

EAA TEIA MAKI E GOUT, NAAI E AKATUPU ANA I TEIA MAKI?



- ▶ Me teitei te vaito o te uric acid i roto i toou kopapa, ka riro mai te reira e maki gout. Ka riro mai te uric acid mei te toka rai i roto i toou poko ivi, no reira rai toou poro vavia me kore poko ivi e mamae ei.
- ▶ Te nui anga o te uric acid, kua tupu mai rai te reira i roto te au cells taito. Tetai taime, te tumu e teitei ei te vaito o te uric acid i roto i toou kopapa, koia oki, taau manga i kai ei.
- ▶ Me teitei ua toou vaito uric acid, ka tamanamanata te reira i toou poko ivi e toou ate.

KARE NOOU TE TAREVAKE I TU IA KOE I TEIA MAKI E GOUT

- ▶ Ko teia te au tumu i tu ia koe i teia maki e gout:
 1. Maki no roto rai i te kopu tangata
 2. Manamanata kitena ia i runga i toou ate
 3. Poripori
- ▶ Te tumu maata e tu ia ana te iti tangata Pasifika i teia maki gout, koia oki, kua tu ia ana rai teita o to ratou kopu tangata i teia maki.
- ▶ Taau manga i kai, kare te reira e tau i te vaito o te uric acid i roto i toou kopapa. Kare rai te reira e tau me ka tu ia rai koe i te maki gout.



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.



KIA ORANA

Ka komakoma tatou no runga i teia maki e gout i roto i te iti tangata Pasifika nei



TI KONEI MATOU I TE TAUTURU IAKOE

Teia peapa ka oake atu i tetai kite oonu no runga i teia maki e gout

TEIA TE AU VAIRAKAU IRINAKI IA E TE TAOTE KIA APAI KOE KIA KORE KOE E TU IA E TE MAKI GOUT

- ▶ Allopurinol – teia vairakau, nana e akatopa mai te vaito o te uric acid i roto i toou kopapa.
- ▶ Teia vairakau allopurinol, meangiti taau ka kai i te akamata'anga, e oti, ka akake mai ratou ki runga i tetai manga kia topa te vaito o te uric acid in roto i toou toto. Ka tauturu teia kia akatopa mai te uric acid mua ake ka takore ei i teia maki gout. Ko teia te vairakau meitaki i te apai.

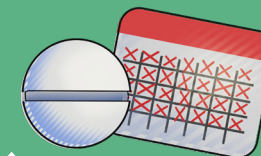
AKAPEEA I TE AKAKORE I TEIA MAKI



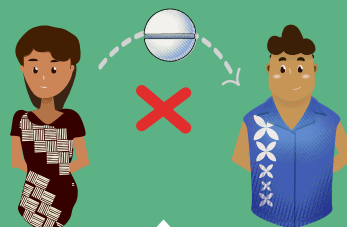
- ▶ Me apai koe i teia vairakau allopurinol, ka mamae rai toou poro vavia me kore poka ivi.
- ▶ Apai ua koe te vairakau allopurinol, kua akatano ia te vaito o teia vairakau kia koe. Pati kite taote kia oake mai tai vairakau no te mamae.



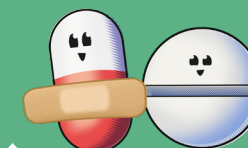
Meitaki te allopurinol no tetai pae, tetai aronga, ka maki ia ratou. Tetai aronga, ka mamae to ratou kopu, me ko te taime mua teia ka kai ratou i tera vairakau. Me tupu teia kia koe, kai i te manga kia kore toou kopu e mamae. Me mangio toou pakiri, tapu i te kai i teia vairaku, aere ki te taote.



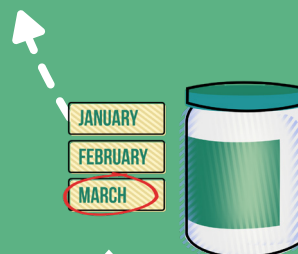
Noatu ka apai koe i te allopurinol i te au ra katoa, ka tauturu teia i te takore i teia maki gout.



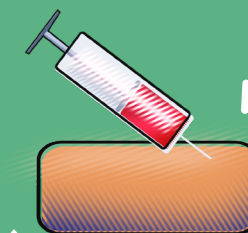
Eaa e oake toou vairakau allopurinol ki tetai ke, e vaito ke rai to ratou.



Kare e piri i te apai ua i te vairakau rapakau mamae i te au taime katoa, ka tamanamanata mai i toou ate. Apai i toou vairakau allopurinol, noatu, me mamae toou poro vavia.



Me tiki koe i te allopurinol no ko mai i te taote, akatinamou koe kia tae tera vairakau i te toru marama, kia kore koe e ngere i te apai i toou vairakau i te au taime katoa.



Ka inangaro ia koe kia apai i te blood test, no te akatanotano'anga te vaito o te allopurinol kia akatopa mai i te uric acid i roto i toou toto.