

Makeretanga makawe - Alopecia

Ko te hua o te hihinga ki te kiri angaanga ko te makeretanga o te makawe i te wāhi maimoa anake. Ka pā tēnei i te takiwā o te 10-14 rā mai i te tīmatanga o te maimoatanga. Ka haere tonu te makeretanga makawe i te mutunga o te maimoatanga. Ki te makere haere te makawe, ka āta makere. Ka angiangi, kātahi ka hewa haere. I te nuinga o te wā ka tipu haere mai anō ngā makawe engari ka angiangi ake, ka rerekē pea te tae, te kaitara rānei. I ētahi wā ka tūturu pea te ngaronga o ngā makawe.

Ka uaua pea tēnei mō te huhua o ngā tūroro, nō reira tēnā kōrerotia tēnei ki ā mātou nēhi mō te tautoko. **He nui ngā rauemi pai a Te Kāhui Matepukupuku o Aotearoa mō ngā whiringa uru whakapīwari me te hōtaka o pai te āhua pai ngā piropiro.**

Whakapairuaki/ruaki/ānini

Ka hua mai pea te mumura me te pupuhi i te haumanu hihinga, te pukupuku rānei; ko tēnei pēhanga ki tō angaanga te tūpono huanga o te whakapairuaki, te ruaki me ānini. Ka puta mai pea tēnei mai i te tīmatanga o te maimoatanga, kua pā kē rānei tēnei ki a koe i muri i tō pokanga. Tērā pea ka whakahautia ki a koe te dexamethasone (pūtaiaki) i tētahi wāhanga e hiahiaatia ana hei āwhina ki te whakahaere i ēnei tohumate.

Dexamethasone

- Mēnā kāore anō koe kia whakahautia ki te kai dexamethasone, ka whakahautia pea i mua i te tīmatanga o te haumanu hihinga, i te wā rānei ka hua mai ngā tohumate o te pēhanga roro
- Kainga tēnei rongoā i te wā e kai ana i te mea kei ngau tō puku
- KAUA e whakarerekē, e mutu rānei te kai i te rongoā ki te kore koe e tohutohutia e tō rōpū mate pukupuku.
- Ka mate pea ki te whakapiki i te nui o te rongoā i te wā o te maimoatanga hei whakahaere i tō tohumate
- Kia ora haere koe ka tohutohuhia koe ki te whakaiti haere i tō kai rongoā e te rōpū mate pukupuku.

Ko ngā Pānga kino whānui o te Dexamethasone ko ēnei pea (rangitahi):

- Ka piki te hiakai
- Ka taumaha haere
- Ka pupuhi te kanohi / he āhua cushingoid
- Puritanga wai – e pupuhi ana ngā waewae
- Ka piki ngā taumata huka toto me te mate mimi
- He uaua te moe
- Ngoikore ngā uaua
- Waewae kuiki
- Ngā huringa āhua

Otitis - Taringa mangedo / mumura

***Tuhipoka – mēnā ka uru ki tō rohe maimoa te wāhi ki tō taringa (pātai ki tō rōpū ki te kore e tino mōhio).**

Ka hua mai pea he mumura, he pokenga rānei ki te taringa i te hihinga. Nō reira tērā pea ka kite koe i ēnei tohumate:

- Ngā panoni ki tō rongonga
- E manioro ana tō taringa
- E mamae ana tō taringa
- Te rongo ānō nei kua kī puru te taringa
- E tore mai ana tō taringa

Tēnā whakamōhio atu tō rōpū mēnā e pā ana ētahi o ēnei tohumate ki a koe.

I runga anō i ngā aratohu a NZTA e kore koe e āhei ki te hautū waka kia puta rā anō he kōrero, māna he rerekē ngā tohutohu a tō tākuta mate pukupuku.

Haumanu u Hihinga ki te Roro: Ngā Pānga Kino

(Radiation Therapy to the Brain: Side Effects)

Tirohanga Whānui

Ka pā pea ētahi pānga kino i te haumanu hihinga ki tō wāhi maimoa engari ka rerekē ki ia tūroro. Kua kōrero pea te Mātanga Mate Pukupuku Hihinga i ngā pānga kino wā poto, wā roa ki a koe i te wā o te tukanga whakaaetanga.

E whakamārama ana tēnei mātārere i ngā pānga kino wā poto. Ka tīmata pea ēnei tohumate i te wā o te wāhanga haumanu hihinga, ā, ka taumaha pea i te 1-2 wiki i muri mai i te wāhanga whakamaimoatanga. Engari ko te tikanga ka tau haere i te āhua 6 wiki i muri i te maimoatanga..

