



# 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.

### Tau pūhala ke puipui aki e gagao gout tupu fakaoto

- ✓ 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  
Tuku fakalataha mo e tufatufa e  
PHARMAC  
PO Box 10-254  
Wellington

Telefoni ai fai tologi: 0800 66 00 50  
Kupega-hila: [www.pharmac.govt.nz](http://www.pharmac.govt.nz)

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

bpac<sup>nz</sup>

Counties Manukau Māori Gout Action Group

Middlemore Dietitians

Middlemore Hospital Rheumatology Department

## Tau Matapatu Kupu

Ko e heigoa kia he tohi nei ke talaatu ki a koe? .....	1
Ko e heigoa kia e gagao gout? .....	2
Ko e hā ne tupu ai e gagao gout? .....	3
Ko e hā ne moua ai e falu a tagata he gagao gout? .....	4
Puipuiaga he gagao gout tupu fakafo .....	5
Tau kai mo e tau inu ke puipui aki e gagao gout tupu fakafo ..	6
Tau vai lākau ke puipui aki e gagao gout tupu fakafo .....	8
<b>Tau mena ke taute ka moua a koe he gagao gout tupu fakafo .....</b>	<b>10</b>
Tau vai lākau ke tului aki e tau gagao gout tupu fakafo .....	12
<b>Kikite mo e mailoga e fafati vaikona (uric acid) haau .....</b>	<b>13</b>
<b>Tau fakatonotonu ma e fakaaogaaga he tau vai lākau gagao gout .....</b>	<b>14</b>
<b>Tau higoa he tau vai lākau gagao gout mau .....</b>	<b>15</b>
<b>Moua mai i fē foki e falu a talahauaga .....</b>	<b>15</b>

# 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 nāikai mamahi lahi
- fakaoti e malona he tau fatiatia mo e tau fuaifi haau
- to nāikai 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 nāikai 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 nāikai tului.**

**Mailoga e tau mena haau ka kai mo e inu to lagomatai ke nāikai mamahi a koe hā ko e gagao gout mo e nāikai 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.

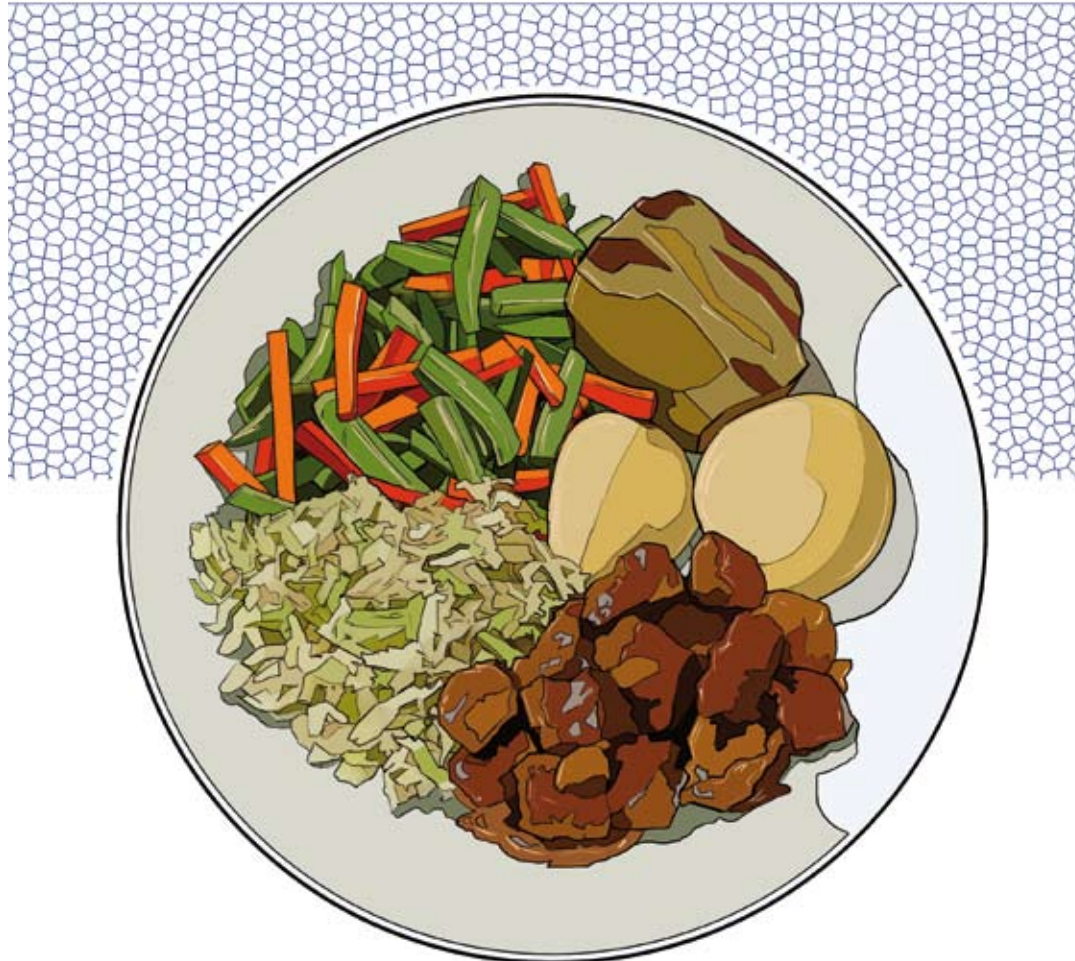
Lali ke fakamamao mai he pia hā ko e mena fā moua e gagao gout tupu fakafo ka inu nī he pia mai he falu a kava kehekehe.

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 fakailoaga foki hakaao 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 fatiata, 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)

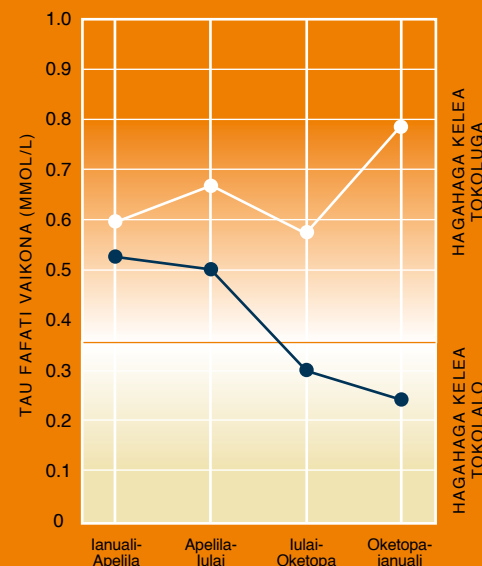
Ko e mena fa fakaaoga nī e colchicine kaeke kua lata a koe mo e NSAID po ke corticosteroid.

Ko e mena aoga lahi ke muiua 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 fatiata 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 fatiata 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 muiua 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 vaillakau 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](http://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](http://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.