

# Ngā tūraru o ngā rongoā whakaporehu

Mā tēnei pepa mōhiohio koe e āwhina kia nui ake tōu mōhio ki ngā tūraru o te kai rongoā whakaporehu me te pēhea e whakaiti ai koe i aua tūraru. Ehara tēnei pepa mōhiohio i te whakakapi mō te kōrero ki tō rata, tō nēhi, kaitaka rongoā rānei.

## Hei kupu whakataki

He momo rongoā ngā whakaporehu ka āwhina ki te whakamāmā i te mamae. He tino whaihua ērā i te wā poto hei whakamāmā i te mamae āhua taumaha ki te mamae taumaha. I ōna wā ka whakahautia mō te wā roa hei whakamāmā i te mamae i roto i ngā māuiuitanga taumaha, pēnei i te mate pukupuku. Ko ētahi momo whakaporehu ko te codeine, te tramadol, te fentanyl, te oxycodone me te morphine.

Pēnei i ngā rongoā katoa, he tūraru te hoa haere o te kai whakaporehu. Ka kōrerotia ētahi o ngā tūraru taumaha i raro. He wāhi nui ki ngā whānau, ki ngā hoa me ngā kaitiaki kia haumaruru ai te whakamahinga o ēnei rongoā, ki te whakaiti hoki i te tūraru mō te tūkinu. Tohatohaina ēnei mōhiohio ki a rātou.

## Ngā tūraru o te kai whakaporehu

- **Ko te kai pūroi inati i te whakaporehu he huarahi pea ki te matenga.** He nui ake te tūponotanga o te kai pūroi inati mēnā e nui ake ana ngā pota, mēnā rānei ka kai whakaporehu koe ki te waipiro, ki ētahi atu rongoā whakamoe (pēnei i ngā pire āwhina moe, ngā rongoā patu āwangawanga, ngā rongoā patu mate pāpōuri, ngā rongoā whakapārore uaua rānei). Tirohia te whārangi e whai ake nei mō ngā tohu o te kai pūroi inati.
- **Ka puta pea te waranga,** ahakoa tonu e tika ana te whakamahinga o ngā whakaporehu. Me whakamārama te kaitaka rongoā ki a koe, te ngaio hauora rānei nāna nei i whakahau te whakaporehu, he pēhea te roa e haumaruru ai māu e kai tāu rongoā.
- **Nā te whakamahi o ngā whakaporehu ka puta pea ngā hēmanawa, te hekenga iho rānei o te pēhanga toto** ka taea te whakamate i a koe. Kōrero ki te ngaio hauora nāna nei i whakahau tāu whakaporehu, mēnā mā ētahi o ngā māuiuitanga, ka pā mai ki a koe, e nui ake ai tōu tūraru.
- **Ka kino haere pea tōu mamae** nā te whakamahinga wā roa o ngā whakaporehu, nā ngā pota nui ake rānei. Kāore pea koe e rongu i te whakamāmā mamae ahakoa te nui haere anō o te pota. Kōrero ki te ngaio hauora nāna nei i whakahau tāu whakaporehu mēnā ka tūpono tēnei ki a koe, nā te mea ka hiahiaitia pea he pota iti iho, he panonitanga ki te maimoatanga rānei.
- **Ko ngā tohumate o te maunuwara,** pēnei i te mamae tukupū, te āritarita, te kōmingo, ngā tohumate pēnei i te rewharewha, me te uaua ki te moe, he mea auau ina mutu i a koe te whakamahinga o ngā whakaporehu, ina rānei ka whakaitia te pota.
- **Mō ngā pēpi e whānau mai nei ki ngā māmā e kai whakaporehu ana,** ka puta pea i a rātou he tohumate maunuwara ka taea te whakamate.

# Ngā tohu o te kai pūroi inati i te whakaporehu

Mēnā he nui rawa te kainga o te whakaporehu, ahakoa kua āta mahia, kāore rānei, e kīia nei he kai pūroi inati. He mea tino taumaha i ētahi wā, ā, ka taea koe te whakamate.

Te hēhē pōturi,  
kāore he hēhē rānei



Ka mākarokaro  
ngā kau o te kanohi



Te tino pōnitiniti,  
te hiamoe rānei



Ngā maikuku  
me ngā ngutu  
kikorangi



Te kiri mātao,  
haumotu rānei



Te rāoa, te kokō,  
te ngongoro rānei



Kāore e taea kia  
whakaohotia



Te kakapa  
manawa pōturi, he toto  
pūroto rānei



Mēnā kei te whakaaro koe he nui rawa te whakaporehu kua kainga e koe,  
e tētahi atu rānei, waea atu ki te 111 i taua wā tonu

## Mō ētahi atu mōhiotio

- Mō ētahi atu mōhiotio mō te pēhea e haumaruru ai te whakamahinga o ngā whakaporehu, me tētahi rārangi o ngā mate āpiti ka taea, pānuitia te mātārere Consumer Medicine Information (CMI) i tae tahi mai ai ki āu rongoa. E wātea ana hoki ngā CMI i te pae tukutuku a Medsafe: [medsafe.govt.nz/Medicines/infoSearch.asp](https://www.medsafe.govt.nz/Medicines/infoSearch.asp)
- Mō te āwhina ki te mate hinengaro me te waranga: [govt.nz/browse/health/help-with-mental-health-and-addiction/](https://www.govt.nz/browse/health/help-with-mental-health-and-addiction/)
- Ki te pūrongo i ngā mate āpiti nā ngā whakaporehu te take: [nzphvc.otago.ac.nz/reporting/](https://www.nzphvc.otago.ac.nz/reporting/)