

E puta ki te ora

whakaitia te waikawa uriki i tō
tinana, e mutu ai te mamae
ka pā i te **porohau**



Ehara i a koe te hē i pā ai te porohau

He nui te hunga ka pōhēhē nā te inu me te kai, pēnei i te kaimoana, te mīti me te pia, i pā ai te porohau.

Hei tā tētahi rangahau nō Aotearoa, he 10% noa iho te pānga o ō kai me ō inu ki te nui o te waikawa uriki (*uric acid*) (ka kīia hoki ko te *urate*) i tō tinana.*

90%

o te waikawa uriki nui ki tō tinana ka hua i:

- ō ira
- ō tākihi
- tō taimaha



10%

o te waikawa uriki nui ki tō tinana ka hua i te kai me te inu

Ka pā te porohau i te nui rawa o te waikawa uriki i ō toto. He ira ō te nuinga o ngā uri Māori me ngā uri nō Te Moana-nui-a-Kiwa e kore ai e whakawāteahia atu e ō rātou tākihi te waikawa uriki tuhene ki te mimi.

He mea māori noa te waikawa uriki i ō tātou toto, inā hoki me mātua whai waikawa uriki ō tātou tinana. Ka whakawāteahia atu te waikawa uriki tuhene e te nuinga ki te mimi.

Me kai rongoā waikawa uriki te nuinga o ngā uri Māori me ngā uri nō Te Moana-nui-a-Kiwa hei whakaiti i te nui o te waikawa uriki i ō rātou tinana.

*Major et al. Evaluation of the diet wide contribution to serum urate levels: meta-analysis of population based cohorts BMJ 2018; 363 :k3951 doi:10.1136/bmj.k3951

Ka pā te porohau i te nui rawa o te waikawa uriki i ō toto



Ka pā te porohau ki te nui rawa te waikawa uriki i ō toto, me te aha, ka huri te waikawa hei tioata uriki (*uric acid crystals*) tino koi i ngā pona o tō tinana. Ka raru pea ō pona, ō kōiwi, ō tākihi anō i ēnei tioata uriki.

Ka kore e mutu tō pākia e te porohau ina mutu ai te mamae i te pupūtanga porohau. He nui rawa tonu te waikawa uriki i ō toto, he tioata uriki tonu kei ō pona. Nā konei, e pā tonu ana te porohau ki a koe.

Ka pākia kinotia ngā tāne Māori me ngā tāne nō Te Moana-nui-a-Kiwa e te porohau nō rātou e tamariki iho ana i rōpū kē atu. Nā konei, me whakatau ake ngā tāne Māori me ngā tāne nō Te Moana-nui-a-Kiwa kia kainga te rongoā waikawa uriki nō rātou ka tae ki ō rātou tau 20, 30 rānei.

Ka pākinotia tō ao e te pupūtanga porohau



Ka raru pea ō pona, ō kōiwi, ō tākihi anō i te pupūtanga porohau.

Nā te pupūtanga porohau ka raru tō whai wāhi ki:

- te mahi
- te tākaro tahi me ō tamariki
- te tākaro hākinakina
- te hī ika me te rukuruku
- te puta tahi me tō whānau, me ō hoa anō
- te taetae ki te whare karakia me ngā kaupapa ā-hapori.

E puta ki te ora – whakaitia te waikawa uriki i tō tinana, e mutu ai ngā pupūtanga porohau



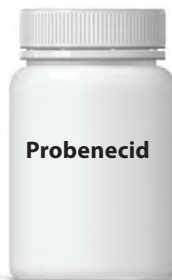
Ka pēhea e iti iho ai te waikawa uriki i taku tinana?

Kainga te rongoā waikawa uriki i ia rā e iti iho ai te waikawa uriki i tō tinana.

E toru ngā momo rongoā waikawa uriki. Mā tō rata, mā tō nēhi, mā tō kaitaka rongoā rānei e whakamārama ko tēhea rongoā waikawa uriki e tika ana mōu, ā, he aha i pērā ai. Māna hoki e whakamārama te ara tika e kai ai koe i tō rongoā waikawa uriki.

Ko tā ēnei rongoā waikawa uriki he aukati i tā tō tinana waihanga i te waikawa uriki nui rawa

Ko tā tēnei rongoā waikawa uriki he āwhina i tō tinana ki te whakawātea atu i te waikawa uriki tuhene ki tō mimi



Ka iti noa te rongoā waikawa uriki hei kai māu i te tīmatanga. Ia te marama ka whakapikihia te nui hei kai māu, kia heke rā anō tō taumata waikawa uriki ki te .36 mmol/L, ki te .30mmol/L rānei mēnā he pukupuku tioata uriki kei raro i tō kiri.

