

SIMVASTATIN

sim-va-sta-tin

He aha te mahi?

Whakamahia ai te *simvastatin* hei whakaheke i te ngakototo. Ka āwhina tēnei ki te whakaiti i te tūponotanga o te manawa-hē, ikura roro me ētahi atu raruraru.

Me pēhea te kai?

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

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

Kainga te horopeta i tāhapa i a koe mēnā ka maumahara koe i taua rā anō. Ki te kore, me waiho ka haere tonu. Kauga 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 (hei tauira, St John's wort), ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Mamae uaua, pōuri te mimi	Me wawe te kōrero atu ki tō rata
Ānini māhunga, pōātinitini Ka mamae te puku, korokē Raruraru te moe Ngā raruraru maumahara	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 raruraru tākihi, ate 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.
- Ka tukituki pea te huarepe, wai huarepe rānei, ārani kawa/Seville rānei me te *simvastatin*. Me kōrero ki tō taka rongoā.

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