

Ngā Whare Haumanu Family Planning

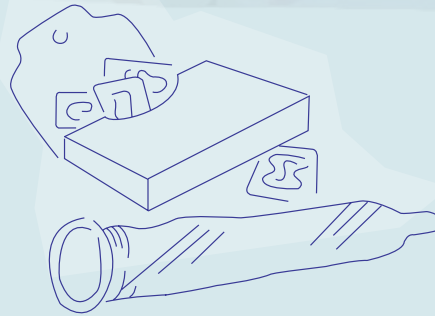
- Mēnā kei te hiahia koe i ētahi atu rongō kōrero, mēnā rānei e hiahia ana kia tirohia tō hauora, whakapā atu ki te whare haumanu Family Planning e pātata ana ki a koe:

Tāmaki –	Te uru o Tāmaki	09 836 0025
	Manukau	09 263 7600
	Newmarket.....	09 524 3341
	Panmure	09 570 9871
	Papakura.....	09 298 4608
	Takapuna	09 486 1014
Kawakawa		09 404 0368
Whangarei		09 438 1986
Whanganui a Tara – Tāone		04 499 1992
	Awakairangi	04 569 5025
	Porirua	04 237 8895
Kirikiri-roa.....		07 839 4061
Tauranga.....		07 578 8539
Hāwera		06 278 9929
Ngāmotu		06 759 8269
Ōtautahi.....		03 379 0514
Ashburton		03 308 1221
Blenheim.....		03 578 3047
Māwhera.....		03 768 0499
Rangiora		03 313 6697
Timaru		03 684 3872
Ōtepoti		03 477 5850
Murihiku		03 214 4978
Tūranga Nui a Kiwi		06 867 1864
Whanganui		06 347 9415

whakapā atu rānei:

- ki tō tākuta
- ki ngā Ratonga Hauora ai
- ki ngā Ratonga Hauora taurira – mēnā he taurira koe
- ki te nama waea kore utu mō te Mate Ārai Kore 0800 802 437 – mō ngā whakamārama e pā ana ki te Mate Ārai Kore.
- ki te nama waea kore utu mō te kiritona Herpes hotline 0508 111 213, ki te ipurangi rānei i www.herpes.org.nz
- ki te nama waea kore utu mō te ngōki taihema 0508 111 213, ki te ipurangi rānei i www.hpv.org.nz

Ka wawao te pūkoro ure i a koe mai i ngā whakapokenga taihema.



Mō ētahi atu whakamārama e pā ana ki ngā rauemi, ngā whare haumanu me ngā ratonga ako o Family Planning whakapā ki tō mātou ipurangi a www.familyplanning.org.nz ki te nama waea rānei a 0800 3725463, arā, a 0800infoline 0800 463 65463.

Ka whakaratohia he paku pūtea ki a Family Planning hei tuku atu i a mātou ratonga. Ka koa maioha atu ki ngā koha ka tukuna mai hei āwhina i a mātou mahi.

Ngā Whakapokenga Taihema

Sexually Transmissible Infections



He mea noho tapu ā mātou ratonga tohutohu ki a koe e pā ana ki te hauora ai, whakawhānau hoki, me ā mātou ratonga mātauranga. Whakapā atu ki a mātou mō ētahi atu whakamārama

Pūkoro Ure

He momo uhi tawau te pūkoro ure ka whakamau ki runga i te ure hei hopu i te waitātea inā ka tuha te ure.

He maha ngā tūmomo rarahi o te pūkoro ure kia āta uru ai tō ure. Mēnā he tika te nui o te pūkoro ure mōu, ka kore e makere i tō ure.

He mātotoru ake te pūkoro tara o te wahine, ā, ka kuhu ki roto i te taiawa, ka uhi i ngā ngutu o te tara. Ka taea e koe te hoko i ēnei mai i te whare haumanu o Family Planning, mai i te whare rauemi o Family Planning rānei.

