

# Liliu ho‘o mo‘ui´

ta‘ofi ‘a e mamahi ‘o e kauti´  
‘aki hono tuku hifo ki lalo  
ho‘o ‘iuliki ‘ēsiti´



# ‘Oku ‘ikai ko ho‘o fo‘ui ‘a e kauti’

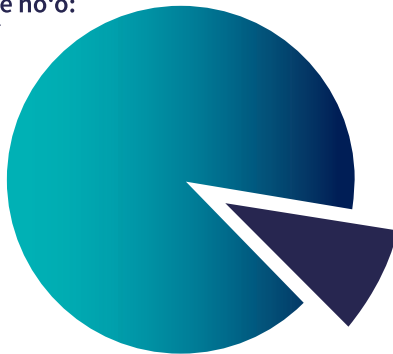
‘Oku fakakaukau ‘a e kakai tokolahi ia ‘oku fakatupu ‘a e kauti’ ‘e he me‘akai’ mo e inu’ ‘o hangē ko e me‘a tahi’, kakano‘i manu’ mo e pia’.

Na‘e ‘ilo ‘e ha fakatotolo ia ‘i Nu‘u Sila’ ko e me‘a ‘oku ke kai’ mo inu’ ‘oku ne ‘ai pe ha faikehekehe ‘o e 10% ki ho‘o ‘iuliki ‘ēsiti’ (‘oku toe ui foki ko e ‘iulati’ (urate)).\*

90%

‘a e mā‘olunga ‘o e ‘iuliki ‘ēsiti’ ko e fakatupu ia ‘e ho‘o:

- tupu‘anga’
- kofuua’
- mamafa’



10%

‘a e mā‘olunga ‘o e ‘iuliki ‘ēsiti’ ko e fakatupu ia ‘e he me‘akai’ mo e inu’

‘Oku fakatupu ‘a e kauti’ ‘e he fu‘u lahi ‘o e ‘iuliki ‘ēsiti’ ‘i ho toto’. Ko e tokolahi ‘o e kakai Māori mo e kakai Pasifiki kuo hanga ‘e honau tupu‘anga’ ‘o ta‘ofi honau kofuua mei hono tuku ange ki tu‘a ‘o e ‘iuliki ‘ēsiti’ ‘i he‘enau tu‘u ofi’.

‘Oku nōmolo pē ia ke ma‘u ‘a e ‘iuliki ‘ēsiti’ ‘i hotau toto koe‘uhi’ he ‘oku fiema‘u ‘e hotau ngaahi sino ha ‘iuliki ‘ēsiti’. Ko e kakai tokolahi ‘oku nau tuku ange ki tu‘a ha toe ‘iuliki ‘ēsiti’ ‘i he‘enau tu‘u ofi’.

Ko e tokolahi taha ‘o e kakai Māori’ mo e kakai Pasifiki’ ‘e fiema‘u ia ke nau folo ha faito‘o ‘iuliki ‘ēsiti’ ke tuku hifo ‘aki ki lalo honau ‘iuliki ‘ēsiti’.

\*Mo e ‘ū tokoni kehe’. Fakafuofua‘i ‘o e ma‘u me‘atokoni’ mo ‘ene kaunga ki he ‘ū lēvolo ‘o e lahi ‘o e ‘iuliki ‘ēsiti’ ‘i ho toto’: fakaikiiki ‘o e fakamatala ‘o e kakai ‘o e fonua’ ‘o makatu‘unga he fevahevahe‘aki BMJ 2018; 363: k3951 doi:10.1136/bmj.k3951

# ‘Oku fakatupu ‘a e kauti ‘e he fu‘u lahi ‘o e ‘iuliki ‘ēsiti ‘i ho toto ‘



‘Oku hoko ‘a e ‘ū ‘ohofi ‘a e kauti ‘i he taimi ‘oku fu‘u lahi ai ‘a e ‘iuliki ‘ēsiti ‘i ho toto ‘ pea liliu ‘a e ‘ēsiti ki ha ‘ū kilisitala māsila ‘aupito ‘i ho ngaahi hokotanga hui ‘. ‘Oku lava ‘e he ‘ū kilisitala ko ‘eni ‘ ‘o maumau ‘i ho ‘ū hokotanga hui ‘, ngaahi hui ‘ mo e kofuua ‘.

