

Liliu ho‘o mo‘ui  
ta‘ofi ‘a e mamahi ‘o e **kauti**  
‘aki hono tuku hifo ki lalo  
ho‘o ‘iuliki ‘ēsiti



# ‘Oku ‘ikai ko ho‘o fo‘ui ‘a e kauti’

‘Oku fakakaukau ‘a e kakai tokolahia ia ‘oku fakatupu ‘a e kauti’ ‘e he me‘akai’ mo e inu’ ‘o hangē ko e me‘a tahi’, kakano‘i manu’ mo e pia’.

Na‘e ‘ilo ‘e ha fakatotolo ia ‘i Nu‘u Sila’ ko e me‘a ‘oku ke kai’ mo inu’ ‘oku ne ‘ai pe ha faikehekehe ‘o e 10% ki ho‘o ‘iuliki ‘ēsiti’ (“oku toe ui foki ko e ‘iulati’ (urate)). \*

## 90%

‘a e mā‘olunga ‘o e ‘iuliki ‘ēsiti’ ko e fakatupu ia ‘e ho‘o:

- tupu‘anga’
- kofuua’
- mamafa’



## 10%

‘a e mā‘olunga ‘o e ‘iuliki ‘ēsiti’ ko e fakatupu ia ‘e he me‘akai’ mo e inu’

‘Oku fakatupu ‘a e kauti’ ‘e he fu‘u lahi ‘o e ‘iuliki ‘ēsiti ‘i ho toto’. Ko e tokolahia ‘o e kakai Māori mo e kakai Pasifiki kuo hanga ‘e honau tupu‘anga’ ‘o ta‘ofi honau kofuua mei hono tuku ange ki tu‘a ‘o e ‘iuliki ‘ēsiti’ ‘i he‘enau tu‘u ofi’.

‘Oku nōmolo pē ia ke ma‘u ‘a e ‘iuliki ‘ēsiti ‘i hotau toto koe‘uhi’ he ‘oku fiema‘u ‘e hotau ngaahi sino ha ‘iuliki ‘ēsiti’. Ko e kakai tokolahia ‘oku nau tuku ange ki tu‘a ha toe ‘iuliki ‘ēsiti ‘i he‘enau tu‘u ofi’.

Ko e tokolahia taha ‘o e kakai Māori’ mo e kakai Pasifiki’ ‘e fiema‘u ia ke nau folo ha faito‘o ‘iuliki ‘ēsiti’ ke tuku hifo ‘aki ki lalo honau ‘iuliki ‘ēsiti’.

\*Mo e ‘ū tokoni kehe’. Fakafuofua‘i ‘o e ma‘u me‘atokoni’ mo ‘ene kaunga ki he ‘ū lēvolo ‘o e lahi ‘o e ‘iuliki ‘ēsiti ‘i he toto’: fakaikiki ‘o e fakamatala ‘o e kakai ‘o e fonua’ ‘o makatu‘unga he fevahevahē‘aki BMJ 2018; 363: k3951 doi:10.1136/bmj.k3951

# ‘Oku fakatupu ‘a e kauti’ ‘e he fu‘u lahi ‘o e ‘iuliki ‘ēsiti ‘i ho toto’



‘Oku hoko ‘a e ‘ū ‘ohofí ‘a e kauti’ ‘i he taimi ‘oku fu‘u lahi ai ‘a e ‘iuliki ‘ēsiti ‘i ho toto’ pea liliu ‘a e ‘ēsiti ki ha ‘ū kilisitala māsila ‘aupito ‘i ho ngaahi hokotanga hui’. ‘Oku lava ‘e he ‘ū kilisitala ko ‘eni’ ‘o maumau‘i ho ‘ū hokotanga hui’, ngaahi hui’ mo e kofuua’.

‘Oku ‘ikai mavahe ‘a e kauti ia ‘i he taimi ‘oku mole atu ai ‘a e mamahi ‘o e ‘ohofí ‘a e kauti’. ‘Oku kei fu‘u lahi pe ‘a e ‘iuliki ‘ēsiti ia ‘i ho toto’ pea mo e ‘ū kilisitala ‘i ho ‘ū hokotanga hui’. ‘Oku ‘uhinga ‘eni ia ‘oku ke kei ma‘u pē ‘a e kauti’.