Ngā Oral Dam

He tawau hanga tapawhā te oral dam ka purua ki runga i te tara, i te tou rānei i te wā ka mitia e te arero. Ka taea e koe te hoko mai i ngā whare haumanu Family Planning me ētahi whakaipurangi rongoa. Ka taea hoki te whakamahi i tētahi komoringa tawau kua wāhia. Kutia ngā pūkoro matimati o te komoringa, engari waiho ko te kōnui. Tapahia te kapu o te komoringa, ā, whakatuwheratia kia ōrite ki te hanga tapawhā.

Te wawao i a koe mai i ngā Whakapokenga Taihema

Ka puta ētahi whakapokenga taihema mā te pā noa o te kiri, ā, ka kore pea e ārai te pūkoro ure me te oral dam i a koe.

Ki te rahi ake ō hoa ai, ka kaha ake te mōrearea o te pānga ki tētahi whakapokenga taihema, ka mutu ka tino kaha ake mēnā ka kore koe e whakamahi i te pūkoro ure, i te oral dam rānei.

Kāore koe e mārāma ki ō whanonga ai mehemea e kai waipiro ana koe, mēnā rānei e kai whakapōauau ana koe.

He mea nui te kōrero tahi me tō hoa e pā ana ki te ai haumaruru.

Kia maumahara – kāre he tohu whakawaho ō ētahi whakapokenga taihema.

He haumaruru ake:

- ki te kore koe e ai (ka taea e koe te whakaatu i o kare ā-roto i ētahi atu āhuatanga)
- te tītoi, te pīkoiko rānei
- te mirimiri i tō hoa
- te ai i te hoa kotahi me te whakamahi i te pūkoro ure me te oral dam kia tirohia rānei tō hauora ai.
- whakamahia ngā pūkoro ure, oral dam, i ia wā ka ai i te tara, te waha, te tou rānei o tō hoa.

E mōhio ana te nuinga o te tangata ka wawaongia koe i ngā whakapokenga taihema ki te whakamau pūkoro ure, oral dam rānei.

Ko ētahi take whakamahi ai te tangata i te pūkoro ure me te oral dam, ko ēnei:

- he pai tonu hei whakahiamo i mua i te ai
- kia tū tonu ai te ure
- he whakaatu kei te aro koe ki tō hoa, ā, kore rawa kōrua e hiahia kia pā te whakapokenga taihema ki tētahi
- ka kino ake te ai – ka āta taunga koe ki tō hoa, me te kōrero tahi ki a ia mō te whakamahi i te pūkoro ure

Ko ētahi kaupapa ka kore te tangata e whakamahi i te pūkoro ure me te oral dam, ko ēnei:

- he whakamā ki te hoko, te mau haere rānei i ngā pūkoro ure. He whakamā kia kōrero ki tō hoa mō te whakamahi pūkoro ure.
- he rahi rawa te utu (he paku iho te utu mēnā ka tonoa ā-rongoā mai i te kēmihi)
- te ai pokanoa
- te haurangi, te kōhatu rānei me te ai pokanoa
- te whakaaro kāore he aroha i ngā mahi whakamahi i te pūkoro ure, i te oral dam rānei
- te whakaaro kei te noho haumaruru kē tō hoa (mā te tiroiro rānei e mōhio)
- he matakū kei heke noa te tora o te ure (mehemea he rarururu tēnei, ka taea mā te parakitihia kia waia)
- he matakū ki te kōrero mō te mau pūkoro ure, kei riri noa iho te hoa.

Mehemea ka pā tētahi o ēnei rarururu ki a koe me kōrero ki ngā kaimahi o Family Planning, ki tō rata rānei

Me pēhea au mōhio ai mēnā kua pā he Whakapokenga Taihema?

He tohumata ētahi Whakapokenga Taihema pērā ki te mātūruturu o te tara, o te ure rānei. I te nuinga o te wā kāore he tohu.

