

I a koe e whakaaro ki ēnei kōwhiringa, he mea nui tonu te aro ki ō ake whakapono, ō ake whakaaro me ērā ō te whānau hoki

Te matū ngako

He mate whakamōrearea mate manawa me te mate ikura roro



Ma te **tautoko** koe e awahi, na reira ko wai koe e pātai ki te tautoko i a koe ki te tiaki i tō mate huka (whānau/whare karakia)?

Kua whakaaro koe ki ngā **hua whānui** ka pā ki a koe me tō whānau i ēnei whakarerekētanga?

He aha ngā **pai me ngā kino** o ia whakarerekētanga e whakaarotia ana e koe?

Kei te pēhea tō **kaha** ki te whakatutuki i tēnei whāinga?

TE RĀ	TAKU MATŪ NGAKO

He pātai hei tuku i taku hui e tū mai nei:

Mō ētahi atu mōhiohio, rapua 'matū ngako' ki heartfoundation.org.nz

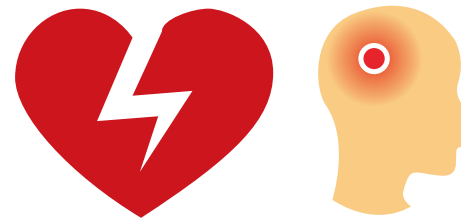
Ka nui tā mātou mihi ki ngā kaitautoko pūtea, nā koutou i puta ai tēnei rauemi.

HHC-BC-CL-MAO-20-V1. Cholesterol, Māori.

Ko te matū ngako tētahi momo ngako ka rere haere i ō toto, ā, he nui āna mahi.

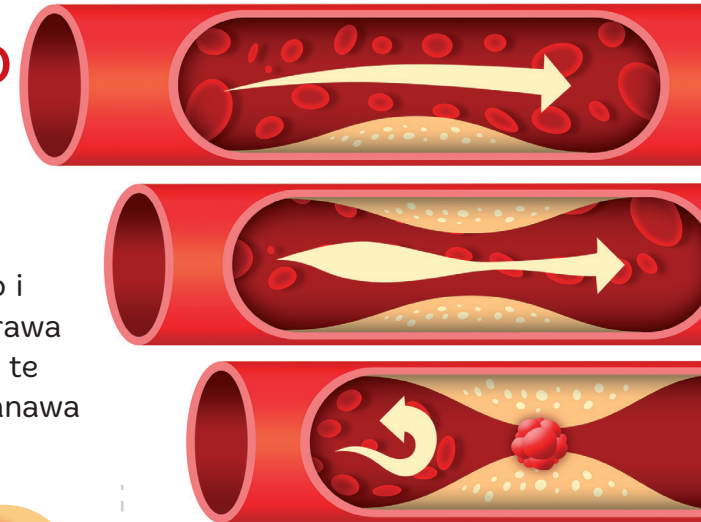
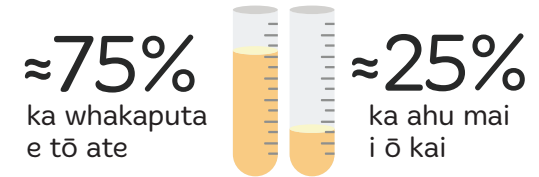
Matū ngako NUI

Putu mai ai te matū ngako i roto i tō tinana. Ki te nui rawa i roto i ō toto ka kaha ake te tūrurutanga ki te mate manawa me te mate ikura roro.



Nā te putunga mai o te matū ngako ka whāiti haere ngā iatuku.

Ka puta pea he mate manawa, he mate ikura roro rānei i te tepenga o tētahi iatuku whāiti.



e tukuna ana ki te hōhipera i te mate manawa e pāngia ana e te matū ngako nui.

Kāore te nuinga e mōhio kua pāngia rātou e te matū ngako nui. Mā te haere rawa kia whakamātauria ai ō toto e mōhio ai koe.

Kotahi tūraru anake te matū ngako mo te mate manawa me te mate ikura roro. Kōrero ki tō tākuta e pā ana ki ēnei mate.



WHAKAAROHIA NGĀ RĀ E HEKE MAI ANA

Te noho tahi me te whānau, ō whakaritenga me ō wawata. Ka pāngia rānei ērā āhuatanga e te matū ngako nui me e kaha ake ai te tūraruatanga ki te mate manawa me te mate ikura roro?

TAKU TŪRARUTANGA

ki te mate manawa me
te mate ikura roro i ngā
tau e 5 e heke mai nei

(nui, waenganui, iti)

Me aha ahau e heke iho ai te tūraruatanga? He aha ngā tohu a taku tākuta?



Kei a koe ētahi pātai hei tuku:

- He aha te mahi nui māku e heke iho ai te tūraruatanga?
- He aha ētahi mahi iti māku e heke iho ai te tūraruatanga ināianei?

Taku mahi e whai ake nei:

Mehemea e whakaaro ana, e whai ana rānei koe i ētahi atu ara whakaora, kōrero ki tō tākuta.