

# Waitematā – Te Toka Tumai Auckland AAA/AF SCREENING RESEARCH PROJECT (Abdominal Aortic Aneurysm/Atrial Fibrillation)

## AKAMARAMAMA'ANGA KI TE ARONGA KA PIRI ATU KI ROTO I TEIA KIMIKIMI'ANGA KIMIKIMI'ANGA KI ROTO I TE MAKI ARA TOTO PUENA

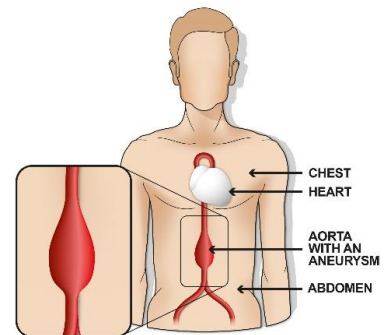
E akarakara'anga tutakikore\* teia no te maki Ara toto puena. Te rave'ia nei teia ei rāvenga i te kite atu'anga e, me ka anoano, me kore ra me ka puapinga'ia te rave atu i teia akarakara'anga no te iti vaine Patipika o Aotearoa katoatoa. Ka o katoa mai oki tetai au akarakara'anga takake ki roto i teia.

Te akatuera ia atu nei teia tikaanga kia koe, i te mea oki e vaine Patipika koe i rotopu te tareanga mataiti ta mātou e inangaro nei i te akarakara atu.

Ko te aorta te ara toto metua e apai ana i te toto mei te pukuatu ki te pito. Mei te mangamanga rima maata rai tona maata maata. I roto i te aronga pakarikari, te aronga kai avaava tikai, e puena ana teia ara toto. Ko teia oki ta mātou maki e kimikimi atu nei ki roto. Ko te ara toto puena teia.

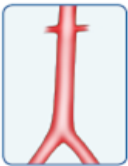
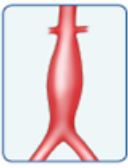

### Eaa au ka anoano atu ei i teia akarakara'anga no te ara toto puena (AAA)?

E aka angaanga e kitenā ia ei teia maki e toou Taote, e me tu'ia te tangata e teia maki, kare katoa aia e kite vave i te tukau. Kare i roa rava te tuātau i kite mai ei mātou e, e maata teia maki i rotopu i te iti tane e te iti vaine Maori o Aotearoa nei, e pera katoa te iti tane Patipika. Te kimikimi nei i reira mātou e, me ko teia katoa te tūranga i rotopu i te iti vaine Patipika.



Ko te rāvenga e kitenā ia ei teia maki koia oki na roto i te akarongaronga atu'anga i te au tangitangi'anga i roto i toou kopu. Aiteite ua teia ki ta te Taote a rave ana no te akara atu'anga i te pepe i roto i te kopu o te vaine nui. Ka vaito teia i te maata maata o te aorta. E 10 rai (Na te NHS UK teia tutu) meneti, kare e mamae. Me oti teia akarongarongonga'anga, ka rauka rai i te akakite atu e, eaa ta rātou i kite mai i reira taime rai. Ka tuku katoa atu mātou i ta mātou ka kite mai ki toou taote.

### Te Au Turanga e Kitenā ia mai ana

	<p><b>Tu tikai o teia ara toto</b> Ko te tūranga teia kare e anoano'ia tetai kimikimi'anga ke atu.</p>
	<p><b>Akaea</b> Me ko teia te tūranga o toou ara toto, ka anoano koe i te tauturu mei ko atu i te Are Maki maata i Akarana. No te akanoo atu'anga i tetai taime noou ki ko i te Taote no te rapakau tutakikore atu i teia, ka teana rai te 12 epetoma*. Ka oronga katoa ia atu te tikaanga noou kia akarakara akaou ia a muri ake.</p>
	<p><b>Puena</b> - Me kua puena toou ara toto mei teia te tu, penei e, e vā'i tona rapakau. Ka anoano ia koe kia aere viviki atu ki te Are Maki maata o Akarana*.</p>

\* I roto i tetai 1,000 tangata i Aotearoa nei, e kitenā ia mai ana mei tetai 20- 40 kua tu'ia e teia maki AAA. E tukuna ia ana rātou ki ko i te Aremaki i Akarana no te akanoonoo atu i tetai akarakara'anga i te maki kia kore e kino atu (me kua akaea te ara toto) e no te tūranga e kua puena te ara toto, ka akanoo'ia tetai akarakara'anga rapurapu, e i te maata'anga taime, e vā'i ia ana.

\* Kare e tutaki te rapakau

\* Ko te aronga ua e tikaanga to ratou ki te au tuanga moni tauturu no te oraanga meitaki o Aotearoa nei ka ariki'ia ki roto i teia kimikimi'anga no te AAA.

