

## FLUTICASONE AND SALMETEROL

*floo-tik-ah-son-e 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 pūtaia ki 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 ka hapū koe, kei te whāngaiū rānei.

### Me pēhea te whakamahi?

Me whakangā te *fluticasone* me te *salmeterol* e ai ki ngā tohutohu a tō ngaiio 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 tauria, 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. 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, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaoara, 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 pohu, 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 (matēihi 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 uauwhiti	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 tauria, *Aspec*®), diclofenac (hei tauria, *Voltaren*®), ibuprofen (hei tauria, *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, rerekē 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.