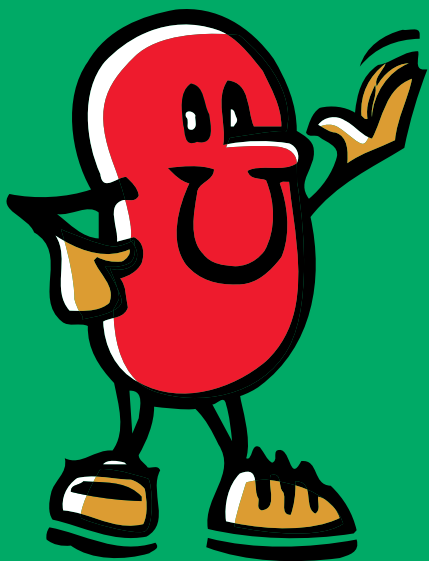


Te Mate Whatumanawa E Pā Ana Ki Te Iwi Maori



Timatanga

I roto o Nui Tireni neke atu i te rua rau (400) te hunga e pāngia ana e te mate whatumanawa ā e whakamau-tia atu ki te mihini (dialysis) °e whakamau atu ranei i tetahi atu whatumanawa ia tau ia tau. He maha hoki te hunga kei raro i nga takuta matau °mō enei mahi puta noa te motu. Kei roto i tenei pukapuka nga whakamarama mō nga ahuatanga rerekē mō te mate whatumanawa e pā atu ana ki nga Maori nga iwi rānei o nga moutere.

Kei hea o whatumanawa, he aha hoki te mahi o nga whatumanawa?

Ka kitea ngā whatumanawa i te taha matau me te taha mau i o te poroiwi o te tuarā i raro iho i nga rara o raro. Ko te raua mahi he tātari i nga paru, i roto i te toto ā e puta mai ana i roto i te mimi, e rere mai ana i nga kōrere (ureters) ki roto i te pokomimi ā mai i reira ka puta mai ki waho (titiro ki te pikitia).

Ko nga whatumanawa nga kaiwhakarite me pehea, te rahi o te tote me te rahi o te wai ki roto i te tinana me te kai whakatika i te rere o te toto. E awhina ana hoki i te tinana ki te mahi i nga wāhanga mō nga toto whero kia tipu kaha ai nga wheua kia pai ai te rere o te konupūma i roto i te toto.

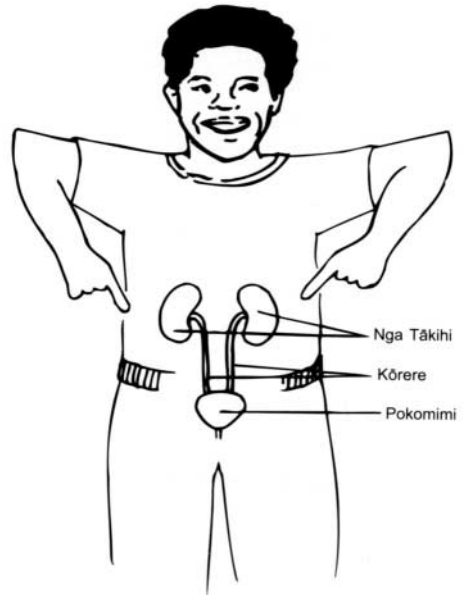
Ngā Mate e Pā ana ki ngā Whatumanawa

Te take whanui mō tēnei mate i waenganui i te Maori me nga iwi o nga moutere he mate huka. Ko tēnei te momo kaore, e ora weroa ana ki te whakauru atu i te inihana (insulin) engari ka mau te mate o nga karu me te whakararuraru hoki i te wāhanga rere o te toto. He tino raruraru kino te kaha o te peehi o te rere o te toto mena e pā ana te mate huka ki te tākihi (kidneys), ka tino whara te tākihi ranei.

Te pupuhi o nga tātari o nga takihi (glomerulonephritis) he whakatōpu i nga mate o te tākihi e pā nui ana ki te Maori me nga Iwi o nga Moutere, te mutunga hoki ka mutu te mahi a nga tākihi. Ka puta mai hoki te mate o te tākihi mēnā ka, pāngia e tetahi mate, he kai tarukino me ērā atu mea pērā, he kohatu kei te piri ki te tākihi ranei. Ko ētahi momo e rere ana i roto i etahi whanau.

He aha ngā tohu o te mate Tākihi?