Ngā whakamātau mō ngā Whakapokenga Taihema

- tērā pea, ka nui te whakamātau mimi mō te chlamydia
- Tērā pea ka taea e ngā wahine te tango ūkui mō te chlamydia mai i ō rātou ake tara
- Mō ētahi mate, ka tangohia he ūkui mai i te waha whare tangata, te tara, te ure rānei
- whakamātau toto

Rārangi Kupu

ai, onioni	ko te puru i te ure ki roto i te tara o te wahine, te tou rānei
ai ā-waha	he whakakoa i tō hoa mā te miti, te ngote rānei i ōna taihema
ai tara	ko te pura i te ure ki rote i te tara o te wahine
ai tou	ko te ai i te tero o tētahi atu
harare	te kiri o roto i te tinana
hinu pani	he taonga whakamania i ngā taihema. Whakamahia ngā pani ka hangaia i te wai inā ka mau pūkoro ure ana.
huru huru taihema	ko ngā huru huru o ngā taihemahema
kuhu Taiawa	he pire hei rau ki roto i te taiawa hei patu whakapokenga
kūtere taihema	ko te tātea tēnei o te tāne, me ngā wai kūtere o te wahine
mātūrunga	he momo wai ka rere mai i te tara, i te ure rānei
mitimiti tou	te whakaongaonga i te tou mā te mitimiti, mā te waha rānei
oral dam	he tawau rapa hanga tapawhā ka ūwhia ki runga i te tara me te tou inā ka mitimitia
pākoko	he kore whai hua, he rākau more
pūkoro tara	mā te wahine anake, ka kōkūhu ki roto i te tara
pūkoro ure	he rapa tawau ka whakamauihia ki te ure
roma mimi	te ngongo kawē i te mimi
taihema	he wāhanga nō te pūnaha whakawhānau o te tinana, pērā i te ure
tara	te taihema o te wahine
tero	pērā ki te tou, te kumu, te kōtore me ērā atu.
tītoi/Pikoiko	te mahi whakahiamo a te tāne mā te whāwhā i ngā taihema, te mahi whakahiamo a te wahine mā te whawha i ngā taihema
tōngāmimi	koinei te wāhi o te tinana pupuri ai i te mimi
tou	arā anō ētahi atu ingoa, ko te tero, te nono, te kumu, te kōtore
tuha	te tuku o te ure i te waitātea inā e tū ana
ure	te taihema o te tāne, inā ka whāwhāngia kua tū mai. Ka whakamahia anō hoki tēnei mō te mimi.
waha whare tangata	te taha runga o te kōpū
waitātea	ka tuha ana te ure ka puta mai ko te waitātea
whakamātau toto	he tango tauira toto i te tinana hei tiroiro mēnā kai te mate koe

Ngā Whakapokenga Taihemahema

Arā ngā Tahumaero Taihemahema (ngā STDs). Mō ētahi rerenga kōrero whakapā atu ki a Family Planning.

