



Whakaheke taumaha



Me whakakori tinana mō te 30 meneti, neke atu rānei i te nuinga o ngā rā o te wiki



Kia tōtika te kai



Tirohia tā mātou puka tunu kai a Kai Pai Ora Pai mō ngā kai reka, iti te utu, hauora hoki



Te whakatutuki me te whakahaere pai i te pēhanga toto me te ngakototo



Tirohia tā mātou Kete Utauta Mana Whakahaere i runga i tā mātou pae tukutuku mō ētahi atu huarahi kia hauora tonu ai



Me whai tirohanga ia tau mō te manawa me te mate huka mai i tētahi mātanga hauora



Kimihia tō kāhui tautoko, ā, me tūhono hoki ki ngā whānau me ngā hoa kātahi ka whakatinanahia



Rapu tautoko

Mā te tautoko, ka taea te whakaiti, te whakarua rānei i tō mōrearea mate huka momo 2, te noho pai rānei me te mate huka.

He āwhina nui pea ngā hoa me te whānau, e māmā ake ai mōu ki te whiri i ngā kai tōtika me ngā koringa tinana pai. He āwhina hoki te tūhono ki ētahi atu e pāngia ana e te mate huka, kia taea e koutou te āwhina anō i a koutou ki ngā kōrero tohutohu me ngā akiakitanga.

He rōpū mahi aroha a Mate Huka Aotearoa e tū ana hei māngai, hei kaitautoko hoki o te hunga e pāngia ana e te mate huka. Mā mātou koe e āwhina ki te rapu mōhio me te tautoko i a koe ki te whakahaere i tō hauora me tō oranga.



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Pout terangi 2021 © Mate Huka Aotearoa

Mate huka

Ngā mea me mātua mōhio koe



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Toro mai
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ki te rapu kōrero anō me te tūhono ake

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- Kia mōhio ki tō mōrearea
- Kia mōhio ki ō tohumate
- Kia mōhio ki te rerekētanga
- Kia mōhio ki hea rapu tautoko ai

He aha te mate huka?

He mate mauroa te mate huka ka pā mai ina kore e taea e te ateroā te whakaputa taiaki huka, kāore rānei e taea e te tinana te whakamahi tika i te taiaki huka e whakaputahia ana. He taiaki te taiaki huka e whakaputahia ana e te ateroā e mahi pēnei i te kī ki te tuku i ngā kūhuka mai i ngā kai e kainga e tātou mai i ngā toto ki roto i ngā pūtau o te tinana hei whakaputa pūngao.

E toru ngā momo mate huka matua:

TYPE 1 Ko te mate huka momo 1 ko te tikanga ka pā mai i tētahi mate paturopi e whakaekehia ana e te pūnaha tiaki i te tinana ngā pūtau whakaputa taiaki huka. He tino iti, kore ana rānei, te whakaputa taiaki huka a te mate huka momo 1. Ka pā tēnei mate ki ngā taipakeke katoa, engari i te nuinga o te wā ka pā ki ngā tamariki, rangatahi rānei. Ko ngā tāngata e pāngia e tēnei momo mate huka me wero ia rā ki te taiaki huka kia pai ai te whakahaere i ngā taumata kūhuka i roto i ō rātau toto.

TYPE 2 Ko te mate huka momo 2 te momo mate e pāngia e te 90% o ngā tāngata katoa e mate huka ana. Ka pā pea te mate huka momo 2 i ngā taipakeke katoa. Ka noho huna te mate huka momo 2 mō ngā tau maha, ā, i te nuinga o te wā ka tūtohua te mate ina kitea he raruraru, ka whakamātautauhia rānei te toto. Ka taea e ngā tāngata mate huka momo 2 te whakarata i tō rātau mate mā te whakakori tinana me te kai i ngā kai tōtika i te tuatahi. Engari, ā tōna wā me whai rongoā ā-waha, taiaki huka rānei ētahi tāngata.

Ka pā mai te mate huka hapūtanga (GDM) ina nui rawa te kūhuka i roto i ngā toto o tētahi wahine kei te hapū. Ko te rerekē o te mate huka hapūtanga ki te mate huka momo 1 me te momo 2 he rangitahi te mate huka hapūtanga, ā, i te nuinga o te wā ka ngaro atu i muri i te hapūtanga. Engari, ko te wahine ka pāngia e te mate huka hapūtanga ka piki te tūponotanga (50-60%) o te pānga mai o te mate huka momo 2 i roto i te 10 tau i muri atu.

Kei te mōhio anō koe ki tō mōreareatanga ki te mate huka?

He tīmatanga pai te whai mōhio ki te kaha o tō tūpono ki te mate huka momo 2 mēnā e hiahia ana kia haere koe ki te kite i tō tākuta mō ngā whakamātautau tōtika. Me whakautu i ngā pātai tere i raro nei, ā, ka whiwhi i a koe tētahi tatau hei āwhina i a koe kia mōhio ai koe ki te kaha o tō tūponotanga ki te mate me ngā upane e whai ake.

ĀHUA NOHO	KĀO	ĀE
He mōmona rawa ahau mō tōku tāroaroa	0	3
He iti nei aku mahi whakakori tinana	0	3
He kaha rawa taku kai i ngā kai nui te mōmona me te huka	0	3
WHĀNAU - PŪTAKE	KĀO	ĀE
Kei roto te mate huka i tōku whānau	0	3
He Māori ahau, nō te Moananui-a-Kiwa, Āhia ki te Tonga, Rāwhiti Waenga rānei.	0	3
He pēpi tāku nui atu i te 9lbs (4kg), he kūhuka toto teitei rānei ōku i te wā o te hapūtanga.	0	6
TAU	KĀO	ĀE
Kei waenga ōku tau i te 35 me te 64	0	1
Neke atu ōku tau i te 65	0	3
TAPEKE		

Tatau 3-5

He iti pea tō tūponotanga ki te mate huka momo 2 i tēnei wā. Engari, ka nui haere ake pea tō tūponotanga ā tōna wā.

Tatau 6, nui atu rānei

He nui ake tō tūponotanga ki te mate huka momo 2.

Ko tō kaiwhakarato hauora anake ka taea te whakatau mēnā e pāngia ana koe e te mate huka.

Haere ki tō tākuta mō ētahi atu kōrero.



Kia mōhio ki ō tohumate

Mēnā e mōhio ana koe ki ngā mea hei hihiratanga, ka taea e koe te āwhina i ō kaitiaki rongoā ki te whakatau wawe i te mate huka. Mā tēnei pea e whakaiti i te tūkinotanga o te mate nei, ā, me te whakapiki i tō oranga.

Ko ngā tohumate o te mate huka momo 1 ka tīmata pea i te tamarikitanga. Ko ētahi o ngā tohu ko te matewai, te mate mimi, te whakaheke taumaha, te ngenge me te rerekētanga o ngā piropiro.

I te nuinga o te wā ko ētahi tohumate ka ara mai i te mate huka momo 2 ko te ruhitanga, te korou kore, te matewai, te mate mimi, te pāngia auau e ngā pokenga, ngā mea rānei kāore i ora mai, te atarua, matarehu rānei, ā, me te matekai.

Ki te rapu i ētahi atu kōrero haere ki www.diabetes.org.nz