

He aha atu anō ka taea?

Uma tino mamae



Tērā ētahi whakamātautau, whakamaimoa hoki ka taea te whakamahi hei whakahaere i te uma tino mamae mō te wā roa. Kei roto ko ēnei:

- » te titiro ki ngā pikitia whakaahua roto o ngā iatuku (angiography)
- » te huaki i ngā iatuku mā tētahi tāhuiwi (angioplasty)
- » te whakawātea ara hou kia hipa ai te rerenga toto i tētahi iatuku pupuru (hāparapara hono autaki iatuku pūngākau).

Ehara ko te whakahaere tohumate anake te noho me te uma tino mamae, ko te whakaiti kē i te tūponotanga o tētahi manawa-hē. He wāhanga nui tōu mō tō hauora, ā, ka taea e koe ngā kōwhiringa i ia rā hei whakapai ake i tō hauora manawa.

NGĀ KŌWHIRINGA KA TAEA E KOE HEI WHAKAITI AKE I TE TŪPONO PĀ MAI O TE MANAWA-HĒ ME TE IKURA RORO



Te whakamutu i te kai paipa



Te kai i ngā rongoā



Te whai i ngā kōwhiringa kai me te inu mō te manawa hauora



Me korikori tinana



Me whakaheke mōmona

Tikina te pukaiti 'Lowering your risk of heart attack and stroke' mai i heartfoundation.org.nz, mā te waea rānei ki **0800 863 375**

Aku pātai:

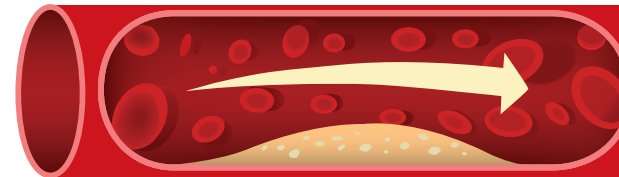


Mō ētahi atu mōhiohio, ngā kōrero whaiaro me ngā ataata, rapua a 'angina' i tā mātau paetukutuku heartfoundation.org.nz

Hei kaupapa aroha, ka mihi atu ki ā mātau kaituku oha mō te whakatinanatanga o tēnei rauemi.

HHC-BC-AN-MAO-20-V1. Angina, Māori.

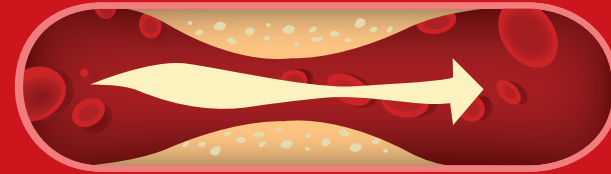
He tohumate noa te uma tino mamae nō te mate iatuku pūngākau, e mōhiotia ana tēnei ko te mate manawa ischaemic. Pā mai ai i te nuinga o te wā e tētahi iatuku pūngākau whāiti, engari kāore i te puru, e whāngai ana i te toto ki te manawa. Kāore he pānga kino pūmau mai i te uma tino mamae ki te manawa. Pā mai ai te mate manawa ina pupuru ai te iatuku.



Mate iatuku pūngākau

Ka tipu haere te kirikita i roto i tētahi iatuku

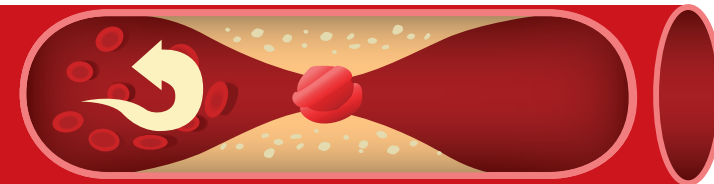
Uma tino mamae



Ka uua ake te rere o te toto i te iatuku

Manawa-hē

Ka matiti te kirikita, ā, ka purua te iatuku e te tetepe toto



Ka tīmata pea ngā tohumate uma tino mamae ina:

Korikori tinana



Makariri



Māharahara



Riri



He aha ō pūtake?

Ngā Tohumate

Anei ētahi o ngā whakamārama a te hunga e pāngia ana e te uma tino mamae:

» Auhi, taumaha, kiki rānei te uma ka neke pea ki te ringa, tuarā, pakihwi, kaki, kauae rānei. Hei tā ētahi he mamae tairoa.



» He mamae te ringa, kaki, kauae rānei, ā, kāore e auhi te uma

» Ko te awhe o te o te auhi mai i te **āhua auhi, tairoa** ki te **tino auhi**.



☞ Kua whakapirihia ki taku pouaka mātao tētahi mahere mahi uma tino mamae, kei taku taha te tōrehu GTN i ngā wā katoa. Ehara i te mea ka kaha rawa tō takatū. ☞ Frank, he mōrehu manawa-hē

Te whakamahi i te glyceryl trinitrate (GTN)

He aha te GTN?

E tūtohua ana ngā tōrehu GTN, pire rānei hei whakamāmā i ngā tohumate uma tino mamae.

He aha te mahi a te GTN ki a au?

Ka tere te whakangohe a te GTN i ngā ia toto, e māmā ake te rere o te toto ki te manawa. Ka whakamāmā tēnei i ngā tohumate uma tino mamae i te nuinga o te wā. Tirohia tō mahere mahi uma tino mamae mō ētahi atu taipitopito.

Ka aha pea te GTN ki ahau?

E tūtohua ana kia noho koe ki raro i mua i te whakamahi i te GTN, i te mea kei ānini tō māhunga, ka uraura, ka āmaimai rānei i muri tonu mai. Mēnā kei te kai i tētahi pire, ka āhua tengatenga pea i tō waha – pā mai ai tēnei i te nuinga o te wā.

Me kawe haere te GTN, pire rānei i ngā wā katoa. Tirohia auautia te rā mōnehu me te whakahōu mēnā e hiahiatia ana.

Kei reira ētahi atu rongoa ka taea te āwhina tō uma tino mamae. Me kōrero koe ki tō tākuta, taka rata mō ētahi atu kōrero.

MAHERE MAHI UMA TINO MAMAE

01



- ▶ Mēnā kei te pā mai ngā tohumate uma tino mamae, me mutu tonu ō mahi ka whakatā ināianei tonu
- ▶ Me whakamōhio atu ki tētahi e pēhea ana koe
- ▶ Kia 1 te momi o tō tōrehu GTN, 1 te pire rānei ki raro i tō arero

02



- ▶ Mēnā kei te pā tonu mai ngā tohumate i muri i te 5 meneti, kia 1 anō te momi o tō tōrehu GTN, kia 1 anō rānei te pire i raro i tō arero

03

- ▶ Mēnā he tohumate tonu ōu i muri i te 5 meneti - **me waea atu ki III ka pātai mō tētahi waka tūrora**
- ▶ Ngaungauhia tētahi aspirin ki te whakahaua e tētahi manapou

Ki te kore atu ō tohumate, ka taea e koe te āta tīmata anō ō mahi

HIRA - Ki te nui haere ake, kino ake, roa ake te pā mai o te uma tino mamae, ka pā mai rānei i te wā e iti anō ō mahi, e whakatā ana rānei, me kōrero ki tō rata i roto i te 24 haora