

INSULIN ISOPHANE

in-sue-lin eye-so-fane

He aha te mahi?

He taiaki huka mahi-takawaenga te *insulin isophane* ka whakamahia hei whakamaimoa i te mate huka.

Me pēhea te whakamahi?

Me wero te *insulin isophane* 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. He rehurehu te *insulin isophane*, ā, me hanumi i mua i te whakamahi. Hei mahi i tēnei, me āta rōra te ipuriki i waenga i ngā kapu o ō ringa, me takahurihūri rānei te pene mō ngā wā 20.

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

Mēnā kua tata ki te wā mō tō horopeta *insulin isophane* whai ake, me waiho te horopeta i mahue i a koe ka tatari mō te wā e whai ake e tika ana. Kua rawa e wero i ngā horopeta e rua i te wā kotahi. Tērā rānei, me wawe tonu te wero i te horopeta i mahue. 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
Ko ngā tohumate pea o te toto huka iti (hypo) ko te: hiakai, mahana, heke werawera, ānini te māhunga, āmaimai, pōuruuru, rure, kārangirangi, pōraruru, rerekē te whanonga, te kite rānei, ngoikore, tōtō 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 rarururu

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 rarururu 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.

He mōhiohio hira kei roto i tēnei mātārere, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.

He mea whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Hōngongoi 2018