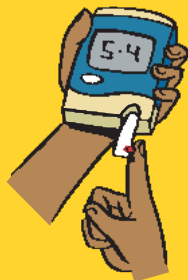




KA TAEA E KOE TE...



Kia tūpato ki te inu waipiro, kei ra ha heke te huka i roto i ō toto.



Me whai i ngā tohutohu o tētahi mahere kai i ngā tōtika - iti te hinu me te momona me te huka.



Kia auau te haere ki to tākuta ki to nēhi rānei kia whakamatauria koe.

Kia ū ki te whakakorikori tinana ia rā.



Hangā he mahere mō tō mauuitanga. Haere ki te rite i tō tākuta inā ra piki te nui o te huka i roto i ō toto, ra mauui rānei koe.

Kainga o pire/rongoa tiaki huka hoki, i runga i ngā whakarite ā tō tākuta nēhi rānei.



Kaua e kai hikareti - ra raha mauui kē atu koe. Mō te awhi me te tautoko ki te whakamutu i tō kai hikareti, waeatia te nama 0800 778 778.



Ia wā ra tiroiro i te rēwera huka i roto i o toto, i runga i te mihini whakaatu.



MORE INFORMATION

Diabetes Projects Trust
Ph: (09) 273 9650
www.dpt.org.nz

Diabetes NZ
www.diabetes.org.nz

ME AHA AHAU KI TE PANGIA AHAU E TE MATE HUKA MOMO TUARUA?



MAORI



HE AHA TE MATE HUKA MOMO TUARUA?



Ko ngā tāngata pāngia i tenei mate, he kore e taea nō te rawe i te huka i te pūango rānei, ā ngā kai e raingā ana e rātou, ki ngā pitau. Ka noho haere tonu i roto i te ia toto. Ko te mutunga atu ka noho māuiui te tangata ka ahu mai rānei ētahi āhuatanga māuiui kino.

HE AHA NGĀ TOHU O TĒNEI MATE?



Aha roa kaore koe e mōhio pea, mā to tinana tonu e whakaputa ngā tohu.

Ānei ētahi o ngā tohu:

- ➔ Ka kaha hanga ngenge i ētahi rā.
- ➔ Ka mate hiainu me te kaha ake o te inu.
- ➔ Ka mate mimimi.
- ➔ Ka anini te māhunga.
- ➔ Ka atarua (blurry vision).
- ➔ Ka mate hiakai i ngā wā katoa.
- ➔ Ka pāngia e ngā mate pēnei i te whēwhē.
- ➔ Ka wheotia.

Ki te pā ēnei tohu ki a koe me haere koe ki te kite i tō takuta.



HE NUI NOA NGĀ ĀHUATANGA MATE KA AHU MAI I TE MATE HUKA MOMO TUARUA

Ki te potanga e te mate huka ngā ia toto ānei ētahi mate ka ahu mai:

Mate ikura roro
(strokes)

Mate kāpōtanga
(blindness)

Mate manawa
(heart attack)

Mate whatukuhu
(Kidney failure)

Tapahi kaupeka
(Amputation of limbs)



Anō hoki:

- ➔ Ka pōtanga i te pepi-noho-kōpu tonu
- ➔ Ka whakararuraru i te mahi ai.

Engari ki te taea te rauhi i te huka i roto i te toto, ka taea te kaupare atu i ēnei āhuatanga!

