

FLUTICASONE AND SALMETEROL

floo-tik-ah-sonē me te sal-me-ter-ol

He aha te mahi?

Ka āwhina te *fluticasone* me te *salmeterol* ki te ārai i ngā raruraru whakahā pērā i te huangō me te COPD. He rongoā pūtaiaki te *fluticasone* e whakaiti ana i te pupuhi o ō arahau, ā, ka huaki te *salmeterol* i ngā arahau whāiti kia māmā ake 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* me te *salmeterol* e ai ki ngā tohutohu a tō ngaio hauora.

Me horoi i tō waha i muri mai.

Ka pai ake te mahi a te *fluticasone* me 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, ipratropium, salbutamol, terbutaline).

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. Kauga 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 |
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| Ko ngā tohumate o te kapa manawa tere, pokapoka rānei ko te: kaka, pātukituki, mamae rānei i tō poho, pōātinitini, tāporepore rānei | Me kōrero atu ki tō rata |
| Waha maroke, korokoro maroke rānei, reo whangowhango, ngā hakihaki mā iti i rō waha, arero huruhuru (mateihi ā-waha) | Whakamahia he puotongā ka horoi i tō waha i muri mai. Mēnā ka pā tonu mai ngā tohumate, me kōrero atu ki tō rata. |
| 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:

- Kauga 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®), diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®) rānei. Me kōrero atu ki tō mātanga hauora.
- He tino rerekē te pā mai o ngā pānga i te whakamahinga wā roa o te *fluticasone* and *salmeterol* pērā i te: kanohi porowhita, rereke te āhua o te tinana, rerekē te tipu o ngā makawe, kiri mataero, kōiwi ngoikore, ka nui ake te tūpono ki te whakapokenga, ka nui ake te pēhanga toto, ka rerekē haere te kite me te matehuka – me kōrero ki tō mātanga hauora.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō mātanga hauora mō tēnei.