



Fakamamao mo e gagao Hui Mamahi (Gout)

Tau pūhala ke he moui malolō
tino mitaki mo e gagao gout

Tau fakatonutonuaga hagahaga mitaki ma e gagao gout

Fakapili ke he filiisa haau po ke tuku fakalataha
mo e tau vai lākau mo fakamanatuaga.

- ✓ Fakatuma ke he tino mamafa malolō.
- ✓ Kai, tolu e fapatiaga kai he aho.
- ✓ Fifili e tau fuafua ikiiki he tau vala manu mo e tau kai tahi.
- ✓ Fiafia ke he tau kai faama gako tokolalo he tau aho takitaha.
- ✓ Inu fakatote e kava.
- ✓ Inu fakalahi e vai.
- ✓ Inu e vai lākau gout he tau aho oti, kaeke kua fakaatā atu he ekekafo haau.

Fakamamao mo e gagao Hui Mamahi (Gout)

Tau pūhala ke tului aki e gagao gout tupu fakaoto

- ✓ Fano fakamatiti ke he ekekafo haau ke moua e falu vai lākau fakatokolalo mamahi.
- ✓ Puipui e faahi tino haau ne mamahi.
- ✓ Okioiki, tuku aki e peke aisa e fatia ne mamahi, ti tuku hake ki luga.
- ✓ Inu tumau e vai lākau gout he tau aho oti.
- ✓ Liu atu ke he ekekafo haau kaeke kua nākai fai kehe kua logona e koe he mole 24 e matahola.



Ko e tohi nei, fakavē ke he tohi ne tohia e Dr Peter Gow, ko e Rheumatologist he Fale Gagao a Middlemore, fakalataha foki mo Dr Hemi Williams, Ian Mete, mo Bernard Gadd.

Lolomi he mahina a Masi 2008
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Kua manako a PHARMAC ke fakaaue atu ki a Dr Peter Gow hā ko e haana kaufakalataha mo e tau tomatomaaga aoga lahi ma e fakakatoatoaaga mo e liu kitekite he pepa nei.

Kua manako foki a mautolu ke tuku atu e tau fakaaue ke he tau matakau nei hā ko e ha lautolu a tau lagomatai:

Arthritis New Zealand

Auckland City Hospital Dietitians

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Counties Manukau Māori Gout Action Group

Middlemore Dietitians

Middlemore Hospital Rheumatology Department

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Ko e heigoa kia he tohi nei ke talaatu ki a koe?

Ko e tohi nei ma e tau tagata kua moua he gagao gout mo e tau magafaoa ha lautolu. Fakamaama he tohi nei e tau mena ke taute e koe mo e haau a magafaoa, ke puipui mo e tului aki e gagao gout.

Ko e muitua ke he tau fakatonutonuaga i loto he tohi nei ke lagomatai a koe ke mahomo hake he gagao gout ti:

- fano kehe e mamahi he gagao gout
- ka moua a koe he gagao gout tupu fakafofo, to nākai mamahi lahi
- fakaoti e malona he tau fatiatia mo e tau fuaifi haau
- to nākai fakalavelave he gagao gout e gahua haau, mataala mo e makaukau, po ke kai fiafia he tau mena kai lolo haau.

To lagomatai he ekekafo haau a koe ke taute e tau fakatokatokaaga ke fakafehagai mitaki mo e gagao gout haau. Liu atu ke he ekekafo ke tivi tumau mo e fakatūtala ke he gahuahua mitaki he haau a tau fakatokatokaaga.

Liga mitaki ke tohi hifo e koe e tau fakatūtalaaga haau mo e ekekafo ke maeke i a koe mo e magafaoa haau ke iloa e tau mena ke taute. Ole ke he ekekafo haau po ke nosi ke fakamaama atu e ha mena nī kua nākai maama ki a koe.