Ko te mate aha?	Ka pēhea koe e pā ki tēnei mate?	Ngā Tohumate	Maimoatanga	Ngā hoa
Chlamydia He whakapokenga tēnei ka pā ki te kiri o te whare tangata me te roma mimi mā te whakapā tāngata ki te tāngata, i te wā e ai ana. Koinei te tahumaero taihemahema ka pā ki ngā tangata tokomaha o Aotearoa nei. Ka kore te tāngata e āhei te whai tamariki inā ka pā ki tēnei mate.	Mā te kore whakamahi i te pūkoro ure i te mahi ai; ki te tara, te waha me te tou. Me he hapū te wahine, tērā pea ka pā te mate ki te pēpē i tōna whānautanga mai.	Kāre e kitea ngā tohumate i roto i te nuinga o ngā tāngata. Mō te hunga wāhine: <ul style="list-style-type: none">te mamae i te wā aihe mamae inā ka mimihe māturinga ka puta i te tarate mamae i raro i te pukute rere o te toto i waenganui i ngā wā mate marama Mō te hunga tāne: <ul style="list-style-type: none">te mamae i te wā o te mimika rere te māturinga i te ure	Rongoā paturopi. Ka taea te rongoā i te Chlamydia. Mēnā ka moata te whakatika i te mate, ka kore te mate i te roanga o te wā. Hei ārai atu i tō whakapokenga anō, kua e ai i te tara, te tou me te waha mō ngā rā e whitu neke atu rānei i muri i tō whakamahinga i te rongoā.	Me whiwhi maimoatanga tō hoa ai. Ko te tino tohutohu kia kua kōrua e ai kia whiwhi maimoatanga rā anō kōrua ko tō hoa. Mēnā ka ai koe, me whakamahi i te pūkoro ure, i te oral dam rānei.
Ngōki Taihema He wheori tēnei ka poke i te waha, te ngutu me ngā taihema (rite ki te hakihaki). Mō ētahi atu kōrero whakapā atu ki te Herpes Hotline i te nama waea 0508 11 12 13, me te ipurangi www.herpess.org.nz .	Mā te pā o te kiri ki tērā kua pāngia e te mate. Ka heke tēnei mate mai i te māmā ki te pēpē. Mēnā kua puta mai te keha, te hoipū rānei i te wā wherere, kua motu whakawhānau i te pēpē.	He kino ake te pāngia tuatahi. <ul style="list-style-type: none">He tino kino mēnā ka puta mai ngā hakihaki, ngā hoipū me ngā keha whakamamae i te tinanaka pā tēnei mate mai i tētahi ki tētahi i mua, i te pāngia mai o te hakihaki, i muri hoki. Heoi ka hōrapa tonu tēnei mate ki tētahi atu mēnā kāre e kitea ngā tohumate.	Te maimoatanga ārai i te ngōki taihema. Mā ēnei pire hei whakapoto i te mamae. Mēnā ka pā mai anō te mamae (mō ngā wā e ono i roto i te tau) ka taea e koe te whakamahi i ngā pire i ngā wā katoa hei aukati i tēnei mate.	Me tirohia ngā hoa mēnā he hakihaki tō rātou. Mā te whakamahi i te pūkoro ure me te oral dam kāre e hōrapa te mate.
Kiritona Taihema He wheori tēnei (HPV – Human Papilloma Virus). Ka puta ngā pukupuku i runga i te tara me te kumu wahine, tae atu ki te ure me te tou o te tāne. Mō te whānuitanga o ngā kōrero whakapā atu ki a HPV Hotline i te nama waea 0508 11 12 13, ki te whare ipurangi rānei a www.hpv.org.nz	Mā te pā o te kiri, i te wā o te ai hoki. Ka heke tēnei mate mai i te māmā ki te pēpē. I ētahi wā tē kitea te pūtakenga mai o tēnei mate.	<ul style="list-style-type: none">ka puta ngā pukupuku i runga i ngā taihema, ka mutu he mangeo.	Te maimoatanga mō ngā kiritona taihema Ko te maimoatanga mō ngā kiritona taihema ko te wai huaota (mā te whakatio), te whakawera, mā te pani i te peita matū. Arā anō te kirīmi hei panipani ki runga. He mea āwhina tēnei i te pūnaha ārai mate o te tinana hei patu i te wheori.	Ka taea te āta titiro mēnā he kiritona tō ngā hoa moe. Mēnā he kiritona tō tāu hoa me whai maimoatanga. Mā te whakamahi i te pūkoro ure me ngā oral dams kāre e pā tēnei whakapokenga ki ētahi atu.
