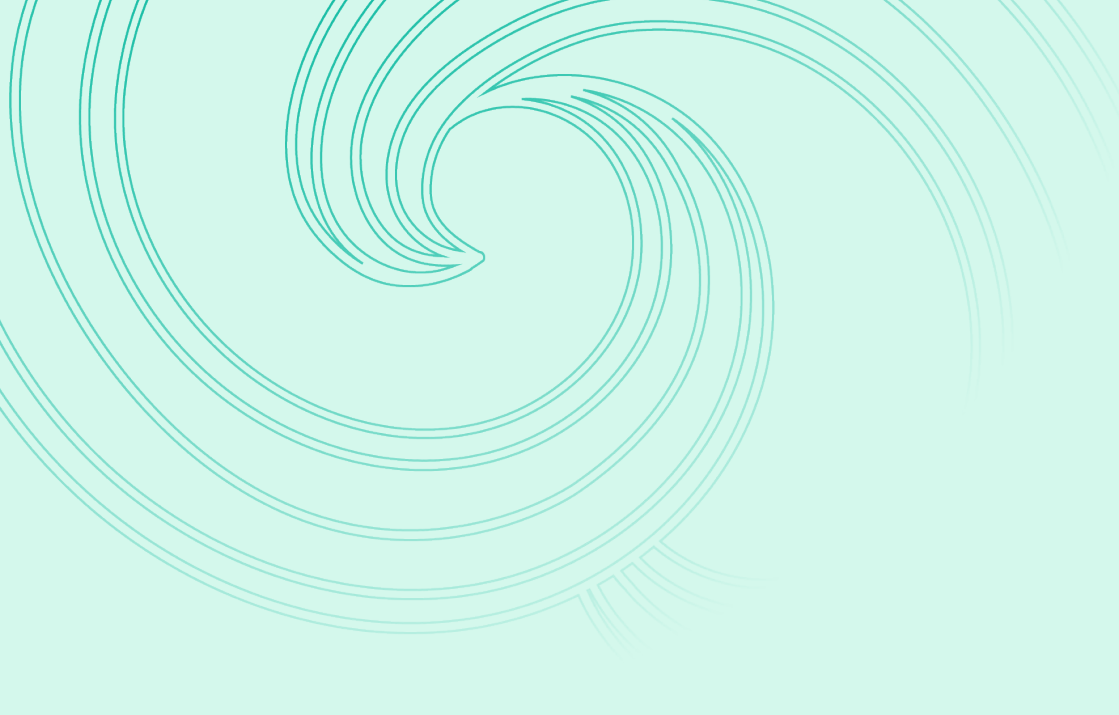


Mahaki Suka´ pea mo e Mahaki´ia fuoloa ´o e Kofuua´ (CKD)





Ko e hā e ngāue 'a e kofuua' 'oku fai'?

'Oku ua 'a e kofuua 'i ho sino'. 'Oku' na nofo tonu 'i lalo 'i ho vakavaka' 'i he ongo tafa'aki ho huitu'a' pea 'i mui foki 'i ho kete'. Ko ho ongo kofuua' 'oku fonu 'i he ngaahi kālava iiki 'a ia 'oku fakafou atu ai 'a e toto' ke fai hono sivi mo fakama'a.

'Oku' na fakapapau'i 'a e tauhi 'o e naunau fakatupuivi mo e vai he toto', pea mo hono tukuange atu 'a e toenga vai 'oku 'ikai ke fiema'u' 'i he tu'uofi'. 'Oku tukuange atu leva 'a e toto ma'a kuo 'osi sivi' ke ne fakahoko lelei 'a e ngāue ki he toenga 'o e sino'. 'Oku toe tokoni foki 'a e kofuua' ki hono mapule'i 'a e mā'olunga lelei 'a e toto' pea 'oku' ne to e fakatupu foki mo e huhu'a toto lanu kulokula' (red blood cells).

‘Oku fakamatala’i ‘a e founa ki he ngāue lelei ho ongo kofuua’ ‘i he fatongia ‘oku’ ne fakahoko’. Ko e ‘ikai ko ē ke fakahoko lelei hono fatongia’ ‘oku’ uHINGA leva ia ko ho ongo kofuua’ kuo hoko e maumau ki ai pea ‘oku’ ‘ikai ke to e ngāue lelei ia hangē ko ‘ene mo’ui lelei’.