Me kai rawa te rongoā waikawa uriki i ia rā. Ki te mutu tō kai i tō rongoā waikawa uriki, ka horo rawa atu te nui haere o te waikawa uriki i tō tinana. Ka pākia koe e te pupūtanga porohau mamae.

Tērā pea ka pākia koe e te pupūtanga porohau hei te wā ka tīmata tō kai i te rongoā waikawa uriki, i tō tinana e whakawātea atu ana i te waikawa uriki tuhene kei roto kē i tō tinana.

Hei āwhina i te āraitanga atu o te pupūtanga porohau, ka tukuna ki a koe e tō rata, e tō nēhi, e tō kaitaka rongoā rānei tētahi rongoā pupūtanga porohau hei kai māu mō tōna 3 ki te 6 marama, ka tīmata ana tō kai i te rongoā waikawa uriki.

Te whakatau kia kainga te rongoā waikawa uriki



Kōrero me tētahi e whakawhirinakitia ana e oti ai tō whakatau.

Whakarārangitia ngā painga me ngā mea kāhore i pērā rawa te pai o te kai rongoā waikawa uriki.

Ka āwhina tēnei i tō whiriwhiri whakatau mō te kai i te rongoā waikawa uriki.

Ngā painga o te kai rongoā waikawa uriki	Ngā mea kāhore i pērā rawa te pai o te kai rongoā waikawa uriki
Ka mutu te mamae	Ka mate au ki te mahara ki te kai rongoā i ia rā, i ia rā
Ka taea tonutia taku mahi me taku taunaki i taku whānau	

Ko taku whakatau:



Ka kainga te rongoā waikawa uriki



Ka kore e kainga te rongoā waikawa uriki i tēnei wā

Ngā rongoā porohau

1. Ngā rongoā waikawa uriki – hei whakaiti i te waikawa uriki i tō tinana

Kainga te rongoā waikawa uriki i ia rā. Mā konei e aukatia atu ai te pupūtanga porohau.

Ngā pākinotanga āpiti o te rongoā waikawa uriki – me mutu tō kai i te rongoā waikawa uriki ki te kino te kōpukupuku ki tō kiri. Kia horo tō whakamōhio atu i tō rata, i tō nēhi, i tō kaitaka rongoā rānei. Me whakawhiti rawa koe ki tētahi atu momo rongoā waikawa uriki.

2. Ngā rongoā pupūtanga porohau – e mutu ai te mamae ka pā i te pupūtanga porohau

Me kai e koe tētahi wāhi iti o te rongoā pupūtanga porohau hei kaupare atu i te pupūtanga o te porohau mō tōna 3 ki te 6 marama ka tīmata ana tō kai i te rongoā waikawa uriki. Hei tōna wā ka iti iho te waikawa uriki i tō tinana.

Tērā pea ka tukuna hoki ki a koe e tō rata, e tō nēhi, e tō kaitaka rongoā rānei tētahi atu rongoā hei kai māu mō te wiki, mō te tūpono ka pā te pupūtanga porohau kikino.

Ngā pākinotanga āpiti o te rongoā pupūtanga porohau – me mutu tō kai i te rongoā pupūtanga porohau ki te ruaki koe, ki te kino rawa atu te ngau o tō puku, ki te kitea rānei te toto ki ō tūtae. Kia horo tō whakamōhio atu i tō rata, i tō nēhi, i tō kaitaka rongoā rānei. Me whakawhiti rawa koe ki tētahi atu momo rongoā kaupare i te mamae.



Ngā rongoā pupūtanga porohau

Colchicine – Colgout®

Prednisone – Apo-Prednisone®

Naproxen – Noflam® or Naprosyn® rānei

Diclofenac – Voltaren®

Diclofenac – Sandoz®

Ngā wheako porohau o Matt

E hia tō pakeke i te pākia tuatahitia ōu e te pupūtanga porohau?

E 23 pea aku tau i te pānga tuatahi mai o te porohau. Kia pono ahau, pēnei au i whati taku matiwaē. I mōhio tonu au he aha rā te porohau, inā hoki, ko te nuinga o ngā tāne i tōku whānau i pākia, heoi, i pakeke noa atu rātou i a au. Ka hou totitoti atu au ki te mahi, ka kite mai tētahi o aku hoa mahi i taku waewae, ka kī mai ai, “E hoa, kua pākia koe e te porohau”. I pōhēhē ahau kua hē kē ia, heoi, pau ana tōna rua rā me te mamae e pūmau tonu ana, ka toro au ki taku rata, ā, nāna i whakaū mai, ko te porohau tonu.

I pākia pēheatia koe e aua pupūtanga porohau?

