

# Ō KARU



Kaua e kāpō ki  
te ao e nōhia ana e koe

**GLAUCOMA** NZ  
TO SAVE SIGHT

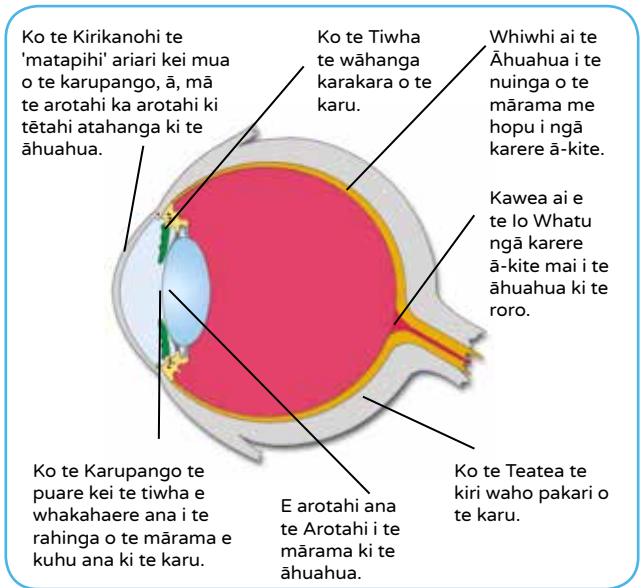
He Tarahiti Kaupapa Aroha

# Te Karu

E hopu ana, e tuku ana te karu i ngā mōhiohio ā-kite mā ngā pana io ki te roro. Ka tukatukahia ēnei mōhiohio e te roro ki "ngā pikitia" e kite ana mātau.

Ka hangaia te karu mai i ngā pūtau ngāwari, kaha hoki. Me mau te hanga o te karu kia tika ai te arotahi i te rama. Ka taea tēnei mā te noho mārō o te karu, pērā i tētahi poi hau.

Ko te wē kei te wāhanga o mua o te karu he waiwai tērā, ā, ka mapua ki te wāhanga o mua o te karu. Ka puta i tēnei wē te pēhanga tika kia mau ai te hanga tika o te karu me te kore e tūkinotia. Ko te tikanga o tēnei ko te rahinga wē hou e mapua haere tonu ki te karu ka noho tautika ai nā te rahinga e puta atu ana i te karu. Ka hurihuri haere i ngā hanganga i roto i te karu, kātahi ka tātaritia te wē mā tētahi pūnaha paipa moroiti me ngā raumata mai i te karu.



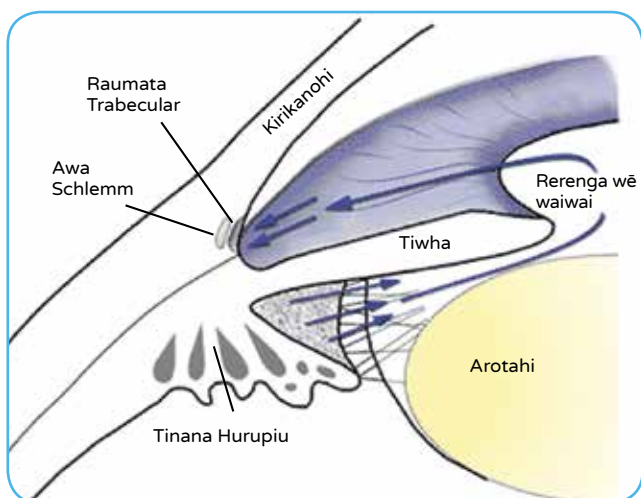
Ko tēnei pūnaha tātari kei tētahi wāhi i roto i te karu e kīia ana ko te "koki", ā, kei te wāhi e tūtaki ana te tiwha ki te kirikanohi. I te nuinga o te wā, ko te rahinga o te wē e puta ana ka whakatautikahia e te rahinga e tātaritia ana, nō reira ka noho pūmau tonu te pēhanga kei te karu.

## He aha te Mate Roikaru?

**Ko te mate roikaru te ingoa mō te rōpū o ngā mate karu e āta kino haere ana te io whatu kei muri o te karu.**

Ka mate haere ngā weu io e kore atu ai te kite i ngā taha i te tuatahi. He tino pōturi te waimaerotanga kite, ā, kāore e kitea kia tino mārō te haere.

