

SALMETEROL

sal-me-ter-ol

He aha te mahi?

Ka huaki te *salmeterol* i ngā arahau whāiti ki ngā pūkahukahu. Ka āwhina ki te ārai i ngā tohumate huangō me ngā raruraru whakahā.

Me pēhea te whakamahi?

Me whakangā te *salmeterol* e ai ki ngā tohutohu a tō ngaio hauora.

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

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

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. Kua 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
Rure, ka uauawhiti Ānini mähunga, pōātinitini Āmāimai, raruraru te moe Waha maroke, reo whangowhango, tāwara mōtuhi, maremare	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 mate manawa, toto pōrutu.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- 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 tauira, *Aspec*®), diclofenac (hei tauira, *Voltaren*®), ibuprofen (hei tauira, *Nurofen*®) rānei. Me kōrero atu ki tō ngaio hauora.
- Mēnā he mate huangō koe, me mātua whakamahi te *salmeterol* me tētahi atu 'pūārai' (hei tauira, beclometasone, budesonide, fluticasone rānei).
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.

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. Poutūterangi 2017