I te timatanga o te mate e pā ana ki te tākihi kaore e kitea ana he tohu o tetahi mate ma te āta titiro i te toto me te mimi katahi ano ka mohio tia he aha te raruraru. I etahi wā mā te whakaahua i nga tākihi, mā te tākihi ranei ka mohio-tia he aha te raruraru. Me ata titiro



rānei I raro I te ^āmihini whakaahua i 'tetahi wāhanga iti nei o te tākihi i tangohia mai e tetahi niira iti nei.

Ngā tohu mēnā ^ākaore nga tākihi i te mahi, he pupuhi ō nga waewae, he uaua te mapu tā te manawa nā te takoto wai i roto i te tinana, te ngoikore, te kore hiahia ki te kai, te ahua mauwi, te mangleo o te kiri te mamae ō nga maihara ranei.

He aha ^kte mate huka ā me pēhea te whakaora?

Ka pā mai te mate huka mēnā kaore te repe ateroā (pancreas gland) e mahi ana kia ngata te hiahia o te tinana mō te kaiwahakarita huka (insulin), kaore ranei e mahi ana. Ko te kaiwahakarite huka mō te te tinana nei te kaiwhakarite huka mō te toto e rere ana i roto i te tinana. I tua atu ō nga tohu mō te mate huka he hiahia inu wai, he mimi i nga wā katoa me te pa mai o ētahi atu mate. Ka kitea ano hoki te mate huka ina i nga titiro ki te toto me te ahua o te mimi. Te momo maha o te mate huka e pa ana ki te Maori me te iwi ō nga moutere e puta mai ana i te wa kua pakeke te tangata e karangatia ana ko Te Momo Rua (type 2). Ka pā mai tenei mate ki te hunga i pā tenei mate ki ia tipuranga, he tino kaha te momona, i pā mai tenei mate i te wā e hāpu ana ranei.

Ka whara i te mate huka nga iaia toto puta noa te tinana me nga tākihi, nga karu, nga ioio me te mānawa. Kei te marō hoki te rere ō te toto. Kaore kau he rongoa mō te mate huka, engari, ka taea te whakapai haere mena ^ska tika te kai, ^kkai parehe, ^wweroa ki te rongoa whakakore momona ranei. Ka whakamatautia koe ki te meiha i ōu ake huka i roto i tō toto, i tōu ake kainga. Mehemea ka piki haere te rere o te toto me kai koe i te parehe (tablet) whakaheke i te rere i nga rā katoa. Nō te mea ka, ahei te manawa me te iaia toto ki te kore e mahi tika, he tino take tenei mō te pai ō tō noho arā kaua e kai hikareti kia iti hoki te inu waipiro kia kaha te whaka kamakama i te tinana me te hikoi i nga rā katoa. Tera pea me kai koe i te parehe hei whakaheke i te momona (cholesterol or fat) i roto i tō toto.

I ngā wā katoa haere ki te tākuta kia tirohia o karu. Te hunga kei a ratau te mate huka, kia tino matāra ki te awhina i o ratau waewae no te mea ki te ngoikore ana ka pā mai te mate keha (ulcers) ā a muri ake ka pirau. Tērā pea me haere atu koe ki te tākuta waewae (podiatrist) e matau ana ki te whakaora waewae kua pangia e tenei mate.

Mate Huka Me Nga Tākihi (Kidneys)

Ka whara i te mate huka nga iaia toto iti i roto i nga tākihi. Ka whakakorea nga tātari i roto i nga tākihi, te mutunga ka kī te toto i te paru. Ka timata hoki nga tātari ki te turuturu ^pporoutini ki roto i te mimi, ā ko tenei te tohu tuatahi kua mau te mate huka ki nga tākihi.

'Te Uaua ō te rere ō te toto me nga tākihi

E haere tahi ana te uaua ō te rere ō te toto me te mate e pā ana ki nga tākihi. Ko etahi mate tākihi te take mō te uaua ō te rere o te toto. Ko etahi mate o te takihi te take mo te uaua o te rere o te toto, ko te take ranei mo tenei mate. Kaore hoki he tohu, i etahi wā, kaore te rere ō te toto i te tika. Me haere rawa kia tirohia. Ka ngawaari ake te rere o te toto mena ka mutu te kai paipa, whakaheke ihoi te inu waipiro, whakaheke iho i te taumaha ō te tinana, kaua e nui te kai tote me te whaka - pakari i te tinana. Koinei nga mea i te rere o te mea whakamāmā i te rere o te toto. Engari he rongoa (tablet) ano hoki tetahi.

