

## KO E HEIGOA E GŪGŪ MO E MOUA FĒFĒ?



- ▶ Gūgū moua mai ha kua lahi e uric acid he toto haau. Ko e uric acid faliu patuo I loto he tau tutaki polohui ti moua e mamahi he gūgū.
- ▶ Lahi ni he uric acid ke he tino moua ha ko e mōmōu hifo he tau cells, tuai mo e falu moua mai he falu he tau mena kai.
- ▶ Kaeke ke tumai ni e tokoluga he uric acid he toto haau, to maeke ke maona e tau tutaki polohui haau mo e tau fua ifi.

## NAKAI KO E HEPE HAAU E GŪGŪ

- ▶ Moua mai he tokoluga e uric acid he tino haau:
  1. Ohi magafaoa
  2. Lekua ke he tau fua ifi
  3. To lahi e mamafa e tino
- ▶ Lahi e tau tagata Pasifika fai lākau (genes) ne maeke ke utakehe e uric acid mai he tino.
- ▶ Ko e tau mena kai ne kai e koe, ai fai kehe ke hiki e uric acid mai he tino haau.



SCAN HERE TO WATCH A PACIFIC GOUT VIDEO



We acknowledge the Pacific Peoples Health Advisory Group for co-creating this resource.



Arthritis NZ Mateponapona Aotearoa and the Health Research Council of New Zealand funded this study. The organisations supported the process, but had no role in the study design, data collection, analysis or preparation of the co-designed resource.



# FAKAALOFA LAHI ATU

Fakatutala kehe gūgū he tau Pasifika



## WE GOUT YOUR BACK

Fakaako ke he gūgū moe puhala ke taute aki

## INU E TAU VAI GŪGŪ KE PUIPUI KE UA TUPU ANOIHA E GŪGŪ

- ▶ Ko e Allopurinol ko e vai ne maeke ke tutuku hifo e tuaga he urid acid he moui haau.
- ▶ Ke moua e hako he fuafua he allopurinol to fai magaaho. Kamata a koe he fakapapahi tokolalo, ti uneune hake ato moua e tonu he tuaga i he urid acid he toto haau. Ke maeke he tau patuo he tau tutaki polohui haau ke tataka mo e fano fakaeneene ti galo fakaoti. Ko e tuaga ha ia kua lata ke tuli aki e gūgū haau.

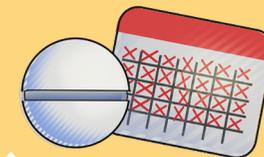
## PUIPUIAGA KE UA TUPU E GŪGŪ MO E FAKATUMAU E ALLOPURINOL



- ▶ Ka kamata e allopurinol, liga tupu e gūgū. Fa lahi ke pihia.
- ▶ Fakatumau ke inu e allopurinol. Neke atu he toketa haau e colchicine poke falu vai mamahi he tau mahina fakamua ato moua kua hako e fuafuaaga he segavai.



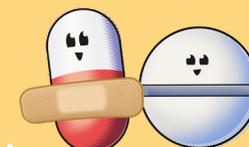
Mafola mitaki e allopurinol mo e tote e tau lekua tutupu. Falu tagata kelea e manava, muatu koe kamata la ia ke inu e allopurinol. Ti kaeke ke pihia, i kai taha mena kai to inu e segavai. Ka moua e ko e magiho, nakai fa mahani, tuku ai inu e vai mo e fano ke kitia e toketa.



Mitaki ke inu tumau e allopurinol he tau aho oti, mena nei ke taofi e tau patuo (crystal) ai liu moua he gūgū.



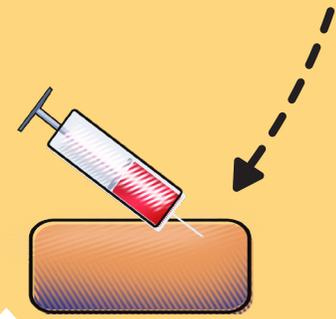
Ua feutaaki e tau segavai. Ko e tau tagata kehekehe e tau fua segavai ai tatai.



Ko e tau segavai mamahi, nakai mitaki ke inu leva kakano maeke ke fakamaona e tau fua ifi haau. Tumau ke inu e allopurinol pete ni kua tupu e gūgū.



Moua mai e tohi talavai haau he tau mahina ke tolu oti. Taute tuai ke ua vaha e magaaho he inu he vai tului haau.



Kua lata ia koe ke tivi e toto haau ke fakahako e fua segavai ato tokolalo hifo e uric acid ke tuku hifo ua tupu e gūgū.