

ASPIRIN (horopeta iti)

ass-prin

He aha te mahi?

Whakamahia ai te aspirin horopeta iti kia kore ai e tepetepe ō toto. Ka whakaiti tēnei i te tūpono pā mai o tētahi ikura roro, manawa-hē rānei.

Me pēhea te kai?

Me kai i te *aspirin* e ai ki ngā tohutohu.

Horomia te katoa o te pire uhi me tētahi inu wai.

Whakamemehatia ngā pire meha ki rō karāhe wai i mua i te horomi.

Ka taea ngā pire Cardiprin® te whakamemeha i roto i tō waha.

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

Ki te tāhapa he horopeta i ētahi wā ehara i te mea me kai ā muri ake.

Ka taea anō e koe ētahi atu rongoā te kai?

Ka tukituki pea ētahi rongoā ehara i te ōta rongoā ki te *aspirin*, pērā i ēnei:

- ngā pire ārai-whakakakā, pērā i te diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®), aspirin rānei (hei tauira, Disprin®, kei ngā horopeta whakamauru mamae). Ka kitea ēnei i roto i ētahi rongoā rewharewha me te whurū (hei tauira, Nurofen Cold me te Flu®)

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 (hei tauira, ginkgo), ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangeo, pupuhi, uaua te hēhē Te māmā/rerekē o te marū, toto rānei	Me wawe te kōrero atu ki tō rata
Ka mamae te puku	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:

- Me kōrero atu ki tō rata mēnā he puku, ate, toto rānei ōu, mēnā rānei he tangata huangō koe.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- He mea nui kia kōrero atu koe ki te hunga tuku whakamaimoatanga hauora, hauora niho rānei kei te kai *aspirin*.
- Kauga rawa e tuku *aspirin* ki te tamariki me te kore whai tohutohu hauora.