

## **Tō Aratohu ki te Whāngai Toto – Ngā Wāhanga Toto Hōu**

Kua hoatu tēnei mātārere ki a koe nā te mea ki ngā whakaaro o tō Tākuta tērā pea me whāngai toto, e tino mōhiotia ana rānei me whāngai toto ki a koe.

He pēnei anō tēnei me ngā mahi whakaora katoa i te tangata, arā, kei a koe te tika ki te whiriwhiri mehemea e hiahia ana koe ki ngā mahi whakaora, kāore rānei. Ka inoitia koe kia haina i tētahi Pukapuka Whakaae hei whakaū:

- kua oti ngā painga, ngā mōreatanga me ngā whiringa mō ō mahi whakaora, pēnei me te whāngai hua toto, te whakamārama ki a koe,
- kua tino āhei koe kia pātai i ngā pātai, ahakoa he aha, mō te mahi whakaora, ā,
- kei te whakaae koe kia haere ēnei mahi whakaora mōu.

Kei tēnei mātārere ētahi whakautu ki ngā pātai auau mō te whāngai toto. Hei āwhina pea tēnei i a koe kia whakautu i ō āwangawanga ahakoa he aha.

### **He aha tēnei mea te whāngai toto?**

Ko te whāngai toto he mahi whakaora ka whakaritea e tō tākuta. Ko tētahi wāhi o te mahi he hoatu toto, he hua rānei i mahia ki te toto, ki tētahi ia auraki.

### **I takea mai te toto te hea?**

I Aotearoa, ka tīkina atu ngā toto o ngā kaihōmai kore-utu, kaupapa aroha anake. Kohia ai ngā toto ki ngā taputapu i whakahoromatatia anake, arā, kotahi anake te whakamahinga. Ko ngā paearu mō te Ratonga Toto o Aotearoa kei te hāngai, kei te piki ki runga atu rānei i ngā paearu puta noa i te ao, mō:

- te whiriwhiri i ngā kaihōmai toto, otirā mō te
- kohikohi, mō te whakamātautau, mō te takataka me te whakawhata i ngā hua toto mō te whāngai toto.

### **He aha ngā momo wāhanga toto ka whakamahia mō te whāngai toto?**

Ko ngā hua toto hōu ka hoatu i ngā whāngai toto ko:

#### **Ngā Pūtau Whero**

- Whakamahia ai ēnei mō te whakaora tangata mō te māuiuitanga rino, i hua ake ai tētahi raruraru hauora āhua taumaha, tino taumaha rānei,
- Te hīrere o te toto (inā koa, i waenganui, i muri rānei i te pokanga tinana, i te aituā rānei).

#### **Ngā Mōtepe**

- Ko tēnei mea te mōtepe he pūtau toto moroiti rawa ka mahi ki te pāpuni i te toto. I ētahi wā ka whāngaia i roto i ngā mahi whakaora tangata i ngā Wāhanga Tiaki Taumaha, hei wāhi hoki o ngā mahi whakaora mate pukupuku.

## **Te taitoto hou kua oti te whakahuka, me te Cryoprecipitate**

- Whakamahia ai ēnei hei whakakapi mō ngā wae tepe, ā, i ngā wā ruarua mō ētahi pūmua toto (i ētahi wā whakamahia ai ēnei i ngā Wāhanga Tiaki Taumaha, mō ngā tāngata rānei e pāngia ana e te māuiuitanga o te ate).

## **He aha ngā whakamātautau ka mahia ki ngā toto?**

Whakamātauria ai he toto i ngā wā katoa mō:

### **Ngā Pokenga**

- Te mate ate kakā B, me te mate ate kakā C
- HIV/TE MATE ĀRAI KORE
- Te Pākewakewa

### **Ngā tūmomo toto**

- Te rōpū ABO
- Te momo Rh
- Ngā paturopi tūmomo toto

Ka āta tirohia ngā Pūtau Whero kia āraia ngā tauhohe tauhou i roto i tētahi whāngai toto. Ko ētahi o ēnei whakamātautau he whakamātau motuhake, ka kīia he whakaōritenga whiti, ka whakamahi i tētahi whakamātau o ō toto, me ngā toto i kōwhiria mō te whāngai.

## **He pēhea rawa te haumaruru o te whāngai toto?**

E whakamāramatia ana ngā mōreatanga matua o te whāngai toto i raro iho nei. E kore e kino kē atu i ngā mōreatanga o ia rā ki te nuinga o te tangata, me ngā mōreatanga o ētahi atu whakahaere mahi whakaora.

He tino haumaruru, he tino whai painga hoki ngā mahi whāngai toto hei mahi whakaora. He tini te hunga nā te whāngai toto i whakaora i te mate. Ko ētahi o ngā pokanga tinana matatini e kore e taea, ki te kore e whāngai toto.

Ko ngā mōreatanga o te whāngai toto me āta whiriwhiri mārire i te taha o ngā mōreatanga o te kore e tuku i te whāngai toto ki te tangata. Mehemea ki ngā whakaaro o tō tākuta me āta whāngai koe ki te toto, ka taea te kī e whakapono ana ia he nui kē atu ngā painga mōu i ngā mōreatanga.

## **He aha ētahi o ngā mōreatanga i ngā whāngai toto?**

- Tērā pea ka pā mai etahi tauhohe rangitahi tae noa ki te kirikā ngāwari, te pūwhero o te kiri rānei.
- He tino ruarua tonu ngā tauhohe tauhou tino nui, ko te whāngai toto te take. Tērā pea ka pā te hēnga o ngā whatukuhu (tākihi), ngā natinga o te whakahā, me ētahi atu whakararu whakamate pea i te tangata.