‘Oku anga fēfē ‘a e uesia ‘e he mahaki suka´ ‘a e kofuua´?

‘I he taimi ‘oku fokoutua ai ha taha ‘i he mahaki suka´, ‘e lava ke ma’olunga ‘a e suka ‘i he toto´. Hili ha ngaahi taimi ‘e lava ‘e he fu’u ma’olunga ‘a e suka´ ke fakatupu ha maumau ki he me’a sivi ‘o e kofuua´. ‘E hoko leva ai ‘a e:

1. ‘Asi ‘a e Polotini pe ‘oku ‘iloa ko e protein ‘i he tu’uofi´:

‘Oku fiema’u ‘e hotau sino´ ‘a e polotini´ pea ‘oku fa’a nofo pē ia ‘i he toto´. ‘I he taimi kuo maumau ai ‘a e me’a sivi ‘o e kofuua´, ‘oku fa’a mama ‘a e polotini´ ‘o tukuange fakataha mo e tu’uofi´. Ko ha ngaahi fuofua faka’ilonga eni ‘oku ‘i ai ‘a e palopalema ki he kofuua´.

2. Toto ma’olunga (BP) pe ko e fu’u mālohi ange ‘a e tā ‘o e mafu´ (hypertension):

‘I he taimi ‘oku maumau ai ‘a e ngaahi halanga toto ‘o e kofuua´, ‘e lava ke to e matolu pea fō si’i ange ‘a e halanga toto´. ‘I he ‘ene pehē, ‘e to e fiema’u ke to e mālohi ange ‘a e tā ‘a e mafu´ ke tufaki ‘a e toto´ ‘o fakafou ‘i he kofuua´. Ko e to e mālohi ange ai ‘a e tā ‘a e mafu´.

3. Maumau kihe tisiū (tissues) ‘o e kofuua´:

‘O tupunga ai ‘a e maumau pea mo e mahaki’ia fuoloa ‘a e kofuua´ (CKD).

4. Tu’unga faka’osi ‘o e mahaki ‘o e fatú:

Hili ha ngaahi taimi, ‘e lava ke fakalalahi ‘a e maumau´ ‘o a’u ki ha tu’unga ‘e fiema’u ke fetongi ‘a e kofuua´ pe fakahoko ma’u pē ‘a hono fakama’a ‘o e toto´ pe ‘oku ‘iloa ko e dialysis.

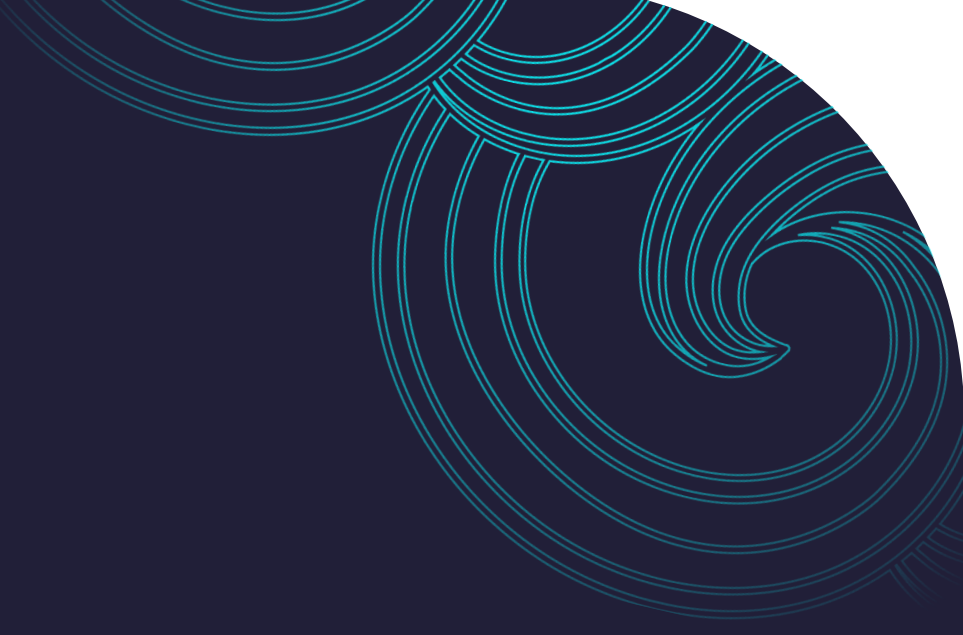
Mahaki Suka´ mo e mahaki´ia fuoloa ´a e kofuua´:

