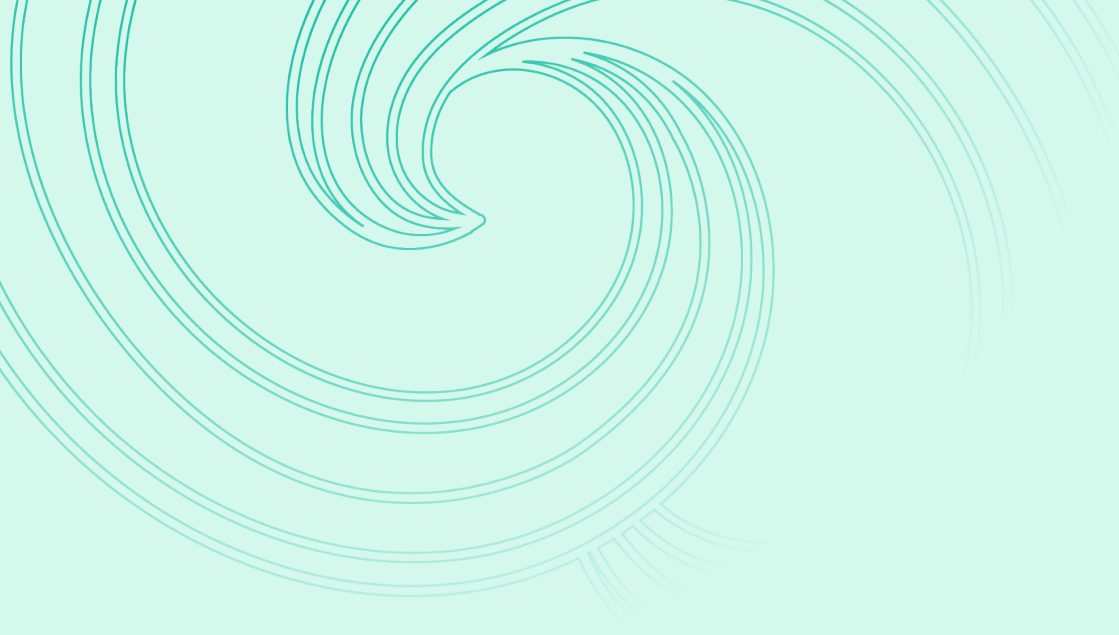


Kidney Health
New Zealand Tākihi Hauora Aotearoa

Toto ma te
tauale fatugako



A large, stylized teal swirl graphic that starts from the top left and curves around towards the right, filling the upper half of the page.

Ko hea ta na fatugako e fai?

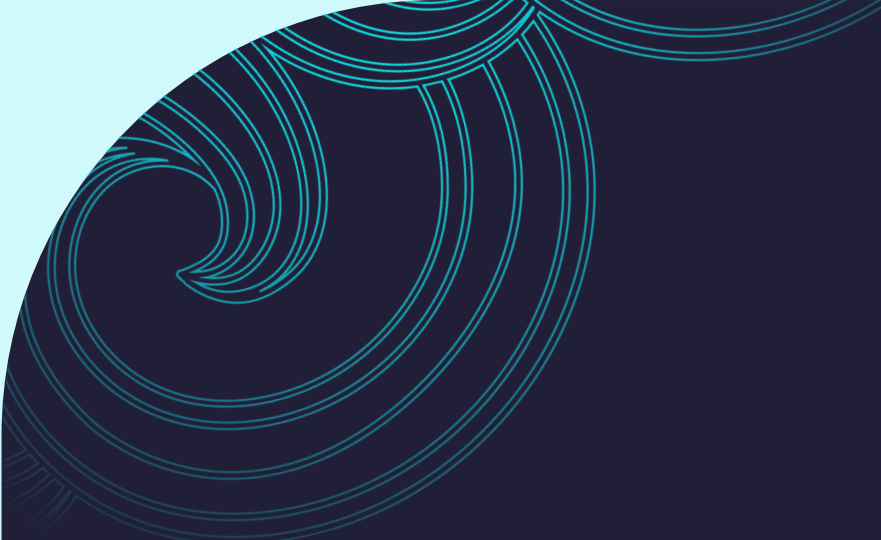
E lua o fatugako. E tutu tafapili I lalo ifo o ivikahokaho I na itū uma o to ivitū ma I tua o to manava. Ko o fatugako e hikomia I ni tamā alātoto e fia miliona ke femalagaaki ai te toto ke fufulu mama.

