FLUTICASONE AND SALMETEROL

floo-tik-ah-sone 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 mātanga hauora. Ka pai ake te mahi a te *fluticasone* me te *salmeterol* ina whakamahia i ia rā. Me horoi i tō waha i muri mai.

Accuhaler: Me kōreti anake te whakakī i te ngongō ina kua rite koe ki te whakangā i te horopeta. Mēnā ka mahi koe i tēnei neke atu i te kotahi, kotahi anake te horopeta ka puta, ā, ka ngaro ngā toenga.

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, salbutamol, terbutaline, ipratropium).

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 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, pōātinitini, 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
Waha maroke, korokoro maroke rānei, reo whangowhango 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®), 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.
- He tino rerekē te whakamahi ngongō ka hē kē atu te whakahā. Me kōrero atu ki tō mātanga hauora mō tēnei.