‘Oku ma‘u pē ‘e he kau tangata Māori mo e kau tangata ‘o e Pasifiki ha kauti kovi ‘aupito ki mu‘a ia ‘i he ‘ū matakali kehe’. Ko ia ai ‘e fiema‘u ia ke fakapapau‘i ‘e he kau talavou Māori mo e kau talavou ‘o e Pasifiki’ ke folo ‘a e faito‘o ‘iuliki ‘ēsiti’ ‘i he taimi ‘oku nau ta‘u 20 mo 30 tupu ai’.

# ‘Oku uesia ‘e he ‘ū ‘ohofi ‘a e kauti ´ ‘a ho‘o mo‘ui ´



‘Oku lava ke maumau‘i ‘e he ‘ū ‘ohofi ‘a e kauti ho ‘ū hokotanga hui ´ , ngaahi hui ´ mo e kofuua ´ .

‘Oku ta‘ofi koe ‘e he ‘ū ‘ohofi ‘a e kauti mei he:

- ngāue ´
- va‘inga mo ho‘o fānauu ´
- va‘inga sipoti ´
- ‘alu ‘o uku ´ pea mo taumata‘u ´
- ‘eva mo e fāmili ´ mo e ngaahi kaungāme‘a ´
- ‘alu ki he lotu ´ mo e ‘ū me‘a fakakomiuniti ´ .

# Liliu ho‘o mo‘ui’ – ta‘ofi e ‘ū ‘ohof ‘a e kauti’ ‘aki hono tuku hifo ki lalo ho‘o ‘iuliki ‘ēsiti’



# ‘E anga fēfē ha‘aku tuku hifo ki lalo ‘eku ‘iuliki ‘ēsiti ‘?

Folo ‘a e faito‘o ‘iuliki ‘ēsiti ‘i he ‘aho kotoa pē ke tuku hifo ‘aki ki lalo ho‘o ‘iuliki ‘ēsiti ‘.

‘Oku ‘i ai ha kalasi faito‘o ‘iuliki ‘ēsiti ‘e tolu ‘. ‘E fakamatala‘i atu ‘e ho‘o toketā, neesi ‘ pe tokotaha hu‘ivai ‘ pe ko e fē ‘a e faito‘o ‘iuliki ‘ēsiti ‘oku totonu kiate koe ‘ pea ko e hā hono ‘uhinga ‘. Te nau toe talanoa foki kiate koe fekau‘aki mo e founga ke ma‘u ai ho‘o faito‘o ‘iuliki ‘ēsiti ‘.

Ko e ‘ū faito‘o ‘iuliki ‘ēsiti ko ‘eni ‘  
‘oku ne ta‘ofi hono ngaohi ke fu‘u lahi  
‘a e ‘iuliki ‘ēsiti ‘i ho sino ‘

‘Oku tokoni ‘a e faito‘o ‘iuliki ‘ēsiti  
ko ‘eni ‘ ki ho sino ‘ ke tuku ange ki  
tu‘a ha toe ‘iuliki ‘ēsiti kehe ‘i ho‘o  
tu‘u ofi ‘ i



Te ke kamata pē ‘i ha lēvolo ma‘ulalo ‘o e faito‘o ‘iuliki ‘ēsiti ‘. ‘E toe fakalahi ange ho‘o faito‘o ‘i he māhina kotoa pē kae ‘oua kuo ‘alu hifo ki lalo ho‘o ‘iuliki ‘ēsiti ki he .36 mmol/L pe .30 mmol/L ‘o kapau ‘oku ke ma‘u ha ‘ū konga kilisitala ‘o e ‘iuliki ‘ēsiti ‘i ho kili ‘.

**Kuo pau ia ke ke folo ho‘o faito‘o ‘iuliki ‘ēsiti ‘i he ‘aho kotoa pē.** Kapau te ke ta‘ofi ho‘o folo ho‘o faito‘o ‘iuliki ‘ēsiti ‘, ‘e vave ‘aupito ‘a e tupulaki ho‘o ‘iuliki ‘ēsiti ‘. Te ke ma‘u ha ‘ohof i fakamamahi ‘o e kauti ‘.

‘Oku lava pe ke ‘ohof i koe ‘e he kauti ‘ ‘i ho‘o fuofua kamata folo ai ‘a e faito‘o ‘iuliki ‘ēsiti ‘ ‘i he taimi ‘oku tuku ange ai ‘e ho‘o sino ha toe ‘iuliki ‘ēsiti kehe kuo ‘osi ‘i ho sino ‘.