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.







E vefea ona āfaina na fatugako I te toto maualuga?

Ko te toto maualuga (BP) e iloa foki ko te hypertension. Te maualuga o te BP ko to na uiga ko to tino kua lahi atu tana fōhi (force) e fakaogā ke feeke fakatakamilo ai to toto I to tino kae e femalagaaki ai to toto kui I na ua. Ko na ua taikole ma na ua lalahi e fakaigoa foki ko ni alātoto.

Kafai te BP maualuga e hē fofōgia, e mafai ke fakahētonu ai o fatugako, ko to na uiga, kua hē galulue totoka ve ko te mahaniga na iei. Ko tēnei fakahētonu e takua ko te tauale fatugako fakapokepoke (CKD). Ko te fakahētonu tēnei ki o fatugako e hē mafai ke fofō kae e mafai ke fakaititia ma taukikila.

Ko te BP maualuga e mafai ke āfaina ai o fatugako I ni auala e lahi:

1. Ko te lahi o te fīta I na alātoto:

Te toto maualuga e matea ai te lahi o te fōhi e pūhi ai te toto ke takamilo I na alātoto taikole I loto o fatugako. E mafai ke fakahētonu ai na tamā alātoto. Ko na puipui o na alātoto e mafai ke mafiafia, ma fakataikole ai ia loto o na alātoto e manakomia e te toto ke femalagaaki ai ki te tino kātoa.

2. Fakataikole te tafe o te toto:

Ko na alātoto oē kua fakahētonu e hē mafai ke tiliva ni toto e lava ki na fatugako. Kafai ko na fatugako e hē lava te toto, e hē mafai ke fakatino totoka na galuega.

3. Fakahētonu ki na tissues o na fatugako:

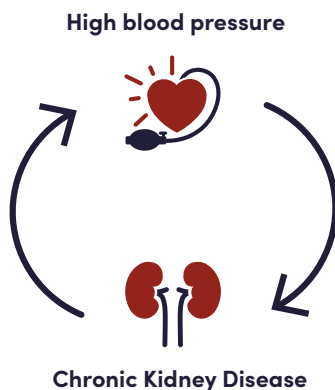
E fanofano foki lava ko te toto BP maualuga ma te taikole o te toto ki o fatugako e mafai ke fakahētonu ai na tissues I loto o ō fatugako e mafua ai te unoko, e atili ai te fakataikole o te mafai e na fatugako ke fakatino na galuega.

4. Fakataikole te mafai ke fakamamā:

Ona ko te fakahētonu o na alātoto ma te hē lava o te toto ke femalagaaki ai kui ki na fatugako, e fakaheai ai te mafai e na fatugako oi fakamamā na kino o te tino ma fakatūmau te paleni o na vaitamini ma na vai I te tino. E mafua ai te teu o te kino I te toto.

5. **Tamilohaga a te kino:**

Ona ko na fatugako e atili te kino ma te galue totoka kua fakaitiitia, ko te vai ma te mahima e toka i loto o te tino. E ono fakalahi ai te BP. Ko tēnei tamilohaga e fakapokepoke, kae ko te toto BP maualuga e fakaatili ai te fakahētonu o na fatugako, ma te taikole o te lelei o na fatugako e fakamaualuga ai te toto BP.



Mo he kotokotoga, ko te toto maualuga BP e mafua ai te tauale fatugako kui i te fakahētonu o na alātoto i loto o na fatugako, e fakataikole ai te lātou mafai ke fakamamā fakalelei te toto. Ko te fakahētonu o na fatugako e mafua atili ai te maualuga o te toto BP.

Ko hea he fuaninumela lelei mo te toto (BP)?

Ko he toto BP lelei e nofo mai i te **120/80mmHg** – e ve ko te “120 ova te 80”.



Tenei te fakauigaga o na fuainumela:

Systolic pressure ko te fuanumela muamua ia ma e ia fuā te fōhi I loto o ō ua lalahi kafai te fatu e ta ke pāmu ai te toto. I tēnei fakatakitakiga ko te systolic pressure e 120 mmHG.

Disatolic Pressure: Ko te numela to na lua tēnei ma e ia fuā te pressure I loto o ua lalahi kafai to fatu e manava I te va o nā tātā. I te fakatakitakiga tēnei ko te diastolic pressure ko te 80mmHg.