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## AKAMARAMAMA'ANGA KI TE ARONGA KA PIRI ATU KI ROTO I TEIA KIMIKIMI'ANGA

### AKARAKARA'ANGA I TE PATE MARIKO'ANGAKORE (AF)

#### Eaa te pate mariko'angakore?

Ko te tūranga teia e kare e mou ana te pate o te pukuatu (AF); ara atu i te 80,000 tangata i Aotearoa nei kua tui a e teia maki. I roto i tetai au tangata e kite ana rātou i te tuke i mua ake ka ainini ei te katu. Ko tetai au tangata, kare rātou i kite e te mariko'angakore ra te pate o to rātou pukuatu. Kare ra oki e mei te mea e ko te au pukuatu pate mariko'angakore e, e AF.

#### Eaa ka anoano ia ei te Pate mariko'angakore kia akarakara'ia?

Ka ngoie ua koe i te tu ia e te maki akamate o te kopapa me e pukuatu pate mariko'angakore toou. Me mako rai koe i te kai'anga i toou vairākau no teia maki, ka pāruru te reira ia koe. Ko teia tuanga o te kimikimi'anga, ka akara te reira i te maata o te tangata kare e kitena ia ana teia maki i roto ia rātou.

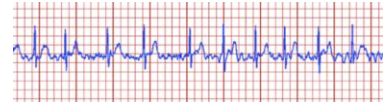
#### E akapeea ana te akarakara'anga i teia maki?

E tai rai meneti, na roto ua i te opeope o toou mangamanga rima! Ka ngoie ua te kimi atu i teia maki na roto ua i tetai paata kupe roro uira na runga ua i taau taniuniu. E putuputu atu teia maki i te kitena'ia ki runga i te aronga pakarikari; noatu e kare teia maki i kitena ia i runga ia koe i teia tuātau, ka anoano rai te Taote i te akarakara akaou ia koe i teia au tuātau ki mua.

Tātā lelei le fatu:



Ma'i o le lē tātā lelei o le fatu:



#### Eaa tetai au akarakara'anga takake ta mātou ka rave atu?

Ka vaito katoa mātou i te teiaa ki runga i te pate o toou pukuatu, e pera toou roaroa e te teiaa.

Ka inangaro katoa mātou i te akara atu ki roto i taau kai avaava, no reira ka ui atu mātou e eaa te roa ia koe i te kai avaava anga, me kore no naea koe i akamutu ei i te kai avaava e te vai atura. Me ka inangaro koe i te akaoti i taau kai avaava, ka tauturu mātou ia koe.

#### Akakitekite'anga no runga i te akarakara'anga no te ara toto puena i roto i te iti tangata Patipika.

Naa teia iki'anga; kare koe anoano ia kia kimi mai i tetai kotoe'anga me kare koe e inangaro i te tomo mai ki roto i te kimikimi'anga. Kare taau ikianga e tamanamanata i te tūranga ropiropi'anga tauturu taau e taangaanga ana mei ko atu i te tuanga pāruru e te rapakau maki, toou Taote me kore ra tetai au ngai ke atu. Ka mako ua e me ko te akarakara'anga o te ara toto puena taau ka iki i te rave.

#### Ka akapeea te akapapa'anga o te au apinga ka kitena mai no runga ia aku mei roto i teia kimikimi'anga?

Ka tuku ia atu te reira ki toou Taote. Ka akakou'ia mai te au apinga o te au tangata katoatoa teia piri atu ki roto i teia kimikimi'anga no te akaari atu i ta mātou i kite mai, kare e taiku'ia te ingoa o tetai tangata.

#### Akapeea i reira te au tata'anga no runga i toku tūranga ka rauka mai?

Ka vaoo ia te reira ki tetai ngai muna no tetai 10 mataiti, i mua ake ka takore ia atu ei te reira. Ko te aronga ua ka kite i toou akapapa'anga koia ko te aronga tei raverave atu i teia kimikimi'anga, rātou tei rave atu i te akarakara'anga ki runga ia koe, e toou Taote ma tona Punaga Rapakau.

#### Naai e rave i teia Kimikimi'anga?

Na te Waitematā DHB e te Auckland DHB, ka angaanga Kapiti atu rātou ki te au Punanga Rapakau i roto i to kotou ngai e noo ana no teia kimikimi'anga.

Kua ariki'ia te akakoro'anga o teia kimikimi'anga e te Northern B Health e te Kumiti Disability Ethics (Ref 19/NTB/227).

#### Teiea te tauturu me ka inangaro au i tetai?

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\* Ko te aronga ua e tikaanga to ratou ki te au tuanga moni tauturu no te oraanga meitaki o Aotearoa nei ka ariki'ia ki roto i teia kimikimi'anga no te AAA.