

Breztri Aerosphere mō te mate COPD

Whakahuatia mai ('BREZ-tri-AIR-oh-sfear')



Ko te Breztri Aerosphere

he ngongo e whakamahia nei hei whakamaimoa i te Mate Ārai Pūkahukahu Tauroa (COPD).

Ka pā kino te COPD ki ō pūkahukahu me ngā arahau e uaua ai te hēhē. Ko ngā momo COPD ka kitea whānuitia ko te mate miru pupuhi me te pekahu kakā tauroa.



Ko te Breztri Aerosphere he ngongo e 3 i roto i te 1

E 3 ngā rongoā o te Breztri Aerosphere me te aha, ka iti ake ngā ngongo e hiahia ana koe. Ko ngā rongoā ko te:

- Budesonide (whakahuatia mai 'bew-dess-oh-nide')
- Glycopyrronium (whakahuatia mai 'GLY-ko-PIR-oh-nee-um')
- Formoterol (whakahuatia mai 'for-mot-er-ol')



Ka mahi tahi ēnei rongoā mahi wā roa:

- ✓ ki te whakaiti i te pupuhi i roto i ngā arahau
- ✓ kia tuwhera tonu ō arahau
- ✓ kia māmā ake te hēhē
- ✓ ki te āwhina hei ārai i ngā pānga ohorere o ōu tohumate.

Kāore e mate koe ki te whakamahi i tētahi atu ngongo 'pūārai' mō tō COPD.

Ehara te Breztri Aerosphere i te 'ngongo whakamāmā'

Kāore ia e whakamāmā i te ngāngā ohorere, i te poho nanati, i te tūngāngā rānei. Ki te pēnei, whakamahia tō ngongo 'whakamāmā', pēnei i te salbutamol, i te terbutaline rānei.



Me pēhea te whakamahi i tō ngongo

- Kia **2 ngā puhanga** i te ata ā, kia **2 ngā puhanga** i te ahiahi pō.
- Kia kaha te whakahīoi i mua i ia puhanga.
- Horoia tō waha ki te wai whai muri i ia whakamahinga.
- Whakamahia tonutia tō ngongo Breztri Aerosphere i ia rā ahakoa e pai ana tō āhua.



www.healthify.nz



Mō ētahi atu mōhiohio mō Breztri Aerosphere, haere ki www.healthify.nz/breztri



Whakaritea tō ngongo

Te whakarite i te ngongo:

- Kia kaha te whakahōi i mua i ia tukurehu
- **Ngongo hou:** tukuna kia 4 ngā puhanga ki te hau takiwā
- **Whai muri i te horoi:** tukuna kia 2 ngā puhanga ki te hau takiwā



Ka āhei te whakamahi o te Breztri Aerosphere me te puotongā

Ko te puotongā he ipuipu kirihou e noho nei i waenga i te ngongo me tō waha.

- Ko tāna, he whakamāmā i te whakamahi o te ngongo.
- He nui ake ngā rongoā ka tae atu ki ō pūkahu. Ko te hua, he iti iho ngā rongoā ka noho i tō waha, korokoro rānei.
- Me te aha, ka whakaitia ngā mate āpiti pēnei i te whango (ngā panoni o te reo), i te mateīhi rānei.



Kāore koe i te mōhio mēnā e tika ana tō whakamahi i te ngongo?

Matawaia te waehe QR, kia mātakitaki ai i tētahi ataata poto hei ako me pēhea te whakamahi i tō ngongo.



Kia KOTAHI te horoi o te ngongo i ia wiki

Ka purutiti pea te mea i te tipu haere o te rongoā.

- Tangohia ngā wāhanga o raro, o runga hoki he kiwikiwi te tae. Kaua e tukuna kia mākū.
- Kia rere te wai mahana mā te wāhanga kōwhai – kia 30 hēkona mai i ia moka.
- Ruiruia kia makere te wai.
- Tukuna kia maroke i te hau takiwā i mua i te whakapiri mai.



Tirohia kia hia ngā puhanga e toe ana i roto i tō ngongo:

- Rohe Kōwhai – me tiki koe i tētahi ngongo hou
- Rohe Whero – ina tae te āwhata ki te 0, me maka atu.



Whakamahia i roto i te 3 marama whai muri i te huaki

Ina huaki te mōkī, me whakamahi te ngongo i roto i te 3 marama. I te wā i huakina ai te ngongo, tuhia te rā. Whai muri i te 3 marama, porowhīua te ngongo, ahakoa tonu he rongoā e toe ana.

Mō etahi mōhiohio anō mō te Breztri Aerosphere, haere ki www.healthify.nz/breztri