Fakatūtala mo e magafaoa haau ke he ha lautolu a tau lagomatai ke he haau a tau faofao tino mo e kai e tau mena kai kua maeke ke puipui a koe mai he gagao gout. Fakaohooa a lautolu ke kumi e tau tului kaeke kua hā hā i ai e tau fakakiteaga ke he gagao gout hā ko e mena fā moua fakamagafaoa.

Ko e tau mena mahuiga lahi ke manatu:

Maeke he gagao gout ke moumou e tau fatia mo e tau fuaifi haau kaeke kua nākai tului.

Mailoga e tau mena haau ka kai mo e inu to lagomatai ke nākai mamahi a koe hā ko e gagao gout mo e nākai malona e tau fatiatia mo e tau fuaifi haau.

Kaeke kua fakaatā ke fakaaoga e koe taha vai lākau ke tautaofi aki e gagao gout tupu fakafofo, kua lata ke inu e koe he tau aho oti.

Kua lata i a koe mo e magafaoa haau ke iloa mitaki e tau mena ke taute ka tupu e gagao gout tupu fakafofo.

Ko e heigoa kia e gagao gout?

Fakalagalaga he gagao gout e mamahi fakafo ke he falu fatiatia. Ko e taha faga gagao gugu.

Lauia e ha fatia tino haau he gagao gout, ka e fā kamata mua he matahui motua po ke taha vala he hui. Kua kamata mamahi mo e fufula e fatia. Ko e kili foki he fatia ia, kua kula mo e kikila.

Ko e gagao gout ka tupu, to tumau ke he 7-10 e aho kaeke kua nā kai tului.

Kaeke ke nā kai tului e gagao gout:

- to liu tupu fakafo foki mo e to aofia ai e falu foki he tau fatiatia tino haau
- to fuafua e tau tuli lima, tau lima mo e tau hui, to mamahi mo e fufula e tau fuafua ia, ti maeke foki ke fakalagā e gagao kili motumotu (skin ulcers)
- ko e tau valaniu he vahālotu he tau polohuiatua ka kamata ke malona ti kamata foki e tau fatiatia tino ke mamahi mo e kokoho
- to kamata e tau tegamaka he tau fuaifi ti tupu mai e mamahi mo e malona ke he tau fuaifi haau.

Maeke he gagao gout ke moumou e tau fatiatia tino mo e tau fuaifi haau ka nā kai tului.

Ko e gahua fakalataha haau, magafaoa haau, mo e ekekafo haau ke kaumahala ai e gagao gout.



Ko e fufua kamata he gagao gout



Ko e kili motumotu kamata he gagao gout

Ko e hā ne tupu ai e gagao gout?

Tupu e gagao gout kaeke kua tō lahi e vaikona ko e uric acid he toto haau.

Ko e mena mahani mau ke taute he tino e vaikona nei kaeke kua kai fakahānoa e falu he tau mena kai. Ko e mena mahani foki ke uta kehe he tino haau e vaikona nei, ke he tau fakapala haau.

Maeke e vaikona nei ke tupu lahi i loto he toto haau kaeke kua inu e koe falu a vai lākau, kai falu a mena kai, po ke fai kelea e tau fuaifi.

Kaeke kua lahi mahaki e vaikona nei he toto haau, to faliu e vaikona ke he tau tegatega maō. Ko e tau tegatega maō nei, matila tuga e tau kapahio malipilipi.

Ko e tau tegatega matila nei ne fā moua ai e mamahi mo e fufula he tau fatiatia ka tupu fakafo e gagao gout mo e maeke foki ke moumou e tau valaniu he vahālotu he tau polohuiatua.

Ko e tau tegatega matila nei i lalo he kili ne moua ai e tau fulafula gagao gout.

Ko e tau tegatega nei i loto he tau fuaifi ne moua ai e maō tuga e maka mo e malona he tau fuaifi.



Ko e hā ne moua ai e falu a tagata he gagao gout?

Ko e gagao gout, loga e tau lagāaga.

Tokologa e tau tagata ne moua e gagao gout mai he tau mamatua po ke tau tupuna ha lautolu. Maeke e gagao gout ke holo hifo he ohi magafaoa.

