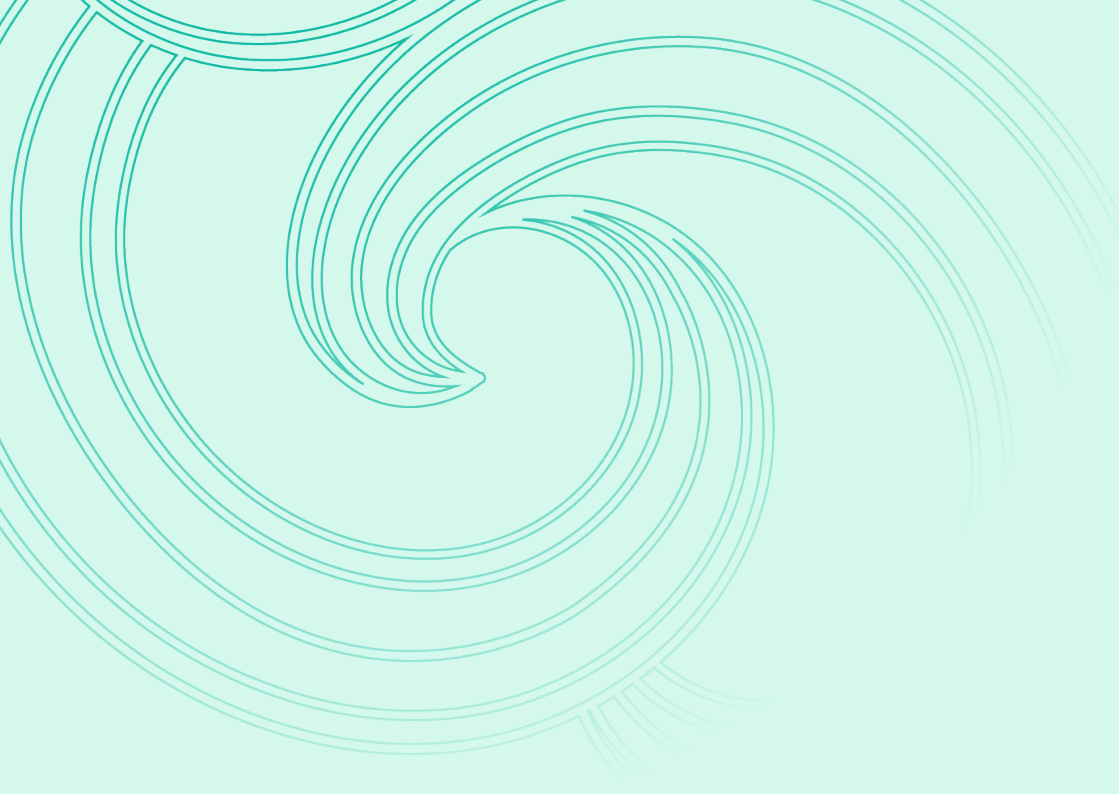


Tauale Fatugako fakapokepoke (CKD)





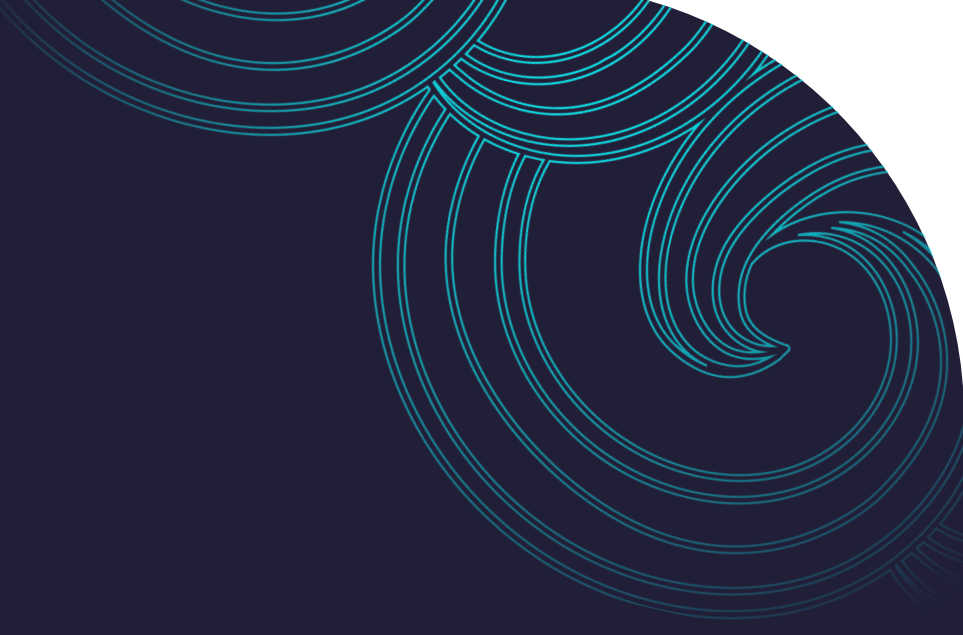
Ko hea ta na fatugako e fai?