Mate Paipai He whakapokenga tēnei ka pā ki ngā taihema, te korokoro me te tou. Ko te kino o tēnei mate ka kore koe e āhei te whakawhānau tamariki.	Mā te ai i te tara, te tou me te waha o te tangata kua pāngia e te mate me te kore whakamahi i te pūkoro ure. Ka heke tēnei mate mai i te māmā ki te pēpē i te wā whakawhānau.	Kāre pea he tohumate i roto i ngā tāne me ngā wāhine. Mō ngā wāhine: <ul style="list-style-type: none">te mamae i te wā o te aite māturinga mai i te tarate mamae i te tau o te pukuhe kaha ake tō mate wahine Mō ngā tāne: <ul style="list-style-type: none">ka rere te māturinga i te ure, te tou rāneite mamae i roto i ngā rahote mamae i te wā e mimi ana	Rongoā paturopi Me tohua te rongoā paturopi tika, natemea he maha ngā tūmomo mate paipai kua wainga ki ngā maimoatanga paturopi.	He mea wawao ngā pūkoro ure i a koe. Me whakapā ngā hoa moe kia whiwhi maimoatanga. Kua e ai kia whiwhi maimoatanga rā anō kōrua ko tō hoa.
Pākewakewa He whakapokenga tēnei i te kiri o roto i ngā taihemahema. Nāwai ā ka hōrapa tēnei mate ki te manawa, te hinengaro me te aho tuaiwi.	Mā te ai i te tara, te tou me te waha o te tangata kua pāngia e te mate me te kore whakamahi i te pūkoro ure. Ka pā hoki tēnei mate i te awahi tata ki tētahi atu. Ka heke tēnei mate mai i te māmā ki te pēpē i ā ia i te whenua i te wā whakawhānau.	<ul style="list-style-type: none">He keha e karangatia ana he chancre. Kāre e rongo i te mamae. Ka pā tēnei ki ngā taihema. Te wāhanga tuarua o te mamae: <ul style="list-style-type: none">Ka pupuhi ngā repeKa puta mai te kōpukupukuKa hewa haere te māhunga	Rongoā paturopi	Me tirohia, me whiwhi maimoatanga hoki ngā hoa moe. Ko te mea pai ake kia kua kōrua ko tō hoa e ai kia whiwhi maimoatanga rā anō kōrua. Mēnā ka ai kōrua, me whakamahi i te pūkoro ure, i te oral dam rānei.
Ngā Mate Roma Mimi He whakapokenga tēnei (he whero, kua pupuhi, he mangeo hoki) ka whakapupuhi i te roma mimi (te ngongo kawē i te mimi) o te tāne.	Mā te wheori, te kitakita rānei.	Ngā tāne: <ul style="list-style-type: none">te māturinga mai i te ureka mamae inā ka mimi (kāre e kitea ngā tohumate i ētahi wā).	Rongoā paturopi	Me maimoa ki te rongoā paturopi kia kore ai e whakapokea anō. Kua e ai kia whiwhi rā anō i tēnei maimoatanga. Ki te ai koe, me kuhu te pūkoro ure, te oral dam rānei.
Trichomoniasis He whakapokenga protozoal ka pā ki ngā taihema o te tāne, o te wahine hoki, ā, ka kīia tēnei he 'trike'.	Mā te mahi ai i tētahi tangata kua pāngia e te mate me te kore whakamahi i te pūkoro ure.	Kāre pea he tohumate. Mō ngā wāhine tērā pea: <ul style="list-style-type: none">ka rere te māturinga haunga ka rere mai i te taraka mangeo te tara Mō ngā tāne: <ul style="list-style-type: none">ka mamae inā ka mimihe māturinga ka rere i te ure	Rongoā paturopi	Kua e ai kia whiwhi maimoatanga rā anō kōrua ko tāu/āu hoa. Ki te ai koe, me whakamaua te pūkoro ure, te oral dam rānei.