Tē taea tēnei ngaro o te kite te whakaora. I te nuinga o te wā ko te pūtake o tēnei tūkinotanga nā te piki o te pēhanga i roto i te karu – nā te aukatinga o te hurihanga o te waiwai, te tātaritanga rānei. I ētahi atu, ka tūkinohia pea nā te iti o te toto e haere ana ki ngā weu io whatu hira, nā te ngoikore o te hanganga o te io, nā te mate pea o ngā weu io hoki/rānei.



## Tata ki te 2% o te iwi o Aotearoa neke atu i te 40 tau he mate roikaru i tēnei wā...

- Ko te mate roikaru te pūtake tuatahi o te kāpōtanga ka taea te ārai i Aotearoa me ētahi atu whenua pakari.
- Tata ki te haurua o rātau kāore i te mōhio kei te pāngia rātau.
- Mēnā ka tere kitea te mate roikaru, ka taea e te whakamaimoa te ārai i te kino haere me te tiaki i tō kite.
- Kāore e taea te tūkinotanga ki te io whatu mai i te mate roikaru te whakaora.
- Tata ki te 65 miriona ngā tāngata huri noa i te ao e pāngia ana e te mate roikaru.

## Ko wai te hunga e tino mōrearea ana?

Ahakoia ka taea te mate roikaru te pā ki ngā tāngata katoa, koinei te hunga he nui ake te mōrearea:

- 60 tau, neke atu rānei
- Kei roto te mate roikaru i te whānau
- He titiro tata
- Toto pōrutu
- I whakapeto rongoā pūtaiaki i mua, ināiane rānei
- I whara te karu i mua
- He uri nō Awherika me āhia ki paeroa

# He aha ngā tohumate o te Mate Roikaru?

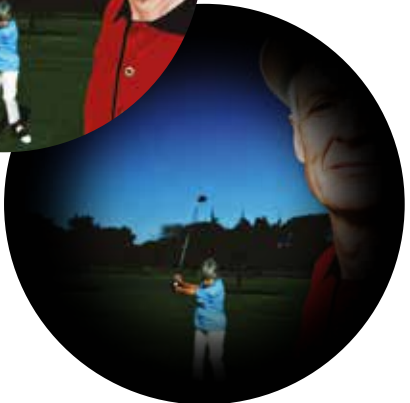
- Kāore he tohumate o te Mate Roikaru kia kore haere rā anō tō kite i te wāhanga whakamutunga o te mate.
- E mōhiotia ana te Mate Roikaru ko te "kaitāhae huna i tō kite".
- He mate ngū te Mate Roikaru.

Ko tōna āhua he āta patu haere i tō kite, ā, ka tīmata me te kite i ngā taha. Kāore te tangata i te mōhio kei te raruraru ia kia tūkinotia rā anō te nuinga o ngā weu io, ā, kua kore kē atu he wāhanga nui o tāna kite.

Kāore e taea tēnei tūkinotanga te whakaora. Kāore e taea e te whakamaimoatanga te whakahoki mai te kite kua ngaro. Engari mā te whakatau tōmua, me ngā whakamaimoa tika me te tiro tiro haere, ka taea tō kite te tiaki me te ārai, te whakapōturi rānei i te tūkinotanga.



Kite tika



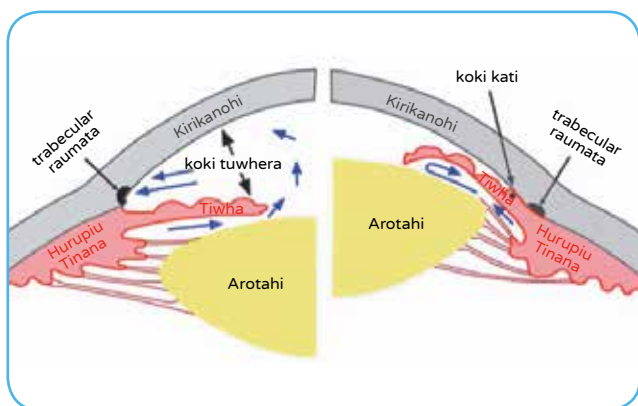
Ko te kite e ōrite ana ki tērā e kite ana te tangata mate roikaru.

