

Ngā tekau taumata wahanga mō ngā wāhine me o rātou whāmere mai i te roopu SOMANZ me te rere o te toto Hapū Mātāpono 2023.

1	Mehemea ka piki haere te rere o tō toto i a koe e hapū ana, te whakapae me haere koe ki ētahi whakamātautau ki te titiro he aha te rere o to toto. Mā te pēnei ka kite he aha te rongoa hei whakatika i a koe. He toko iti ngā momo rere toto, ngā mauui pēnei i te preeclampsia, gestational hypertension, chronic hypertension, white coat hypertension or masked hypertension
2	Me whai wā ngā wāhine katoa ki te whai oranga whakamātau hapū pepa i mua i te taka i tēnei mauuiitanga te preeclampsia (ngā wiki tuatahi tuarua tutoru tuawhā, ki ngā wiki whai ake 1st trimester). Kei te wātea anō ētahi whakamātau hei hiki i te oranga mō te preeclampsia. Otirā ka taea ki te tāpiri i ngā hitori oranga o te tangata, tōna whakapapa hitori, momo tūraru whakamātau. Ehara i te waatea ēnei whakamātau i Ahitereiria i Aotearoa Nui Tireni hoki ka utu koe i tēnei whakamātau mehemea ko tēnei te tikanga.
3	Mehemea kei te pāngia koe i mate preeclampsia, he rongoa ka taea ki te whakapai i te hauora i mua i te pāngia i tēnei mate. Kōrero ki tō tākuta, ki tō neehi rānei he aha kaupapa hei whai māu. 1) Me horoimi 150mīkara kārāmu o te rongoa aspirin ia pō (timatahia i mua mai i te tahi tekau mā ono wiki whai muri mai i te hapū. 2) Horoimi te konupūmā pire mehemea mehemea ka kitea kaare i te tika te konupūmā kei te heke kē. 3) Te whakapae kia haukori (kia e rua pae rima haora ki te rima haora ia wiki)
4	Mehemea kei te tūraru haere ki te whiwhi i te mate preeclampsia, te tūraru ka taea ki te whakaheke haere ki te ono tekau ki te whitu tekau pae heneti otirā me kai te aspirin 150 gm (mira karamu) ia pō ia pō. Kia tohutohu rāno te tākuta kia koe kia mutu tō kai i te aspirin. Ka taea te mutu te kai i te aspirin whai muri mai i te toru tekau mā whā wiki.
5	Mehemea kei te tūraru haere ki te whiwhi i te mate preeclampsia, (he momo toto hou, mamae te māhunga pukupkuku) te whakamātau toto (sFlt -1/PIGF āwhata) ka taea ki te whakarite mehemea he preeclampsia. Ka taea ki te whakarite mehemea he mate preeclampsia mo ngā wiki tuatahi ki te ngā wiki tuawhā. Ehara i te waatea whānui ana i Ahitereiria me Aotearoa, Niu Tireni, akene kā piki ake te utu mo ngā wāhine. No reira kaare i te tino pai hei whakarite mo ngā wā o te whānautanga.
6	Mehemea kei te piki te rere o tō toto (gestational me te chronic hypertension) te tikanga te rere o te toto ka whai uru tonu atu ki te <135/85mmHg. Mehemea kei te haumaruru te rere o te toto he pai tēnei ahuatanga mo te whaea, otirā mo te pēpi hoki.
7	Mehemea e hiahia ana koe ki te whakarite i te rere o tō toto i te kainga whakamahia he mihini i te kainga e mohio whānuitia ana. Ngā kainga rere toto whakaritenga ngā mihini mau ana mō te rā rānei ka taea ki te kite i ngā momo rerenga toto ka kitea i te tari o te tākuta anake otirā te rere o te toto i te kainga anake. He pai ki te hihira te rere o te toto i te kainga engari mā te tākuta koe e whakamohio atu ngā tohutohu mehemea kei te piki te rere o to toto. Me whai tikanga ki te haere ki te tākuta ki te titiro i te hauora i tō pepi. E pai te hihira i te rere o tō toto i te kainga engari ehara tēnei i te aukati i a koe ki te haere ki te tākuta.
8	Mehemea ka pāngia koe ki te mate preeclampsia i muri i te toru tekau mā whitu wiki i a koe e hapū ana, me whakarite mahere. Mehemea ka pāngia koe i te preeclampsia i mua mai i te toru tekau mā whitu wiki i tō hapūtanga, mei kore pea koe e tōtika tonu atu ki te whānau i to pēpi, e pā ana ki te ahua o te tohu. Mehemea he moata te whānau o te pēpi, i wētahi wā ka whakarite te tākuta wētahi rongoa hei awhi i ngā pūkahukahu o te pēpi kia ora ai. E wētahi wā ka whakaritehia e to tākuta te rongoa konupora tiaki i te wairoro o te pēpi. E whakapae ana ngā tākuta ki ngā rongoa e pā ana ki wō rātou tikanga mai raano.
9	Mehemea kei i a te mate preeclampsia kaua e kai i te rongoa NSAIDS (Non-steroidal anti-inflammatory rongoa). Engari mehemea kaare tētahi atu huarahi rongoa whai muri mai i te whānautanga, ka taea ki te kai i te rongoa NSAIDS mō tētahi wā poto i a koe i roto i te hohipera.
10	Mehemea kua pāngia kē koe i te preeclampsia te gestation hypertension me kōrero koe ki tō tāhuta he aha e whai ake a muri. Te tikanga ka piki ake te rere o tō toto, mate manawa, ngā momo mate ikura roro me mate tākihi. Me ako koe me pēhea to whakatika i tōu hauora kia kore ai koe e pā ana ki te mate rere te toto i ngā wā whai muri mai i a koe e hapū ana. Mehemea kaare i te tika ngā pūmua i roto i to mimi i tō ate raanei te tikanga ka pai to ora whai muri mai i to whānautanga. Mehemea kaare i te pai tō hauora ka taea e tō tākuta ki te ata titiro.