He whakapokenga ēnei ka pā mā te mahi ai me ētahi atu āhuatanga

Ate kakā A He wheori whakapoke ka pā ki te ate.	Mā te kai i ngā kai kua kinotia, te wai rānei, mā te pā i te kai me te kore horoi ringaringa i muri i te haere ki te wharepaku. Ka heke te ate kakā mai i tētahi ki tētahi atu i te ai kore haumarū i te waha ki te tou hoki. (arā, te mitimiti i te tōu)	<ul style="list-style-type: none">i ētahi wā karekau he tohumate,he pouri rawa te āhua o te mimihe rite ki te rewharewha,te ruakika mamae ngā ioio puku,he kōwhai te kiri me ngā teatea o te kanohi.	Ko te whakatō kano ārai mate. I te wā e whakamāui ake koe, kainga ngā kai tōtika, kua e kai i ngā kai mōmona, i te waipiro, tarukino rānei. Kua e ai tou kia ora rā anō koe	Te whakatō kano ārai mate hei aukati i te mate. Kua e ai mā te tou kia ora rā anō koe.
Ate kakā B He wheori whakapoke ka pā ki te ate.	Ka hōrapa: <ul style="list-style-type: none">mā te ai kore haumarū i roto i te tara, te tou me te waha rānei o tētahi kua pāngia e tēnei mateka heke tēnei mate mai i te māmā ki te pēpē.mā te whakamahi i ngā taonga motu kiri a ētahi (ngā parāhi niho, ngā heu, ngā ngira, ngā pūwero me ngā taonga kāre anō kia āta horoia)te whāngai toto (i ngā motu ki tāwāhi, kāre e whakamātauria te toto i mua i te whāngaitanga toto).	<ul style="list-style-type: none">he wā karekau he tohumate,he rite ki te rewharewha,ka ruaki,ka mamae ngā ioio o te puku,he pōuri te āhua o te mimi,he kōwhai te kiri me ngā kanohi.	Me whakangā, me whakakorikori tinana. Kainga ngā kai tōtika, ngā kai iti te mōmona. Kua e inu waipiro, kua e kai i ngā whakapōauau tūkinu. Tirohia ngā whakapōauau ka hokona i ngā toa mēnā ka whakararu i te ate. Me whakatō i te kano ārai mate.	Me whakamahi i te pūkoro ure mehemea kāre anō tō hoa kia whiwhi i te whakatō kano ārai mate. Ka tukuna ngā āwhina ki ngā pēpē me ngā tamariki i raro iho i te 16 tau te pakeke. He kore utu te whakatō kano ārai mate mō ngā whānau me ngā hoa moe.
Ate kakā C He wheori whakapoke ka pā ki te ate.	Mā te pā ki te toto kua kino, mā te mahi ngātahi i ngā ngira me ngā pūwero ā ētahi, ēhara mā te ai. He iti noa te wā ka hōrapa tēnei mate ki tētahi atu i te mahi ai. Mā te whāngai toto hoki (i ngā motu kāre e whakamātauria te toto i mua i te whāngaitanga toto).	<ul style="list-style-type: none">he wā karekau he tohumate,he ngoikore,he ōrite ki te rewharewha,ka whakapairuaki,ka mamae ngā ioio o te puku,ka pōuri te tae o te mimi.ka kōwhai te kiri me ngā teatea kanohi,	Me whakangā, me whakakorikori tinana. Kainga ngā kai tōtika, ngā kai iti te mōmona me te nui o te huarākau me te huawhenua. Kua e kai waipiro me te kai whakapōauau ā-pūwero ki te iaia. Kua puta he maimoatanga patu i ngā wheori whakapoke i nāiane, kōrero ki tō rata.	Ka taea e kōrua ko ō hoa mahi ngātahi i te ngira pūwero, te whakamātau i tō koutou toto kia tirohia mēnā he pūtau patu whakapokenga Ate Kakā C (Hep C) kei roto.
Te Mate Ārai Kore Ka patu te mate ārai kore i ngā pūtau toto mā me te pūnaha ārai mate. I kōnei ka uaua te whawhai ki ngā momo whakapokenga.	Mā te pā ki te toto kino, te waitātea (reka) kino me ngā wai o te tara ranei kua kino.	<ul style="list-style-type: none">ka hia ngā tau ka pahure kāre e kitea ngā tohumateka mate i te rewharewhaka pāngia e te mate thrush me ētahi atu whakapokenga	Karekau he maimoatanga, he whakatō kano ārai mate rānei mō tēnei mate. Ka taea te whakahaere i te tahumaero nei mā ngā rongoā antiretroviral. Heoi, kei reira te maimoatanga mō te wāhanga tuarua o tēnei whakapokenga me ētahi matepukupuku.	Kia kaha ki te ai haumarū kia kore ai e pāngia e tēnei mate. Kua e whakamahi tahi i te ngira pūwero me tō hoa. Me tonu ngā hoa kia tirohia rātou mō te mate ārai kore.
Ngā kutu taihema, te mate pāpaka rānei He kutu ririki e noho ana i roto i ngā huruhuru o ngā taihema. Ka pupuhi, ka mangeo hoki te tinana.	Mā te pā tata atu ki te tangata mate. I te nuinga o te wā i te wā ka ai koe i te tangata mate pāngia ai koe e te mate. Ka hōrapa ngā kutu nei i roto i te moenga me ngā kākahu.	<ul style="list-style-type: none">ka mangeo ngā taihema,Ka kitea ngā hua kutu i runga i ngā huruhuru o ngā taihema.	Me pani ētahi tūmomo hopi huruhuru motuhake, he kirīmi, he rongoa panipani rānei ki runga i ngā taihema hei patu i ngā kutu. Me horoia ngā kākahu me ngā korowai moe.	Me whiwhi āu hoa moe o te toru marama i te maimoatanga ki te wāhi kotahi.
Hakihaki He ngaoki iti ka apu i te kiri, ka pupuhi, ka māngeonge hoki.	Mā te pātata atu ki te tangata i te mahi ai rānei. Ka hōrapa ngā ngaoki i ngā moenga me ngā kākahu.	<ul style="list-style-type: none">ka mangeo, ka kaha te mangeo i te pōka puta ngā kōpukupuku.	Me pani tētahi tūmomo hopi huruhuru motuhake, he kirīmi, he rongoa panipani rānei ki runga i ngā wāhi kua pōkea. Me horoi ngā horanga o te moenga me ngā kākahu.	Me whiwhi āu hoa moe o te toru marama i te maimoatanga ki te wāhi kotahi.

