

INSULIN NEUTRAL

in-sue-lin new-tral

He aha te mahi?

He taiaki huka mahi wā-poto te *insulin neutral* hei whakamaimoa i te matehuka.

Me pēhea te whakamahi?

Me wero te *insulin neutral* 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 neutral*, ka mutu kua kai kē koe, me tiro tiro o 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, mangeo, pupuhi, uaua te hēhē	Me wawe te kōrero atu ki tō rata
Huka toto iti rawa: ko ngā tohumate pea ko te heke werawera, wiriwiri, anipā, kārangirangi rānei	Me inu, me kai rānei he mea reka. Me kōrero atu ki tō mātanga hauora mēnā he rite tonu te pā mai, he tino kino rānei.
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 o kai, o mahi korikori tinana rānei, ka rerekē anō o hiahia taiaki huka. Me kōrero ki tō mātanga hauora mō tēnei.
- Ka huria pea e tō waipiro o 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 noho kati te taiaki huka i roto i te pouaka whakamātao. Ina tīmata koe ki te whakamahi, ka taea te waiho ki te pāmahana rūma mō te takiwā pea o te 4 wiki (tirohia te wā kei te pāketete mō tō taiaki huka). I muri i tēnei, me whakahoki ngā toenga taiaki huka ki tō taka rongoā.
- 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.