Ko e Mahaki´ia fuoloa ´o e kouua´ (CKD) ko ha maumau ki he kofuua´ pea a´u pē ki ha tūkunga ´oku ´ikai ke to e ngāue lelei ´a e kofuua´ ke fakahoko hono fatongia angamaheni´. ´E ´ikai lava ke to e faito´o ´a e maumau ki ho kofuua´ kā ´e lava ke ta´ota´ofi ´a e maumau ´oku hoko´.

´Oku hoko ´a e mahaki Suka´ ko e tefito´i ´uhinga ia ´oku´ ne fakatupu ´a e mahaki´ia ´o e kofuua´ pe CKD ´i Nu´u Sila´ ni. Ko e kāinga Mauli, Pasifiki, ´Initia pea mo e kau ´Ēsia kuo nau fokoutua ´i he Mahaki Suka´ ´oku tokolahi taha ´enau ma´u ´a e mahaki´ia ´o e kofuua´ pe CKD.

´Oku to e lava foki ´e he ma´olunga ´o e suka´ ´i he toto´ mei he mahaki suka´ ´o maumau´i ´a e halanga toto (kalava) ´i he ´uto´, mata, mafu mo e va´e´ pea to e fakatupunga ´a e pā kalava´, mole ´a e sio´, mahaki mafu´ pe halanga toto ki he va´e´.





‘E anga fēfē ha‘aku ta‘ofi ha maumau ki hoku kofuua’ lolotonga ‘oku ou fokoutua ‘i he mahaki suka’?

Kapau ‘oku’ ke lolotonga fokoutua ‘i he mahaki suka’, ‘oku fu‘u mahu‘inga ‘a ho‘o tokanga‘i lelei ‘a e ma‘olunga ‘o e suka ‘i ho toto’ ke lava ‘e he kofuua’ ‘o sivi pea ta‘ota‘ofi ha to e maumau ki he kofuua’.

‘E alea‘i ‘e ho‘o toketā fakafāмили’ pe neesi’ ha taimi pau ke sivi ai ho toto’ ke vakai‘i ‘a e fatongia ‘o e kofuua’ pea vakai pe ‘oku’ i ai ha polotini ‘i ho‘o tu‘u ofi’.

Ko ha ngaahi me'a kehe te ne lava ke ta'ota'ofi 'a e ngaahi mahaki ki he kofuua' 'oku kau ai 'a e:

✓	Holoki 'a e mālohi 'a hono pamu 'o e toto' 'e he mafu'
✓	Ma'u ha me'atokoni fakatupu mo'ui lelei
✓	Pukepuke ha sino 'oku mamafa fe'unga moe mo'ui lelei' pē fakaholo 'o kapau 'oku fiema'u
✓	Longomo'ui ma'u pē he 'aho kotoa – ngaungaue ka e 'oua 'e lahilahi tangutu
✓	Inu ha vai fe'unga ki ho sino' pe toe inu kehe kae fe'unga tatau
✓	Ta'ofi 'a e mama tapaka'
✓	Ma'u 'a ho'o ngaahi faito'o' pe fo'i 'akau mei he toketaa'

Ki ha to e fale'i makehe, Kātaki 'o fetu'utaki ki ho'o toketaa' pē neesi', pē fetu'utaki ki he Kidney Health NZ 'i he [kidney.health.nz](https://www.kidney.health.nz)

Ki ha to e fale'i makehe, Kātaki 'o fetu'utaki
ki ho'o toketaa' pē neesi', pē fetu'utaki ki
he Kidney Health NZ 'i he [kidney.health.nz](https://www.kidney.health.nz)

Kidney Health
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