# Ngā momo Mate Roikaru

Kei roto i te mate roikaru ko ngā tūmomo mate ko te tino āhuatanga ko te tūkino i te io whatu. Mēnā kua whakatauhia koe ki te mate roikaru ka kōrero atu tō tohunga karu ki a koe ko tēhea te momo mate roikaru kei a koe.

## Mate Roikaru Koki Tuwhera

Ko te Mate Roikaru Koki Tuwhera te momo mate roikaru e kitea noatia ana. Pā mai ai i te ārai a ngā awa tātari o te karu i te rere o te wē. Ko te mutunga o tēnei ka piki te pēhanga i te karu i te mea kāore e taea te wē te tātari atu mai i te karu. Kāore he tohumate, he tohu whakatūpato tōmua rānei o te nuinga o ngā tāngata.



## Mate Roikaru Koki Kati

E mau ana te koki o te karu ki roto i te karu i te pūrua o te kirikanohi o waho me te tiwha o waho. Ki te aukatia te ara o te wē ki te koki, ka puta tonu te wē i te auau noa engari kua kore e puta i te karu, ā, ka piki te pēhanga i rō karu ki tētahi taumata kino. Koinei te mutunga atu o te mate roikaru koki-kati. Kāore pea i te tukuna e te koki kia rahi te whakaputa mō ētahi take rerekē.

Mēnā i whānau mai te tangata me te koki whāiti, ka tino whāiti haere i tōna pakeketanga. Ka nui ake te tūpono pā mai o te mate roikaru koki kati ki te hunga titiro tawhiti, ngā uri nō Āhia rānei.

### Mate Roikaru Pēhanga Noa

I te Mate Roikaru Pēhanga Noa kua tūkinohia te io whatu ahakoa kāore te pēhanga karu i te tino nui. Kāore i te tino mōhiotia i tēnei wā he aha i tūkinohia ai te io whatu o ētahi tāngata ahakoa kei te awhe "māori" ngā pēhanga rō karu.

### Mate Pseudoexfoliation

I roto i te Mate Pseudoexfoliation ka aukatia te raumata trabecular, (te pūngoru e tātari ana i te wē mai i te karu), e ngā matū aparau, mā. Ko te whakapae tata ki te 25% o ngā mate roikaru puta noa i te ao he Mate Pseudoexfoliation.

### Mate Tāhoru Kano

He mate anō te Mate Tāhoru Kano e kore e mahi tika te raumata trabecular, (te pūngoru e tātari ana i te wē mai i te karu). I roto i te Mate Tāhoru Kano ka purupuru ngā pata kano pango i te raumata, ka aukati i te tātari tika i te wē. He nui ake te tūpono o te hunga he titiro tata ki tēnei momo mate roikaru.

### Mate Roikaru Tamariki

Ka pā te mate roikaru ki te tamariki. I te nuinga o ngā āhuatanga he iranga te take, engari i ētahi wā ka pā mai te Mate Roikaru Tamariki i muri i te hāparapara mate arotahi, i te wharanga rānei ki te karu, toretore rānei.

# He pēhea te kite i te Mate Roikaru?

## Mā ngā aromatawai karu auau anake e kitea tōmuatia ai te mate roikaru:

- E tūtohua ana a Glaucoma NZ kia aromatawaitia ngā tāngata katoa mō te mate roikaru i mua o te 45 tau te pakeke, ā, i ia 5 tau i muri mai kia tae atu ki te 60 tau, ā, i ia 3 tau i muri i te 60 tau.
- Ko te hunga he āhuatanga mōrea ō rātau mō te mate roikaru (tirohia te whārangi te 4) me aromatawai i mua o te 45 tau.
- Mēnā ka whakatauhia ko te mate roikaru, me whai i ngā tohutohu a tō tohunga karu ka haere ki ngā hui whaiwhai ake e ai ki ngā tohutohu.
- Mēnā me whiwhi koe i ngā mōhiti runaruna, kei te raruraru rānei tō kite me haere koe kia aromatawaia ō karu i taua wā tonu.
- Me auau anō pea tō whiwhi aromatawai karu kia ū tonu koe ki ngā huringa hou mō tō tūtohutanga mōhiti, mēnā rānei he mate karu anō pea tōu.

