

He aha tēnei mea te pākeuwakewa?

Te tautohu, te taurima
me te ārai i tēnei
whakapokenga ka tukua
ki tētahi atu mā te ai

He aha tēnei mea te pākwakewa?

He whakapokenga te pākwakewa (syphilis) e kitea noatia ana, e tukua ana ki tētahi atu mā te ai (mate paipai, pakiwhara), ā, ko tōna pūtake he rauropi. Ka taea te pākwakewa te taurima, te whakaora hoki ki ngā rongoā paturopi. Mehemea kāore e taurimatia, ka ara ake pea ētahi māuiuitanga taumaha.

He pēhea e pā mai ai ki te tangata?

He momo whakapokenga te pākwakewa. Ka piri tēnei mate ki te tangata mā te ai, mā ngā momo ainga ahakoa he aha (ki te waha, ki te tara, ki te tou rānei), ki te tangata kua pāngia e te pākwakewa. Ka taea tēnei mate te tuku e tētahi wahine hapū ki tana pēpi, e whakatahe ai te pēpi, e materoto rānei, e puta ai he whakapokenga pākwakewa ki te pēpi rānei, arā, ki te kore e taurimatia te whaea.

He pēhea au e mōhio ai kua pāngia au e te pākwakewa?

Kei te āhua o te taumata o te whakapokenga ngā tohu ka kitea e koe. E toru ngā taumata o te whakapokenga, ka taea e koe te pānui i te whārangi whai i muri. Ko ngā tāngata i ngā taumata tuatahi e rua o te pākwakewa ka tino peke te mate i a rātou ki tētahi atu, i te ainga, ahakoa ai pēhea.

Ka noho pea te pākewakewa ki tō tinana kāore pea ōna tohu, nā reira koirā i tika ai kia whakamātauria te toto o te hunga ai ki ētahi atu, kia mōhiotia ai mehemea kei ō rātou tinana. Me whakamātautau ngā wāhine hapū katoa i te hapūtanga (ahakoa kāore anō kia puta he tohu o tēnei mate).

Te taumata tuatahi

Ka puta pea ngā tohu e 3 wiki i muri i te pokenga ki te pākewakewa. Ko te tohu tuatahi o te pākewakewa he harehare, he keha rānei. Ka kitea pea mō te 3-6 wiki. I ētahi wā:

- kei ngā taihemahema, kei te tou, kei te waha rānei
- kāore he mamae
- he uaua ki te kite atu.

Ka mahu tonu te harehare ā tōna wā, ahakoa kāore e taurimatia, ka mahu anō. Heoi anō, ahakoa mahu te harehare, ka taea te mate te tukutuku e koe ki tētahi atu.

Te taumata tuarua

Ka puta pea ngā tohu me ngā āhuatanga o te pākewakewa tuarua i te wā tonu e mahu haere ana ngā harehare taumata tuatahi o te pākewakewa, hei te wā roa rānei i muri i te mahutanga o ngā harehare. Ko te tohu e kitea nuitia ana he hakihaki pūwhero, parauri rānei, ko te nuinga ka kitea i ō ringa i ō waewae rānei, ā, ka noho tonu i reira mō te ono marama. Inā ētahi atu tohu, āhuatanga rānei o te mate:

- he repe waitinana pupuhi (kakī, kēkē, tapa o te kūhā)

- he pāmahana teitei
- ngahorotanga makawe
- mamaetanga uaua, pona hoki
- te ānini o te māhunga
- te ngenge
- he wāhi tonatona i ngā rehe kiri, otirā kei ngā taihemahema me te tou tinana tino kitea ai.

Te taumata tuatoru (tōmuri)

Ka kitea te taumata tōmuri o te pākewakewa i ngā tau maha i muri i te pokenga tuatahi. Ka whara pea tō manawa, ō roro, ō ioio, ō whatu, ō iaia toto, tō ate, ō kōiwi, me ō pona i te mate nei.

Me pēhea e taurimatia ai e au?

Ka taurimatia te pākewakewa ki ngā rongoā paturopi, mō te nuinga he penicillin. Me kimi taurima koe ahakoa kua ngaro noa atu ō tohu, ki te kore, ka tukua pea e koe te pākewakewa ki ētahi atu tāngata. Kei te taumata o te pākewakewa te roa o tō kai i ngā rongoā paturopi. Me haere koe mō ngā whakamātautau toto i muri, hei tiro tiro i te pai i te korenga rānei e pai o ngā taurimatanga. Ahakoa i muri rawa i tō taurimatanga, ka pāngia anō pea te tangata e te pākewakewa ā tētahi wā anō.

Me kōrero au ki a wai?

Ki te kitea e koe kua pāngia koe e te pākewakewa, me whāki koe ki ō hoa ai katoa o ngā marama e ono ka hipa ake. Me haere rātou ki tō rātou tākuta kia whakamātauria, kia taurimatia hoki. Kauga e aitia te tangata kē ki te mea kua pāngia koe e te pākewaewa.

Ka taea te mate nei te ārai?

Ka iti iho te pānga o te pākewakewa ki a koe, tae atu ki ētahi atu whakapokenga taihemahema, mā te whakamahi tika i tētahi pūkoro ure.