Ke tokoni‘i koe ke mapule‘i ha fa‘ahinga ‘ohof i ‘a e kauti ‘, ‘e ‘oatu ‘e ho‘o toketā, neesi ‘ pe tokotaha hu‘ivai ‘ ha faito‘o ‘ohof i kauti ke ke folo he māhina ‘e 3 ki he 6 ‘i he taimi ‘oku ke fuofua kamata folo ai ‘a e faito‘o ‘iuliki ‘ēsiti ‘.

# Fakapapau'i ke folo 'a e faito'o 'iuliki 'ēsiti '



Talanoa mo ha taha 'oku ke falala ki ai' ke tokoni atu 'i ho'o fili'.

Hiki ha lisi 'o e 'ū me'a 'oku lelei' pea mo e 'ū me'a 'oku 'ikai ke fu'u lelei fekau'aki mo hono folo 'o e faito'o 'iuliki 'ēsiti'.

'E tokoni 'eni ke ke fakapapau'i pe te ke folo 'a e faito'o 'iuliki 'ēsiti'.

Ko e hā 'a e <b>lelei</b> 'oku fekau'aki mo hono folo 'o e faito'o 'iuliki 'ēsiti'.	Ko e hā 'a e me'a 'oku <b>'ikai ke fu'u lelei</b> fekau'aki mo hono folo 'a e faito'o 'iuliki 'ēsiti'.
'Ikai ke toe mamahi'	Ko e manatu'i ke folo 'a e 'ū faito'o 'i he 'aho kotoa pē
Kei ma'u pē 'eku ngāue' pea mo tokoni'i hoku kāinga' /fāmili'	

Ko 'eku fili 'eni':

Folo 'a e faito'o 'iuliki 'ēsiti'

'Oua 'e folo 'a e faito'o 'iuliki 'ēsiti he taimi' ni'

# ‘Ū faito‘o kauti’

## 1. ‘Ū faito‘o ‘iuliki ‘ēsiti’ – ke tuku hifo ‘aki ki lalo ho‘o ‘iuliki ‘ēsiti’

Folo ‘a e faito‘o ‘iuliki ‘ēsiti’ ‘i he ‘aho kotoa pē. He te ne ta‘ofi hono ‘ohofí koe ‘e he kauti’.

**Ko e ‘ū ola kovi ‘o e ‘ū faito‘o ‘iuliki ‘ēsiti’** – ta‘ofi hono ma‘u ho‘o faito‘o ‘iuliki ‘ēsiti’ ‘o kapau te ke ma‘u ha petepete kovi ‘i ho killi’. Talaange leva ki ho‘o toketā, neesi’ pe tokotaha hu‘ivai’. ‘E fiema‘u ia ke ke liliu ki ha faito‘o ‘iuliki ‘ēsiti ‘e taha’.

## 2. ‘Ū faito‘o ki he ‘ohofí ‘a e kauti’ – faito‘o ki he mamahi ‘o e ‘ū ‘ohofí ‘a e kauti’

‘E fiema‘u ia ke ke ma‘u ha faito‘o lēvolo ma‘ulalo ki he ‘ohofí ‘a e kauti’ ke ta‘ofi ‘aki ‘a e ‘ū ‘ohofí ‘a e kauti’ ‘i ha māhina ‘e 3 ki he 6 ‘i he taimi ‘oku ke kamata ai ho‘o faito‘o ‘iuliki ‘ēsiti’. ‘Oku fiema‘u ha taimi ke tuku hifo ai ki lalo ‘a ho‘o ‘iuliki ‘ēsiti’.

‘Oku lava foki ‘e ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ ‘o ‘oatu ha faito‘o ‘e taha ange ke ke folo ‘i ha uike ‘e taha’ telia na‘a ke ma‘u ha ‘ohofí kovi ‘o e kauti’.