## I te nuinga o te wā kei roto ēnei i tētahi whakamātautau mate roikaru:

- Tiro tiro i te io whatu.
- Aromatawai karu mā te karu whakarahi.
- Tiro tiro i te pēhanga karu.
- Aromatawai āpure kite i te mea ka pā te mate roikaru ki te kite i ngā taha i te tuatahi.



# He pēhea te whakamaimoa i te Mate Roikaru?

**Kei roto i ngā whakamaimoatanga ko ēnei:**

**Pata Karu** – koinei te tino whakamaimoatanga e kitea ana, ā, he rerekē ngā kaha me ngā pahekotanga. Ka taea ngā pata te whakarerekē kia hāngai ki te tūrora me te momo mate roikaru. He pūmau tonu te whakamaimoa i te mate roikaru. Me mātua whakamahi ngā pata karu i ia rā, i ia wā.

Ka pā ngā hua kino ki ētahi tāngata, ka mutu he mea nui kia kōrero ki tō rata ngā raruraru hauora hou, ō māharahara rānei kua pupū ake mai i te tīmatanga o tō whakamahi pata karu.

**Ngā Pire** – I ētahi wā ka whakamahia he pire hei whakamaimoa i te mate roikaru. Whakamahia ai ngā pire i te nuinga o te wā mō te wā poto hei whakaritenga poto kia tutuki ai te hāparapara.

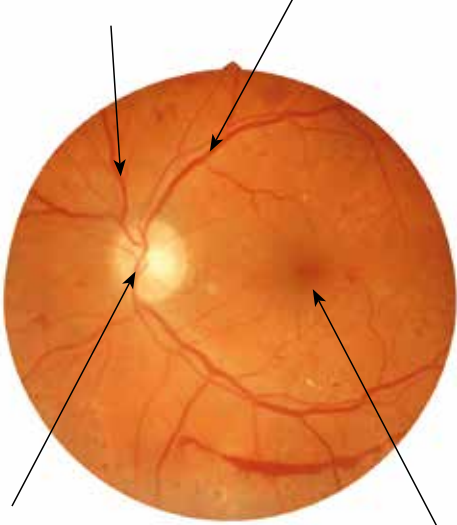
**Trabeculoplasty Taiaho** – he whakamahi i te hihi tūrama hāngai hei whakamaimoa i te koki tātari o te karu. Mā tēnei hāparapara ka māmā ake te mō te wē ki te puta atu i te raumata trabecular. I te nuinga o te wā me whakamahi tonu pea ngā pata karu i muri i te taiaho. Tata ki te 10-15 meneti te roa o te whakahaere taiaho, ā, kāore e mate ki te noho i rō hōhipera.

**Iridotomy Taiaho** – koinei te whakamaimoatanga e tino hiahiatia ana e te nuinga o te hunga he mate roikaru koki whāiti, koki kati rānei. Tata ki te 5-10 meneti te roa o te whakahaere, ā, kāore e mate ki te noho i rō hōhipera.

**Hāparapara (trabeculectomy)** – koinei te tino hāparapara mō te mate roikaru, ā, nā te kore i taea e ngā pata karu me te taiaho te whakahaere te pēhanga karu. I roto i te trabeculectomy ka hangaia e te rata kokoti i tētahi ara hou kia pai ake ai te puta o te wē mai i te karu, e heke ai te pēhanga.

**Hāparapara (ngā whakahaere tube-shunt, hei tauira, he kuhi Molten)** – ka raua he ngongo kirihou ngāwari me tētahi pūkoro tātari takawai ki te karu hei āwhina ki te tātari i te wē waiwai mai i te karu me te whakaheke pēhanga. Tino mahia ai tēnei hāparapara mēnā kāore i tutuki i te hāparapara trabeculectomy. I ētahi wā ka noho tūpono te tangata ki te pānga mai o te riwha i rō karu. I ngā āhuatanga pēnei ka mahia pea tēnei momo hāparapara i te tīmatanga.

Ko te karu anake te wāhi o te tinana e taea ai te kite tonu i **ngā iaia toto**: Ka taea ngā tohu o te matehuka, toto pōrutu me te ngakototo nui te kite i roto i tō aromatawai karu.



