

BUDESONIDE AND FORMOTEROL

bew-dess-oh-nide me te for-mot-er-ol

He aha te mahi?

Ka āwhina te *budesonide* me te *formoterol* ki te ārai i ngā raruraru whakahā pērā i te huangō me te COPD. E whakamahia anō ki te whakamāmā i ngā tohumate mō te hunga mate huangō mā te whakamahi i te mahere mahi AIR, SMART rānei. He rongoā pūtaikai te *budesonide* ka whakaiti i te uruhumu i ō ārahau, ā, ka huaki a *formoterol* i ngā arahau whāiti kia māmā ake ai te whakahā.

I mua i to timata

- Me kōrero atu ki tō rata mēnā kei te mate kōiwi (kōiwi ngoikore).
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te whakamahi?

Me whakangā te *budesonide* me te *formoterol* e ai ki ngā tohutohu a tō mātanga hauora. Me horoi i tō waha i muri mai.

Turbuhaler, Spiromax rānei: Me huri anake te pūtaka o tō ngongō, me whakatuwhera rānei i te uhi ina kua rite koe ki te whakangā i te horopeta. Mēnā ka mahi koe i tēnei neke atu i te kotahi, kotahi anake te horopeta ka puta, ā, ka ngaro ngā toenga.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā tohumate huangō, ngā raruraru whakahā rānei, me whakamahi i tō rongoā 'whakamāmā' (hei tauria, salbutamol, terbutaline, ipratropium). Mēnā he mate huangō koe, ā, kei te whakamahi i te mahere mahi AIR, SMART rānei, ko te *budesonide* me te *formoterol* tō pūrai me tō rongoā whakamāmā.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Mēnā kua tata ki te wā mō tō horopeta whai ake, me waiho te horopeta i tāhapatia ka whakangā i tō horopeta whai ake i te wā e tika ana. Tērā rānei, me whakangā te horopeta i tāhapatia ina maumahara ana koe.

Ka teaa anō e koe ētahi atu rongoā te kai?

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaora, ngā hua otaota, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

| Ngā Hua Kino | Tūtohutanga hei whai |
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| Ko ngā tohumate o te kapa manawa tere, pokapoka rānei ko te: kaka, pātukituki, mamae rānei i tō poho, pōātinitini, tāporepore rānei | Me kōrero atu ki tō rata |
| Ngā hāhāki mā iti i rō waha, arero huruhuru (mateihi ā-waha) | Me kōrero atu ki tō mātanga hauora |
| Wāha maroke, korokoro maroke rānei, reo whangowhango Wiriwiri, ka uauwhiti | Me kōrero atu ki tō rata mēnā kei te mamae |

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Kaua e whakamutu te whakamahi i tō ngongō me te kore kōrero atu ki tō rata i te tuatahi.
- Ka hēmanawa ētahi tāngata e pāngia ana e te mate huangō i muri i te kai i ngā rongoā whakamaene mamae pērā i te aspirin (hei tauria, Aspect®), diclofenac (hei tauria, Voltaren®), ibuprofen (hei tauria, Nurofen®) rānei. Me kōrero atu ki tō mātanga hauora.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.
- He tino rerekē te pā mai o ngā pāngia i te whakamahinga wā roa o te *budesonide* pērā i te: kanohi porowhita, rerekē te āhua o te tinana, rerekē te tipu o ngā makawe, kiri mataero, kōiwi ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhanga toto, ka rerekē haere te kīte me te matehuka – me kōrero ki tō mātanga hauora.
- Mēnā kei te whakamahi koe i tō *budesonide* and *formoterol* hei whakamāmā, me noho tata mai i ngā wā katoa kia mōhio ai koe kei hea ina hiahiatia ana e koe.