

## TIOTROPIUM

*tee-oh-troe-pee-um*

### He aha te mahi?

Ka huaki te *tiotropium* i ngā arahau whāiti ki ngā pūkahukahu. Ka āwhina ki te ārai i ngā raruraru whakahā.

### Me pēhea te kai?

Me whakangā i ngā mea kei roto i ia pire *tiotropium* mā te whakamahi i te pūrere HandiHaler®, e ai ki ngā tohutohu o tō ngaio hauora. Kauga rawa e horomi i ngā pire. Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā raruraru whakahā, me whakamahi i tō rongoā 'whakamāmā' (hei tauira, salbutamol, terbutaline rānei).

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

Me whakangā te horopeta i tāhapatia mēnā ka maumahara koe i taua rā anō. Ki te kore, me waiho ka haere tonu. Kauga rawa e whakangā ngā horopeta e rua i te wā kotahi.

### 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
Mamae karu, ka rerekē haere te kite	Me wawe te kōrero atu ki tō rata
Kapa manawa tere, pokapoka rānei	Me kōrero atu ki tō rata
Ānini māhunga, atarua Kei te uaua te mimi Waha maroke, reo whangowhango, tāwara mōtuhi, maremare	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:

- Me kōrero atu ki tō rata mēnā he mate manawa, tōngāmimi, repe tātea, tākihi rānei, roikaru rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Kia tūpato kei uru te wainehu mai i ngongō *tiotropium*, ki o karu. Ki te pā mai tēnei, me tino horoi i o karu ki te wai.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.