INSULIN ISOPHANE

in-sue-lin eye-so-fane

He aha te mahi?

He taiaki huka mahi wā-wawaenga te *insulin isophane* hei whakamaimoa i te matehuka. Ka neke tēnei i te kūhuka mai i ō toto ki ō pūtau, kia pai ake te whakamahi i te kūhuka mō te pūngao.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te whakamahi?

Me wero te *insulin isophane* ki raro i te kiri. Ko te puku te wāhi pai hei wero i te nuinga o te wā. Me neke haere te wāhi weronga kia kore ai e kōpukupuku i raro i te kiri.
He rehurehu te *insulin isophane*, ā, me hanumi i mua i te whakamahi. Hei mahi i tēnei, me āta rōra te ipuriki i waenga i ngā kapu o ō ringa, me takahurihuri rānei te pene mō ngā wā 20.

Kaua rawa e mutu te kai *insulin isophane*, me kōrero ki tō mātanga hauora i te tuatahi.

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

Mēnā kua tata ki te wā mō tō horopeta *insulin isophane* whai ake, me waiho te horopeta i mahue i a koe ka tatari mō te wā e whai ake anō. Kaua rawa e wero i ngā horopeta e rua i te wā kotahi. Tērā rānei, me wawe tonu te kai i te horopeta. Mēnā kāore koe i te tino mōhio, whakapā atu ki tō mātanga hauora.

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
Kūhuka toto iti: ko ngā tohumate pea ko te heke werawera, wiriwiri, anipā, kārangirangi rānei	Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he rite tonu te pā mai, he tino kino rānei.
Ka taumaha haere Mamae, pāwera, wherowhero rānei i te wāhi i weroa	Me kōrero atu ki tō mātanga hauora mēnā he raruraru
Kōpukupuku kei raro i te kiri	Me neke haere te wāhi weronga. Me kōrero atu ki tō mātanga haurōa.

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

Ētahi atu mōhiohio:

- Me tirotiro ō taumata kūhuka toto i mua i ngā kai, te 2 haora i muri i ngā kai me te wā moe, e ai ki ngā tohutohu rānei.
- Me mau ko ngā tuakiri hauora (hei tauira, pare whatīanga MedicAlert) e tohu ana he matehuka koe. Me whai taiaki huka koe me tētahi mea reka i ngā wā katoa.
- Me whai aromatawai toto auau (HbA1c) koe hei tirotiro he pēhea te pai o te whakahaere i to matehuka.
- Mēnā ka māuiui koe, me whai i tō mahere rā māuiui i te mea ka rerekē pea te taiaki huka me whiwhi koe. Me kōrero ki tō mātanga hauora mō tēnei.
- Ka rerekē pea i te korikori tinana te nui o te taiaki huka me whiwhi koe. Me kōrero ki tō mātanga hauora mō tēnei.
- Ka rerekē pea i te waipiro ō taumata huka kūhuka, ā, ka nui ake te tūpono pā mai o te hapahuka. Ka hunaia pea e tēnei ō tohu whakatūpato o te kūhuka toto iti.
- Tirohia ō taumata kūhuka toto i mua i te taraiwa. Kaua e taraiwa mēnā kua pā mai te hapahuka i te mea kāore e haumaru te taraiwa i te hapahuka.
- Me noho kati te taiaki huka i roto i te pouaka whakamātao. Ina tīmata koe ki te whakamahi, ka taea te waiho ki te pāmahana rūma mō te takiwā pea o te 4 wiki (tirohia te wā kei te pākete mō tō taiaki huka). I muri i tēnei, me whakahoki ngā toenga taiaki huka ki tō taka rongoā.