

BUDESONIDE ME TE FORMOTEROL

bew-dess-oh-nide me te for-mot-er-ol

He aha te mahi?

Ka āwhina te *budesonide* me te *formoterol* ki te ārai i ngā tohumate huangō me ngā raruraru whakahā. E whakamahia anō ki te whakamāmā i ngā tohumate mō te hunga mate huangō mā te whakamahi i te mahere mahi SMART.

Me pēhea te whakamahi?

Me whakangā te *budesonide* me te *formoterol* e ai ki ngā tohutohu a tō ngaio hauora.

Me horoi i tō waha i muri mai.

Ka pai ake te ake te mahi a te *budesonide* me te *formoterol* ina whakamahia i ia rā.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā tohumate huangō, ngā raruraru whakahā rānei, me whakamahi i tō rongoā 'whakamāmā' (hei tauira, salbutamol, terbutaline, ipratropium). Mēnā he mate huangō koe, ā, kei te whakamahi i te mahere mahi SMART, ko te *budesonide* me te *formoterol* tō pūrai me tō rongoā whakamāmā.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Mēnā kua tata ki te wā mō tō horopeta whai ake, me waiho te horopeta i tāhapatia ka whakangā i tō horopeta whai ake i te wā e tika ana. Tērā rānei, me whakangā te horopeta i tāhapatia ina maumahara ana koe.

Ka taea anō e koe ētahi atu rongoā te kai?

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaora, ngā hua otaota, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kapa manawa tere, pokapoka rānei, mamae te uma	Me kōrero atu ki tō rata
Waha maroke, korokoro maroke rānei, reo whangowhango, maremare Tāwara mōtuhi Ngā hakihaki mā iti i rō waha, arero huruhuru (mateīhi ā-waha)	Whakamahia he puotongā ka horoi i tō waha i muri mai. Mēnā ka pā tonu mai ngā tohumate, me kōrero atu ki tō rata.
Rure Ānini mähunga, pōātinitini Āmāimai, raruraru te moe	Me kōrero atu ki tō rata mēnā kei te mamae

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Kaua e whakamutu te whakamahi i tō ngongō me te kore kōrero atu ki tō rata i te tuatahi.
- Me kōrero atu ki tō rata mēnā he raruraru manawa ōu, he matehuka koe, mate arotahi, mate kōiwi, mate roikaru rānei, mēnā rānei i pā mai te mahi kohi ki koe.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Ka hēmanawa ētahi tāngata e pāngia ana e te mate huangō i muri i te kai i ngā rongoā whakamaene mamae pērā i te aspirin (hei tauira, *Aspec*®), diclofenac (hei tauira, *Voltaren*®), ibuprofen (hei tauira, *Nurofen*®) rānei. Me kōrero atu ki tō ngaio hauora.
- He tino rerekē te pā mai o ngā pānga i te whakamahinga wā roa o te *budesonide* me te *formoterol* pērā i te: kanohi porowhita, rereke te āhua o te tinana, rerekē te tipu o ngā makawe, kiri mataaero, uaua ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhanga toto, matehuka me te pōturi o te tipu o te tamaiti – me kōrero ki tō ngaio hauora.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.
- Mēnā kei te whakamahi koe i tō *budesonide* me te *formoterol* hei whakamāmā, me noho tata mai i ngā wā katoa kia mōhio ai koe kei hea ina hiahiatia ana e koe.

He mōhiohio hira kei roto i tēnei mātāre, engari ehara i te mōhiohio katoa, mō tēnei rongoā.

He whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Pipiri 2017