Kawea ai e te **io whatu** ngā mea katoa e kite ana koe ki tō roro. Ko ngā mate pērā i te mate roikaru, roro tapepe, tae atu ki ngā pukupuku roro ka kitea i roto nā ngā rerekētanga ki te io whatu.

Kei **te tongi** ko tō tino kite, tino koi hoki. Ka pā te Tupuhekenga Tongi, he mate e whakakino ana i tō kite, ki tēnei wāhanga o te āhuahua.

# Ina whakatauhia ki te Mate Roikaru

- Me auau tō whakamahi i ō rongoā e ai ki ngā tohutohu.
- Me mōhio ki ngā ingoa o ō rongoā me te auau o te whakapeto.
- Me whakamōhio atu ki ō rata me ngā mātanga hauora mō tō mate roikaru. Tukuna he rārangi o ō rongoā ki a rātau.
- Me whakaae ki ngā whakaritenga tiro tiro pūmau mōu me tō rata karu ka ū ki aua whakaritenga.
- Me waea atu ki tō mātanga karu mēnā ka pupū ētahi tohumate rerekē, raruraru karu rānei.
- Me kōrero ki tō whānau mō tō mate roikaru ka mea atu me haere kia tirohia rātau. Kei wareware he tuku iho te mate roikaru i roto i ngā whānau.
- Me hono atu ki Glaucoma NZ mō ngā mōhiohio mate roikaru hou rawa. Kāore he utu mō ngā ratonga me ngā mōhiohio.
- Waea atu ki 0800 452 826, haere rānei ki [www.glaucoma.org.nz](http://www.glaucoma.org.nz), īmēra rānei ki [info@glaucoma.org.nz](mailto:info@glaucoma.org.nz).

## Āhua noho

### TE RĀ HAHANA ME NGĀ KARU

Pērā anō i te tūkinō a te iraruke hihi katikati (UV) i tō kiri, ka taea e tamānui-te-Rā te tūkinō ō karu. Nā te wā roa o te pā mai o te rā ko te mutunga pea ko te mate karu, otirā ko te mate arotahi, ngā mate pukupuku kiri kamo, ā, me te tupuhekenga tongi.



Ko te tikanga ka āraia atu e ngā mōhiti ngā wāhanga e rua o te iraruke UV – UVB me te UVA – mā te 99% me te 95% ki tēnā, ki tēnā. Ahakoa te pōuri pea o ngā arotahi, kāore pea e tino āraia te iraruke UV e ngā arotahi kirihou kāore e whai kiritai ārai iraruke UV. Me mātua tiro tiro i ngā wā katoa mēnā he ārai UV ngā mōhiti.

## Kia maumahara ko ngā mōhiti pai rawa ko ngā mea ka whakamaua e koe

### KORIKORI TINANA

Mā te ū ki tētahi taumaha tika me te whakapakari haere tonu i tō tinana ka ārai ki te ārai i te manawahē me te matehuka, ā, he mea nui tēnei mō tō oranga. Kua kitea ka whakaheke e te korikori tinana auau te pēhanga karu. Me te aha, ka whakaheke pea e te korikori tinana auau te tūpono pā mai o ngā mate karu tupuhekenga pērā i te tupuhekenga tongi. Ko te whāinga pai rawa ko te korikori tinana i te 3 wā i te wiki mō te 30 meneti.



### NGĀ KAI

He tino mea hira ngā kai tika i roto i ō kōwhiringa āhua noho o ia rā. Ka piki te tūpono pā mai o te mate karu i ngā kai nui te hinu pūhake me te huka. Kua kitea ka iti iho te pā mai o ngā mate arotahi me te tupuhekenga tongi i te hunga he nui tā rātau kai i ngā kai kī i ngā huaora, ōpapa, ngā pūmua ora, ngā waikawa matū omeka 3 me te rutini.



E mōhioitia anō ki te tino nui te wai (kotahi rita i roto i te 15 meneti) ka tino piki te pēhanga karu

mō te wā i roto i ētahi tūroro mate roikaru.

Ka āwhina ngā waikawa matū waiwai omeka-3 i rō ika, kākanoharakeke, wōnati me te hinu kanora kia kaua e maroke ngā karu me te ārai pea i te mate arotahi.