‘Oku ‘ikai mavahe ‘a e kauti ia ‘i he taimi ‘oku mole atu ai ‘a e mamahi ‘o e ‘ohofi ‘a e kauti ‘. ‘Oku kei fu‘u lahi pe ‘a e ‘iuliki ‘ēsiti ia ‘i ho toto ‘ pea mo e ‘ū kilisitala ‘i ho ‘ū hokotanga hui ‘. ‘Oku ‘uhinga ‘eni ia ‘oku ke kei ma‘u pē ‘a e kauti ‘.

‘Oku ma‘u pē ‘e he kau tangata Māori mo e kau tangata ‘o e Pasifiki ha kauti kovi ‘aupito ki mu‘a ia ‘i he ‘ū matakali kehe ‘. Ko ia ai ‘e fiema‘u ia ke fakapapau ‘i ‘e he kau talavou Māori mo e kau talavou ‘o e Pasifiki ‘ ke folo ‘a e faito‘o ‘iuliki ‘ēsiti ‘ ‘i he taimi ‘oku nau ta‘u 20 mo 30 tupu ai ‘.

# ‘Oku uesia ‘e he ‘ū ‘ohofi ‘a e kauti ‘a ho‘o mo‘ui



**‘Oku lava ke maumau‘i ‘e he ‘ū ‘ohofi ‘a e kauti ho ‘ū hokotanga hui , ngaahi hui mo e kofuua .**

‘Oku ta‘ofi koe ‘e he ‘ū ‘ohofi ‘a e kauti mei he:

- ngāue
- va‘inga mo ho‘o fānau
- va‘inga sipoti
- ‘alu ‘o uku pea mo taumata‘u
- ‘eva mo e fāmili mo e ngaahi kaungāme‘a
- ‘alu ki he lotu mo e ‘ū me‘a fakakomiuniti .

# Liliu ho‘o mo‘ui´ – ta‘ofi e ‘ū ‘ohofi ‘a e kauti´ ‘aki hono tuku hifo ki lalo ho‘o ‘iuliki ‘ēsi´



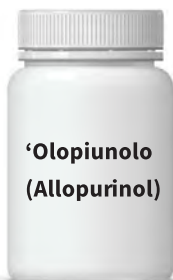
# ‘E anga fēfē ha‘aku tuku hifo ki lalo ‘eku ‘iuliki ‘ēsitī’?

Folo ‘a e faito‘o ‘iuliki ‘ēsitī ‘i he ‘aho kotoa pē ke tuku hifo ‘aki ki lalo ho‘o ‘iuliki ‘ēsitī’.

‘Oku ‘i ai ha kalasi faito‘o ‘iuliki ‘ēsitī ‘e tolu’. ‘E fakamatala‘i atu ‘e ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ pe ko e fē ‘a e faito‘o ‘iuliki ‘ēsitī ‘oku totonu ki ate koe’ pea ko e hā hono ‘uhinga’. Te nau toe talanoa foki ki ate koe fekau‘aki mo e founda ke ma‘u ai ho‘o faito‘o ‘iuliki ‘ēsitī’.

**Ko e ‘ū faito‘o ‘iuliki ‘ēsitī ko ‘eni’  
‘oku ne ta‘ofi hono ngaohi ke fu‘u lahi  
‘a e ‘iuliki ‘ēsitī ‘i ho sino’**

**‘Oku tokoni ‘a e faito‘o ‘iuliki ‘ēsitī  
ko ‘eni’ ki ho sino’ ke tuku ange ki  
tu‘a ha toe ‘iuliki ‘ēsitī kehe ‘i ho‘o  
tu‘u ofi’i**



Te ke kamata pē ‘i ha lēvolo ma‘ulalo ‘o e faito‘o ‘iuliki ‘ēsitī’. ‘E toe fakalahi ange ho‘o faito‘o ‘i he māhina kotoa pē kae ‘oua kuo ‘alu hifo ki lalo ho‘o ‘iuliki ‘ēsitī ki he .36 mmol/L pe .30 mmol/L ‘o kapau ‘oku ke ma‘u ha ‘ū konga kilisitala ‘o e ‘iuliki ‘ēsitī ‘i ho kili’.

**Kuo pau ia ke ke folo ho‘o faito‘o ‘iuliki ‘ēsitī ‘i he ‘aho kotoa pē.** Kapau te ke ta‘ofi ho‘o folo ho‘o faito‘o ‘iuliki ‘ēsitī’, ‘e vave ‘aupito ‘a e tupulaki ho‘o ‘iuliki ‘ēsitī’. Te ke ma‘u ha ‘ohofi fakamamahi ‘o e kauti’.