Moua e gagao gout kaeke kua fai kelea e tau fuaifi. Kaeke kua malona e tau fuaifi haau, to nākai malolo ke utakehe e uric acid mai he tino haau.

Mahuiga lahi e tau mena haau ka kai mo e inu. Ka kai lahi e vala manu mo e tau kai tahi, inu lahi e kava (mua atu e pia), mo e mamafa lahi e tino, to moua e gagao gout.

Fai vai lākau ne moua ai e gagao gout. Ko e fakatai, ko e tau tega diuretics (fā fakahigoa foki ko e tau tegavai po ke tau tega pukepuke) ne fā fakaaoga ke tului aki e toto tokoluga, ne maeke ke tupu ai e gagao gout.

Puipuiaga he gagao gout tupu fakaifo

Hā hā i ai ua e pūhala ke puipui aki e tupu he gagao gout.

- **Tokamata e tau mena haau ka kai mo e inu**
Ko e muitua ke he falu a fakatonutonuaga ke he tau mena kai ke lagomatai aki a koe ke tuku kehe e gagao gout tupu fakaifo.

- **Inu e tau vailakau he tau aho oti**
Tokologa e tagata mo e tau gagao gout ne kua moua e tau vai lākau ke puipui aki gagao gout tupu fakaifo.



Ko e ha tupumaiaga nī,
maeke e gagao gout ke tului.

Tau kai mo e tau inu ke puipui aki e gagao gout tupu fakafo

Ko e muiua ke he tau fakatonuonua nei ke maeke ai ke fakatokolalo e fafati vaikona he toto haau, mo e lagomatai a koe ke tuku kehe aki e gagao gout tupu fakafo.

1 Fakatumau ke he tino mamafa malolō

Kaeke kua molea e mamafa haau, ko e fakamāmā e taha pūhala aoga lahi ke tului aki e gagao gout. Kaeke kua nākai molea e mamafa haau, lali ke fakatumau e tino mamafa malolō ia. Ko e tino mamafa ke fakatolomaki aki e lahi he vaikona he toto haau.

Pete nī he tote e tama vala mamafa ne kua mole kehe, ka to lagomatai atu ke tuku kehe e gagao gout.

2 Kai tolu e fuafuaaga kai he tau aho takitaha

Fakavehā ka e fakatatai haau a tau fuafuaaga kai ma e aho. Ko e fakahoge po ke kai galue ke moua ai e tupu fakafo he gagao gout.

3 Fifili e tau fuafuaaga ikiiki he tau vala manu, vala moa, mo e tau kai tahi

Kai ua nī e fuafuaaga ikiiki he tau vala manu, vala moa, po ke kai tahi he taha e aho. Ko e tau fuafuaaga takitaha kua lata ke tatai mo e lahi he aloalo lima haau.

Ko e tau vala manu, vala moa, mo e kai tahi ke moua ai e gagao gout tupu fakafo hā ko e mena lahi e polotini (protein) i ai. Ka kai e koe e polotini, fakatupu mai he tino haau e vai kona.

Fakataitai e tau fua pine, tau tega pī, tau lenetolo mo e tau tofu ka e tiaki e tau vala manu. Tokolalo e polotini mai he tau fua pine, tega pī, lenetolo mo e tofu ke he tau vala manu mo e kai tahi.

4 Kai e tau kai faama gako tokolalo he tau aho oti

To lagomatai he, kai ua e fafati kai faama gako tokolalo he tau aho oti, ke puipui a koe mai he gagao gout.

Ko e fafati taha, ko e taha e kalase huhu huihui po ke taha e lupu he yoghurt po ke ua e vala siisi gako tokolalo po ke taha e mena ke toluaki he kapiniu he siisi cottage.

5 Inu fakatote e kava

Fakamamao mo e kava kaeke kua moua a koe he gagao gout tupu fakafo.

