

FLUTICASONE, UMECLIDINIUM AND VILANTEROL

floo-tik-ah-sone, yoo-meh-kli-din-ee-um-and vi-lan-terol

He aha te mahi?

Ka āwhina te *fluticasone, umeclidinium* me *vilanterol* ki te ārai i ngā tohumate o te COPD me te huangō. He rongoā pūtaiai te fluticasone ka whakaiti i te uruhumu i ō ārahau, ā, ka huaki a *umeclidinium* me te *vilanterol* i ngā arahau whāiti kia māmā ake ai te whakahā.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te mate kōiwi (kōiwi ngoikore).
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te whakamahi?

Me whakangā te *fluticasone, umeclidinium* me *vilanterol* e ai ki ngā tohutohu a tō mātanga hauora. Ka pai ake te mahi ina whakamahia e koe i ia rā. Me horoi i tō waha i muri mai.

Me huaki ana ke te uhi i te wā kua rite koe ki te whakangā i te horopeta. Mēnā ka mahi koe i tēnei neke atu i te kotahi, kotahi ana ke te horopeta ka puta, ā, ka ngaro ngā toenga.

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

Ka aha mēnā ka wareware i a koe ētahi 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. Kaua 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, whakamai moatanga 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
Ko ngā tohumate o te kapa manawa tere, pokapoka rānei ko te: kaka, pātukituki, mamae rānei i tō poho, pōātitinitini, tāporepore rānei	Me kōrero atu ki tō rata
Ngā hakihaki mā iti i rō waha, arero huruhuru (mateīhi ā-waha)	Me kōrero atu ki tō mātanga hauora
Wāha maroke, korokoro maroke rānei, reo whangowhangō Wiriwiri, ka uauawhiti	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:

- Kaua e whakamutu te whakamahi i tō ngongō me te kore kōrero atu ki tō rata i te tuatahi.
- 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®), didofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®) rānei. Me kōrero atu ki tō mātanga hauora.
- He tino rerekē te pā mai o ngā pāngā i te whakamahinga wā roa o te *fluticasone pērā* i te: kanohi porowhita, rerekē te āhua o te tinana, rerekē te tipu o ngā makawake, kiri mataero, kōiwi ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhangā toto, ka rerekē haere te kite me te matehuka – me kōrero ki tō mātanga hauora.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.