

INSULIN ASPART

in-sue-lin as-part

He aha te mahi?

He taiaki huka te *insulin aspart* he mahi-hohoro te taiaki huka hei whakamaimoa i te mate huka.

Me pēhea te whakamahi?

Me wero te *insulin aspart* ki ngā pūtautau mōmona i raro i te kiri (subcutaneously). Ko te tikanga ko te puku te wāhi pai rawa hei wero. Me neke haere te wāhi weronga kia kore ai e kōpukupuku te kiri.

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

Ki te tāhapa i a koe tētahi horopeta *insulin aspart*, ka mutu kua kai kē koe, me tiroiro ō toto huka. Mēnā he teitei, me whai i ngā tohutohu mō te huka toto nui (hyperglycemia). Tērā rānei, me waiho te horopeta ka haere tonu e ai ki ngā tohutohu. 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 |
|---|---|
| Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangleo, pupuhi, uaua te hēhē | Me wawe te kōrero atu ki tō rata |
| Ko ngā tohumate pea o te toto huka iti (hypo) ko te: hiakai, mahana, heke werawera, ānini māhunga, pōātinitini, hiamoe, rure, kārangirangi, pōraruraru, rerekē te whanonga, te kite rānei, ngoikore, tengatenga i te waha me te arero | Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he taumaha tēnei, he ōrite rānei te pā mai. |
| Mamae, pāwera, wherowhero rānei i te wāhi i weroa | Me kōrero atu ki tō mātanga hauora mēnā he raruraru |

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

Ētahi atu mōhiohio:

- Ki te māuiui koe, me whakarerekē ō kai, ō mahi korikori tinana rānei, ka rerekē anō ō hiahia taiaki huka, me kōrero ki tō rata mō tēnei.
- Ka huria pea e tō waipiro ō hiahia huka toto me te taiaki huka. Me whakarerekē tō aromatawai huka me te whakamaimoatanga taiaki huka mēnā kei te inu waipiro.
- Me kōrero atu ki tō rata mēnā he raruraru tākihi, ate, repe tenga rānei tōu.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Me aromatawai tō huka toto i mua i ngā kai, 2 haora i muri i ngā kai me te wā moe, e ai ki ngā tohutohu rānei.
- Me putu ngā karere taiaki huka, ipuriki rānei e whakamahia ana e koe ki te pāmahana rūma mō te wā atu ki te 4 wiki (kariri), 6 wiki (ipuriki). I muri i tēnei, me whakahoki ngā toenga taiaki huka ki tō taka rongoā. Me noho kati te taiaki huka i roto i te pouaka whakamātao.
- Me mau ko ngā tuakiri hauora (hei tauira, pare whatianga MedicAlert) e tohu ana he mate huka tōu. Me putu he taiaki huka tāpiri me ngā ngira me tētahi kai reka i tō taha i ngā wā katoa.