Newheriti (Nephritis) Me Nga Tākihi

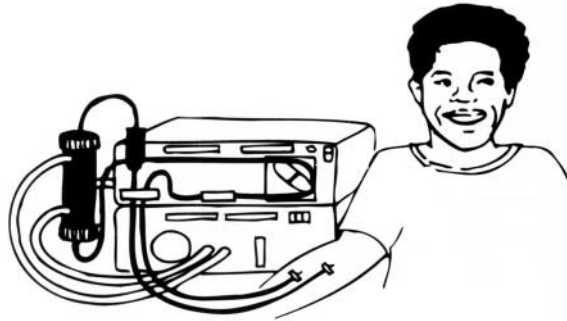
He maha nga momo o te mate newheriti e pā ana ki ^wte tinana mēnā e mauwi ana te tangata. ^xNga mate e pā ana ki te kiri ^yki te korokoro ranei me tere te haere kia tirohia. Etahi kaore e mohiotia me pehea. ^zKa homai pea he rongoa tino kaha, engari te nuinga kaore he rongoa mō enei tū ahua mate.

Te Whakaora I te wā kua tino hē Nga Tākihi (end-stage kidney failure)

Te ahuatanga i tēnei wā kua kore e pai te mahi ā nga tākihi, ā mena kaore e haere kia tirohia e te takuta ka mate te tangata, ara he kore nō nga tākihi e mahi ana. He maha nga huarahi whakaora mō tenei ahuatanga. Te mahi whakakore paru a nga tākihi ka taea e tetahi i hangatia e te tangata ko te ingoa o tenei mihini ko te taiarihi (dialysis). Ma tenei mihini e mahi kia tika te rere o te matū (chemicals) i roto i te toto pērā me te konurehu (potassium) me te kite hoki kei te tika te rere o te toto. Mā nga takuta me nga neehi e manaaki ana i a koe, e korero atu ki a koe nga huarahi whakaora maha ka taea e ratau. Ma te ahuatanga o tō mate me to noho, me tāu e hiahia ana e whakatau te huarahi whakaora i a koe.

Te mahi tātari, horoi, toto (Haemodialysis)

Mā te mihini e mahi tenei mahi. Mā tetahi aporeihana poto nei e whakapiri te iaia toto (artery) ki tetahi uua toto (vein). Ka mahia tenei ki tetahi wahanga ki raro o tō ringa (arm). E toru nga wā i te wiki e mahi ana te mihini nei ki runga i a koe. E rima nga haora e mahi ana ia wā.



Te Tātari Horoi Tōtō mā te Puku (Peritoneal Dialysis)

He whakaora tēnei i nga wā katoa, arā ko te wahanga i raro o te kiri o te puku te tātari o te toto. Ka whakaurua atu ki roto i te puku tetahi kōrere (catheter). Ka rere atu i tetahi pēkē ki roto i te puku to wai rongoa horoi i te toto. Ka hoki mai ano ki roto i tetahi atu wahanga o te pēke te wai me nga paru. Mutu ana te rere o te wai rongoa ka whakakī - ngia ano. E wha nga mahinga pēnei ia rā ia rā.

Contact:

Te Whakahua i tetahi atu Tākihi (Kidney Transplantation)

Ka whakaarotia te whakahua (transplant) i tetahi atu tākihi mēnā ki te whakaaro a te tākuta kei te pai te ora o tō tinana inā pokatia mō te aporeihana. Ka ahei hoki ki te horomi i nga rongoa a muri atu o te aporeihana. E pai ana mēnā te kai-homai i te tākihi, he whanaunga tonu nou (arā he whanaunga - he matua, he tuakana/teina, tuahine he tamaiti ranei) Ko tetahi atu ranei i mate i roto i te hohipera ā kua homai te whakaae kei te pai te whakahua i ona takihiki ki runga i tetahi atu. A whakahua tia tenei tākihi ki roto i te kuha (groin) ka noho tonu ōu ake takihiki. Te raruraru nui mo te whakahua tākihi he whakaoho i te tinana ki te maka atu (rejection).

Mā nga rongoa e whakakore te hiahia a te tinana ki te maka atu i te tākihi. Me horomi nga rongoa i nga wa katoa e mahi ana te tākihi whakahua. Mēnā kei te pai te mahi a te tākihi whakahua, e kore e hiahiatia te whakahaere whakakore paru i roto i te toto, engari e kore e whakaora i te mate huka me ona pōautanga.