Kaeke kua logona kua malolō a koe, inu ua nī e fafati inu fakalatalata he aho taha.

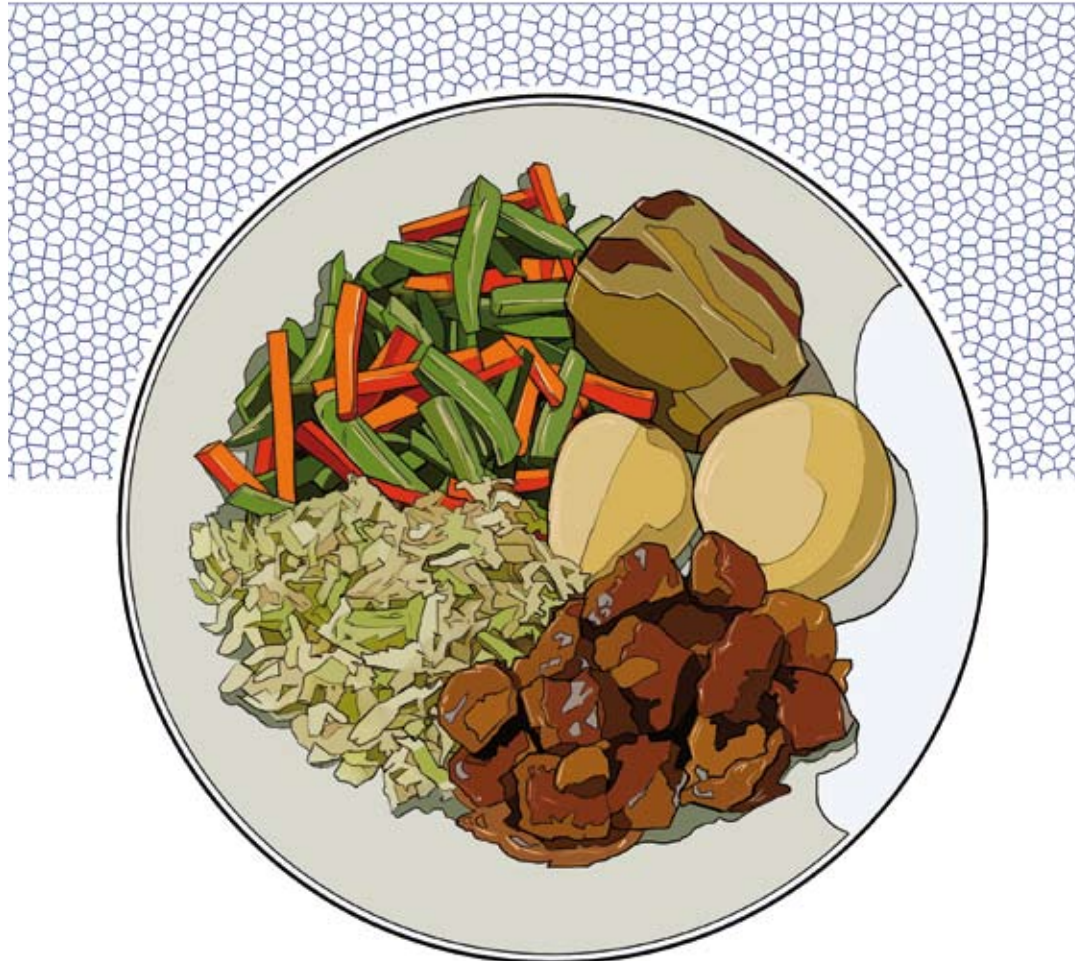
Lali ke fakamamao mai he pia hā ko e mena fā moua e gagao gout tupu fakafo ka inu nī he pia mai he falu a kava kehekehe.

Ko e taha e fafati inu, 100 mila he uaina (hafa e tama kalase uaina tote) po ke 30 e mila he kava maō (taha e nipi).

6 Inu fakalahi e vai

Lali ke inu 6-8 e kapiniu vai po ke falu a inu ne nākai fio kava he tau aho oti. Kaeke kua tega maka e tau fuaifi haau kua lata ke inu fakalahi atu foki.

