

## Insight Endometriosis

Ka whakarato pārongotanga me tautoko hapori hei whakamana i ngā wahine me wahine rangatahi i roto i tō rātau oranga me i te wā e rapu rongoa ano hoki. E whakaiti te tāroa whatikanga mai te whakatipu ngā whakamārama-tanga o Endometriosis

### O mātau ratonga :

- Korero i te taha o to mātau endometriosis kaiwhakaako
- Akoranga
- Upirangi me mātātuhi pārongo
- Ahiahi pō wananga
- Kawhe rōpu tautoko
- Pārongotanga a waea, pukamata, imera, skype
- Pānui
- Wharepukapuka
- Pukamata hapori
- Hōtaka mo ngā taiohi me rangatahi wahine

### Whakaiti tāroa whakatika

- Whakatunga mō te hapori, kaimahi hauora me wāhi māhinga
- Poutū-te-rangi te marama whakanui me tō mātau waiporoporo hikoi mō Endometriosis

### Haumi ia mātau

- Tutakitaki ia mātau hei whakapiri ki tōu hapori Endometriosis, tō mātau wharepukapuka me tūtohu o mātau pānui
  - Aumihi ki ngā tāngata katoa ngā tahu, whanau, hoa me mātai oranga



## Tautoko i to mātau hapori me whakaputanga

Ka whakatipu to mātau mahi, ngā whakaputunga mo ngā wahine o ia tau me oranga. Ia koha moni, koha wā rānei he taonga kaingakau mō mātau. He rōpu aroha Rēhita mātau, ia koha moni e taea te tiki tukunga take, mahi i roto i tō mātau rōpu kaitūao me awhi ki te whakatipu i tō mātau hapori.

### Ētahi atu parongatanga

Mo ētahi atu pārongotanga me tō mātau rōpu

waea (kaiako) : Annette 07 8555 123

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Wharangi ipurangi : [InsightEndometriosis.org.nz](http://InsightEndometriosis.org.nz)

FB : [Facebook.com/InsightEndometriosis](https://www.facebook.com/InsightEndometriosis)

E mihi ana me whakanuia a Endometriosis i te awhi o Skycity Hamilton Community Trust i te hārautanga i tēnei mātāre.

Ko ngā pūkōrero mai *Endometriosis: the complete reference for taking charge of your health* (2013) nā Mary Lou Ballweg me te Endometriosis Association.

Insight Endometriosis me Hikoi Waiporoporo he rēhita tohu tauhokohoko mō Endometriosis Waikato

Rehita Aroha(CC10906)



### Mamae Mate wahine ?

### Mate matahua?

### Endometriosis me to mātau awhi

[InsightEndometriosis.org.nz](http://InsightEndometriosis.org.nz)  
[Facebook.com/InsightEndometriosis](https://www.facebook.com/InsightEndometriosis)

**“Rerenga Māori”  
(Māori Version)**

## Endometriosis

He matenga arowahine e whakaminamina ngā wahine o ia tau

### He aha te Endometriosis?

- He matatini tūāhua o ngā taiaki me pūnaha ārai mate
- Ka tipu ngā pūtau orite ki ērā i roto i te kōpū ārai ki ētahi atu wāhi, ā, ngā puapua,
- Na te mate marama ka tipu ngā pūtau ka whakamuramura, ka mamae me ētahi atu āhuatanga matenga, me i ētahi wā mate matahura
- Kataea te Endometriosis ki te whakahaua to oranga, mai te whakatamo i te mahi me kura

Ma te whakahaere e whai tou oranga katoa ka taea e koe te awhi ia koe ano.

### Ko wai e taea te whakamau i te endometriosis?

- Ka taea ngā wahine mai ia tipuranga me tau, ngā rangatahi wahine ano hoki
- Ko ngā wahine e mau i te endometriosis he whakararuraru ārai rānei i roto i te whanau ko te nuinga o te wā ka whaka-huatia i te endometriosis



## He aha ngā tohumate?



- Mamae mate wahine
- Mamae i te wā e tauonioni
- Mate matahura
- Mate o ngā terotero , ā, tetikotiko, puku ngārara, mate kooroke tikotiko rānei
- Ngengetanga
- Mamae i ētahi atu wā (tukukano)
- Mamae i ētahi atu wāhi
- Mamae mai i te mimi
- Kotingotingo i mua atu to mate marama
- Puunaha arai mate

He orite ngā tohumate ki te matenga man-geongo terotero (irritable bowel syndrome) te mate papatoiake whakamuramura (pelvic inflammatory disease) rānei engari ko te nuinga o te wā he huritau

### Ehara te mamae i te maori!

- Mehemea e whakararuraru te mamae i to oranga kaua e takaroa
- Tutakitaki ia mātau mo ētahi pārongo me awhi tautoko

Rapu awhi mai to takuta mātāi arowahine mehemea wawe i te whakatika i ngā tohunga mate ka taea te whakauka i to matahura

## Hokirua i te Endometriosis

Mahia i tēnei pataitaitanga hei awhi ia ko ki te kite mehemea me rapu awhi mai to takuta:

- He rongoa tau mo tō mate marama?
- Me whakatā koe mai te kura, mahi rānei i ngā wā o to mate wahine?
- Me whakatakoto koe ki tō moenga i ngā wā o to matenga?
- He mamae tau i waenganui i to mate marama?
- He mamae tau i waenganui amuri rānei te tauonioni
- He mamae to tiko?
- He mate kōroke, mate tikotiko rānei e hono ki to mate wahine?
- Ka mamae koe i ngā wā kua ki to poko mimi i ngā wā e mimi koe rānei?
- I roto i tō whanau ētahi wahine e mau i ēnei tohumatenga e mau i te Endometriosis rānei?

Mai te pukapuka a Andrea Molly “Endometriosis: A New Zealand Guide” ngā pātai.

### Me aha au ?

- Haria tēnei pataitai ki tō takuta hei korero mō o tohumatenga
- Pātai to takuta he tohutohunga hei haere ki tētahi takuta mātāi arowahine he mātanga i roto i te endometriosis ano hoki. Ka taea koe kite tohu ia koe ano rānei.
- Tutakitaki Insight Endometriosis mo ngā pārongotanga me tautoko hapori whānui

Kaua e mataka ki te rapu he whakaaro tuarua