‘Oku lava pe ke ‘ohofi koe ‘e he kauti’ ‘i ho‘o fuofua kamata folo ai ‘a e faito‘o ‘iuliki ‘ēsitī’ ‘i he taimi ‘oku tuku ange ai ‘e ho‘o sino ha toe ‘iuliki ‘ēsitī kehe kuo ‘osi ‘i ho sino’.

Ke tokoni‘i koe ke mapule‘i ha fa‘ahinga ‘ohofi ‘a e kauti’, ‘e ‘oatu ‘e ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ ha faito‘o ‘ohofi kauti ke ke folo he māhina ‘e 3 ki he 6 ‘i he taimi ‘oku ke fuofua kamata folo ai ‘a e faito‘o ‘iuliki ‘ēsitī’.

# Fakapapau'i ke folo 'a e faito'o 'iuliki 'ēsiti'



Talanoa mo ha taha 'oku ke falala ki ai' ke tokoni atu 'i ho'o fili'.  
 Hiki ha lisi 'o e 'ū me'a 'oku lelei' pea mo e 'ū me'a 'oku 'ikai ke fu'u lelei fekau'aki mo hono folo 'o e faito'o 'iuliki 'ēsiti'.

'E tokoni 'eni ke ke fakapapau'i pe te ke folo 'a e faito'o 'iuliki 'ēsiti'.

Ko e hā 'a e <b>lelei</b> 'oku fekau'aki mo hono folo 'o e faito'o 'iuliki 'ēsiti'.	Ko e hā 'a e me'a 'oku ' <b>ikai ke fu'u lelei</b> fekau'aki mo hono folo 'a e faito'o 'iuliki 'ēsiti'.
'I kai ke toe mamahi'	Ko e manatu'i ke folo 'a e 'ū faito'o' 'i he 'aho kotoa pē
Kei ma'u pē 'eku ngāue' pea mo tokoni'i hoku kāinga' /fāмили'	

Ko 'eku fili 'eni':

Folo 'a e faito'o 'iuliki 'ēsiti'

'Oua 'e folo 'a e faito'o 'iuliki 'ēsiti he taimi' ni'

# ‘Ū faito‘o kauti´

## 1. ‘Ū faito‘o ‘iuliki ‘ēsiti´ – ke tuku hifo ‘aki ki lalo ho‘o ‘iuliki ‘ēsiti´

Folo ‘a e faito‘o ‘iuliki ‘ēsiti´ ‘i he ‘aho kotoa pē. He te ne ta‘ofi hono ‘ohofi koe ‘e he kauti´.

**Ko e ‘ū ola kovi ‘o e ‘ū faito‘o ‘iuliki ‘ēsiti´** – ta‘ofi hono ma‘u ho‘o faito‘o ‘iuliki ‘ēsiti´ ‘o kapau te ke ma‘u ha petepete kovi ‘i ho kili´. Talaange leva ki ho‘o toketā, neesi´ pe tokotaha hu‘ivai´. ‘E fiema‘u ia ke ke liliu ki ha faito‘o ‘iuliki ‘ēsiti´ e taha´.

## 2. ‘Ū faito‘o ki he ‘ohofi ‘a e kauti´ – faito‘o ki he mamahi ‘o e ‘ū ‘ohofi ‘a e kauti´

‘E fiema‘u ia ke ke ma‘u ha faito‘o lēvolo ma‘ulalo ki he ‘ohofi ‘a e kauti´ ke ta‘ofi ‘aki ‘a e ‘ū ‘ohofi ‘a e kauti´ ‘i ha māhina ‘e 3 ki he 6 ‘i he taimi ‘oku ke kamata ai ho‘o faito‘o ‘iuliki ‘ēsiti´. ‘Oku fiema‘u ha taimi ke tuku hifo ai ki lalo ‘a ho‘o ‘iuliki ‘ēsiti´.

‘Oku lava foki ‘e ho‘o toketā, neesi´ pe tokotaha hu‘ivai´ ‘o ‘oatu ha faito‘o ‘e taha ange ke ke folo ‘i ha uike ‘e taha´ telia na‘a ke ma‘u ha ‘ohofi kovi ‘o e kauti´.