Ko e ‘ū ola kovi ‘o e ‘ū faito‘o ki he ‘ohofí ‘a e kauti’ – ta‘ofi hono folo ‘o e ‘ū faito‘o ki he ‘ohofí ‘a e kauti’ ‘o kapau te ke lua’, mamahi lahi ‘aupito ‘i ho‘o kete’ pe toto ‘i ho‘o tu‘u mama‘o’. Talaange leva ki ho‘o toketā, neesi’ pe tokotaha hu‘ivai’. ‘E fiema‘u ia ke ke liliu ki ha toe faito‘o ‘e taha ki he ‘ohofí ‘a e kauti’.



### ‘Ū faito‘o ki he ‘ohofí ‘a e kauti’

Kolokasane (Colchicine) –

Kolokauti (Cologout)®

Puletenāsone (Prednisone) –

‘Eipo (Apo)- Puletenāsone (Prednisone)®

Naipolokiseni (Naproxen) –

Noame (Noam)® pe Naipolosini (Naprosyn)®

Taikolofinaki (Diclofenac) –

Volotäleni (Voltaren)®

Taikolofinaki (Diclofenac) –

Sanitosi (Sandoz)®

# Kamata ‘i he faito‘o ‘iuliki ‘ēsiti’

## ‘Olopiunolo (Allopurinol) pe Polopenesati (Probenecid) pe Fipokisitaati (Febuxostat)

Siakale‘i ho‘o faito‘o ‘iuliki ‘ēsiti’ pea fakafonu ‘a e fakaikiiki ho‘o faito‘o – ‘oku ke kamata ‘i ha lēvolo ma‘ulalo’ ‘o fakalahi fakamāhina ai ki he lēvolo totonus kiate koe’

Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/

Lēvolo totonus kiate koe’ - folo ‘i he ‘aho kotoa pē

Faito‘o ki he ‘ohofī ‘a e kauti’ – Kolokasane (Colchicine)-māhina ‘e 3 ki he 6 ke ta‘ofi ‘aki ‘a e ‘ū ‘ohofī ‘a e kauti’

Mei	/	/	ki	/	/	‘ū fo‘i‘akau mg
-----	---	---	----	---	---	-----------------

Faito‘o taimi nounou ki he ‘ohofī ‘a e kauti’ – Puletenāsone (Prednisone)/Naipolokiseni (Naproxen)/Taikolofinaki (Diclofenac) ‘i he ‘aho kotoa pē ke faito‘o‘aki ha ‘ohofī vave ‘a e kauti’

Muimui ki he ‘ū fakahinohino ‘i he tēpile’.

## Mahu‘inga

- Ke folo ‘a ho‘o faito‘o ‘iuliki ‘ēsiti ‘i he ‘aho kotoa pē neongo ‘o kapau ‘e ‘ohofī koe ‘e he kauti’.
- Kapau ‘e ngalo ke ke folo ho‘o faito‘o ‘iuliki ‘ēsiti’ ‘i ha ‘aho ‘e ua’ pe lahi ange’, ‘oua na‘a ke kamata folo leva he‘e lava pe ke ‘ohofī koe ‘e he kauti’. Talanoa ki ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ pea te nau talaatu kiate koe ‘a e me‘a ke fai’.
- Seti‘i ha fakatokanga ‘i ho‘o telefoni’ ke fakamanatu atu kiate koe’ ke folo ho‘o ‘ū faito‘o ‘i he ‘aho kotoa pē pe ko e ‘ai ha taha’ ke ne fakamanatu atu kiate koe’.
- ‘Oua na‘a ke folo ha ‘ū faito‘o kauti motu‘a kuo ke ‘osi ma‘u ta‘e te ke ‘eke ki ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ ‘o kapau ‘oku totonus ‘a e faito‘o kiate koe’.
- Tauhi ‘a ho‘o ‘ū faito‘o ke malu’ – ‘i ha feitu‘u mā‘olunga pea ‘e ‘ikai ke a‘u ki ai ‘a e fānau’.



# Talanoa kauti ‘a Mātiu’

**Na‘a ke ta‘u fiha’ ‘i he taimi na‘a ke fuofua ma‘u ai ‘a e ‘ū ‘ohofi ‘a e kauti’?**

‘Oku ou tui na‘a ku ta‘u 23 ‘i he‘eku fuofua kauti’. Ne u fakakaukau kuo u maumau‘i hoku motu‘a‘i va‘e’. Na‘a ku ‘ilo‘i pē ko e hā ‘a e me‘a ko e kauti’ he koe‘uhī’ na‘e kauti ha kau tangata tokolahi ‘i hoku kāinga’, ka na‘a nau ta‘u motu‘a ange kinautolu ‘iate au’. ‘I he‘eku ketu atu ki he ngāue’, na‘e sio mai hoku kaungā ngāue ki hoku va‘e’ pea ne pehē mai “Toko, ‘oku ke kauti’”. Ne u pehē ‘e au ‘oku hala ‘ene ma‘u’, ka ‘i he ‘osi ha‘ū ‘aho ‘o mamahi’ na‘a ku sio ki he‘eku toketā pea na‘a ne fakapapau‘i mai ko e kauti’.