He mōhiotanga hira

- Whakakapia te ure ki tētahi pūkoro i mua i tōna pānga ki te tara, ki te waha, ki te tou rānei o tētahi atu.
- Whakamahia he pūkoro ure hou, kua pania ki te pani hemahema, mō te ai, i ngā ainga katoa.
- Whakamahia ngā pūkoro ure anake kāore anō kia tae ki te rā whakamutunga mō te whakamahi (tirohia te rā whakamutunga i te pāketete).
- Āta huakina te pāketete kia kaua ai e haehaetia te pūkoro ure.

Me pēhea te whakamahi i te pūkoro ure

Me whai i ēnei hipanga

- I mua i te pānga o te pūkore ki te ure, āta tirohia kei te tika te anganga o te pūkoro ure, arā, kei runga a runga, kei raro a raro (pikitia 1).
- Me pēnei tō mahi, puritia te mata o te pūkoro hei whētētē atu i te hau, ka pōkaikai iti ki raro. Te tikanga he māmā noa tēnei mahi (pikitia 2).
- Puritia tonutia te mata o te pūkoro, ka pōkaikai i muri ki te tora (te ure, ina mārō), taea noatia ki raro (pikitia 3).
- Hoatu tētahi pani hemahema, he mea mahi ki te wai, ki waho i te pūkoro ure (pikitia 4). Kauga e whakamahia ngā momo panipani i mahia ki te hinu, hei tauira, te Vaseline[®], kei kino te pūkoro ure.
- I muri o te peinga (reka) me te putanga o te ure ki waho, kia kaha ki te pupuru i te pūkoro i te take tonu o te ure, kia kore ai e maringi ngā tātea. Āta tangohia te pūkoro i te ure ka takai ai ki te pepa rauangiangi, ki te pepa wharepaku rānei. Hoatu ki te rāpihi.



Ētahi atu kōrero

Ka whiwhi koe ki ētahi atu kōrero mō te pākewakewa me ētahi atu whakapokenga taihemahema i:

- tō tākuta, tō nēhi rānei
- te tapuhi hauora ā-iwi i tō kura
- te ratonga oranga ākongā i tō whare wānanga, kuratini, kura rānei
- ngā ratonga hauora taiohi i tō takiwā
- Ngā Ratonga Ora Taihema – mō ngā ratonga i tō takiwā, peka atu ki www.nzshs.org/clinics
- Family Planning – mō ngā ratonga i tō takiwā, waea atu (kore-utu) 0800 INFOLINE (0800 4636 5463) peka atu ki www.familyplanning.org.nz rānei
- Just the Facts website – <https://www.justthefacts.co.nz/sexually-transmitted-infections-stis>

Pānuitia ngā mātārere e whai ake nei (e wātea ana i tō ratonga hauora me te pae tukutuku HealthEd www.healthed.govt.nz):

- *Chlamydia: Information Guide*. Waehere HP4609
- *What is Gonorrhoea?* Waehere HE1442
- *What is Genital Herpes?* Waehere HE1443
- *What are Genital Warts?* Waehere HE1444
- *Should I Have a Sexual Health Check?* Waehere HE1445
- *Being Safer Sexually*. Waehere HE7002
- *A Compact Guide to Sexual Health*. Waehere HE1438.

Kia maumahara

He whakapokenga te pākewakewa e tukua ana ki tētahi atu mā te ai (mate paipai, pakiwhara).

Ko ngā tohu e puta ana i te nuinga o te wā o te pākewakewa ko ngā harehare me ngā keha (i ngā taihemahema, i te tou, i te waha rānei), ā, ko tētahi hakihaki pūwhero, parauri rānei i ō ringa, i ō waewae rānei. Ka noho mamae-kore noa te harehare mō tētahi wā, kāore e kitea, nā reira e kore pea te tangata e mōhio kei reira.

Mehemea he tohu ōu, e ai ana koe ki ētahi atu kāore he ārai rānei, peka atu ki tō tākuta, ki tō ratonga ora ākongā, taiohi rānei, ki tētahi Ratonga Ora Taihema, ki a Pouāwhina Taihema rānei. Ka hiahia pea koe ki tētahi whakamātautau toto hei whakaū i te kī, kua pāngia koe e te pākewakewa.

He ngāwari te mahi i te pākewakewa ki te rongoā paturopi. Ki te kore e āta rongoātia te pākewakewa, ka puta pea ētahi raru hauora taumaha tonu ā tōna wā.

Mehemea kua pāngia koe e te pākewakewa, me whāki koe ki ngā tāngata katoa kua whakatata atu koe mō te ai te take, i roto i te ono marama ka hipa. Me whakamātau, me hoatu hoki he rongoā ki a ia, ki a rātou rānei.

Whakamahia he pūkoro ure, kua rānei e ai ki tētahi atu mō te whitu rā i muri i te rongoātanga i a koe me (t)ō hoa moe.

Hei ārai i te pākewakewa, i ētahi atu mate paipai rānei, whakamahia he pūkoro ure mō te ai i ngā wā katoa. He mea tino hira kia whakamahi pūkoro ure koe mehemea kei te ai noa koe ki tangata kē, ki ngā hoa moe maha rānei, kāore koe e mōhio rānei ki te tūnga whakapokenga ai o (t)ō hoa.

Me haere auau ki ngā tirohanga mate paipai, ahakoa kāore he tohu o te pākewakewa i tō tinana.



New Zealand Government



MANATŪ HAUORA

E wātea ana tēnei rauemi i www.healthed.govt.nz i tētahi kaihora whai mana rānei i tō Poari Hauora ā-Rohe (DHB).

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