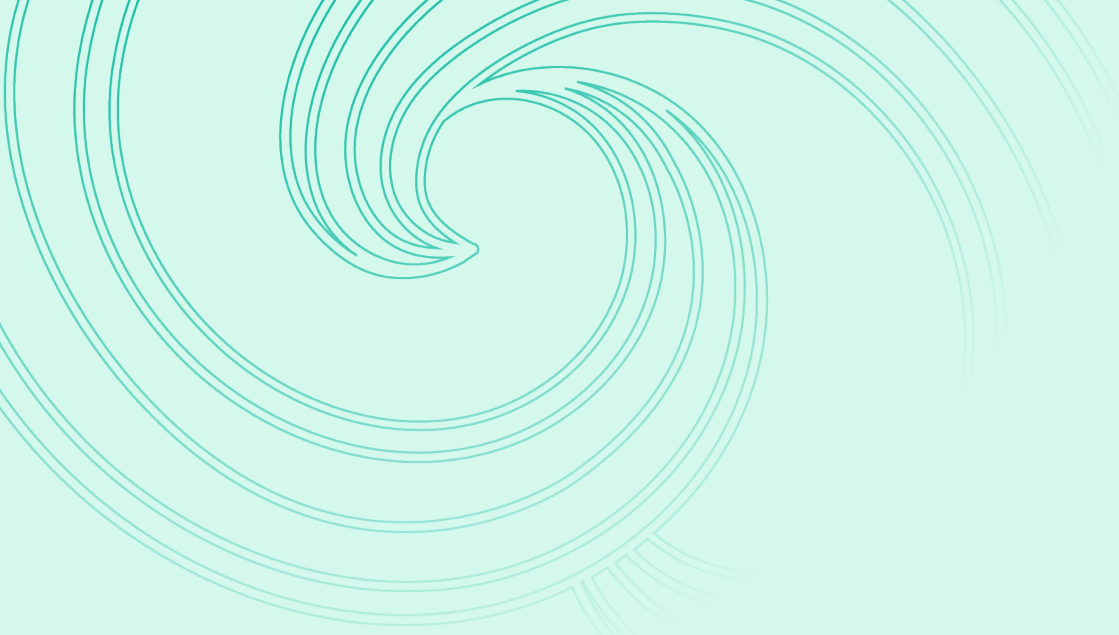


# Gagao he fuaifi (CKD)





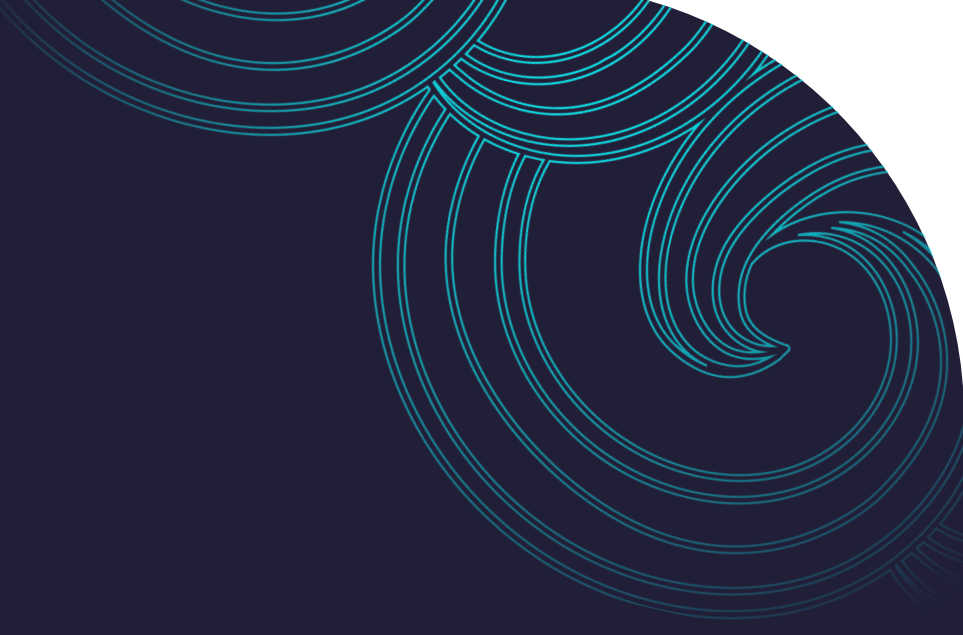
# Ko e heigoa e gahua he tau fua ifi?