Ehara ēnei mate i te whakapokenga taihemahema engari ka poke tonu i ngā taihemahema

Te thrush, te candidiasis rānei Ka hua tēnei i te Thi kaiao. Nō kōnei ka puta te nanamu o te harare o te taihema. Mēnā kei raro i te kirimata o te ure ka kīia he balanitis. Mēnā kei roto i te tara, ka kīia he vulvitis.	Ka pāngia koe e tēnei mate i muri mai i te aitanga, i te wā e ai ana rānei. I te nuinga o te wā kua nui rawa te tipu o te Thi i te wā e whai ana i ngā rongoā paturopi, i te wā e hapū ana koe, i te wā kua paheke te kano ārai mate, i ngā wā hoki e mate huka ana te tangata.	Ngā wāhine: <ul style="list-style-type: none">ka mangeo te taraka rere mai te māturinga i te tara, he mā te tae Ngā tāne: <ul style="list-style-type: none">ka puta mai ngā kōpukupukuka mangeoka rere te māturinga i raro i te kirimata.	Ko ngā kirīmi me ngā kuhi taiawa (he momo pire ka kuhuna ki roto i te tara). Mēnā he mate kino, mēnā rānei kua pā ki te korokoro, tērā pea ka hoatuna he rongoā ā-waha patu kōpurawhetū. Ko te maimoatanga o ngā tāne ko te kaukau i roto i te kauanga o te wai tote. Ka taea hoki e ngā tāne te whakamahi i te kirīmi	Mēnā kei te kitea ngā tohumate me whiwhi maimoatanga ngā hoa.
Kitakita Vaginitis (Bacterial Vaginitis) Ka hua tēnei mate inā kāore e ōrite ngā kitakita pai i roto i te tara ora. Kāre e ōrite te alkaline.	Ka pā tēnei i te wā kāre e whārite ngā kitakita o roto i te tara. Ka pā tēnei mēnā ka moe koe i tētahi tangata kē, mēnā rānei ka kaha ake tō ai. Ka pā hoki tēnei ki ngā wāhine kāre anō kia ai.	<ul style="list-style-type: none">ka rere te māturinga i te tara, he kiwiwiwi me te mā te tae.ka kino ake te haunga whai muri i te ai, me te wā o te mate wahine.	Ngā pire ka kainga. Kua e inu waipiro inā koe e whakamahi ana i ēnei pire.	Kei te pai tō hoa.
Cystitis He whakapokenga kitakita ka pupuhi i te kiriroto o te tōngāmimi. Ka hōrapa tēnei mate ki te tākihi whakararu ai i tōna mahinga.	Nā te kuhu atu o ngā kitakita e tipu ana i te tou ki te taiawa mimi me te tōngāmimi. Ki te kore e tika tō whakaoti i tō mimi, ka pā tēnei mate. Ka tino kitea te mate cystitis i roto i ngā wāhine.	<ul style="list-style-type: none">anō nei kei te wera te mimi inā ka mimi koehe kaha ake tō haere ki te mimika hiahia mimi ana, me tere te haerekua hōrū te āhua o te mimika mamae te ioio puku ō raro me te tuarā rānei.	Ngā rongoā paturopi. Kia kaha te inu wai. Whakamahia ngā rongoā patu mamae me ngā urine alkalisers, pērā i te ural me te citravescent.	Kei te pai tō hoa.