Fakamamao mai he tau inu fakasuka hā ko e mena fa kamata a koe ke tino mamafa mo e moua e gagao gout tupu fakafo.



Liga to kitia e koe hā hā i ai e falu a mena kai ne fā fakalagalaga aki e gagao gout tupu fakafo ki a koe. Ko e falu tagata, ka inu e lautolu taha nī e apa pia, kua moua tai he gagao gout tupu fakafo. Fekehekeheaki e mena nei ke he tau tagata oti. Mailoga e tau mena kai ne fā lagā ai e tupu fakafo ki a koe, ke fakamamao mai i ai po ke kai fakatote.



Ko e tau vai lākau ke puipui aki e gagao gout tupu fakafofo

Hā hā i ai ua lā e vai lākau ne maeke i a koe ke inu ke tautaofi aki e gagao gout tupu fakafofo. Fakahigoa e tau vai lākau nei, ko e allopurinol mo e probenecid. Tautaofi he tau vai nei e gagao gout tupu fakafofo he fakatokolalo e fafati vaikona he toto haau.

Ko e magaaho ka kamata ai a koe ke inu e taha he tau vai lākau nei, kua lata ke inu tumau he tau aho oti, pete nī he logona e koe e malolo he tino haau, Ka nākai inu e koe e vai lākau to moua e koe e gagao gout tupu fakafofo.

Liga to atu foki he ekekafo haau e vai lākau fakatokolalo mamahi ke inu he tau mahina fakamua he inu haau he allopurinol po ke probenecid. Ko e taute pehē nei hā ko e falu magaaho moua e gagao gout tupu fakafofo ka kamata inu e tau vai lākau ua nei.

Allopurinol

(fakaleo a-lo-piu-a-li-nol)

Probenecid

(fakaleo polō-ben-i-sit)

Ma hā hai e mena nai

Ko e tau tagata ne moua loga hake he taha e gagao gout tupu fakafofo he tau taha po ke tau fulafula gagao gout po ke tau fuaifi tegatega maka, ne fā mahani ke inu e allopurinol.

Ko e tau tagata ne nākai inu he allopurinol hā ko e tau kelea lafilafi, ne fā inu he probenecid.

Ko e falu tagata inu fakalataha e probenecid mo e allopurinol ke lagomatai aki e puipuiaga he tau gagao gout ha lautolu.

Ko e heigoa ke fakaeneene ki ai

Fano fakamafiti ke he ekekafo haau kaeke kua moua e kili haau he magiho he inu he allopurinol.

Tokoua mai he 100 tagata ka inu e allopurinol ka moua he magiho e tau kili. Nākai fā kelea lahi e magiho ka e hā hā i ai nī e falu ne fā kelea lahi e magiho he tau kili.

Ko e mena mahuiga lahi ke inu 6-8 e kapiniu vai, huhua fua lākau, po ke huhu he tau aho oti kaeke kua inu a koe he probenecid.

Maeke he probenecid ke kamata e tau tegatega maka, i loto he tau fuaifi haau kaeke ke nākai inu fakalahi a koe he ha huhua foki.

Fakamaama he fakapapahiaga nei e falu he tau kelea lafilafi mahuiga he tau vai allopurinol mo e probenecid. Nākai ko e katoatoa a nai he tau kelea lafilafi he tau vailakau nei. Hūhū ke he ekekafo haau po ke tagata talavai kaeke kua manako a koe ke he falu fakailoaaga foki hogaao ke he tau kelea lafilafi he allopurinol po ke probenecid.

Lali ke fakamooli, kua iloa e koe mo e haau a magafaoa, e tau mena ke taute ka moua a koe he gagao gout.