NgāWāhanga nui hei Maumahara

- Ko te mate huka me te mate newhiriti (nephritis) te take tino nui mō te pā mai o te mate o te tākihi ki te Maori me te iwi o nga moutere.
- Mā te horomi i te pāarehe (tablet) ki te whakatika i te rere o te toto te huarahi tika mō te whakarua atu i te pā mai o te mate ki nga tākihi.
- Kia tino maumahara nga turoro e pāngia ana e te mate huka ki te whakahaere pai i te rere, o te huka i roto i te toto me te kai i te kai e tika ana ara nga kai totika me te rongoa i tohua hoki.
- Kaua e kai paipa, hikareti ranei kua hoki e waiho kia momona te tinana, ara me whakakorikori i te tinana mō nga wā e toru i te wiki.
- Ka taea te whakatika mēnā kaore te tākihi e mahi ana mā te mihini horoi i te toto (dialysis). Ka taea e etahi turoro te tono kia whakahuatia tetahi tākihi atu hoki.
- Tērā ano pea me haere atu hoki koe ki tētahi whare hauora mō te mate huka, ki te kai whakarite kai māu, ki te whare hauora mō nga karu ranei.

GLOSSARY

^a Kidney failure - te mate whatumanawa / kaore nga tākihi i te mahi

^b Artificial kidney treatment - whakamau-tia atu ki te mihini

^c Kidney transplant - e whakamau atu ranei i tetahi atu whatumanawa

^d Outpatients clinic - mō enei mahi

^e Spine - te poroiwi o te tuarā

^f Lower ribs - nga rara o raro

^g Work as filters - tō raua mahi he tātari i nga paru

^h Blood pressure - me te kai whakatika i te rere o te toto

ⁱ Red blood cells - i nga wāhanga mō nga toto wheno

^j Level of calcium - te rere o te konupūma

^k Diabetes - he mate huka

^l High blood pressure - he tino raruraru kino te kaha o te peehi o te rere o te toto

^m Infection - ka pāngia e tetahi mate

ⁿ Drugs - he kai tarukino

^o Kidney stones - he kohatu kei te piri ki te tākihi ranei

^p Scan or xray of the kidney - whakaahua i nga tākihi

^q Microscope - mihini whakaahua

^r Kidney biopsy - tetahi wahanga iti nei o te takihiki i tangohia mai e tetahi niira iti nei

^s Diet - ka tika te kai

^t Tablets - kai parehe

^u Insulin injections - weroa ki te rongoa whakakore momona ranei

^v Protein - poroutini

^w Body's defence system - te tinana mēnā e mauwiwi ana te tangata

^x Treating skin infection - nga mate e pā ana ki te kiri

^y Treating throat infection - nga mate e pā ana ki te korokoro ranei

^z Powerful drugs - ka homai pea he rongoa tino kaha

The following pamphlets and fact sheets are available from the New Zealand Kidney Foundation:

Pamphlets

Diabetes and Kidney Disease
Blood Pressure and Kidney Disease
Kidney Health
Kidney and Urinary Tract Health for Women and Men

Urinary Tract Infections
Organ Donation
Six Warning Signs of Urinary Tract Disease
Kidney Disease in Maori and Pacific Islanders

Fact Sheets

Finding kidney problems before your baby is born
Alport's syndrome
Calcium and Phosphate Management
Dehydration
Diagnostic testing
Kidney cancer
Nephritis
IgA Nephropathy 2
Life with a Single Kidney
An introduction to peritoneal dialysis
Diabetes and your kidneys
Fit, fifty and female - it's time for a check up
Focus on kidney stones - Kidney Week 2001
Glomerulonephritis
IgA Nephropathy
Kidney transplants
Kidney health

Blood in the urine
Let's talk about cystitis
Let's talk about high blood pressure and your kidneys
Let's talk about kidney problems in children
Let's talk about kidney stones
Low protein diets and kidney disease
Making the most of your visit to the doctor
Nephrotic syndrome in children
Nutrition and kidney disease
Polycystic kidney disease
Prenatal diagnosis of hydronephrosis
Rehabilitation and exercise for renal patients
So you have kidney disease
The prostate
Vesicoureteric reflux: Information for parents of children with VUR
Urinary incontinence

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- To receive a quarterly New Zealand Kidney Foundation newsletter.
- Kidney Care Support Programme
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Thank you for your support.

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Please return this form to:
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Phone/Fax: 03-379-1594
Website: www.cmrnf.org.nz
Email: kidney@cmrnf.org.nz