**Ua e tau fuaifi ke he tino haau. Haia tonu i lalo he tau kahokaho he tau faahi ne ua he hoko tua mo e ki tua he faahi he manava haau. Hā i ai loga e tau hoko toto ikiiki i loto he tau fuaifi haau ke totolo viko ai e toto mo e hakahaka mo e fakameā.**

Lagomatai he tau fuaifi ke moua e taofi e tau nutrients mitaki mo e vai ke tumau ke nofo i loto he toto haau, mo e tau vai kua kelea mo e nakai mitaki ke he tino haau moe tau vai kua nakai lata ,kua utakehe ke he tino haau mai he hala fakapala. Ko e tau hokototo kua hakahaka mo e fakameā kua fano viko ke he tino haau ke tumau ke fakagahuahua e tau alaga tino. Mahuiga foki e tau fuaifi haau ke lagomatai e tuaga he toto tokoluga mo e tavili e tau blood cells kula.

Ko e fakagahuahuaaga he tau fuaifi kua uta ni ke he malolō he tau fuaifi. Ka nakai gahuahua mitaki e tau fuaifi, kakano kua fai lekua e tau fuaifi mo e kua nakai malolō ke gahuahua ke tuga e tau fuaifi malolō.





# Ko e heigoa e gagao Fuaifi? Chronic Kidney Disease (CKD)?

**Ko e gagao fuaifi kua levaleva (CKD) koe taha  
vahega gagao kaeke kua malona mo e kua lololole  
lahi e tau fuaifi ke gahuahua.**

Nakai maeke ke tului e tau fuaifi haau kaeke kua malona kae maeke ke fakahagahaga mitaki e fakagahuahuaaga he tau fuaifi kua lololole. Ko e tau kakano ne fa malona poke lololole lahi e tau gahuahuaaga he tau fuaifi, kaeke kua moua a koe he gagao suka mo e tokoluga lahi haau a toto (hypertension). Maeke foki he falu a tau kafokia ke he haau a malolō tino ke moua a koe he CKD.



**Kaeke ko koe poke fai tagata foki he  
magafaoa haau ne kua moua he gagao suka  
poke toto tokoluga, mahuiga lahi ke ō ke tivi e  
tau fuaifi ke he ekekafo magafaoa haau.**

Ko e gagao CKD nakai fa mahani ke moua mafiti. Laulahi he tau tagata nakai fa mahani ke kitia poke logona kua fai kehe e malolō tino, kae ko e gahuahuaga he tau fuaifi kua kamata ke lololole. Maeke ke logona e lololole ke he tino, makalili, nakai manako ke kai e tau mena kai ne fa mahani mau ki ai, magiho, fufula e tau hui mo e fano tumau ke fakapala – mua atu ke he po.

# Iloa fefē e au kua moua au he gagao CKD?

**Ke moua e tau fakailoaga kaeke kua moua a koe he gagao CKD, hā i ai e falu a tau puhala ke maeke ia koe ke iloa e malolō he gahuahuaga he tau fuaifi haau:**

## **1. Tivi e Toto tokoluga (Blood Pressure):**

Ka tokoluga e BP haau, ko e taha fakakiteaga a ia kua lahi e gahua he tau fuaifi haau mo e maeke ke lololole.

## **2. Tivi he toto:**

Maeke he tivi he toto haau ke iloa mai ko e malolō fēfē e gahuahuaga he tau fuaifi ke he ua e tau puhala:

→ Creatinine moua mai he tau masolo mo e ko e tau kiva ne hakahaka he tau fuaifi haau. Kaeke kua tokoluga e totouaga he Creatinine i loto he toto haau, ko e fakakiteaga a ai, kua nakai gahuahua mitaki e tau fuaifi haau.

→ Ko e tivi eGFR ke fuafua ko e malolō fēfē e tau fuaifi haau he hakahaka e toto. Kaeke kua tokolalo e totouaga he eGFR ko e fakakiteaga a ia kua nakai gahuahua mitaki e tau fuaifi haau.

## **3. Tivi he fakapala haau:**

Ko e tivi nai, fakapala a koe ki loto he tama gati lupō tote ke moua e totouaga kua hako. Ko e tau fuaifi malolō, lagomatai he tau fuaifi malolō ke taofi e tau protein i loto he toto haau, ti kaeke kua to tokoluga lahi e totouaga he protein ki loto he toto haau, ko e fakakiteaga a ia kua nakai malolō mitaki e tau fuaifi haau. Kua fakahigoa ko e proteinuria.