Ko to toto BP e `kehekehe I te aho fua ki to fīta, gaoioiga, matua, au mea e kai, kaiga ma te ola malōlō kātoa. Ko te hiaki ho e tāua mō te taukikilaga o te toto BP ma te taukikilaga o te ola malōlo lelei.

Ko te toto BP maualuga e hē fakamautinoa e he hiakiga fokotahi. Te toto BP maualuga e iloa kafai e hiaki I na taimi kehekehe I ni aho kehekehe e maua ai ni tali maualuga e tutuha uma. Kafai ko tō toto BP maualuga na tamā maualuga, e mafai e to fōmai oi onoono.

Kafai to toto BP maualuga e maualga lava, kua pa ki te taimi ke fakataikole ai to toto BP maualuga.

Hea ta au e mafai ke fai kafai au e maualuga toku BP toto?

E lahi na mea e kē mafaia fai ke fehoahoani ai ke fakataikole to toto BP maualuga ma puipui ke na he hiki ki luga.

1. Onoono to toto BP maualuga ma fatu hau peleni:

Fai ni hiakiga ho:

Kef ai ma hiaki ho to toto BP maualuga I to falemai mahani.

Onoonoga I te fale:

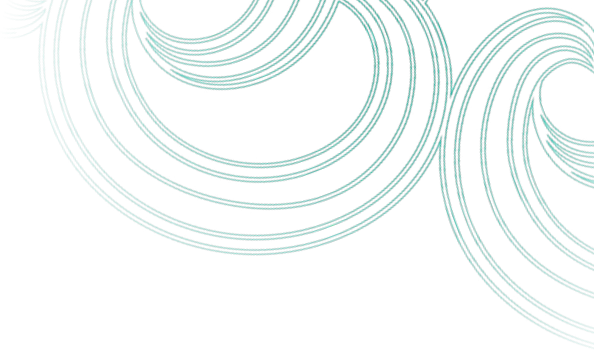
E iei na kope ke mafai ai ke onoono te toto BP maualuga I te fale. E mafai ke iei ni au fakamaumauga o na hiakiga iēnei ma ke fakahoa ki tau fōmai pe ko te teine fōmai. Kafa e hē iei ni au vāega onoono toto BP maualuga vēnei, e lahi na faletalavai e maua fua ai hau kope hiaki toto BP.

Fakatalanoa na togafitiga kehekehe:

Talanoa ma to fōmai agai ki ni huiga ma na fuālakai iē e mafai ke fakataikole ai to toto BP maualuga kafai ko to BP e tūmau te maualuga.

Fatu hau peleni:

Ko te iloa pe vefea ona āfaina to ola malōlo I to toto BP maualuga e mafai ke fehoahoani atu ke nofo totoka ma fakaheai ni iētahi fakafitauli tau te ola malōlo BP. E lahi na falemai e iei ni a lātou Health Improvement Practitioners ma na Health Coaches iē e mafai ke fakatili lelei ai to toto BP maualuga. Kafai e kē fakatinoa ni huiga, e manaia kafai e fakatāmau te onoonoga o to toto BP maualuga ke kikila pe e fehoahoani atu.



2. Fakaogā ma malamalama ki o fuālakai:

- Tāmau te inu o fuālakai iē kua fakatonugia atu ke inu e koe ke fakataikole ai te toto BP maualuga.
- Fakamautinoa e ke iloa pe ko iefea na fuālakai mo to toto BP maualuga.
- Faialoa ki to fōmai, teine fōmai pe he tino talavai kafai e iei ni āfainaga pe ni iētahi fakafitauli agai ki ni fūalakau.
- Kafai ko to toto BP e maualuga lava, toe fano ki to fōmai. Ko au fuālakai e ono tata uke hui, pe e manakomia ni iētahi fuālakai.
- Ko na fuālakai o te toto maualuga e hē tata uke inu kafai koe e puai pe tata, e hē kai pe hē inu, pe e vevela. E mafai ke āfaina o fatugako kafai e kē inua na fualakai iēnei kafai koe e hē mālohi. Fakailoa ki tau fōmai, teine fōmai pe ko te tino talavai kafai e fakaauau to puai, tata, vevela pe e hē kai ma hē inu ova ake ma te 24 itūla. E mafai ke toe kamata au fuālakai kafai koe kua mālohi ma kua toe kai ma inu.

