

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 mate huka

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?

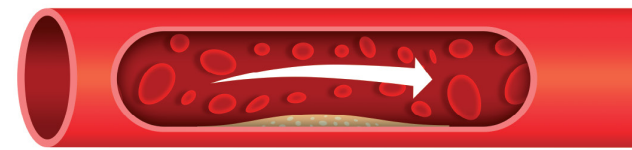
Kei te pēhea tō **kaha** ki te whakatutuki i tēnei whāinga?

Ko te mate huka tētahi mate ka puta mai nā te nui o te huka i roto i ngā toto

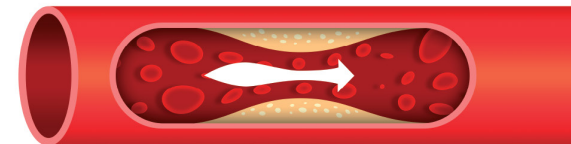
Ko te tangata mate huka e tūrarutia **2-4 wā** ki te mate manawa me te mate ikura roro

ME HE MATE HUKA KA TERE AKE TE MATE MANAWA

Putu mai ai ngā ngako i roto i ngā iatuku, ā, nāwai ka whāiti haere ngā iatuku



Ka **tere** kē ake te tupu mai o tēnei mate i ērā e pāngia ana e te mate huka



Ki te piere ngā kitokito ka tepe pea ngā toto, ā, ka pāpunitia te iatuku. Nā konei ka pā mai te mate manawa, te mate ikura roro rānei



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

Mō ētahi atu mōhiohio, rapua 'mate huka' ki heartfoundation.org.nz



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

HHC-BC-DI-MAO-20-V1. Diabetes, Māori.



Kāore pea koe e mōhio mēnā kua pā te mate huka ki a koe nā te mea kāore ōna tohu mate. Mā te haere rawa kia **whakamātauria ō toto** e mōhio ai koe

Kotahi tūraru anake te mate huka mo te mate manawa me te mate ikura roro. Kōrero ki tō tākura e pā ana ki ēnei mate

WHAKAAROHIA NGĀ RĀ E HEKE MAI ANA

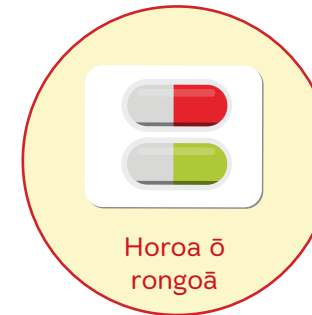
Te noho tahi me te whānau, ō whakaritenga me ō wawata.
Ka pāngia rānei ērā āhuatanga e te mate huka me e kaha ake
ai te tūraruatanga ki te mate manawa me te mate ikura roro?

TAKU TŪRARUTANGA

ki te mate manawa me te
mate ikura roro ki ahau 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?
- He aha te pēhanga toto, te matū ngako me te taumata HbA1c e tika ana mōku?

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

Taku mahi e whai ake nei:

