

## METFORMIN

*met-for-min*

### He aha te mahi?

Whakamahia ai te *metformin* hei whakamaimoa i te mate huka, me ētahi atu mate i ētahi wā.

### Me pēhea te kai?

Me kai te *metformin* e ai ki ngā tohutohu me tētahi kai me tētahi inu wai.

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

Me wawe tonu te kai i te horopeta (me te kai). Mēnā he tata ki te wā mō tō horopeta whai ake, me waiho noa te mea kua tāhapa, ā, ka haere tonu anō. Kaua rawa e kai i 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
Ka taumaha te ruaki, mate tikotiko rānei	Me mutu te kai rongoā ka kōrero atu ki tō rata
Ngoikore, ānini māhunga Ka rerekē te tāwara, ka rerekē te āhua o tō hiakai Ka mamae te puku, patero, tokopā	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:

- I ngā wā tino rerekē, ka taea e te *metformin* te pā mai o te waikawa waiūtanga tino taumaha. Me muku tō kai *metformin* ka wawe te kōrero atu ki tō rata mēnā kei te māuiui koe, kei te ngenge rānei koe, ka tere haere ake rānei tō hēhē.
- Me kōrero atu ki tō rata mēnā he raruraru tākihi, ate, manawa 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.
- Aromatawaitia tō huka toto e ai ki ngā tohutohu a tō mātanga hauora.
- Me iti te inu waipiro i te mea ka huria pea tō huka toto me te whakapiki i te tūpono pā mai o ngā hua kino o te *metformin*.

**He mōhiohio hira kei roto i tēnei mātārere, engari ehara i te mōhiohio katoa, mō tēnei rongoā.**

He whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Paengawhāwhā 2016