## NGĀ HUAORA ME NGĀ ĀPITIHĀORA

Ko ētahi o ngā huaora me ngā ōpapa hira mō te karu ko te konutea me te konukura, ngā huaora āpitiāora C, E me te A (ko te peta karotene), rutini me te selenium, he ōpapa āpitiāora. Ka



whakahekea pea e ēnei huaora te tūpono pā mai o te tupuhekenga tongi. Ka whakahekea pea e te huaora B12 me te waikawa folic te tūpono pā mai o te mate arotahi.

Kei roto i ngā huarākau, huawhenua tino kākāriki, tino karakara te nuinga o ngā āpitiāora e tiaki ana i ō karu. Ko te rutini, kei roto i ngā huawhenua rau tino kākāriki pērā i te rengamutu, rēweti, pī, pūpihi me te pūhā hiriwa tētahi o ngā āpitiāora tiaki karu e mōhiotia ana.

## NGĀ RONGOĀ

He maha ngā whakamaimoatanga mō ngā mate pāwera, pērā i te antihistamine me te decongestant kei roto ngā rongoā ka pāhekoheko me ētahi momo mate roikaru. Ka taea e ētahi rongoā te whakarahi ake te karupango. Mēnā he koki whāiti, mate roikaru kati koti tō te tangata, ka pā mai pea te raruraru kati koki. Mēnā he whāiti ō koki me kōrero atu koe ki tō mātanga karu i mua i tō whakamahi i tēnei rongoā.

Ka taea e ngā pūtaiaki te whakapiki te pēhanga i roto i ngā karu i ētahi tūroro. Me kī ka pā mai tēnei uruparenga me ngā pata karu pūtaiaki, engari ka taea te pā mai i te whakamahi pūtaiaki ahakoa te āhua pērā i ngā panipani kiri (otirā mēnā ka pania ki te wāhi o ngā karu), ngā pire me ngā ngongō pea.

## TE KAI PAIPA

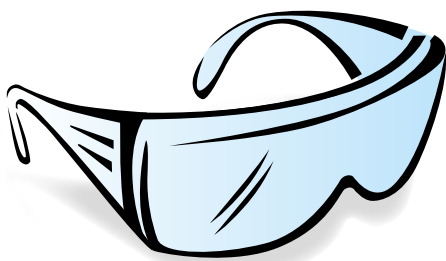
E mōhiotia ana mai i ngā rangahau he kaha te hono i waenga i te kai paipa me te kōpūtanga mai i te tupuhekenga tongi ā-taipakeke. I tua atu i tēnei ka taea e te kai paipa te tūkinu ngā iaia ki te karu. Ka whakakino ake anō pea i te mate karu matehuka.

## TE TIAKI KARU

Mēnā ka noho mōrea ka whara ō karu i ō mahi ahakoa i te mahi, i te kāinga, te tākaro hākinakina rānei, me mau mōhiti haumarū.

**TIAKI**  
**KARU**

**Tirohia!**



# Mō Glaucoma NZ

## UARATANGA

He tarahiti kaupapa aroha motuhake a Glaucoma NZ i whakatūhia i te tau 2002 ki te whakakore i te kāpōtanga nā te mate roikaru.

E whai ana a Glaucoma NZ ki te whakakore i te kāpōtanga nā te mate roikaru mā te:

- Te whakatairanga ake i te mōhio o te iwi whānui ki te mate roikaru
- Te tautoko me te whakamōhio haere i te iwi mō te mate roikaru
- Te whakauru ki te ako i ngā mātanga hauora e pā ana ki ngā manaakitanga mate roikaru
- Te tautoko i ngā rangahau ki te mate roikaru i Aotearoa

## POARI WHAKAHAERE

E whakahaerehia ana a Glaucoma NZ e te Poari Kaitiaki nō Aotearoa whānui e whai ana i ngā pūkenga whakamaimoa mate karu, hauora me te whakamaimoa karu me te arumoni.

## UTU MEMATANGA

Kāore he utu mō ngā mōhiohio me ngā ratonga ki te iwi whānui.

Hei rēhita whakapā atu ki Glaucoma NZ me te whiwhi i tētahi mōkī mōhiohio mā ngā mema, ngā tautoko haere tonu me ngā whakamāramatanga tae atu ki te Pānui Eyelights, ngā pōhiri ki Ngā Hui Iwi Whānui me te maha atu.