- I ētahi wā ruarua, e kore e puta ngā hua i wawatatia, i tēnei mahi whakaora.
- I ētahi wā ka noho ko te whāngai i ngā wāhanga toto hei take pokenga:
  - Ko ngā pokenga wheori iti e kitea auautia ana i te hapori ka tukuna ki tangata kē i ētahi wā.
  - E kore e puta mai te Mate Ate Kakā B, te mate ate kakā C, te Yersinia, te HIV/mate ārai kore me te wheori HTLV-1 i muri i te tino nuinga o ngā whāngai toto, engari ki te puta mai, he taumaha tonu ēnei pokenga, i ētahi wā he pokenga whakamate pea i te tangata. Ko ngā whakamātau me ngā whakamātau i ngā hōmaitanga toto ka whakaheke i te mōreatanga mō ēnei pokenga.
- Ko ngā mōreatanga mō te pānga e te mate CJD/vCJD mai i ngā mahi whāngai toto he pāpaku tonu, kāore anō kia puta mai ki Aotearoa nei. Kua puta ētahi māuiuitanga ruarua pēnei ki Ingarani.

### **He whakataunga tata mō ngā mōreatanga i ngā whāngai toto**

- He tauhohe pāwera iti, he kiri pūwhero rānei tētahi hua o te 1% ki te 2% o ngā whāngainga.
- Tētahi tauhohe tauhou tino nui: 1 i roto i ngā whāngainga toto 100,000 (1 te pānga i te tau i Aotearoa).
- Ko ngā mōreatanga o te pānga e te HCV e te HIV rānei i te whāngai toto he iti iho i te 1 pānga i ngā whāngai toto 1,000,000 i Aotearoa. Kāore kau he pānga e ēnei mate i tuhia ōna āhuatanga i Aotearoa, mai i te tīmatanga o te whakamātautau o te tukunga o ēnei wheori i Aotearoa.
- Mō te mate ate kakā B ko te mōreatanga he 1 i roto i nga whāngainga toto 100,000 (kei te 1 pānga piki ake, heke iho, i te tau).
- te wheori HTLV-1: iti iho i te pānga 1 i roto i ngā whāngai toto 100,000 (iti iho i te 1 pānga i te tau i Aotearoa).
- Te Pokenga Huakita Taumaha: Iti iho i te pānga 1 i roto i ngā whāngai toto 100,000 (iti iho i te 1 pānga i te tau i Aotearoa).

He teitei tonu te haumarua o ngā toto me ngā hua toto. Ki te whakakāhore te tangata i te whāngainga toto ina tino hiahia te teitei ka ara ake pea he mate taumaha pea mō te hauora o te tangata.

### **He aha ētahi atu huarahi, i tua atu i ngā whāngai toto?**

#### **Kāore he Whāngainga Toto**

Ko ngā mōreatanga i te kore e whāngaia ki te toto ina hiahia te teitei kē atu i ērā ka ara ake i te kore e whāngaia ki te toto. He maha ngā momo pokanga tinana, me ngā mahi whakaora mō te mate pukupuku kāore e taea ki te kore e whāngaia ngā hua toto.

#### **Te Tuku Toto Mōu Ake**

Ka āhei te tangata hauora, e takatū ana kia haere kia pokaina te tinana me te mōhio tērā pea ka hiahia whāngainga toto, te tono kia kohia mai ētahi o ōna ake toto hei whāngai ki a ia anō, ā taihoa.



Ka āhei tō Tākuta te āwhina i koe te aromatawai ngā mōreatanga, ngā painga hoki o te kohi i ō toto. Ko ētahi atu mōhiotanga kei roto i te mātārere – "Providing Blood for Yourself." Tērā pea ka whakaritea he utu mō te kohi, mō te whāwhā me te whakamātautau i ō toto ki te tono koe i tēnei ratonga.

### **He Tukunga Toto Ka Whakahāngaitia**

Ko ngā toto nā ngā whanaunga, ngā hoa tata rānei i tuku e mōhiotia ana i ngā whakamātautau kāore e hauora kē atu i ngā toto nā ngā kaituku ora, kaituku kore-utu, kaituku mahi aroha i tuku. Mō konei kei te whakatūpatō te Ratonga Toto o Aotearoa ki ngā tukunga toto ka whakahāngaitia.

### **He Whakakapinga mō Te Toto**

Tae mai ki nāianeī kāore anō kia kitea he whakakapinga e pai ana mō ngā mahi whakaora e mahia nuitia ana mō ngā pūtau whero, mō ngā mōtepe, me ngā taitoto rānei.

### **Kia mahara mai:**

- Heoi anō ngā māuiuianga e tukua ai he whāngai toto, hua toto rānei, ko ngā mauiuitanga e mōhiotia ana kei runga atu ngā painga i ngā mōreatanga.
- Ki te whakakāhore koe i te whāngai toto ina hiahia, tērā pea ka piki ngā mōreatanga mō tō hauora.
- Kei a koe te tikanga o te pātaitai, ahakoa he aha te pātai, kia tino mōhio ai koe kei te whakataua koe i runga i te mārama.

Mehemea he pātai anō āu i muri i te pānuitanga i tēnei pukapuka, matapakina ki tō Tākuta, ki tētahi atu tangata rānei o tō Tari Rongoā Whāngai Toto ā-rohe.

I tuhia, i horaina hoki tēnei mātārere e te Ratonga Toto o Aotearoa.  
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