Ko e ‘ū ola kovi ‘o e ‘ū faito‘o ki he ‘ohofi ‘a e kauti´ – ta‘ofi hono folo ‘o e ‘ū faito‘o ki he ‘ohofi ‘a e kauti´ ‘o kapau te ke lua´, mamahi lahi ‘aupito ‘i ho‘o kete´ pe toto ‘i ho‘o tu‘u mama‘o´. Talaange leva ki ho‘o toketā, neesi´ pe tokotaha hu‘ivai´. ‘E fiema‘u ia ke ke liliu ki ha toe faito‘o ‘e taha ki he ‘ohofi ‘a e kauti´.



### ‘Ū faito‘o ki he ‘ohofi ‘a e kauti´

Kolokasane (Colchicine) –

Kolokauti (Colgout)<sup>®</sup>

Puletenāsone (Prednisone) –

‘Eipo (Apo)- Puletenāsone (Prednisone)<sup>®</sup>

Naipolokiseni (Naproxen) –

Noame (Noam)<sup>®</sup> pe Naipolosini (Naprosyn)<sup>®</sup>

Taikolofīnaki (Diclofenac) –

Volotāleni (Voltaren)<sup>®</sup>

Taikolofīnaki (Diclofenac) –

Sanitosi (Sandoz)<sup>®</sup>



# Kamata ‘i he faito‘o ‘iuliki ‘ēsitī

## ‘Olopiunolo (Allopurinol) pe Polopenesati (Probenecid) pe Fipokisītaati (Febuxostat)

Siakale‘i ho‘o faito‘o ‘iuliki ‘ēsitī pe fakafonu ‘a e fakaikiiki ho‘o faito‘o – ‘oku ke kamata ‘i ha lēvolo ma‘ulalo ‘o fakalahi fakamāhina ai ki he lēvolo totonu kiate koe’

Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/
Folo ‘i he ‘aho kotoa pē	mei	/	/	‘o a‘u ki	/	/

Lēvolo totonu kiate koe’ - folo ‘i he ‘aho kotoa pē

## Faito‘o ki he ‘ohofi ‘a e kauti – Kolokasane (Colchicine)–māhina ‘e 3 ki he 6 ke ta‘ofi ‘aki ‘a e ‘ū ‘ohofi ‘a e kauti’

Mei / / ki / / ‘ū fo‘i‘akau mg

## Faito‘o taimi nounou ki he ‘ohofi ‘a e kauti – Puletenāsone (Prednisone)/Naipolokiseni (Naproxen)/Taikolofīnaki (Diclofenac) ‘i he ‘aho kotoa pē ke faito‘o‘aki ha ‘ohofi vave ‘a e kauti’

Muimui ki he ‘ū fakahinohino ‘i he tēpile’.

## Mahu‘inga

- Ke folo ‘a ho‘o faito‘o ‘iuliki ‘ēsitī ‘i he ‘aho kotoa pē neongo ‘o kapau ‘e ‘ohofi koe ‘e he kauti’.
- Seti‘i ha fakatokanga ‘i ho‘o telefoni’ ke fakamanatu atu kiate koe’ ke folo ho‘o ‘ū faito‘o ‘i he ‘aho kotoa pē pe ko e ‘ai ha taha’ ke ne fakamanatu atu kiate koe’.
- ‘Oua na‘a ke folo ha ‘ū faito‘o kauti motu‘a kuo ke ‘osi ma‘u ta‘e te ke ‘eke ki ho‘o toketā, neesi’ pe tokotaha hu‘ivai’ ‘o kapau ‘oku totonu ‘a e faito‘o kiate koe’.
- Tauhi ‘a ho‘o ‘ū faito‘o ke malu’ – ‘i ha feitu‘u mā‘olunga pea ‘e ‘ikai ke a‘u ki ai ‘a e fānau’.



