
Te Mate Huka

Kei te kaha haere te momo tuarua o te mate huka. Ka pā mai nā te nui o te huka, ā, he mate tuku iho hoki. Mēnā kei a koe tētahi o ēnei tohumate, uia te tākuta, te nēhi rānei kia tirohia koe mō te mate huka.

- He rite tonu te hiainu
- E atarua ana te titiro
- Kāore e mātūtū ngā taotū
- E tengatenga ana ngā ringaringa me ngā waewae

Te Porohau

Ko ngā tohu tuatahi o te porohau ko te kōnui-wae mamae, pukupuku, whero/waiporoporo rānei. Mā te tākuta e homai he rongoā hei āwhina. Ki te kore e rongoātia, ka horapa pea te mate ki ō waewae me ō ringaringa.

Ngā tarukino me te waipiro

Ina toko ake te hiahia kia iti iho te inu, te kai tarukino rānei, waea mai ki te Alcohol and Drug Helpline 0800 787 797, toro mai rānei ki alcoholdrughelp.org.nz.

Te ārai atu

Tuatahi, mā te kai hauora me te whakapakari tinana e ora ai koe. Tuarua, kia kotahi atu ki te tākuta ina kite koe i ētahi tohumate. Koinei tā tātou kawenga!



#MenStartTalking

Me pēhea te kimi tākuta?

Mēnā kāore ō tākuta, tirohia te whārangi healthpoint.co.nz, ka pāwhiri ai i te "GPs" (General Practitioners) kia kimi ai koe i tētahi i tō takiwā. Kimihia rānei i Google te 'Māori Health Provider'.

Ko wai mātou?

I whakatūria a Men's Health Trust NZ i te tau 2007 hei whakahaere ā-motu. Ko tā mātou, he akiaki i te tāne ki te waihanga i ētahi kaupapa whakamōhio, mātauranga anō hoki e whakatairanga ana i te hauora.

Whakapā mai

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T 09 973 4161



www.menshealthnz.org.nz



www.facebook.com/menshealthnz.org.nz



@menshealthnz

Me kore ake a Rotorua Energy Charitable Trust, rātou ko Pub Charity, ko Southern Trust i puta ai tēnei puka.



Te Hauora o Te Tāne Ngā tohu me ngā tohumate

www.menshealthnz.org.nz

Me pēhea e mōhio ai mō āhea toro atu ai ki te tākuta mō ngā mea e pā ana ki te tāne?

Arā ētahi tohu me ētahi tohumate tērā pea ka puta mai. Ko te painga atu mēnā ka wawe te kitea.

Mēnā e whakamā ana koe ki te kōrero ki tō tākuta mō ēnei āhuatanga, kua e māharahara, koinei tā rātou mahi, rā atu, rā mai.

Kaua e whakaroaroa

He mate mimi

Mēnā e uua ana te mimi, he tohu pea tēnā kua pāngia koe e te mate mīmimi, e te mate paipai, e te repe tātea pukupuku, e te tīmatanga rānei o te mate repe tātea, e te mate pukupuku ā-tākihi, ā-tōngāmimi rānei. Haere ki te tākuta ina kite koe i ētahi o ēnei tohumate:

- Me mimi ohotata
- He uua te whakaputa me te whakamutu
- E māturuturu ana
- E mamae ana, e ngingiha ana rānei
- He toto i ō mimi

He toto i ō tiko

Kia rite tonu tō titiro iho ki te heketua ka mutu ana tō mahi. He tino tohu o te mate te toto i ō tiko. Kāore e kore he tero puta, engari he tohu anō pea i te mate pukupuku ā-kōpiro. Mēnā e pango ana ō tiko he tohu pea e toto ana a roto o tō tinana nā te kōmaoa, nā te mate pukupuku rānei. Ki te kite koe i ēnei āhuatanga, haere ki te tākuta.



Kāore e tora te ure

Nā te aukati pea o te rere o te toto ki tō ure i kore ai e tū, i te nuinga o te wā he tohu o te mate ka taea te rongoā, pēnei i te toto pōrutu, i te mate huka rānei. Āpiti atu ki ēnei, ko te āwangawanga me te pānga mai o ngā rongoā. Kōrero atu ki tētahi tākuta mō ēnei take. Ki te waiho e koe kia roa rawa ka pōkaikaha ko koe me ō piringa hoki.

Tirohia ō raho

Tirohia, whāwhāhia hoki ō raho kia kite mēnā rānei kua panoni te āhua. Ākene kua tipu he repe, ākene he iti noa iho, he āhua nui rānei. Kei te pae tukutuku testicular.org.nz tētahi kiriata hei mātakitaki māu. Ina kitea atu tētahi āhuatanga rerekē, haere ki te tākuta kia tirohia e ia.

E mamae ana te poho

He tohu pea te mamae o te poho, te hē o te manawa me te ānini o te mähunga o te mate manawa e whakatata mai ana. Kaua e tatari kia puta rawa mai, kei hinga koe. Haere ki te kōrero ki te tākuta mō ngā tohumate, māna koe e tohutohu me pēhea.

He maremare mutunga kore

He tohumate te maremare mutunga kore, te poho mamae me te ruaki toto o te mate wharowharo, o te pūkahu kakā, o te mate pukupuku ā-pūkahukahu rānei. Uia tō tākuta, māna e tiro tiro.