

Ngā rongoā mō te Porohau

Ka āwhina tēnei pepa mōhiohio i a koe kia mārama ake ai koe ki ngā rongoā e whakamahia ana hei whakamaimoa i te porohau. Kua tēnei pepa mōhiohio e whakakapi i tō haere ki te kite i tō rata, tō nēhi, kaitaka rongoā rānei.

He aha te porohau?

He momo kakā noa ki te hono te porohau (pupuhi me te whero). Ka pā mai te mamae nui nā te porohau, ki tētahi hono kotahi i te nuinga o te wā. Ka whero, ka pupuri te hono, ā, he tino mamae mēnā ka pā atu.

Pā mai ai te porohau nā te nui rawa o te matū waikawa uriki i roto i te toto. Ka hangaia e tō tinana te waikawa uriki i tōna wāwāhitanga i ngā pūrini, ā, kitea noatia ana ēnei i roto i tō tinana me ētahi kai. Mēnā he nui rawa o waikawa uriki, mēnā rānei kāore e nui rawa te whakawātea atu a tō tākihi mai i tō tinana, ka pā mai pea te porohau.



He pēhea te whakamaimoa i te porohau?

E rua ngā upane o te whakamaimoa i te porohau. Ko te upane tuatahi he whakamaimoa i te porohau. Arā:

- te tiaki i te hono kua pāngia kia kore e tukia, i te mea ka tino mamae
- te whakatā me te hiki i taua hono, ka whakapiri atu he mōkī tio ki te wāhi hei whakaheke i te pupuhi
- te kai rongoā mō te mamae me te pupuhi (tirohia te Tūtohi 1).

Ko te upane tuarua he whakamaimoa i te pānga anō o te porohau. Arā pea, ko te:

- korikori tinana haere, me te whakaheke taumaha, mēnā e hiahiatia ana
- kia kaua e kainga ngā kai me ngā inu he nui ngā pūrini i roto pērā i ngā mīti whero, ngā mātaimai, te pia me ngā whēkau (ate, tākihi)
- ka āwhina te inu wai, kaua ngā inu whai huka, i tō tākihi hei whakawātea i te waikawa uriki.

Ngā rongoā hei whakamaimoa i te pā mai o te porohau

Tūtohu 1: Ngā rongoā hei whakamaimoa i te mamae me te pupuhi nā te porohau

Te rongoā, ā, he pēhea te mahi	Whakamutua te kai i te rongoā ka haere ki te rata mēnā ka pā tētahi o ēnei tohumate
Ngā ārai-whakakakā taiaki-kore (NSAID) pērā i te ibuprofen, diclofenac me te naproxen Ka whakaheke ngā NSAID i te kakā (pupuhi me te whero). Me kīnaki ngā NSAID ki te wai me te kai i ngā wā katoa. Me kai mō te wā poto rawa ka hiahiatia hei whakamaimoa i tō kakā.	tokopā, mamae puku, hamuti pango, kirikā, ngā mariaio i rō waha, pupuhi ngā ngutu, uaua o te hēhē, mamae uma, ngoikore, kunanu te kōrero
Corticosteroids ('pūtaiaki') Ka taea te kai hei pire (hei tauira, prednisone), te wero rānei ki te hono kua pāngia. Ka mahi ēnei rongoā mā te whakaheke i te kakā (pupuhi me te whero).	tokopā, mamae kupu, tiko pango, whakapokenga, ka rerekē te āhua ngākau, raruraru te moe, ka taumaha haere
Colchicine Ka whakaheke i te kakā (pupuhi me te whero). He kōwhiringa kē tēnei mai i ngā NSAID, ngā corticosteroids mō ngā tāngata kāore e taea te kai ēnei rongoā. Ka pā mai pea ngā pānga kino i te colchicine ki te kore e tika te kai. Me kōrero ki tō mātanga hauora me pēhea te kai colchicine.	whakapairuaki, ruaki, mate tikotiko, mamae puku, toto i rō hamuti, he pango te tiko, toto i rō mimi, kirikā

Ngā rongoā hei ārai i te pā mai o te porohau

Ka kai pea ētahi tāngata he nui ake te pā mai o te porohau (ngā wā e rua, neke atu rānei i te tau), he kino ake rānei te porohau i te rongoā hei whakaiti i te nui o te waikawa uriki i roto i te toto.

E whakamārama ana te Tūtohi 2 i ngā rongoā noa mō te whakaheke waikawa uriki. Me kai ēnei rongoā i ia rā kia kore ai e pā mai anō te porohau.

Tūtohi 2: Ngā rongoā hei ārai i te pā mai anō o te porohau

Te rongoā, ā, he pēhea te mahi	Whakamutua te kai i te rongoā ka haere ki te rata mēnā ka pā tētahi o ēnei tohumate
Allopurinol He whakaiti i te nui o te waikawa uriki kei roto i tō tinana.	kirikā, mangeo, makere te kiri, kirikā, mamae hono, mariaio i rō waha, pupuhi ngutu, uaua te hēhē, kōhatu tākihi (tino mamae tō tuara, taha rānei), toto i rō mimi
Febuxostat He whakaiti i te nui o te waikawa uriki kei roto i tō tinana.	mate tikotiko, whakapai ruaki, ānini māhunga, kirikā, mariaio i rō waha, pupuhi ngutu, uaua te hēhē
Probenecid He whakapiki i te nui o te waikawa uriki e whakawāteahia ana e ō tākihi.	kirikā, mangeo, kirikā, mariaio i rō waha, pupuhi ngutu, uaua te hēhē, kōhatu tākihi (tino mamae tō tuara, taha rānei), toto i rō mimi

Ngā tohutohu arowhānui mō ngā rongoā porohau

Ngā rongoā porohau, pērā i ngā rongoā katoa, he raru mēnā ka hē te kai.

- Me whakaputu ō rongoā kia kore e kitea, e taea hoki e ngā tamariki i ngā wā katoa. Me whakaputu ngā rongoā ki tētahi kāpata raka, ki tētahi wāhi rānei kāore e taea e tō tamaiti.
- Mēnā he tamariki kei a koe e noho ana, he toro rānei ki tō kāinga, me pātai ki tō kaitaka rongoā kia whakamaua he taupoki ki te pātara rongoā tē taea e te tamariki te huaki. Me mātua whakarite ka rakaina anōtia te taupoki i muri i ia whakamahinga. Kia maumahara, ehara i te mea e kore pea e taea e te tamariki te huaki, nō reira me mātua whakarite kāore e kitea, kāore e taea e ngā tamariki.
- Mēnā kua mutu tō hiahia ki tētahi rongoā, kua mōnehu rānei, me whakahoki te rongoā ki tō taka rongoā kia tika ai te whakakore.
- Kaua rawa e tuari ō rongoā ki ētahi atu.

Ki hea ahau tiki kōrero atu ai anō?

Me kōrero ki tō rata, tō nēhi, he kaitaka rongoā rānei.

Me pānui i Ngā Mōhiohio Rongoā Kaiwhakapeto (CMI) mō ō rongoā, e wātea ana i:

www.medsafe.govt.nz/Medicines/infoSearch.asp

Haere ki te paetukutuku a Te Manatū Hauora mō te porohau:

www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/gout

Haere ki te paetukutuku Kaiwhakatere Hauora mō ētahi atu mōhiohio mō

ngā rongoā porohau:

www.healthnavigator.org.nz/medicines/g/gout-medications/

colchicine:

<https://www.healthnavigator.org.nz/medicines/c/>