3. Filifili ni itūkaiga meakai ola malōlo kehekehe I aho uma:

- Kai ke lahi ni au laulakau ma fua o lakau, e aofia ai na whole grains.
- Fakaopoopo kiei na huhu e hē lahi te lolo ai, pe ko na huhu e kaumai I na lakau (iē e iei ai te calcium) ki au meakai.
- Fakaopoopo ni polotini ki au meakai ve ko na: legumes, nuts, fatu, ika, ma iētahi kai moana, fuamoa, moa pe ko na meat kuku e hē iei ai te kili.
- Fakataikole te mahima e kē tukua ki au meakai ma limiti na hohi kokona fkt, hohi. Fakaogā na herbs ma na spices ke fakamanogi ai na meakai. Taumafai ke hē iei he mahina I te laulau.
- Fakaitiitia na inu ma na meakai e lahi ai te huka.
- Tipi te kai meakai kua uma te fakaopoopo kiei ni mea vena na meakai mai na falekaiga ona e mahani lahi te mahima ai.
- Kuka I te fale ma fakaogā ni meakai felehi, ma e heki tuku kiei ni iētahi mea (processed foods)



Kikila ki te *'Healthy Eating, Active Living'* mo ni fakamatalaga ki ni fakatutuga mo te fuafuaga o te lahi o na vāega e kai.



Further steps you can take to reduce your BP:



Ke fakatūmau ho mamafa lelei:

- Ko te lūhi o ni tamā pauna e fehoahoani ke fakataikole to toto BP mauuluga.



Ke gaoioi i aho uma:

- Taketi ke maua he 20–30 minute o ni tamā gaoioiga i to aho, ve ko te havalivali, pe ko te kaukau. Ko te gaoigaoi (exercise) e mafai ke aofia ai na fekau i te fale ve ko te halu te fale, moa te vao pe fufulu na famalama.



Tiaki te ulaula:

- Ko te ulaula e mafai ke fakakino ma fakataikole ai o alātoto.
- Hakili fehoahoani mai to falemai mahani pe ko te Quitline ke fehoahoani atu ke tiaki te ulaula.



Fakamautinoa e lava te vai:

- Ko te lahi o te vai e fakamautinoa ai e lava to toto ma e hē mafiafia. Ko tēnei vāega e fehoahoani ki to toto mauuluga. Taumafai ke inu pe he 2L – 2.5L(8–12 ipu) vai i te aho.
- Inu ke lahi ni au vai pe ko na inu iē e lahi ai te vai, ve ko te ti ma te kofe.
- Fakataikole te inu mea huamalie ve ko na fagu inu, energy drinks, sports drinks, ma te juice, ona e mafai ke fakaopoopo ai na pauna.
- E ono tataau ke lahi ni au vai e inu i na tau vevela, pe kafai koe e gaoigaoi.



Fakaitiiti te inu alakaholi:

- Kafai koe e inu alakaholi, fai fuafua. Taumafai ke maua ni aho e lua I te vaiaho e hē iei ai hau alakaholi e inu.



Onoono te fīta ma peleni:

- Ko te fīta, popole, ma te tigāina e āfaina ai to tino ma to toto BP maualuga. Hakili ni auala ke fehoahoani atu ke fakataikole to toto BP maualuga fkt. tatalo, koleni o te manava, yoga pe ko te tai chi e mafai ke fehoahoani at uke fakataikole o lagona fīta.
- Onoono totoka na tigāina o te tino iē e mafai ke fakaahofia ai te fīta.
- Fakamautinoa e lava tau moe. Taketi ki he 7-8 itua e moe lelei ai koe I po uma. Ko te hē lava o te moe e mafai ke fakafīta ai to tino ma to mafaufau ma āfaina ai to toto BP maualuga.
- Talanoa agai ki na auala ke fakaitiiti ai te fīta ma he Tino Fakapitoa o te Ola Malōlo pe hē Tino Koleni Fakapitoa i to falemai mahani ma fatu he peleni e talafeagai mo koe.

Kafai e kē faia na hitepu iēnei ma galuega tafapili ma te kauhaga a to falemai, e mafai ke kikila totoka to toto BP maualuga ma fakataikole to mafai ke iei ni iētahi fakafitauli tau te ola malōlo, ve ko tauale fatugako fakapokepoke, tauale fatu ma te stroke.

Mo ni iētahi fautuaga, fakamolemole talanoa ki to fōmai pe ko he teine fōmai, pe contact Kidney Health NZ I te [kidney.health.nz](https://www.kidney.health.nz)

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