**Na‘e uesia fēfē koe ‘e he ‘ū ‘ohofi ‘a e kauti’?**

Kovi atu e kauti’. ‘I he taimi ne ‘ohofi ai au ‘e he kauti’, ne u ongo‘i leva ko ha ta‘elavame‘a’ pea ‘ilo‘i ‘e pehē ‘e he tokotaha kotoa pē ne u fe‘iloaki mo ia “Ko e inu pia ē” pe “Fu‘u lahi e kai kina”, Mātiu”. He ‘ikai ke ke manuki‘i ha taha ‘oku mahaki hela’ ka ko e hā ‘oku sai ai pe ke manuki‘i ha taha ‘oku kauti’.

‘I he taimi na‘e fu‘u kovi ai ‘a hono mapule‘i hoku kauti’, na‘e uesia ai mo ‘eku ngāue’. ‘Oku ‘i ai ‘eku ngāue ‘oku ne tokoni‘i mo tuku ha taimi ke fakaakeake ma‘u pē, ka na‘a mo e tokoni ko ia ‘e lava pē ke mole ta‘e‘aonga’. Na‘a ku fehi‘a ‘i he fa‘a taimi lahi ‘eku nofo he ngāue’ mo e maumau taimi pē ‘i he sea’. Na‘e toe ‘uhinga foki ko e pau ke fai ‘e hoku hoa ia ‘a e 110% ‘o e tauhi fānau pea mo tokanga‘i e fale’. Na‘e uesia lahi ‘eni ‘a e ongo na‘a ku ma‘u kiate au’.

‘Oku ou sai‘ia he fakamālohisino hiki me‘a mamafa’. Na‘e ‘ikai ke u lava ‘o fai ‘eni ‘i he taimi na‘e ‘ohofi ai au ‘e he kauti’. Hili ha taimi si‘i mei hono ‘ohofi au’ na‘e ‘ikai pe ke u lava ‘o ngāue‘i ‘a e hokotanga hui 100%. Ko e fakamālohisino ko ha konga ia ‘o ‘eku tokanga‘i au’ pea ‘i he taimi ‘oku ‘ikai ko ha konga ia ‘o ‘eku mo‘ui’, ‘oku ou ongo‘i hangē ha veve’.

**Ko e hā e me‘a na‘a ne ‘ai ke ke fili ke kamata folo ‘a e ‘olopiu nolo’?**

Kuo u ‘ilo ma‘u pē fekau‘aki mo e ‘olopiu nolo’ pea mo hono ‘ū lelei’. Kiate au’, ko e ‘ā vahevahe ki hono folo ‘o e ‘olopiu nolo’ ko e tokanga‘i ‘o e founa ‘oku ma‘u, tauhi, mo ‘ave ai ‘a e ‘ū ma‘u‘anga tokoni’ ki he feitu‘u ‘oku nau fakataumu‘a ki ai’. Ko e lau ‘a e faka‘ilonga’ “Folo he taimi kai pongipongi” ...

ka ‘oku ‘ikai ke u kai pongipongi’, ko ia ai te u tatali ki he kai ho‘atā, ka ‘oku ngalo leva ia ‘iate au’. Pea ‘oku hoko atu ‘eni ia ‘o fuoloa fēunga ke ‘oua na‘a ku folo ‘eku ‘olopiu nolo’ ‘i ha ngaahi māhina’. ‘I ha ‘aho ‘e taha na‘e lea mai ai kiate au hoku tokoua’ ‘oku toe kauti foki mo ia’ “Toko’ folo ‘i ha fa‘ahinga taimi pē. ‘Oku lelei ange ke folo te‘eki ai ke kai’, ‘i he‘ene tangutu ‘i he kōpate’”.