# Talanoa kauti ‘a Mātiu’

## **Na‘a ke ta‘u fiha’ ‘i he taimi na‘a ke fuofua ma‘u ai ‘a e ‘ū ‘ohofi ‘a e kauti’?**

‘Oku ou tui na‘a ku ta‘u 23 ‘i he‘eku fuofua kauti’. Ne u fakakaukau kuo u maumau‘i hoku motu‘a‘i va‘e’. Na‘a ku ‘ilo‘i pē ko e hā ‘a e me‘a ko e kauti’ he koe‘uhi’ na‘e kauti ha kau tangata tokolahi ‘i hoku kāinga’, ka na‘a nau ta‘u motu‘a ange kinautolu ‘iate au’. ‘I he‘eku ketu atu ki he ngāue’, na‘e sio mai hoku kaungā ngāue ki hoku va‘e’ pea ne pehē mai “Toko, ‘oku ke kauti’”. Ne u pehē ‘e au ‘oku hala ‘ene ma‘u’, ka ‘i he ‘osi ha ‘ū ‘aho ‘o e mamahi’ na‘a ku sio ki he‘eku toketā pea na‘a ne fakapapau‘i mai ko e kauti’.

## **Na‘e uesia fēfē koe ‘e he ‘ū ‘ohofi ‘a e kauti’?**

Kovi atu e kauti’. ‘I he taimi ne ‘ohofi ai au ‘e he kauti’, ne u ongo‘i leva ko ha ta‘elavame‘a’ pea ‘ilo‘i ‘e pehē ‘e he tokotaha kotoa pē ne u fe‘iloaki mo ia “Ko e inu pia ē” pe “Fu‘u lahi e kai kina’, Mātiu”. He ‘ikai ke ke manuki‘i ha taha ‘oku mahaki hela’ ka ko e hā ‘oku sai ai pe ke manuki‘i ha taha ‘oku kauti’.

‘I he taimi na‘e fu‘u kovi ai ‘a hono mapule‘i hoku kauti’, na‘e uesia ai mo ‘eku ngāue’. ‘Oku ‘i ai ‘eku ngāue ‘oku ne tokoni‘i mo tuku ha taimi ke fakaakeake ma‘u pē, ka na‘a mo e tokoni ko ia’ ‘e lava pē ke mole ta‘e‘aonga’. Na‘a ku fehi‘a ‘i he fa‘a taimi lahi ‘eku nofo he ngāue’ mo e maumau taimi pē ‘i he sea’. Na‘e toe ‘uhinga foki ko e pau ke fai ‘e hoku hoa ia ‘a e 110% ‘o e tauhi fānau pea mo tokanga‘i e fale’. Na‘e uesia lahi ‘eni ‘a e ongo na‘a ku ma‘u kiate au’.

‘Oku ou sai‘ia he fakamālohisino hiki me‘a mamafa’. Na‘e ‘ikai ke u lava ‘o fai ‘eni ‘i he taimi na‘e ‘ohofi ai au ‘e he kauti’. Hili ha taimi si‘i mei hono ‘ohofi au’ na‘e ‘ikai pe ke u lava ‘o ngāue‘i ‘a e hokotanga hui 100%. Ko e fakamālohisino ko ha kongia ia ‘o ‘eku tokanga‘i au’ pea ‘i he taimi ‘oku ‘ikai ko ha kongia ia ‘o ‘eku mo‘ui’, ‘oku ou ongo‘i hangē ha veve’.

## **Ko e hā e me‘a na‘a ne ‘ai ke ke fili ke kamata folo ‘a e ‘olopiunolo’?**

Kuo u ‘ilo ma‘u pē fekau‘aki mo e ‘olopiunolo’ pea mo hono ‘ū lelei’. Kiate au’, ko e ‘ā vahevahe ki hono folo ‘o e ‘olopiunolo’ ko e tokanga‘i ‘o e founga ‘oku ma‘u, tauhi, mo ‘ave ai ‘a e ‘ū ma‘u‘anga tokoni’ ki he feitu‘u ‘oku nau fakataumu‘a ki ai’. Ko e lau ‘a e faka‘ilonga’ “Folo he taimi kai pongipongi” ...

ka ‘oku ‘ikai ke u kai pongipongi’, ko ia ai te u tatali ki he kai ho‘atā, ka ‘oku ngalo leva ia ‘iate au’. Pea ‘oku hoko atu ‘eni ia ‘o fuoloa fe‘unga ke ‘oua na‘a ku folo ‘eku ‘olopiunolo’ ‘i ha ngaahi māhina’. ‘I ha ‘aho ‘e taha na‘e lea mai ai kiate au hoku tokoua’ ‘oku toe kauti foki mo ia’ “Toko’ folo ‘i ha fa‘ahinga taimi pē. ‘Oku lelei ange ke folo te‘eki ai ke kai’, ‘i he‘ene tangutu ‘i he kōpate’”.