Tau mena ke taute

Muitua ke he tau fakapapahiaga nei ke fakalaukauka aki e mamahi.



ka moua a koe he gagao gout tupu fakafofo

Fano fakamafiti ke he ekekafo haau ke moua falu a vai lākau fakatokolalo mamahi

Tau vilakau ne maeke i a koe ke fakatau mai he fale talavai mo e nākai fai laupepa fakaatā, tuga e asepulini po ke palasetamolo, nākai malolo lahi ke fakatokolalo aki e mamahi he gagao gout.

Aua neke inu e tau vai lākau ne fakaatā tohi mai ma e taha tagata he neke hagahaga kelea ki a koe. Ko e vai lākau palu ma e taha tagata foki, liga to nākai ko e patu kua tūtonu mo koe.

Puipui e vala he tino haau ne mamahi

Nofo he mena ne nākai lauia a koe he tau tagata.

Tuku e nofoa he paka he mohega ke fakalau hake ki ai e tau kafu mo e tau māmoe ke ua mamafa hifo ke he fatia mamahi.

Kaeke kua aofia e hui haau, tui e tau tēvae po ke tau silipa ne nākai moua ai ha mamahi.

Okioki, tuku e afi aisa he fatia mamahi, ti tuku hake ki luga

Inu tumau e allopurinol po ke probenecid haau

Liu ke kitia e ekekafo haau kaeke kua nākai laukauka mai he mole e 24 matahola

Tau vai lākau ke tului aki e gagao gout tupu fakafo

Maeke e tau vai lākau ke fakatokolalo e mamahi he gagao gout tupu fakafo. Ka e nākaī maeke he tau vai lākau nei ke puipui e malona he tau fatiatia, tau fulafula gagao gout po ke gagao kili motumotu.

Hā hā i ai tolu e faga vai lakau ne fa fakaaoga ke tului aki e gagao gout tupu fakafo. Ko e tau vaikona huhua ai vela ka tugi (non-steroidal anti-inflammatory drugs, corticosteroid, mo e colchicines).

Tau vaikona huhua ai vela ka tugi (NSAIDs) (fakaleo: ene setes)

Kua lata e tau NSAIDs ke fakaaoga nī he tau magaaho kūkū, tuga e falu a aho po ke faahi tapu. Ko e pihia hā ko e mena fā fai kelea lafilafi ka moua tuga e fatafata okaoka, manava mahukihuki, kili magiho mo e lekua he tau fuaifi mo e atefua.

Ko e tau NSAIDs fakaaoga tumau ma e gagao gout, ko e diclofenac mo e naproxen.

Fakaoti fakamafiti e inu colchicine kaeke kua moua e koe e manava mamahi, hihī, hāhālua (nausea), po ke kokō.

Corticosteroids (fakaleo: ko-ti-ko-ste-roids)

Fakahigoa foki e tau corticosteroids ko e tau steroids. Nākaī tatai a lautolu mo e tau steroida ne fakaaoga he tau fakafiafia tino ke tālaga hake aki ha lautolu a tau lekeleke.

Maeke e tau corticosteroids ke inu tuga e tau tegavai po ke huki.

Kaeke kua moua a koe he gagao iniini, ko e fakaaoga he corticosteroids ke uka lahi ai e gagao iniini haau he tautaofi. Tūtala mo e ekekafo haau hagao ke he, ko e heigoa haau ke taute ke tautaofi aki e gagao iniini ka e ha ne inu he tau corticosteroids.

Ko e tau corticosteroids fakaaoga tumau ma e gagao gout, ko e prednisone, methylprednisolone, mo e triamcinolone.

