

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 moumou 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



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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

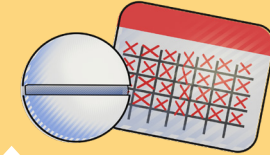
- Ko e Allopurinol ko e vai ne maeke ke tutuku hifo e tuaga he urid acid he moui haau.
- Ke moua e hako he fuafua he allopurinol to fai magaaho. Kamata a koe he fakapapahi tokolalo, ti uneune hake ato moua e tonu he tuaga i he urid acid he toto haau. Ke maeke he tau patuo he tau tutaki polohui haau ke 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

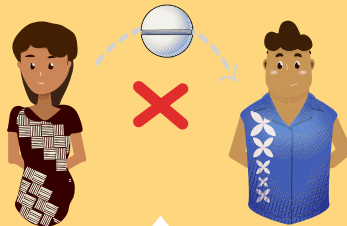
- Ka kamata e allopurinol, liga tupu e gūgū. Fa lahi ke pihia.
- Fakatumau ke inu e allopurinol. Neke atu he toketa haau e colchicine poke falu vai mamahi he tau mahina fakamua ato moua kua hako e fuafuaaga he segavai.



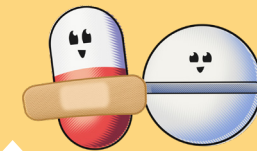
Mafola mitaki e allopurinol mo e tote e tau lekua tutupu. Falu tagata kelea e manava, muatu koe kamata la ia ke inu e allopurinol. Ti kaeke ke pihia, i kai taha mena kai to inu e segavai. Ka moua e ko e magiho, nakai fa mahani, tuku ai inu e vai mo e fano ke kitia e toketa.



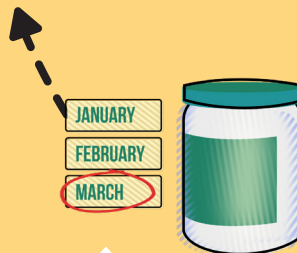
Mitaki ke inu tumau e allopurinol he tau aho oti, mena nei ke taofi e tau patuo (crystal) ai liu moua he gūgū.



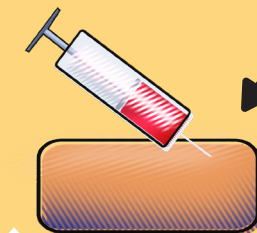
Ua feutaaki e tau segavai. Ko e tau tagata kehekehe e tau fua segavai ai tatai.



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.