## **‘Oku fēfē ‘a e kehekehe ‘a ho‘o mo‘ui he taimi’ ni’?**

Kuo u fononga ‘i he vaha‘a lōloa taha ‘o e ‘ū ‘ohofi’ pea ko ha fu‘u ikuna lahi ia’.

# Talanoa kauti ‘a Lūkasi ‘\*

## **Na‘a ke ta‘u filha ‘i he taimi na‘a ke fuofua ma‘u ai ‘a e ‘ū ‘ohofi ‘a e kauti ‘?**

Na‘a ku ma‘u ‘eku fuofua ‘ohofi ‘e he kauti ‘i hoku ta‘u 23. Na‘e ‘ikai ke u ‘ohovale – tokolahi ‘eku ngaahi fa‘ētangata ‘ pe ngaahi tamai ‘ mo hoku ngaahi kāinga ta‘u motu‘a ange ‘oku nau kauti ‘.

## **Na‘e uesia fēfē koe ‘e he ‘ū ‘ohofi ‘a e kauti ‘?**

Na‘e fakamamahi ‘aupito ‘a e ‘ū ‘ohofi ‘ ka na‘e ‘ikai ke fa‘a fuoloa ‘i he kamata‘anga ‘. Te u ta‘engāue ha ‘ū ‘aho pea sai ‘ kehe pe ke u folo ki mu‘a ‘a e ‘ū fo‘i‘akau ki he langa ‘.

## **Ko e hā ‘a e me‘a na‘a ne ‘ai ke ke fili ke kamata folo ai ‘a e ‘olopiunolo ‘?**

‘I hoku ta‘u 27 ne u ma‘u ha ‘ohofi kovi ‘aupito ‘. Na‘a ku folo ha ‘ū fo‘i‘akau lahi ki he langa ‘ pea na‘e ‘ikai pē ke mole atu ‘a e langa ia ‘. Na‘e ‘ikai ke u lava ‘o ‘alu ki he ngāue ‘. Ne u ma‘u leva ha mamahi lahi ‘i hoku kete ‘ pea u ‘alu ki he toketā. Na‘a ne talamai ko e ‘ū fo‘i‘akau ki he langa ‘ ‘oku ne ‘omi ‘a e mamahi ki hoku kete ‘ pea na‘e pau ke u ta‘ofi leva ‘eku folo kinautolu ‘. Na‘a ne talamai fekau‘aki mo e ‘olopiunolo ‘ ka na‘e ‘ikai ke u fiema‘u ke kamata folo fo‘i‘akau he ‘aho kotoa pē. Na‘a ku fu‘u kei ta‘u si‘i ki ai ‘.

Na‘e pau ke u mavahe mei hoku feleti ‘ pea u foki ki ‘api ke nofo mo ‘eku fa‘ē pea na‘a ne fai ‘a e me‘a kotoa pē ma‘aku koe‘uhi ‘ ko e me‘a pē na‘a ku lava ‘o fai ko e tokoto ‘i he sea sofa ‘. Pea na‘e ha‘u ‘eku pule ngāue ‘o ‘omi ha tohi ‘o talamai ‘e mole ‘eku ngāue ‘. ‘Oku ou ‘ofa mo‘oni ‘i he‘eku ngāue ‘ pea na‘a ku sai ai ‘. Pea na‘e ‘ikai ke u fie hoko ko ha kavenga ki he‘eku fa‘ē – na‘a ku fiema‘u ke u tokoni kiate ia ‘. Ko ia ai ‘ ne u ‘alu ki he GP ‘o kamata folo e ‘olopiunolo he ‘aho pē hono hoko ‘. Na‘e fe‘unga mo e māhina ‘e 6 ke tuku hifo ai ki lalo ‘eku ‘iuliki ‘ēsiti ‘ pea na‘e ‘i ai ha ‘ū ‘ohofi au ‘i he taimi na‘e ma‘u ai ‘e he toketā ‘a e ‘olopiunolo lēvolo totonu ‘ ka na‘e ‘i ai ha toe faito‘o langa pe ki ai pea u lava ai ke mapule‘i ‘.