Colchicine (fakaleo: kol-chi-sin)

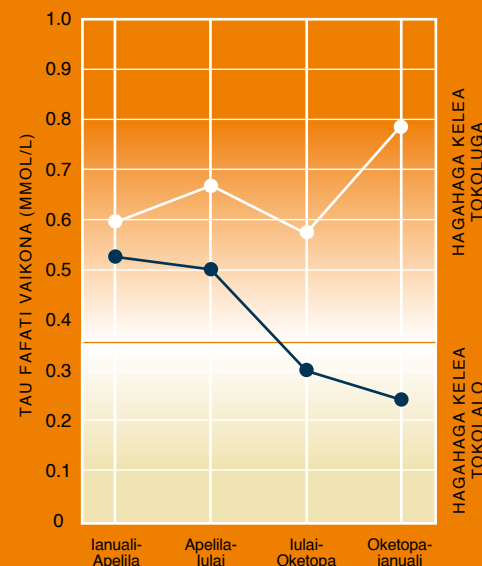
Ko e mena fa fakaaoga nī e colchicine kaeke kua lata a koe mo e NSAID po ke corticosteroid.

Ko e mena aoga lahi ke munitua a koe ke he tau fakatonutonuaga he ekekafo haau ke he tau fuafuaaga inu he colchicine. Ko e inu lahi he colchicine ke kamata ai e tau kelea lafilafi hagahaga kelea.

Hā hā he taha e tegavai, 0.5 e milikuleme (mg) he colchicine. Aua neke inu loga hake he lima e tegavai he 24 e tulā fakamua he moua ai e gagao gout tupu fakafo, po ke loga hake he 12 e tagavai he fā e aho. Kaeke kua hā hā i a koe e tau kelea fuaifi po ke liver po ke motua e tino, fakatokolalo hifo foki e fuafuaaga haau. Hūhū ke he ekekafo haau po ke tagata talavai kaeke kua nākaī iloa tonu e koe, ko e fiha e tegavai ka inu.

Fakaoti fakamafiti e inu colchicine kaeke kua moua e koe e manava mamahi, hihī, hāhālua (nausea), po ke kokō. Fano ke he ekekafo haau kaeke kua tumau e manava mamahi, hihī, hāhālua (nausea), po ke kokō he mole e fakaoti he inu colchicine.

Fakakite he fakaholoaga nei e kehekehe he tau fafati vaikona he tau tagata ne moua he gagao gout.



Ko e laini tea kua fakakite mai ai e fafati vaikona (uric acid) he tagata gagao gout ne nākaī inu tumau ha vai lākau gagao gout po ke kai mo e inu he tau kai tonuhia ke fakalatalata aki e gagao gout haana. Kua holo hake tumau ki luga e fafati vaikona haana, ti kua hoko a ia ke hagahaga kelea ke he loga he tau gagao tupu fakafo, fulafula gagao gout, tau fuaifi fai lekua, mo e tau fatiatia malona.

Ko e laini uli kua fakakite mai ai e fafati vaikona he tagata ne kua inu allopurinol he tau aho oti ti kai mo e inu fakalotomatala. Ko e fafati vaikona haana kua to ki lalo hifo 0.36 ti ko e magaaho nei, kua nākaī ligaliga a ia ke moua e gagao gout tupu fakafo.

Kikite mo e mailoga e fafati vaikona haau

Maeke he ekekafo haau ke kikite e fafati he vaikona he toto haau mai he taha vala toto tivi. Mitaki ka kikite tumau e fafati vaikona haau lagataha he tau.

Hūhū ke he ekekafo haau po ke nosi ko e heigoa e fafati vaikona haau. Kaeke kua fakamau tumau e koe e tau fafati vaikona haau, to kitia ai e koe, ko e aoga e huhui he moui haau mo e inu he tau vailakau ke tautaofi aki e gagao gout haau.

Lali ke tumau e fafati vaikona haau he 0.36 e millimole he taha e litre (mmol/L). To lagomatai he laliaga nai ke puipui e tau gagao gout tupu fakafo, malona he tau fatiatia mo e tau fuaifi tega maka ti tō fakaiiki foki e tau fulafula gagao gout haau.

Ke fakatumau e fafati vaikona haau ki lalo he 0.36, kua lata i a koe ke inu e vailakau (allopurinol po ke probenecid) he tau aho oti mo e munitua e tau fakatonutonuaga mena kai he laupepa 6 mo e 7.