Ka tirohia koe e ngā nēhi mate pukupuku i te rā tuatahi, tuarua rānei o tō maimoatanga ki te kōrero anō i ōu āwangawanga, whakautu i tō pātai rānei. Ka taea anō te whakarite i ētahi atu aromatawai i tēnei wā.

Te maimoatanga Whānui Rawa / ngā Pānga Kino o te pukupuku i pā ki a koe i te wā o tō maimoatanga;

- Ruha
- Pānga ā-kiri
- Makeretanga makawe - Alopecia
- Whakapairuaki/ruaki/ānini
- Otitis Taringa mangeo / mumura
- Ngā hūkeke ohotata
- Te kino haere o ngā tohumate ā-roro

Kei konei mātou hei āwhina i a koe!

Ia rā, ka pātai tētahi kaihaumanu hihinga kei te pēhea koe. Kaua e tawhitawhi ki te whakaputa i ngā amuamu. Ina pā ēnei pānga kino ki a koe engari kāore i whāiti ki tēnei rārangi; ka taea e mātou te tonono i a koe ki ā mātou nēhi mate pukupuku ki te kōrero anō i ēnei.

Mō ētahi atu mōhiohio tirohia tēnei rauemi tuihono whai mōhio: www.braintumoursupport.org.nz

Ngā taipitopito whakapā

Ratonga Toto me te Mate Pukupuku ā Rohe,
Whare 8, Papa 4
ADHB

Waea: 09 307 4949
Taupaepae toronga waea 22631
Ngā nēhi toronga waea 22837
Mate Pukupuku Taumaha Toronga waea
23826 (Mane-Paraire 8-4pm)
Nēhi Mātanga Jayne Sheridan - 0212415030

Huha

He nui ngā āhuatanga e hua ai te ruha

- Te pānga o te maimoatanga I runga I ngā pūtau noa
- Te ahotea e pā ana ki tō māuiuitanga
- Te haerenga ia rā ki te maimoatanga
- Te whakahaere I tō tauoranga I waho ake o te maimoatanga
- Ngā āwangawanga pūtea

Ngā huatau:

- Me whakarite I ngā whiringa kai tōtika
- Kia kaha te inu
- Te whakangā me te āta kori (hikoi)
- Me tiaki anō I a koe – ētahi tikanga whaiaro hei āwhina I a koe ki te whakangā
- Te rapu āwhina I ētahi atu

Pānga ā-kiri

Ka whanake mai pea he pānga ā-kiri ki te wāhi maimoa anake. E kore e puta wawe mai, engari ka puta haere i te roanga o te maimoatanga kātahi ka pai haere e 2-4 wiki i muri mai i te maimoatanga;



te āta huri kia māwhero
atu, kia uri atu rānei



he āhua maroke,
kitakita rānei, ā, he
mamae



ka puta ake he
harehare, he
māngeonge hoki



kōpūpū, horehore
rānei

Tohutohu tiaki kiri

E kore e taea te kaupare atu I nga pānga ki tō kiri, engari tērā ētahi āhuatanga ka taea hei āwhina I a koe kia hāneanea atu tō noho; ;
Kōrero ki tō kaihaumanu hihinga, nēhi rānei mō tō tikanga tiaki kiri. Māna koe e whakamōhio mēnā e tika ana kia panonitia ētahi āhuatanga.



Ka taea e koe te
te haere ki te kaukau engari KAUA i te wā e
kōpūpū ana, e horehore ana rānei tō kiri.



Me karo i ēnei
Te tauraki i te rā, ā, me ārai i te wāhi i
ngā hihī o te rā

Tuhipoka – kaua e whakamahi I te pani pare tīkākā i te wāhi maimoa kia ora rā anō tō kiri.

Te akuaku me te monoku

- Ka taea tonu e koe te horoi I ō makawe mā tētahi hopi hehengi (e whakahautia ana ngā hua makawe pēpi)
- Ki te pūwherowhero tō māhunga, ki te mangeo rānei, pātai ki ā mātou nēhi mate pukupuku mō tētahi pani monoku.



Te horoi me te kaukau

Āta titiro kāore te wai i te wera rawa: āta horoia te kiri ki ngā hua e whakamahia noatia ana e koe, ā, ka āta pokipoki kia maroke ai

Ngā 'KAUA E' mo te wāhi maimoa

Me karo i ēnei



te miri i
taua wāhi



te whakamahi
rīpene hāpiapia



te
heu



te whakamahi
wākihi, pani,
taiaho rānei



te
whakam
ahi
panipani