E lua o fatugako. E tutu tafapili I lalo ifo o ivikahokaho I na itū uma o to ivitū ma I tua o to manava. Ko o fatugako e hikomia I ni tamā alātoto e fia miliona ke femalagaaki ai te toto ke fufulu mama.

E ki la fakamautinoa ko na vaitaimini ma na vai o te tino e totoka I loto o to toto, ma ko na kino e kave kehe kui I te fekau lata (pi). Ko te toto kua fakamamā e femalagaaki holo ki na totoga uma o to tino ke fakamautinoa e galulue totoka uma na totōga iena. Ko o fatugako e fehoahoani foki ki te kikilaga totoka o to toto maluga ma na red blood cells.

Ko te galuega a na fatugako e fakamatala
mai ai te holoholo lelei o ō fatugako. Ko
te atikole o te holoholo lelei a ō fatugako
e fakiloa mai ai ko o fatugako kua hē I he
tulaga manuia e ve ona iei.





Ko hea te Tauale Fatugako Fakapokepoke (CKD)?

Ko te Tauale Fatugako Fakapokepoke ko te tauale ia e maua kawai na fatugako kua fakahētonu ma kua fano lava kua hē galulue lelei.

Ko te fakahētonu ki o fatugako kua hē mafai ke fakaheai, kae e mafai ke fakaitiitia ma taukikila totoka. Ko na mafuaga lauiloa o te tauale fatugako ko te huka ma te toto maualuga. E iei foki ni iētahi hē mālohi e mafai ke fakamafua ai te CKD.



Kafai koe pe ko he tino I to kaiga e huka pe
toto maualuga, e tāua ke hiaki ho o fatugako
ma to fōmai.

CKD e mahani ona telegehe. E hē haofia vave e te tino na huiga
ki o lātou ola malōlō, kae, kafai ka atili te hē lelei o lātou fatugako,
e ono fitā gofie, makalilia, tauale, hē fia kakai, mageho, fulafula
na vae, pe e manakomia lahi e ki lātou ke olo ho ki te lātou fekau
mamao – maihe I na po.

E vefea ona ko iloa kua ko maua te CKD?

Ke hakili pe kua maua koe e te CKD, e iei ni ahehi ke hiaki ai te holoholo lelei o ō fatugako:

1. Toto maualuga (BP) hiakiga:

Te toto kafai e maualuga (BP) ko he fakailoga ko o fatugako kua fakālofa.

2. Hiakiga o te toto:

E iei he tamā vāega o to toto e fakaogā ke fua ai te holoholo lelei o to toto I ni auala e lua:

→ Ko te creatinine e maua mai I o tatou maho ma ko he vāega kino e mahani lava oi kave kehe e na fatugako. Kafai ko te levolo o na creatinine I to toto e maualuga, ko he fakailoga tena o te ono hē holoholo lelei o na fatugako.

→ eGFR e ia fuafua te holoholo lelei o te fakamamāga e na fatugako to toto. Ko te taikole o te eGFR ko he fakailoga tena ko o fatugako kua hē lelei.