Weriweri katoa ana te porohau. Pā mai ana te pupūtanga porohau, ka taka tonu atu a roto, ka mōhio kē hoki au ki te kī mai a te hunga ka tūponohia: “Kua patu pia anō, nē?” “I nui rawa ngā kina, Matt”. Ka kore te hunga e raru ana i te mate huangō e whakatoihia, nā reira he aha i pai ai te whakato i te hunga ka pākia e te porohau?

I te wā kīhai i tino pai taku kaupare atu i te porohau, i pākia hoki aku mahi. He tino pou taunaki taku rangatira mahi, ā, nō mai anō i whakaaetia taku tamō i te mahi kia piki anō taku ora, heoi, ka roa e pēnei ana, ka pau haere hoki taua aroha. Kīhai ahau i paku rata ki te nui o te wā i tamō au i te mahi, otirā, ki taku mau koretake noa ki te hōpa. Nā konā hoki i mate ai taku hoa ki te pīkau i te 110% o ngā mahi manaaki tamariki, manaaki whare anō hoki. Nā konei i raru ai aku whakaaro mōku anō.

E rata pai ana au ki te hiki maitai e nakawhiti tonu ai ahau. Kīhai i taea taku pēnei i te pānga mai o te pupūtanga porohau. Hei muri atu i te pupūtanga porohau, arā tonu tētahi wā i kore ai e taea taku whakamahi pau te kaha i te pona i pākia. Ko te whakapakari tinana tētahi wāhi nui o taku manaaki i a au anō, ā, ki te kore taua tūāhua i tōku ao, ka kino aku piropiro.

He aha i whakatau ai koe me kai te allopurinol?

Kua roa au e mātau ana ki te allopurinol me ōna painga. Ko te uauatanga mōku ko te mahere e tika ai te kainga. Ko tā te tohu whakapiri, “Kainga tahitia ki te kai i te ata”. . . heoi, kāhore au e kai parakuīhi. Nā, ka tatari ahau kia tina, heoi, ka tae ki taua wā, kua wareware i a au. I te roa au e pēnei ana, ka pau te hia marama au e kore nei e kai ana i te allopurinol. I tētahi rā ka mea mai taku tuakana kua pākia hoki e te porohau, “Me kai noa, ahakoa te wā. He pai ake tō kai i te rongoā me te korenga o te kai hei kīnaki, tērā i te waiho kia noho noa ki te kāpata”.

Kua rerekē pēhea nei tō ao ināianei?

Kua wātea ahau i ngā pupūtanga porohau mō te wā roa katoa. Kātahi te painga nui ko tērā.

Ngā wheako porohau o Luka*

E hia tō pakeke i te pākia tuatahitia ōu e te pupūtanga porohau?

I pā mai te pupūtanga porohau tuatahi ki a au i te wā e 23 aku tau. Kīhai au i ohore – he nui aku karanga matua me aku kaihana pakeke ake i a au kua pākia e te porohau.

I pākia pēheatia koe e aua pupūtanga porohau?

Kino katoa ana te mamae i te pupūtanga porohau, heoi, i te tīmatanga mai, kāhore i pērā rawa te roa o te pā mai. Tōna rua rā pea au e whakatā ana i te mahi, kua pai anō, heoi, me wawe taku kai i ngā pire aukati i te mamae.

He aha i whakatau ai koe me kai te allopurinol?

I te wā e 27 aku tau, ka tino kino te pā mai o te pupūtanga porohau. E hia kē nei ngā pire aukati i te mamae i te kāinga e au, heoi, auare ake – ngau kino tonu ana te mamae. Tē taea taku haere ki te mahi. Kātahi ka ngau kino hoki taku puku, nā reira ka toro au ki te rata. Ko tāna, nā ngā pire aukati i te mamae i ngau ai taku puku, me te aha, me mutu tonu atu taku kai i ērā. I kōrero mai ia mō te allopurinol, heoi kīhai au i pīrangi kai pire i ia rā, i ia rā. I tamariki rawa au kia pērā.

I mate au ki te wehe atu i te whare i noho ngātahi atu ai mātou ko aku hoa noho, ka hoki ai ki te noho tahi ki taku māmā. I mate ia ki te pīkau i ngā mahi katoa hei manaaki mai i a au, i te mea ko te takoto ki te hōpa noa iho te mahi i taea ai e au. Kātahi ka toro mai taku rangatira me tētahi reta e mea ana, ka riro atu taku tūranga mahi. I rata pai ahau ki taku mahi, ka mutu, he pūkenga hoki au ki te mahi rā. Kīhai hoki au i pīrangi whakataimaha i taku māmā - i pīrangi kē ki te āwhina i a ia. Nā reira i toro au ki te rata, ka tīmata ai ki te kai allopurinol hei te rangi o muri atu. I pau tōna 6 marama e heke ai te nui o te waikawa uriki i taku tinana, ā, tōna rua pea ngā pupūtanga porohau i pā mai i te rata e āta raweke ana i te nui o te allopurinol me kai e au, heoi, i a au ētahi rongoā anō hei aukati atu i te mamae, nā reira i pai noa iho ahau.