**‘Oku fēfē ‘a e kehekehe ‘a ho‘o mo‘ui he taimi’ ni’?**

Kuo u fononga ‘i he vaha‘a lōloa taha ‘o e ‘ū ‘ohofi’ pea ko ha fu‘u ikuna lahi ia’.

# Talanoa kauti ‘a Lūkasi`\*

**Na‘a ke ta‘u fiha ‘i he taimi na‘a ke fuofua ma‘u ai ‘a e ‘ū ‘ohofi ‘a e kauti ‘?**

Na‘a ku ma‘u ‘eku fuofua ‘ohofi ‘e he kauti ‘ i hoku ta‘u 23. Na‘e ‘ikai ke u ‘ohovale ‘ – tokolahi ‘eku ngaahi fa‘ētangata ‘ pe ngaahi tamai ‘ mo hoku ngaahi kāinga ta‘u motu‘a ange ‘oku nau kauti ‘.

**Na‘e uesia fēfē koe ‘e he ‘ū ‘ohofi ‘a e kauti ‘?**

Na‘e fakamamahi ‘aupito ‘a e ‘ū ‘ohofi ‘ ka na‘e ‘ikai ke fa‘a fuoloa ‘i he kamata‘anga ‘. Te u ta‘engāue ha ‘ū ‘aho pea sai ‘ kehe pe ke u folo ki mu‘a ‘a e ‘ū fo‘i‘akau ki he langa ‘.

**Ko e hā ‘a e me‘a na‘a ne ‘ai ke ke fili ke kamata folo ai ‘a e ‘olopiunolo ‘?**

‘I hoku ta‘u 27 ne u ma‘u ha ‘ohofi kovi ‘aupito ‘. Na‘a ku folo ha ‘ū fo‘i‘akau lahi ki he langa ‘ pea na‘e ‘ikai pē ke mole atu ‘a e langa ia ‘. Na‘e ‘ikai ke u lava ‘o ‘alu ki he ngāue ‘. Ne u ma‘u leva ha mamahi lahi ‘i hoku kete ‘ pea u ‘alu ki he toketā. Na‘a ne talamai ko e ‘ū fo‘i‘akau ki he langa ‘ ‘oku ne ‘omi ‘a e mamahi ki hoku kete ‘ pea na‘e pau ke u ta‘ofi leva ‘eku folo kinautolu ‘. Na‘a ne talamai fekau‘aki mo e ‘olopiunolo ‘ ka na‘e ‘ikai ke u fiema‘u ke kamata folo fo‘i‘akau he ‘aho kotoa pē. Na‘a ku fu‘u kei ta‘u si‘i ki ai ‘.

Na‘e pau ke u mavahē mei hoku feleti ‘ pea u foki ki ‘api ke nofo mo ‘eku fa‘ē pea na‘a ne fai ‘a e me‘a kotoa pē ma‘aku koe‘uhī ‘ ko e me‘a pē na‘a ku lava ‘o fai ko e tokoto ‘i he sea sofa ‘. Pea na‘e ha‘u ‘eku pule ngāue ‘o ‘omi ha tohi ‘o talamai ‘e mole ‘eku ngāue ‘. ‘Oku ou ‘ofa mo‘oni ‘i he‘eku ngāue ‘ pea na‘a ku sai ai ‘. Pea na‘e ‘ikai ke u fie hoko ko ha kavenga ki he‘eku fa‘ē – na‘a ku fiema‘u ke u tokoni kiate ia ‘. Ko ia ai ‘ ne u ‘alu ki he GP ‘o kamata folo e ‘olopiunolo he ‘aho pē hono hoko ‘. Na‘e fe‘unga mo e māhina ‘e 6 ke tuku hifo ai ki lalo ‘eku ‘iuliki ‘esiti ‘ pea na‘e ‘i ai ha ‘ū ‘ohofi au ‘i he taimi na‘e ma‘u ai ‘ he toketā ‘a e ‘olopiunolo lēvolo totonu ‘ ka na‘e ‘i ai ha toe faito‘o langa pe ki ai pea u lava ai ke mapule‘i ‘.