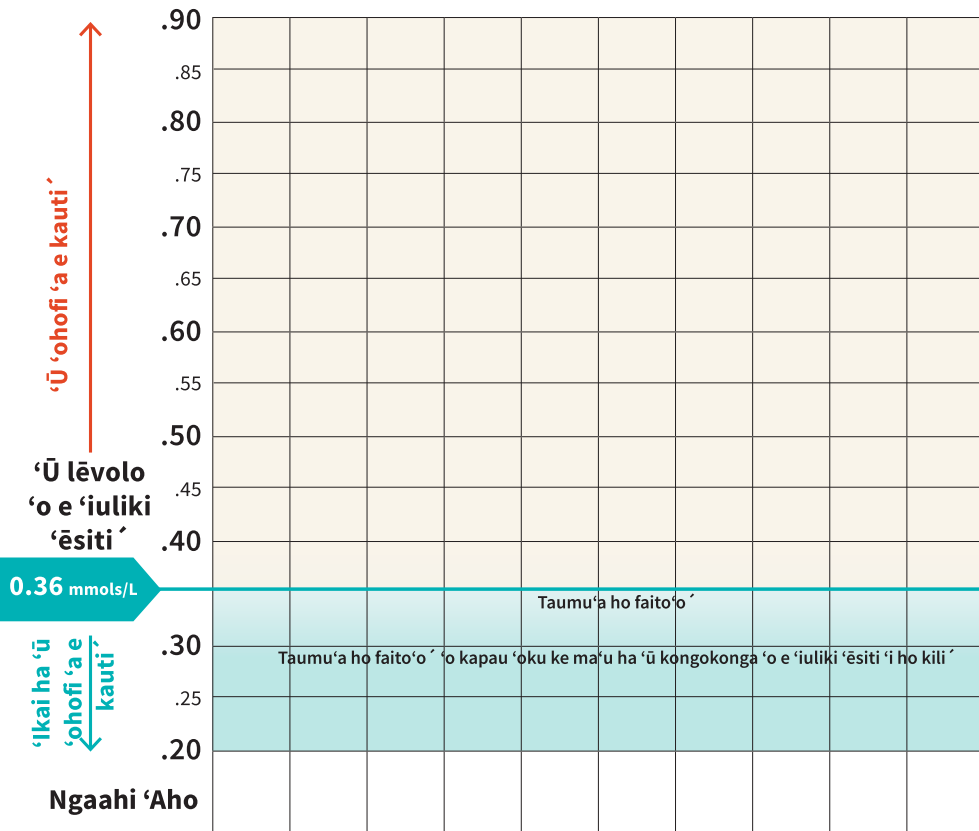
## **‘Oku fēfē ‘a e kehekehe ‘a ho‘o mo‘ui he taimi ‘ ni ‘?**

‘Oku ou hoko he taimi ‘ ni ‘ ko ha taki ngāue ‘i he‘eku ngāue ‘. ‘Oku ou nofo ‘i ha feleti mo hoku kaume‘a fefine ‘ pea kimui ‘ ni mai ne u lava ai ‘o tokoni ki he‘eku fa‘ē ‘aki ha‘aku totongi ha ‘ū ngāue fakalelei ki hono ‘api ‘.

\* Liliu e hingoa ‘

# Vakai'i ma'u pē 'a ho'o 'iuliki 'ēsiti'

'Eke ki ho'o toketā, neesi' pe tokotaha hu'ivai' ko fē 'a e feitu'u' pea ko e hā hono tu'o lahi hono vakai'i ho'o 'iuliki 'ēsiti'. Hiki 'i heni 'a e 'ū ola 'o ho'o ngaahi sivi 'iuliki 'ēsiti'.



Ke ma'u ha fakamatala lahi ange ki he kauti' 'alu ki he: [www.healthnavigator.org.nz/health-a-z/g/gout-overview/](http://www.healthnavigator.org.nz/health-a-z/g/gout-overview/)

Na'e fa'ufa'u 'a e ki'i tohi ko 'eni' 'e he Health Literacy NZ 'o makatu'unga 'i he ki'i tohi 'a e Potungāue Mo'ui' ko e *Ta'ofi 'a e Kauti' (To Stop Gout)*. 'Oku 'oatu ha fakamālō 'a e Health Literacy NZ ki he kau taukei he mo'ui lelei' pea mo e kakai 'oku nau kauti' na'a nau 'omi 'enau fakamatala 'i he ki'i tohi ko 'eni'. Na'e fakapa'anga 'a e ki'i tohi ko 'eni' e he PHARMAC.