Arthritis AUSTRALIA

He Pepa Meka

He aha ngā kōrero mō te mate koute?

Ko te pūtake matua o te mate koute he nui rawa ngā waikawa mimi. I te nuinga o te wā, ka pēnei i te ira ake o te tangata. He māmā te whakamauru i te mate koute ki ngā rongoā e whakahekengia ai te nui o te waikawa mimi.

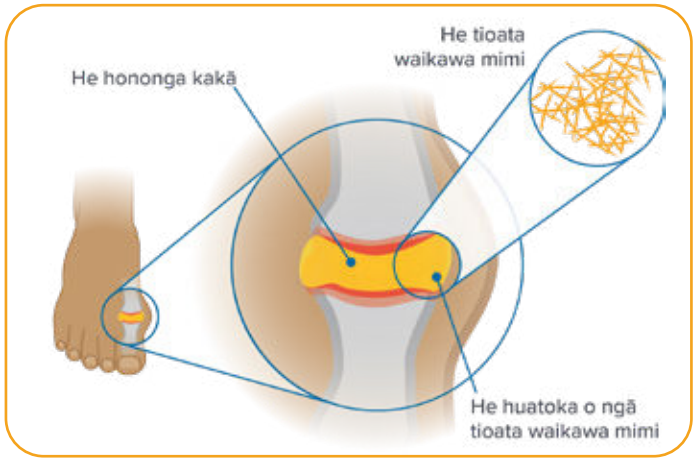
He aha te mate koute?

He momo mate kōiwi te mate koute. Ka pā mai tēnei inā maha rawa atu te nui o te waikawa mimi (waipāhua mimi) i roto i ngā toto. Ka pēnei ina:

- He maha rawa te waikawa mimi ka hangaia e te tinana, tērā rānei
- Pōturi rawa te whakarere atu a ngā tākihi i te waikawa mimi

Ka rērere atu rā he waikawa mimi tuhene ki ētahi atu wāhanga o te tinana, ka hua ai ko ngā tioata moroiti, i te nuinga o te wā, ka pērā i roto i ngā hononga nonohi pērā i ngā kōnui o te waewae, ngā whatīanga raparapa, ngā matimati, ngā kawititanga rānei. Ka whakararuraru aua tioata i te hononga, mā konā ka pupuhi ai, ka mamae ai anō hoki. E kīia nei tēnei ko te kaha pānga mai o te mate koute (Kua pā ohorere mai). Ahakoa kua mutu te kaha pānga mai o te mate koute, mehemea ka noho tonu ngā tioata i roto i te pona, ka mōrea tonu ngā hē koute ā muri ake rā.
Ko ngā hua ka puta i te kore whakatika i te mate koute:

- He hononga pakoki e mau tonu mō ake tonu atu



- He pānga kaha o te mate koute (he auau ake, he pākaha ake hoki te mamae)
- He mate tākihi, he kōhatu tākihi anō hoki
- He raruraru o te hauora ngākau.

Ka mau tonu te mate koute ā mate noa. Ka taea te whakamauru mā te whakatau tōmua i te mate nei me tētahi rongoā e kai ai koe i ngā rā katoa hei whakaheke i te nui o te waikawa mimi i a koe.

He aha te pūtake o te mate koute?

Mehemea ka kōrero mai te rata ki a koe he mate koute tōu, he mea nui kia mōhio mai koe, ehara i a koe te hē.

Ka hua ake te mate koute i te nui rawa atu o te waikawa mimi, ā, ko te ira te pūtake matua i pēnei ai. He hītoria tō te nuinga o te hunga e mate koute ana-he mate tuku iho tēnei.

i ētahi tāngata, i maha ai te waikawa mimi, i mōrea atu ai hoki te pānga mai o te mate koute nā ētahi atu mate o rātou, nā ētahi rongoā rānei, pēnei i:

- te mate tākihi
- te taimaha rawa, te mōmona rawa rānei o te tinana.
- te ngakototo nui, te toto pōrutu, te mate huka karangatanga 2
- Te kai i ētahi rongoā akiaki mimi (Mā ēnei ka maha atu ai te mimi ka hangaia e tō tinana)

Ka pēhea koe e mōhio ai kua pāngia rānei koe e te mate koute?

I te nuinga o te wā, ko te hē koute te tohu tuatahi o te mate koute. Ka pā wawe mai ngā tohu o tēnei mate, i te nuinga o te wā, i roto i te pō. Ko ētahi o ngā tohu o te mate koute ko ēnei nā:

- Ka mamae te hononga, ka wera, ka puku haere. Ka mutu, kia pāngia a reira kua mamae
- He uaua te hīkoi, te whakakorikori rānei i te hononga.

He rongoā hei whakamauru i te mate koute. Ki te kore e whakatikangia, ka pā mai anō te mate koute, kotahi wiki pea te roa.

Ka nui haere pea he waikawa mimi i waho atu o ngā hononga. Mā konei ka puta ai he pukupuku nonohi ki raro i te kiri, he mā, e kore e mamae. Ka huaina ēnei he tophi. I te nuinga o te wā ka puta mai he tophi i te hunga he auau tō rātou pāngia e te mate koute.

Arthritis AUSTRALIA

He Pepa Meka

Mā te aha ka pā ohorere mai ai te mate koute?