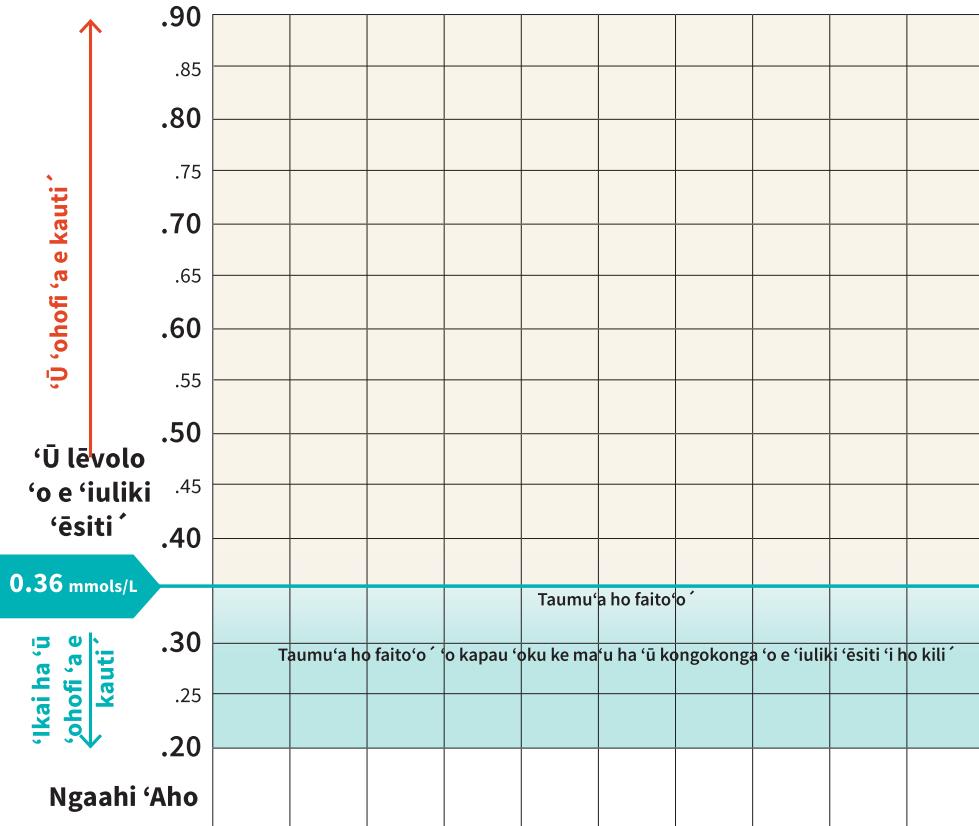
**‘Oku fēfē ‘a e kehekehe ‘a ho‘o mo‘ui he taimi ‘ ni ‘?**

‘Oku ou hoko he taimi ‘ ni ‘ ko ha taki ngāue ‘i he‘eku ngāue ‘. ‘Oku ou nofo ‘i ha feleti mo hoku kaume‘a fefine ‘ pea kimui ‘ ni mai ne u lava ai ‘o tokoni ki he‘eku fa‘ē ‘aki ha‘aku totongi ha ‘ū ngāue fakalelei ki hono ‘api ‘.

\* Liliu e hingoa ‘

# Vakai‘i ma‘u pē ‘a ho‘o ‘iuliki ‘ēsiti’

‘Eke ki ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ ko fē ‘a e feitu‘u’ pe a ko e hā hono tu‘o lahi hono vakai‘i ho‘o ‘iuliki ‘ēsiti’. Hiki ‘i henī ‘a e ‘ū ola ‘o ho‘o ngaahi sivi ‘iuliki ‘ēsiti’.



Ke ma'u ha fakamatala lahi ange ki he kauti’ ‘alu ki he: [www.healthnavigator.org.nz/health-a-z/gout-overview/](http://www.healthnavigator.org.nz/health-a-z/gout-overview/)

Na'e fa'ufa'u 'a e ki'i tohi ko 'eni' 'e he Health Literacy NZ 'o makatu'unga 'i he ki'i tohi 'a e Potungāue Mo'ui' ko e Ta'ofi 'a e Kauti' (To Stop Gout). 'Oku 'ōatu ha fakamālō 'a e Health Literacy NZ ki he kau taukei he mo'ui lelei' pe a mo e kakai 'oku nau kauti' na'a nau 'omī 'enau fakamatala 'i he ki'i tohi ko 'eni'.

Na'e fakapa'anga 'a e ki'i tohi ko 'eni' 'e he PHARMAC.