

SEA TE GUGU E MAFUA FOKI PEFEA?



- ▶ Te Gugu e mafua mai i te lasi o te uliki esiti i loto i tou toto. Te uliku esiti ko poloka i sokoga o ivi o tou foitino ko fakamafua ei te mae mo te gugu.
- ▶ Te lasiga o te uliki esiti i loto i te foitino e fakamafua mai i te masei o cells, nisi e mafaua mai i meakai.
- ▶ Ka tumau te maluga o te uliki esiti i tou toto, ka mafia foki o fakamasei ou sokogaivi mo ou nonu.

TE GUGU E SEAI SOU SEE I EI

- ▶ Te pogai o mafuaaga o maluga te uliki esiti i te foitino konei:
 1. Tienetiki
 2. Fakalavelave o nonu
 3. Too mafa
- ▶ Toko uke o tino o te Pasifika e nofo mo genes kola e fakatuai ne latou o avekeatea te uliki esiti mai olotou foitino.
- ▶ A meakai e kai ne koe e foliki te fuli ne latou te levolo o te uliki asiti mai ou gugu.



SCAN HERE TO WATCH A PACIFIC GOUT VIDEO



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Mateponapona
Aotearoa

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Te Kaitiaki Take Kōwhiri Hauora o Aotearoa

TĀLOFA

Ke Sautala taua ki te Pasifika Gugu



TE GUGU FAKAFOKI ATU

Tauloto te masaki ko te gagu mo ona
fesoasoaniga

INU VAILAKAU O TE GUGU O PUIPUI TE PISI O TE GUGU

- ▶ Allopurinol ko te vaialakau e mafai o taofiofi ne ia te levolo o tou uliki esiti ke malalo i taimi katoa.
- ▶ I tai manakogina se taimi ke iloatonu te aofaki o te allopurinol e inu ne koe. E kamata atu i lalo ko fanake ei ke fetau tonu a te uliki asiti e manakogina i you toto. E fesoasoani tenei ki kulisitolo i ou sokoga ko te mea ke fakaseai. Ko iloa tonu ei te aofaki o te vailakau tenei e manakogina i te aso ke fetau mo ou gugu.

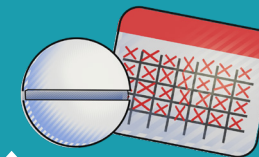
PUIPUI MAI TE OSOFIA O TE GUGU MO TE FAKATOGAFITI KI TE ALLOPURINOL



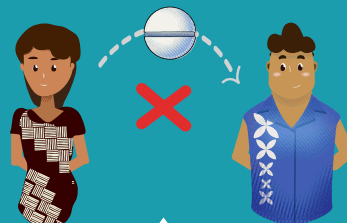
- ▶ Kafai ko kamata koe i te allopurinol, e mafai o osofia tou gugu. Se mea e iloa e masani o tupu!
- ▶ E manakogina e iloa ke inu ou allopurinol. Tou tokita e mafai o tuku atu te colchicine io me ko nisi fuagamae i masina muamua ke oko ki taimi ko tonu ei te levolo o allopurinol.



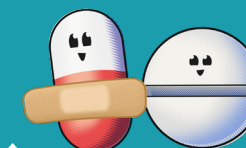
Allopurinol e lei au se lasi ni ona pokotiaga. Nisi e mau ne te mae malie o te tinae, manafai ko kamata o inu i te allopurinol. Kafai e tupu te mae tenei ko inu fakatasi mo meakai. Kafai e magiso koe, tela e figata o tupu, taofi ou fuaga konei kae asi te tokita.



E manakogina ke inu ou allopurinol i aso katoa, ko te mea ke moa e fulafula io me kulisitolo i ou sokogaio i me ko te osofia o te gugu.



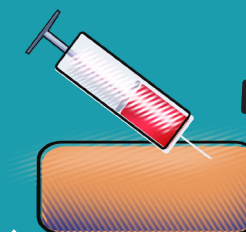
Ou fuaga konei ke moa e tuku ki nisi tino. E tofu e iloa te tino mo te kese o te malosi mo te aofaki olotou fuaga.



Fugamae e se lei manafai e inu koe i ei i se taimi loa aua e mafai o pokotia foi ei ou nonu. Taumafai e iloa o inu ou allopurinol manafai foki ko osofia te mae ou gugu.



Sa puli ke maua se pepa fakamaoni mai tokita ou fuaga i te taki tolu masina. Ko te mea ke soko e iloa te inu ou fuaga, aunoa mo se taimi e tiakina ei ne koe.



E manakogina ke fua tou toto mo te mea ke iloa te levolo o you uliki asiti ka mamalo ka sei foki se osofia o te mae mo te fulafula.