

Te kai me ngā raruraru ka pā ki te waha (mouth problems)



Tērā pea ka whakarerekē te matepukupuku me ngā maimoatanga i te āhua mahi o ō repe hūare, me te whai pānga ki te āhua o tō rongō ā-ngao, ā-kākano ā-kakara.

Tērā pea, ka iti ake kē te ngao o ētahi kai, e ai ki tērā i rongō koe i ngā wā ki muri, ā, tērā pea he totetote, he kawa, he maitai rānei kē te ngao o ētahi ake. Tērā pea ka rauangi ake tō waha ki ngā kai me ngā inu makariri, inu wera, ngā inu namunamuā, mirumiru rānei. Tērā pea, ka whai pānga ki tō rekareka ki te kai.

Te whakapai ake i ngā ngao

Tērā pea, ka āwhina ēnei whakaaro ki te whakapai ake i te ngao o ōu kai

- Mehemea he akeake te kai, me whakamātau i ētahi ake kai, ētahi ake whakakakara rānei, pērā ki ngā otaota kaimata, te kōpī, te kanekane, te wairanu soy, ngā whakaranu, ngā raukikini me ngā kinaki.
- Mehemea kua ngaro tō ngao mō te mīti, whakamātauria te pūkarakara i te mīti ki roto i te wairanu soy, te miere,

te kōpī, te wai huarākau rānei, i mua i te tunu.

- Whakamātauria ētahi whiringa atu i te mīti, pērā ki ngā lentils, ngā legumes, ngā nati, ngā hēki, me te tīhi.
- Mehemea he totetote rawa te kai, kua e totetote i te wā kei te tunu koe.
- Mehemea he reka rawa te kai, whakamātauria ngā kai iti ake te huka ki roto, pērā ki te pāreti me te witiipiki.
- Whakamātauria ngā kai pūangi, mākūkū hoki, pērā ki te mereni me ngā huariki.
- Mehemea kei te rongō koe i te ngao konganuku, me whakamahi i ngā taputapu kirihou, kore konganuku rānei.

Te whakaiti ake i te haunga

Anei ētahi huarahi ki te whakaiti ake i te haunga whakaparau o ētahi kai

- Kōwhiria ngā kai mōkau noa, whai haunga iti hoki.
- Tonoa he āwhina mō te whakarite kai, me whakamātau rānei i ngā kōwhiringa kai kua titowera kēhia, māmā noa iho rānei te tunu.
- Whakamahia he momihau, ūhia ngā kōhua i te wā tunu, huakina ngā kuaha me ngā wini, me tunu rānei te kai ki waho, pērā ki te hūhunu.
- Whakaratoa te kai ka rite ana te mahana ki te mahana o te rūma, kua i te wā e wera rawa ana, e makariri rawa ana rānei.

Waha maroke

Tērā pea, ka whai pānga ētahi maimoatanga, tae noa ki te mahi hahau me te mahi iraruke, ki te māhunga me te kaki, Nā tēnei, ka iti ake te hūare, ka puta rānei ko te hūare mātatoru rawa, e uaua ai ki te kai. Tērā pea, ka puta he waha maroke nā te whakatārehetanga. Ka piki rawa te mōrea mō te whakapokenga ki roto i tō waha me tō korokoro nā te waha maroke me te kore hūare. Anei ētahi whakaaro hei āwhina.

- Me whakamākūkū ngā kai mā te wairanu, mā ngā kinaki, mā te kahitete, mā te kirīmi, mā te miraka, mā te



pata, mā te margarine, mā te hinu, mā ngā whakararu rānei.

- Inuimia he kūtore, pērā ki te wai, te tī kahakore, te miraka, te whakapiri (mehemea ka hiahiatia), puta noa i te rā.
- Ngotea he maramara tio, kaingia he piangaungau kore huka.
- Me toutou te pihikite ki roto i ngā inu wera hei whakangāwari.
- Me papare te kawhe, te waipiro, te kaipaipa, me ngā kai maroke, totetote rawa, me ngā kai wera, makariri rānei.
- Me whakamahi i ngā hūare tāwhaiwhai, ngā pia, tētahi hinu nehu waha (kaua e whakamahi i mua i ngā maimoatanga iraruke).
- Pania he pani ngutu kia kore ai e maroke, e pātotoingā ngā ngutu.

Mehemea ka puta he take atu ki tō waha maroke whai muri i ngā maimoatanga matepukupuku, me kōrero koe ki tō rōpū maimoatanga mō ngā tohutohu hāngai.