Koia ēnei ko ētahi āhuaranga o tō ao e kaha atu ai tō pāngia e te mate koute:

- **Ko te inu waipiro: ka nui haere te maha o te waikawa mimi. Ka mutu, ka uaua atu mō ngā tākihi te tuku atu i taua mimi rā.**
- Ko ngā inu he nui te huahuka kei roto.
- **Ko te tauraki haere o te tinana** (He iti noa iho te wai e inu ana koe).
- **Ko te horo whakaheke ngako i te tinana. Ko te kai i ngā kai hauora me te korikori i te tinana te mahi haumaru rawa hei whakaiti i te ngako o tō tinana.**
- **He whara ki te hononga**

Ka pēhea te whakatau ake, āe, he mate koute tēnei?

Hei whakatau i tō mate koute, ka pēnei pea tō rata:

- Ka uiuia koe ki tō hītori hauora, ki tō tō whānau anō hoki
- Ka āta tirohia, ka whāwhāngia hoki te hononga ōu e pāngia ana e ngā tohu o taua mate
- Ka tangohia he toto i a koe kia whakamātautau ai rātou ka pēhea te nui o te waikawa mimi kei ō toto.
- Ka āta rapua he tioata waikawa mimi i roto i tō hononga ki tētahi ngira.

Ka whakamōhiotia koe ki tō mate koute nā runga i ngā tohu o taua mate kei a koe, me te kitenga rānei o ngā tioata waikawa mimi i ō hononga.

Ina mōhio pū koe, āe kua pāngia mārikatia koe e te mate koute, he aha ngā mahi ka whai mai?

1. Ka kīia koe kei a koe te mate koute.
Me whakarite he mahere rongoā hei āwhina i a koe ki te whakamauru, ki te karo hoki i tō pāngia mai e taua mate ā muri ake nei.

Ko Taku Mahere Koute

2. Kia mārama koe ki tō mate.
Akongia ngā āhuaranga katoa o te mate koute, ko ngā tohu, ko ngā mea ka akiaki tana pā mai i a koe, me ngā mahi e mauru ai ia.



3. Kōrero atu ki tō kāhui hauora.
Kōrero atu ki tō tākuta mō ngā tūmomo mahi, rongoā rānei hei whakamauru i te mate koute, me ētahi atu anō māuiuitanga i a koe. Mō ētahi, ko te huarahi tika e ora ai ia ko te tukunga ōna ki tētahi mātanga mate pona kakā, he tākuta ka rongoā i te mate kaikōiwi.

4. Tīmata atu ki te kai rongoā hei whakaheke i te nui o te waikawa mimi i a koe.
Ko te mate koute he mate ka mau tonu ā mate noa, ka whakararatangia mā tō kai i tētahi rongoā tika i tēnā rā, i tēnā rā.



5. Arotakengia e hia kē nei ngā pire me kai e koe, ko tō mahere rongoā anō hoki.
Ka roa, ka roa ka rerekē haere pea te maha o te rongoā me kai e koe.

6. Ko te whakamauru i tēnei mate hei roto i ngā tau te haere ake nei.
Āta tūhia, ko ngā tohu o tēnei mate ka pā mai ki a koe, ko tō kai, ko ētahi atu anō āhuaranga o tō ao ka akiaki mai i te tokonga ake o tēnei mate i a koe. Kainga tō rongoā i tēnā rā, i tēnā rā. Ki te kore tō mate koute e pai haere, haere ki tō rata.



HE PĀRONGO ANŌ

He Pukapuka: Nā te puka, arā ko Te Whakahaere i tō mate koute *a* Arthritis Australia i tuku nei he pārongo me ngā aki whaihua ki te hei whakamauru i tō mate koute. Ka kitea, ka rangona rānei i te paetukutuku www.arthritisaustralia.com.au, mā te waea atu rānei i te **1800 011 041**.

He Pae Tukutuku: He rauemi pārongo a *Staying Moving, Staying Strong* mā ngā Tāngata Whenua o Ahitereiria me ngā iwi o ngā Motu o Te Kūititanga o Torres e mate pona kakā ana, he mate koute anō hoki tō rātou. Ka kitea ēnei kōrero i: arthritisaustralia.com.au/managing-arthritis/staying-moving-staying-strong/
Mō ngā aki kori tinana me ngā rauemi, haere atu ki www.movingwitharthritis.org.au hei āwhina i a koe anō ki te whakahaere i tō mate koute mā te taineke pai ake.
Australian Rheumatology Association - he pārongo mō ngā rongoā me te haerenga atu ki tētahi tākuta mātai pona (mātanga mate pona kakā)www.rheumatology.org.au.
Mate Ponapona Aotearoawww.arthritis.org.nz/gout-arthritis/

Ko Te Kāhui Whakaū i Te Whakamahinga Tika o Te Rongoā o Te Ao Hou

Medcast · HealthCare Consumers · QUM eConnect · Wiser Healthcare · Arthritis Australia · Eczema Support Australia · Pharmaceutical Society of Australia · RACGP

E āwhina ana i ngā kiritaki me ngā mātanga hauora kia haumaru ai ōna whakatau e pā ana ki ngā rongoā, ki te whakatau mate hoki, ā, kia matatau.
He mea tautoko-ā-pūtea tēnei e Te Kāwanatanga o Ahitereiria nā te kaupapa, arā ko te Quality Use of Diagnostics, Therapeutics and Pathology Program.

WAEA WHAKAMŌHIO: Whakapā atu rā ki tō tari mate kaikōiwi ā-rohe mō ngā pārongo, ngā mātauranga, te tautoko hoki, mā te nama waea nei: **1800 011 041**, toro atu rānei i tēnei pae tukutuku: **www.arthritisaustralia.com.au**

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Kupu karo: Nā Arthritis Australia tēnei pepa i whakaputa hei pārongo anake, ehara i te mea he pērā te nui o tōna mana tēnā i ngā kupu a tō rata, a tō nāhi rānei.