## NGĀ PŪTEA

E whirinaki ana a Glaucoma NZ ki ngā whakaaro anake a te iwi whānui, ngā pūtea tautoko, ngā koha āwhina mai i ngā tarahiti me ngā mahi moni.

# Glaucoma NZ - Ngā Mahi

## MĀTAURANGA/WHAKAMŌHIOTANGA

- Ngā Hui Iwi Whānui, ā-Tūroro i te Motu Whānui
- Ngā Whakaaturanga Wāhi Mahi/Rōpū Hapori
- Ngā Huihuinga/Taiopenga Hauora
- Ngā Rauemi Mātauranga
  - Ngā pukaiti mōhiohio mate roikaru
  - Paetukutuku
  - Whakaputanga Pānui Eyelights
- 0800 Advisory Service (0800 452 826)
- Te Kaupapa Whakatairanga Kōrero ā-Tau o te Hūrae

## KAUPAPA MĀTAURANGA NGAIO

Kaupapa Mātauranga Ngaio haere tonu mā ngā mātanga hauora karu kei roto i ngā mahi whakamaimoa mate roikaru.

## RANGAHAU

E tautoko ana a Glaucoma NZ i ngā rangahau o Aotearoa mō te mate roikaru.

## TE MAHI MONI

- Te Tono Whakatairanga Kōrero ā-Tau o te Hūrae
- Ngā Kaitautoko ā-Pūtea
- Ngā Huihuinga
- Ngā Koha Āwhina
- Ngā Whakaaro a te Iwi Whānui

## TAUNAKI ME TE TAUTOKO

- Te kawē whakamua me te whakakanohi i ngā hiahia o te hunga mate roikaru
- Ngā Tauawhi i te Motu



# Mematanga KOREUTU ki Glaucoma NZ

- ĀE kei te hiahia ahau ki te rēhita atu ki Glaucoma NZ me te whiwhi i tētahi mōki mōhiohio mā ngā mema, ngā tautoko haere tonu me ngā whakamāramatanga mō ngā whanaketanga mō te mate roikaru, tae atu ki ngā pānui 'Eyelights', ngā pōhiri ki ngā hui tūmatanui me te maha atu.

Mō tō mematanga koreutu me whakaoti ō taipitopito ka tuku ki te wāhi noho i raro:

TAITARA

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INGOA TUATAHI

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INGOA WHĀNAU

---

WĀHI NOHO

---

---

TĀTAI POUTĀPETA

---

TAU WAEA

---

WĀHITAU ĪMĒRA

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PŌHI KI:

Glaucoma NZ

Department of Ophthalmology

The University of Auckland

Private Bag 92019

Auckland 1142

Me whakapā atu rānei ki Glaucoma NZ me ō taipitopito mā te īmēra ki **info@glaucoma.org.nz**, waea rānei ki **0800 452 826**, haere rānei ki **www.glaucoma.org.nz** kia uru hei mema.



Mēnā kāore i a mātau  
tō ingoa me tō wāhi  
noho, kāore e taea te  
whakamōhio haere i a  
koe.

!

Me noho mōhio ki  
ngā rongō kōrero  
katoa a Glaucoma  
New Zealand mā  
te whakaoti me te  
whakahoki i tēnei  
puka mematanga.





**BLINDNESS**

FROM

**GLAUCOMA**

IS

**PREVENTABLE\***

**Get your eyes examined**

**GLAU@MA NZ**  
TO SAVE SIGHT

For more information phone **0800 452 826**  
or visit **[www.glaucoma.org.nz](http://www.glaucoma.org.nz)**

\* If detected early and treated appropriately

## Utu Mematanga

Me hono atu ki Glaucoma NZ mō ngā mōhiohio mate roikaru hou rawa. Kāore he utu mō ngā ratonga me ngā mōhiohio.

Glaucoma NZ  
Department of Ophthalmology  
The University of Auckland  
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He tarahiti kaupapa aroha a Glaucoma NZ  
(CC21421)

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09 373 8779  
Waeatuhi: 09 373 7947  
Īmēra: [info@glaucoma.org.nz](mailto:info@glaucoma.org.nz)  
Paetukutuku: [www.glaucoma.org.nz](http://www.glaucoma.org.nz)



He Tarahiti Kaupapa Aroha