Hauora ā-waha

I mua i tō tīmata maimoatanga, me haere kia tiroirohia ō niho. Hei whakarite tēnei, ka kore tētahi whakapokenga i tō waha e whakararu i tō maimoatanga matepukupuku. Tērā pea, ka whai pānga ngā maimoatanga ā-waha, ā-korokoro hoki, ki tō hauora waha, tae noa ki te kore hūare (waha maroke), me te nui ake o te kai paramanawa me te inu. Āta tiakina ō niho, me te whakaiti i te mōrea puta ai he whakapokenga me he raruraru ā-niho mā te whai i ēnei whakaritenga.

- Whakamahia he paraihe niho ngāwari ki te whakamā i ō niho, i tō ārero, me ō pūniho hoki, ia rā, ia rā.
- Me papare i te mahi inu waipiro, kai paipa me te hoko i ngā rongoā horoi-waha mai i ngā toa, tērā ētahi mea ka whakamaroke, mukākā hoki i tō waha.
- Hei papare i te whakapokenga, me whakarite kei te auau rawa te whakamā me te whakahoromata i ngā niho kēhua.
- Me auau te whakamahi i tētahi horoi-waha māriri, pērā ki tētahi tohutaka pēnei

Ngā raruraru waha, raruraru horonga

Tērā pea, ka puta he mamae ki te waha, he kea, he whakapokenga, he puketenga rānei (te dysphagia) nā runga i te maimoatanga mō tō matepukupuku. Ka puta he mamae mehemea he ngoikore ngā niho, he kore tika nō te hanganga o ngā niho kēhua rānei, me te uaua o te mahi ngaungau, mahi horonga hoki. Mehemea me whakatika koe i te kākano o ōu kai, whakamātauria ngā kai nakunaku,

Tohutaka horoi waha

Add 1tsp salt and 1tsp of bicarbonate of soda (baking soda) to 1 litre of water. Whakawhenumi kia rewa rā anō.

Whakaputu ki roto i te whata mātao.

Porowhiau whai muri i te 24 hāora

Whakamahia hei horoi-waha i ngā wā hiahiatia ai, Tuhaina ki waho, kaua hoki e horomi. Me kaha te whakamahi puta noa te rā, whai muri i te kai, i mua hoki i te haere ki te moe. He whakamā pai tēnei hakawhenumi. He āwhina i te whakaoranga, he wāwāhi i te hūare me tana whakaiti ake i te pirau o ngā niho.

ngāwari hoki. Mehemea ka haere tonu ngā raruraru ki tō waha, uaua ki te horomi, kai te heke rānei tō taumaha, tērā pea me whai whakatau koe ki te haere ki tētahi mātanga kai whakatinanga, ki tētahi kaihaumanu whakatika reo kōrero rānei.

Te mamae me te auhi ka horomi ana

Ka uaua ki te kai mehemea he ngohengohe ki roto i te waha me te korokoro, heoi anō, tērā pea ka āwhina ēnei whakaaro.

- Whakamahia te rongoā hiki mamae
- Kāinga ngā kai ngāwari, mākūkū, nakunaku, māmā hoki ki te kai
- Me paku noa iho, me auau hoki ngā wā kai, puta noa i te rā.
- Whakamahia auau tētahi horoi waha māriri tonu
- Me noho mākūkū tō waha mā te inu i ngā kūtore, puta noa i te rā
- Me inu mā te ngongo hei papare i ngā wāhi mamae?
- Kia whai ai koe i ngā pūngoi me ngā pūmua whakatāpiri, whakamātauria ngā inu pērā ki te miraka whakaoioi me ngā inu whakatāpiri .
- Paparehia te waipiro me te kaipaipa
- Paparehia ngā kai namunamuā, tino wera, tino makariri ranei, ngā kai totetote, me te hīmoemoe rawa rānei, pērā ki te huarākau kiwi, te huarākau citrus, te tōmato rānei.

Further information

- Taste and Smell Changes fact sheet <https://www.cancervic.org.au/living-with-cancer/common-side-effects/taste-and-smell-changes>
- Cancer Council Australia: www.cancervic.org.au/living-with-cancer/nutrition/nutrition-overview
- Canterbury Health. Smooth Pureed Diet: [www.healthinfo.org.nz/patientinfo/Smooth%20Pureed%20Morgan-Jones, P, MacLeod, R, Ellis, P, Lynch, J; Lobster for Jasino \(fabulous food for final days of life\). 2018. HammondCare Media:](http://www.healthinfo.org.nz/patientinfo/Smooth%20Pureed%20Morgan-Jones, P, MacLeod, R, Ellis, P, Lynch, J; Lobster for Jasino (fabulous food for final days of life). 2018. HammondCare Media:)