Tau fakatonutonu ma e fakaaogaaga he tau vai lakau gagao gout

Hanai falu a mena gāhoa ke taute e koe ke moua lahi e aoga mai he tau vai lākau haau.

Iloa e tau higoa he tau vai lākau haau

Ko e tau vai lākau oti, takiua e higoa. Taha, ko e higoa he tau vai ne taute aki ti ko e taha, ko e higoa he kautaha ne taute. Lali fakamooli ke iloa e taha he tau higoa he tau vai lākau takitaha haau. Kikite ke he potaaga higoa he laupepa 15.

Iloa e pūhala ke inu aki e tau vai lakau haau

Lali fakamooli ke iloa e lahi he vai lākau ke inu, pūhala ke inu aki, mo e a fē ke fakaoti ai e inu he tau vai lakau haau.

Talaage ke he ekekafo haau mo e tagata talavai e tau vai lākau oti haau ne fā e inu

Maeke he falu a vai lākau ke fakalahi atu e kelea he gagao gout. Moua e tau kelea lafilafi ka fio e falu he tau vai lākau. Talaage ke he ekekafo haau mo e tagata talavai e tau vai lākau oti haau ne fae inu, fakalataha mo e tau vai lākau mai he taulātua haau, fale talavai, mo e fale koloa.

Fakatūtala mo e ekekafo haau po ke tagata talavai ke he tau kelea lafilafi

Fai kelea lafilafi e tau vai lākau oti. Hūhū ke he ekekafo haau po ke tagata talavai ko e heigoa e tau kelea lafilafi he tau vai lākau haau. Talaage ke he ekekafo haau kaeke kua manatu a koe liga fai kelea lafilafi a koe.

Aua neke age e tau vai lākau ke he falu

Liga hagahaga kelea ki a koe e inu he tau vai lākau tala ma e taha tagata. Ko e vai lākau tala ma e falu a tagata, liga nākaī lata tonu mo koe.

Tuku e tau vai lākau fakamamao mai he tau fānau

Pete nī he ikiiki e tau fuafua vai lākau tagata motua ka e hagahaga kelea agaia nī ke he tau fanau.

Tau higoa he tau vai lākau gagao gout mau

Faga vai lākau	Higoa he vala gahuahua	Tau higoa kautaha
Tau vai lākau ke puipui aki e tau gagao gout tupu fakafo	allopurinol	Allohexal, Allorin, Apo-Allopurinol, Progout
	probenecid	Probenecid
Tau vailakau ke fakatokolalo aki e mamahi he gagao gout tupu fakafo	colchicine	Colgout
	naproxen	Noflam, Naprogesic, Naprosyn, Naxen, Noflam, Sonafam, Synflex, Apo-Naproxen
	diclofenac	Voltaren, Apo-Diclo, Cataflam, Diclax, Flameril, Diclohexal
	ibuprofen	Nurofen, I-Profen, Brufen, Ibucare, Apo-Ibuprofen
	methylprednisolone	Medrol (tegavai), Depo-Medrol (huki)
triamcinolone	Kenacort (huki)	

Ko e tau talahauaga he fakapapahiaga nei kua fakafou ai i a Fepuali 2008. Liga fai talahauaga ne lafafi atu po ke uta kehe mai he fakapapahiaga nei tali mai he magaaho ia. Maeke he tagata talavai haau ke talaatu ki a koe e tau faga vai lākau ne hā hā i ai mo e taki fiha e tau totoi.

Moua mai i fē foki e falu a talahauaga

Arthritis NZ (www.arthritis.org.nz)

Fakakite he kupega hila nei falu talahauaga ke he tau faga gagao gugu mo e tau tului.

Tau tului mitaki lahi (www.besttreatments.co.uk)

Ko e kupega hila mai he kautū a United Kingdom a nei kua fakakite mai ai e tau talahauaga tuahā hāgaao ke he tau tului ne aoga ma e tau tūaga kehekehe loga. Hā hā i ai e tau talahauaga fakamatafeiga ke he tau tului ma e gagao gout.