Maeke he ekekafo haau ke huhū ke he tau faga tivi he fakapala ke moua e totouaga ke he protein:

- Ko e tivi urine dipstick he fakapala kua tivi ke kitia e tau totouaga he protein, suka mo e toto i loto he fakapala.
- Ko e tivi Urinary ACR fakaaoga e fakapala ne kua moua he mogo pogipogi ti mitaki atu e tivi e fakatatai ke he tivi dipstick.
- Ko e tivi MSU (mid stream urine) fakaaoga e lotoga he fakapala ke kitia koe fai totouaaga kua nakai mitaki ke lata mo e tau blood cells kula mo e tea mai he tau fuaifi. Kaeke kua gahuahua mitaki haau a tau fuaifi, ko e tau cells kula mo e tea nai kua lata ke moua i loto he toto haau nakai i loto he fakapala.

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**Kaeke kua fia manako e ekekafo haau ke iloa falu a tau tau fakamaamaga ke he haau a tau fuaifi maeke foki a lautolu ke ole ke taute e tau tivi tuga e:**

**4. Kumikumiaga fakaaoga e puhala Radiology Imaging:**  
Fakaaoga e tau fakatino poke tau ata kua poki CT) hagao ke he tau fuaifi haau ke kitia ko e gahuahua mitaki nakai.

**5. Kidney Biospy:**  
Tivi he tama vala kakano he fuaifi haau. Kaeke kua manako, ko e pulotu he tau gagao fuaifi ka maeke he taute e puhala tivi nai. To hehele kehe e tama vala kakano tote mai he fuaifi haau ke hulu he lakau hulu pauaki microscope. Maeke ke kitia ai he hulu nai kaeke kua fai lekua e tau fuaifi haau poke nakai. Maeke ai ke kitia ko e heigoa e puhala ke tului kaeke kua kitia tuai kua fai lekua.

**6. Falu a tau tivi he toto.**

# Maeke nakai he gagao CKD ke puipui?

Pete ni he nakai fai tului e gagao CKD kae mitaki lahi ke iloa tuai kua fai lekua e tau fuaifi haau ke fai tauteaga mafiti ke lali ke fakahagahaga mitaki haau a moui malolō tino ke tukutuku hifo e kelea lahi he gagao he tau fuaifi haau.

Hā ia ai e tau mena mahuiga kua lata ia koe mo e haau a matakau faahi malolō tino ke taute ke tukutuku hifo e kelea lahi he tau fuaifi CKD haau tuga e:

- ✓ Taofi e toto haau ke ua tokoluga poke tukutuku hifo e toto tokoluga
- ✓ Taofi e gagao suka haau ke he tuaga kua lata tonu ki ai
- ✓ Inu e tau tegavai kua foaki atu he tau pulotu ekekafo
- ✓ Drinking enough water (or similar fluids)
- ✓ Inu fakalahi e tau vala vai
- ✓ Kai fakalatalata e tau mena kai kua lata tonu mo e moui malolō tino

Ke moua e tau fakalaulahiaga, fakamole mole  
tutala ke he haau a ekekafo poke nosi poke kumi  
atu e kupega hila contact Kidney Health NZ  
at [kidney.health.nz](https://kidney.health.nz)

- ✓ Tumau ke taofi e mamafa he tino poke kua lata ke to hifo fakatote e tama vala kilo
- ✓ Fano ke faofao tumau haau a tino he tau aho takitaha – kae ua nofo tumau he nofoa
- ✓ Fano ke kitia haau a ekekafo magafaoa poke nosi ke tivi e toto tokoluga haau mo fakaapala
- ✓ Tukutukuhifo e inu he tau kava – fuafua kua lata ke 2 e aho ne nakai inu kava he faahi tapu
- ✓ Fakaoti e ula tapaka kaeke ko e ula agaia a koe
- ✓ Nakai inu e tau tegavai ne maeke ke fakalolelole e gahuahua-ga he haau a tau fuaitfi tuga e tau tegavai non steroids ne fa fakaaoga ke tukutuku hifo e mamahi.
- ✓ Fakailoa ke he haau a ekekafo poke nosi kaeke kua nakai malolō a koe he maeke he tau fuaifi haau ke lekua kaeke kua nakai leveki fakamitaki. 'Sick Day Advice')

Ke moua e tau fakalaulahiaga, fakamolemole  
tutala ke he haau a ekekafo poke nosi poke  
kumi atu e kupega hila contact Kidney Health NZ  
at [kidney.health.nz](https://kidney.health.nz)

**Kidney Health**  
New Zealand [Tākihi Hauora Aotearoa](https://kidney.health.nz)

0800 543 639  
[kidney.health.nz](https://kidney.health.nz)