

FLUTICASONE AND SALMETEROL

floo-tik-ah-son-e me te sal-me-ter-ol

He aha te mahi?

Ka āwhina te *fluticasone* me te *salmeterol* ki te ārai i ngā tohumate huangō me ngā raruru whakahā.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā he raruru manawa ōu, he matehuka koe, mate arotahi, mate kōiwi (kōiwi kahakore), mate roikaru rānei, mēnā rānei i pā mai te mahi kōhi ki koe.
- 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 *fluticasone* me te *salmeterol* e ai ki ngā tohutohu a tō ngaio hauora. Me horoi i tō waha i muri mai.

Ka pai ake te mahi a te *fluticasone* me te *salmeterol* ina whakamahia i ia rā.

Mēnā he wawe tō hiahia i ngā rongoā whakamaene mai i ngā tohumate huangō, ngā raruru whakahā rānei, me whakamahi i tō rongoā 'whakamāmā' (hei tauria, ipratropium, salbutamol, terbutaline).

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. Kaua rawa e whakangā ngā horopeta e rua i te wā kotahi.

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
Kapa manawa tere, pokapoka rānei, mamae te uma	Me kōrero atu ki tō rata
Wāha maroke, korokoro maroke rānei, reo whangowhango, maremare Tāwara mōtuhi Ngā haki haki mā iti i rō waha, arero huruhuru (mateihi ā-waha)	Whakamahia he puotongā ka horoi i tō waha i muri mai. Mēnā ka pā tonu mai ngā tohumate, me kōrero atu ki tō rata.
Rure Ānini mähunga, pōātinitini Āmaimai, raruru te moe	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, *Aspec*®), diclofenac (hei tauria, *Voltaren*®), ibuprofen (hei tauria, *Nurofen*®) rānei. Me kōrero atu ki tō ngaio hauora.
- He tino rerekē te pā mai o ngā pānga i te whakamahinga wā roa o te *fluticasone* and *salmeterol* pērā i te: kanohi porowhita, rerekē te āhua o te tinana, rerekē te tipu o ngā makawe, kiri mataero, uaua ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhanga toto, matehuka me te pōturi o te tipu o te tamaiti – me kōrero ki tō ngaio hauora.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.