3. Te hiakiga o na pi:

Mo tēnei hiakiga, ko koe e pi ki he tamā ipu ma e kave ke ahehi. Ko na fatugako ola malōlo e tauhi e ki lātou na vāega tāua ve ko na polōtini I to toto, kafai la kualahi te polotini I to pi, e ono fakauiga ve ko o fatugako kua he galulue fakalelei. E fakaigoa tēnei vāega ko te proteinuria.

E mafai e to fōmai oi fakafehili ki ni itūkaiga ahehi kehekehe ke hiaki mo na polotini:

→ Fakaogā o na lakaulolō ke hiaki ai mo na polotini, huka ma te toto I to pi.

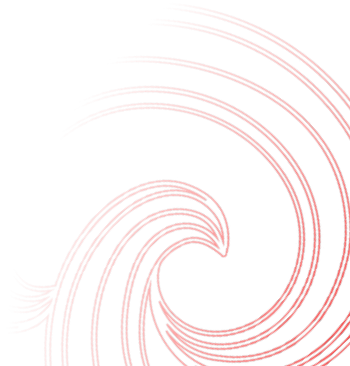
- Urinary ACR e fakaogā na pi na maua I te taeao e tuku mai ai he tali tafapili mo te polotini ilō te lakaulolō.
- MSD (pi-taofi-toepi) e fakaogā na pi iē e maua mai kafai e pi-taofi-toepi ke hiaki ai pe e iei ni red ma ni white blood cells e mama mai na fatugako. Kafai ko o fatugako e galulue totoka ko na red ma na white cells e tata uke nonofo lava I to toto, kae hē I loto o to pi.

Kafai to fōmai e fia maina atili ki o fatugako e mafai foki ke talohaga ki ni:

- 4. Ata fakaata:**

E mafai ke fakatino hau ultrasound pe he CT scan o ō fatugako ke kikila ai ki ni fakahētonu.
- 5. Takotoga o na fatugako:**

Kafai e manakomia, na fōmai fakapitoa mo na fatugako e mafai ke fakatonu ho takotoga (biopsy). Ko he itūkaiga takotoga tēnei e kave kehe ai he tamā vāega o ō fatugako ma kikila I lalo o he microscope. E fehoahoani ke kikila pe hea tonu te fakahētonu I o fatugako kae ke fakamautinoa ai he fofō.
- 6. Hiakigā toto fakaopopo.**



E mafai te CKD ke togafitia?

E tuha ko te CKD e hē mafai ke fakaheai, ko te vave maua o te fakahētonu ki na fatugako ma te tāmāu ke ola malōlo e tāua ke fakaitiitia pe togafitia ai te kino o na fatugako (fakaitiitia o te CKD).

E iei ni fakatinoga e mafai kef ai e koe ma te kauhaga a to falemai ke fakaitiitia ai te CKD, e aofia ai te:

- ✓ Tāmāu te kikila totoka o to toto pe fakataikole te toto maualuga

- ✓ Tāmāu te kikilaga o te huka ma te levolo o te huka

- ✓ Inu na fualakau e ve ona fakatonu mai

- ✓ Inu ke lava na vai (pe ko na inu)

- ✓ Kai ki na meakai ola malōlō

- ✓ Tāmāu ki te lelei o to mamafa pe luhi mālie ni pauna kafai e manakomia

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- ✓ Gaoioi I aho uma – gaoigaoi lahi kae fakataikole te nofonofo
- ✓ Fano ho ki to fōmai pe ko he teine fōmai ke hiaki to toto maualuga ma ke fakatonu na ahehi o te toto ma te pi
- ✓ Limiti te inu pia – taumafai ke iei ni aho e lua o te vaiaho e hē inu ai.
- ✓ Tiaki te ulaula kafai koe he tino ulaula
- ✓ Fakamamao mai na fuālakau iē e mafai ke fakakino o fatugako, ve ko te non-steroidal anti-inflammatory iē e fakaogā ke fakamama ai te tigā
- ✓ Fakailoaga ki he fōmai pe ko he teine fōmai kafai koe kua tauale ona ko te tauale e mafai ke āfaina ai o fatugako ma fakafaigatā ai ke toe fakalelei (kikila ki te 'Sick Day Advice')

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