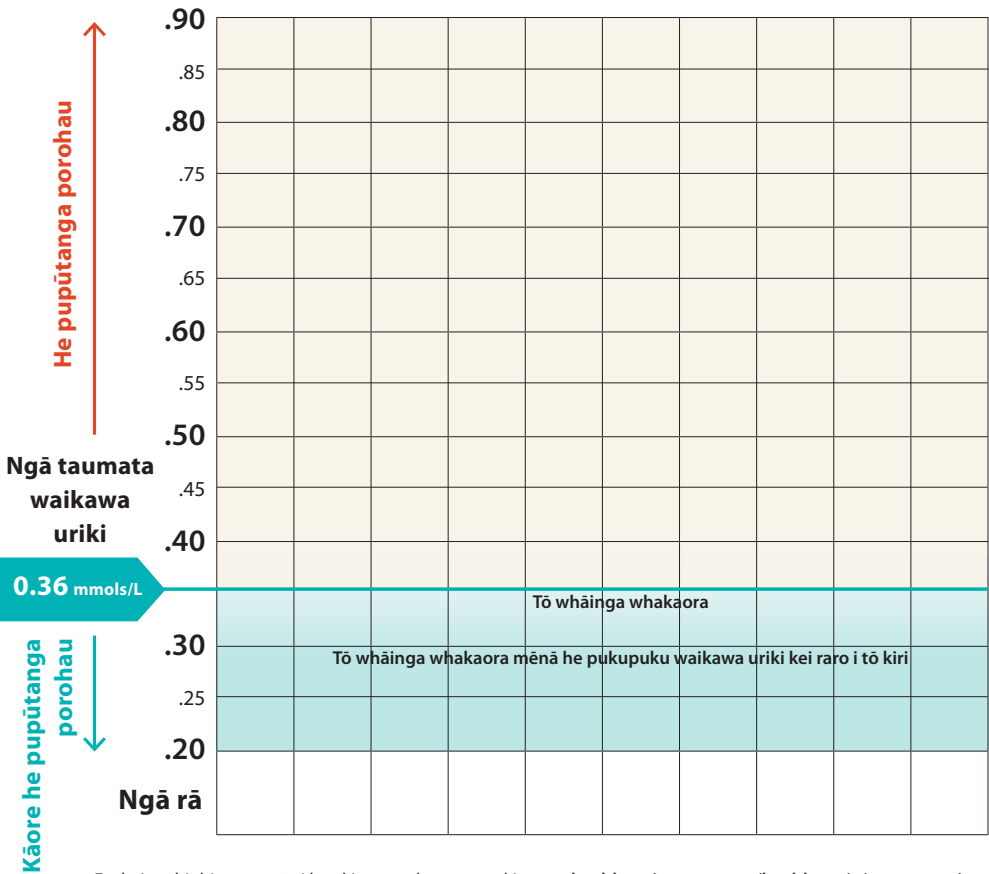
Kua rerekē pēhea nei tō ao ināianei?

He kaiārahi kapa ahau i taku wāhi mahi ināianei. E noho tahi ana māua ko taku wahine ki tētahi whare noho, ā, i taea taku tuku pūtea atu hei āwhina i tā taku māmā utu i ētahi mahi whakatikatika i tōna whare.

* Kua panonitia te ingoa

Kia auau te inenga o te nui o te waikawa uriki i tō tinana

Pātaihia atu tō rata, tō nēhi, tō kaitaka rongoā rānei ki hea inea ai te nui o te waikawa uriki i tō tinana, ā, me pēhea hoki te auau e pērāhia ai. **Tuhia ngā hua o ō whakamātautau waikawa uriki ki konei.**



E whai mōhiohia atu anō ai koe ki te porohau, e toro ki: www.healthnavigator.org.nz/health-a-z/g/gout-overview/

He mea waihanga tēnei puka whakamārama nā Health Literacy NZ, ko te tūāpapa hoki ko te puka whakamārama a te Manatū Hauora, ko *To Stop Gout*. E rere nei ngā mihi a Health Literacy NZ ki ngā mātanga hauora me ngā tāngata katoa kua pākia e te porohau, otirā, i tuku kōrero whakahoki mai mō tēnei puka whakamārama. Nā Te Pātaka Whaioranga (PHARMAC) ngā huruhuru i rere ai tēnei puka whakamārama.