

INSULIN ISOPHANE

in-sue-lin eye-so-fane

He aha te mahi?

He taiaki huka mahi wā-wawaenga te *insulin isophane* hei whakamaimoa i te matehuka. Ka neke tēnei i te kūhuka mai i ō toto ki ō pūtau, kia pai ake te whakamahi i te kūhuka mō te pūngao.

I mua i to tīmata

- 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 wero te *insulin isophane* ki raro i te kiri. Ko te puku te wāhi pai hei wero i te nuinga o te wā. Me neke haere te wāhi weronga kia kore ai e kōpukupuku i raro i te kiri.

He rehurehu te *insulin isophane*, ā, me hanumi i mua i te whakamahi. Hei mahi i tēnei, me āta rōra te ipuriki i waenga i ngā kapu o ō ringa, me takahurihuri rānei te pene mō ngā wā 20.

Kaua rawa e mutu te kai *insulin isophane*, me kōrero ki tō mātanga hauora i te tuatahi.

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

Mēnā kua tata ki te wā mō tō horopeta *insulin isophane* whai ake, me waiho te horopeta i mahue i a koe ka tatari mō te wā e whai ake anō. Kaua rawa e wero i ngā horopeta e rua i te wā kotahi. Tērā rānei, me wawe tonu te kai i te horopeta. Mēnā kāore koe i te tino mōhio, whakapā atu ki tō mātanga hauora.

Ka taea 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 |
|---|---|
| Kūhuka toto iti: ko ngā tohumate pea ko te heke werawera, wiriwiri, anipā, kārangirangi rānei | Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he rite tonu te pā mai, he tino kino rānei. |
| Ka taumaha haere Mamae, pāwera, wherowhero rānei i te wāhi i weroa | Me kōrero atu ki tō mātanga hauora mēnā he raruraru |
| Kōpukupuku kei raro i te kiri | Me neke haere te wāhi weronga. Me kōrero atu ki tō mātanga hauora. |

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

Ētahi atu mōhiohio:

- Me tiroiro ō taumata kūhuka toto i mua i ngā kai, te 2 haora i muri i ngā kai me te wā moe, e ai ki ngā tohutohu rānei.
- Me mau ko ngā tuakiri hauora (hei tauira, pare whatianga MedicAlert) e tohu ana he matehuka koe. Me whai taiaki huka koe me tētahi mea reka i ngā wā katoa.
- Me whai aromatawai toto auau (HbA1c) koe hei tiroiro he pēhea te pai o te whakahaere i to matehuka.
- Mēnā ka māuiui koe, me whai i tō mahere rā māuiui i te mea ka rerekē pea te taiaki huka me whiwhi koe. Me kōrero ki tō mātanga hauora mō tēnei.
- Ka rerekē pea i te korikori tinana te nui o te taiaki huka me whiwhi koe. Me kōrero ki tō mātanga hauora mō tēnei.
- Ka rerekē pea i te waipiro ō taumata huka kūhuka, ā, ka nui ake te tūpono pā mai o te hapahuka. Ka hunaia pea e tēnei ō tohu whakatūpatō o te kūhuka toto iti.
- Tirohia ō taumata kūhuka toto i mua i te taraiwa. Kaua e taraiwa mēnā kua pā mai te hapahuka i te mea kāore e haumaruru te taraiwa i te hapahuka.
- Me noho kati te taiaki huka i roto i te pouaka whakamātao. Ina tīmata koe ki te whakamahi, ka taea te waiho ki te pāmahana rūma mō te takiwā pea o te 4 wiki (tirohia te wā kei te pākete mō tō taiaki huka). I muri i tēnei, me whakahoki ngā toenga taiaki huka ki tō taka rongoā.

He mōhiohio hira kei roto i tēnei mātāre, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.

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