Zealand Clinical Trials Registry

anzctr.org.au

Breast Cancer Aotearoa

breastcancer.org.nz/

Breast Cancer Trials

Breastcancertrials.org.au

Cancer Society of New Zealand

Cancernz.org.nz

Cancer Trials New Zealand

cancertrialsnz.ac.nz

New Zealand Association of Clinical Research

nzacres.org.nz

New Zealand Ministry of Health

health.govt.nz

Tāwāhi:

Clinicaltrials.gov

Clinicaltrials.gov

National Cancer Institute, United States

cancer.gov

EU Clinical Trials Register (EU-CTR)

Clinicaltrialsregister.eu



He Whakamātau Tāngata, He Oranga Tāngata

Trials Save Lives



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Whai mai i a mātou

 Whāia a Breast Cancer Trials mā **Pukamata**

 Whāia a breastcancertrials mā **Paeāhua**

 Whāia BCTrialsANZ mā **Pae Tihau**

 Pānuītia ngā karere me ngā kōrero mate ūtaetae mā te rangitaki
Breast Cancer Trials Research Blog ki breastcancertrials.org.au/research-blog

 Whakarongo atu, ohauru atu ki te pakihere rokiroki Cancer Trials Podcast ki Apple Podcasts,
ki Spotify, ki Google Podcasts, me tō tino Taupānga Pakihere Rokiroki. Kimihia 'Breast Cancer Trials'.