

TE TUANGA

E tauturu ana te Pacific Quit Smoking Service i te iti tangata Patipika tei inangaro i te akakore i ta ratou pū'ipu'i avaaava. E tauturu katoa ana matou i te au ngutuare tangata kia akatupu i tetai au ngai aua i-kore i roto i to ratou au ngutuare. E oronga ia ana tela tuanga tauturu e tetai aronga marama o te pa moana Patipika tei tereni ia i roto i te angaanga akakore ānga pū'ipu'i avaaava e te vai nei teia tauturu no te aronga Patipika e noo nei ki roto i nga tuanga o Waitemata e pera te Auckland District Health Board, ei ravenga no te opu atu ānga i te au tauturu mei te tuanga tauturu a te kavamani takapini ia Nuti Rēni. E tuanga tutaki-kore ia tela.

Ta Tela Tuanga Ka Oronga

Ka riro toou Akaare o te Akakore Kai Avaava i te:

- Tuatua kia koe e te vaito i taau au peu kai avaaava e te tauturu i te akatupu i tetai parani akakore naau
- Oronga i tetai au karere no te akakore i te kai avaaava, oronga manako tauturu e tetai au pepa tatau
- Oronga i te ravenga tauturu nicotine replacement therapy (NRT) kia tauturu ia koe i te akakore i te kai avaaava
- Oronga i te tauturu na roto i te ringi atu me kore aravei atu no te 8 epetoma mua, e pera katoa i te au 3 marama i muri ake
- Aravei iakoe ki toou ngutuare me kore tetai ngai taau i akanoo
- Tauturu ia koe e toou ngutuare tangata i te akariro ānga i toou ngutuare e te motoka ei ngai aua'i kore.

Te vai nei teia tauturu i roto i nga reo Papaa, Tonga, Samoa e te Niue. Ka rauka katoa tetai uri reo kia akanoo ia no tetai ua atu au reo Patipika ke.

RETITAI TEIA TAIMĒ!

Ka rauka i toou taote, nei me kore tetai o toou kopu tangata i te tuku i toou ingoa ki te Tuanga Akakore Kai Avaava, me kore ka rauka iakoe i te aravei mai ia matou.

Aravei Mai

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Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland. Caring for Māhauā and Whānau

E tuanga tauturu teia na te Auckland Regional Public Health Service no nga tuanga o Auckland e te Waitemata District Health Boards.



AKAKORE IA

NOOU E TOOU NGUTUARE

TANGATA

E TUANGA KARE E TUTAKI

RINGI I TEIA NUMERO 0800-TO-QUIT | 0800 86 7848

E aka kino ta te avaava ka akatupu, vaitata ki te katoa anga o te au mero kopapa

- Akamate kopapa
- Matapoiri
- Maki o te nio, te tuke nio e a roto i te ngutu
- Maki akape i roto i te ngutu, karaponga e te pia reo

- Akatupu e 80% o te kanita ate mama.
- Ko tetai tumu e piringa toona ki tetai au maki kanita ke.
- E tumu maata teia note pukuatu motu, tetai ua maki o te pukuatu, e akamate kopapa, e te au maki ate mama katoa mei te makianga roa o te ate mama (emphysema) e te chronic bronchitis.
- Ka matapoiri, mate te tira, e kare koe e tu i te tamariki.

(tuatua akamarama no ko mai i te Ministry of Health)

- Pukuatu motu

- Kanita ote toto (rukemia)

- Kanita o te kopu, te ate e te ara vairanga repo



- Kanita ate mama
- Makianga roa o te ate mama (emphysema)
- Kanita o te u mama

- Kanita o te pancreas, mape e te vairanga mimi.

- Papu meitaki e ka tu koe i te toto vene Type 2.

- Akakerekere (gangrene) no te rava kore o te toto e totoa nei i roto i te kopapa.

TOOU ORA'ANGA KOPAPA

Eaa ra ka akakore ei i te kai avaava?



TOOU NGUTUARE TANGATA

- Ka meitaki atu te oraanga o te tamariki i te noo ki roto i te ngutuare kare e kai avaava
- E maata atu te maroiroi no te akaetaeta uaoua ma toou ngutuare tangata
- Roa atu toou oraanga i te noo mataora ki taau au mokopuna
- Ka riro koe ei akara anga ngateitei no toou kopu tangata e te au taake



TAAU MONI

- Ka toe mai tetai moni no te oko i tetai mea puapinga noou e toou kopu tangata. I runga i te tare anga o te oko tai paeketi i te ra ka toe mai kia koe:
- \$13 i te ra okotai
 - \$91 i roto i te epetoma okotai
 - \$,372 i roto i te mataiti okotai
 - \$23,660 i roto i te rima mataiti.... akamanako i te au mea taau ka peke i teia tu moni!



TAUTA I TAAU E TITAU NEI

- Akamatutu ia koe kia rauka taau e aruaru nei i roto i te angaanga tarekareka tipoti
- Akamatutu ia koe, kia manea e kia tau.