

NA CAVA NA GOUT KEI NA CAVA E VAKAVUNA?



- ▶ Na gout e vu mai na kena sa rui levu na “uric acid” ena nomu dra. Na “uric acid” e yaco me karisitara ena nomu isema ka vakavuna na mosi ni wadadamu ni sema ni yava.
- ▶ E levu na uric acid ena yago e buli mai na kena vorolaki na “cell” makawa, ka so era lako tale ga mai na kakana eso.
- ▶ Ke tomani tikoga na levu ni “uric acid” ena nomu dra, ena rawa ni vakacacana na nomu isema kei na ivi.

NA GOUT E SEGA NI NOMU CALA

- ▶ Na vu ni levu ni “uric acid” ena yago:
 1. Mate ni kawa
 2. Leqa ni ivi
 3. Levu sivia ni yago
- ▶ E levu na kai Pasifika era dau vakaberaberataka na kena kau laivi na “uric acid” mai na yagodra.
- ▶ Na kakana o kania e sega soti ni vakaduiduitaka na veisau ena nomu “uric acid” kei na nomu gout.



SCAN HERE TO WATCH A PACIFIC GOUT VIDEO



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Arthritis NZ
Mateponapona
Aotearoa

hrcnz Health Research Council
of New Zealand
Te Kaitiaki Takekōwhiri Hauora o Aotearoa

BULA

Meda talanoataka
mada na Pasifika Gout



WE GOUT YOUR BACK

Vulica mada na gout kei na
iwalewale ni kena qaravi

TAURI NI WAINIMATE NI GOUT ME TAROVA NA WADADAMU NI SEMA NI YAVA ENA GAUNA MAI MURI

- ▶ Na “*Allopurinol*” e wainimate e dau vakalolovirataka na nomu wai ni uric acid ena nomu bula taucoko.
- ▶ Na kena tauri na ivakarau dodonu ni “*allopurinol*” e taura na gauna. O na tekivu ena dua na ivakarau lailai, ka qai vakalevutaka tiko me yacova ni sa tiko na ivakatagedegede dodonu ni wai ni uric acid ena nomu dra. Oqo ena vukea na kena waicala na karisitala ena nomu isema ka yali vakamalua yani vakadua. Oqo na ivakarau vinaka duadua mo taura e veisiga mo qarava kina na nomu gout.

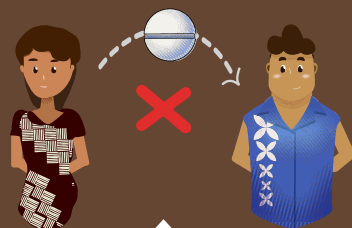
TAROFI NI VEIVAKACACANI NI GOUT KEI NA KENA MAROROI NA “ALLOPURINOL”



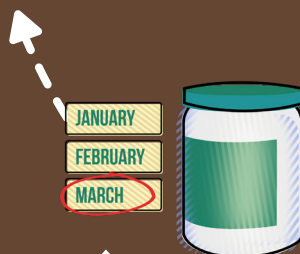
- ▶ Ni o tekivu ena “*allopurinol*”, ena rawa ni yaco vei iko na wadadamu nis ema ni yava. E dau matau tu oqo!
- ▶ Tomana tiko ga na nomu taura na “*allopurinol*”. Ena rawa ni solia vei iko na nomu vuniwai na “*colchicine*” se so tale na wainimate ni vakacegui ni mosi ena imatai ni vica na vula me yacova ni o sa vakayagataka tiko na ivakarau dodonu ni “*allopurinol*”.



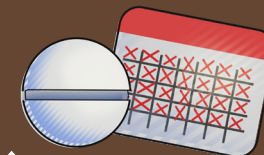
Na “*allopurinol*” e vei taqomaki vinaka sara ka vica wale na kena revurevu. Eso e yavala na ketedra vakabibi ena itekivu ni gauna e tauri kina na “*allopurinol*”. Ke yaco oqo, mo taura vata na memu vuanikau kei na kakana. Ke tutubu na yaqomu, ia dau yaco vakavudua, tarova na tauri ni vuanikau ka laki raici nomu vuniwai.



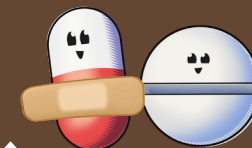
Kakua ni veiwaseitaka na wainimate. Era duidui na tamata ka duidui nai vakarau ni wainimate ena gadreva.



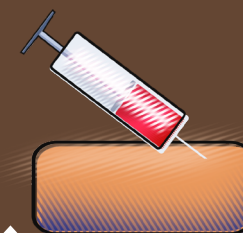
Taura e dua na ivola vou ni “*allopurinol*” ena veivula tolu. Cakava totolo na ka oqo, mo kua kina ni levea na nomu tauri wainimate.



Dina ga ni gadrevi mo dau taura na nomu “*allopurinol*” e veisiga, ni oqo ena tarova na karisitala ka na sega tale ni dua na ravuravu ni gout.



E sega ni vinaka me dau tauri vakabalavu na wainimate baleta ni rawa ni vakacacana na nomu ivi. Tomana tiko ga na nomu taura na “*allopurinol*” ena gauna mada ga e wadadamu kina na sema ni yava.



O na gadreva na dikevi ni nomu dra mo veisautaka kina nomu wainimate me yacova ni sa lailai sobu na nomu “*uric acid*” me vakalailaitaki kina na wadadamu ni sema ni yava.