

Te whakahaere i ngā panoni ki tō taumaha



He mea kitea noa ngā panoni taumahatanga i te wā o te maimoatanga matepukupuku. Ka piki te taumaha o ētahi tāngata, ka heke te taumaha o ētahi atu tāngata. Ko te whāinga nui, kia noho tonu tō taumaha ki tērā i mua i tō pāngiatanga ki te matepukupuku, hei āwhina i tō kahanga, tō pikinga ora, me tō maimoatanga.

This information sheet looks at both weight loss and weight gain during treatment. It also provides tips if you have a loss of appetite.

Hekenga taumaha

Nā ngā pānga ki te taha o te matepukupuku me tōna maimoatanga, e uaua ai te mahi pupuri i tō taumaha. Tērā pea, mā te iti me te maha ake o ngā kai nui te pūngao (pūngoi), nui te mōmōna, nui te warowaihā me te pūmua, e āwhina ki te whakatau kia rite tō taumaha.

Ngā kai pai mō te āwhina kia mau ai te taumaha me te kahanga i te wā maimoatanga.

Ngā kai pūmua

- Mīti, ika, heihei, me te hēki
- Tofu, legumes, lentils, me te hummus
- Nati me ngā pata nati
- Miraka me te miraka soy (ōti, nati, raihi, he iti ake te pūmua i roto i ngā miraka kōkōnati,
- Tīhi me te waipupuru
- Ngā inu whai painga, ngā miraka whakaoioi pērā ki ngā inu whakaene, ngā inu whakatāpiri rānei (pērā ki te Complian, te Fortisip, te Ensure, me te Sustagen)

Ngā ara hei whakakaha ake i tō pūaha pūngoi, pūmua hoki

- Whakamahia ngā miraka nui te mōmōna, ngā puru kahurangi, hiriwa rānei
- Āpitia he paura miraka whakatāpiri ki te miraka (e toru ngā tīpune paura ki te 500 miririta miraka)
- Āpitia he margarine whakatāpiri, he avocado, he hinu, he kirīmi kawa, he tīhi roi rānei ki te parāoa, te raihi, te parāoa rimurapa, te huarākau,, ngā kai mākarakara me te hupa.
- Tunua ngā kai ki roto i te hinu, i te pata iti rānei, ka tāpiri atu he pata ki runga.

Ngā kai pūngao kaha

- Ngā hinu, ngā margarine, te pata, te avocado, te mayonnaise, te kirīmi, te tīhi kawa, tīhi kirīmi rānei
- Ngā tōpīpī pera ki te keke, ngā ngene, ngā kōno / pārāha, te tiamu me te kirīmi
- Ngā purini pērā ki te purini raihi me te kahitete, te aihikirimi me te waipetipeti, purini wawe tonu me te waipupuru
- Te tarawai me ngā inu waireka
- Āpitia he kirīmi paku noa ki ngā huapata, ngā huarākau kua tiutuhia, ki ngā purini, ngā tōpīpī, ngā hupa, ngā inu rānei
- Me kai i ngā waipupuru te kahitete, te aihikirimi, ngā purini miraka, ngā huarākau tiutiu, kai tōpīpī, huarākau maroke me ngā nati
- Kainga he parāoa, he tōhi rānei, he parāoa pita, he crumpet, ngā cracker whai margarine ki runga, he pâté, he chutney, he tīhi, he hummus, he nut butters, he avocado, he tiamu me te miere
- Kōwhiria he kūtere whai painga, miraka milo, miraka whakaoioi, ngā inu whakaene, ngā inu tarawai me ngā inu tāpiri.



He māmā te hupa ki te nakunaku, me tōna whai painga, tōna ringaraka hoki. Anei ētahi whakaaro hei whakamātau māhau.

- whakamātauria ngā hupa waiwai hei āwhina i tō hiahia ki te kai me te hoatu kūtere tāpiri, engari he iti noa te pūmua me te pūngao
- āpitia he pūngao, he pūmua hoki ki ngā hupa mau ana i te mīti, te legumes me ngā huapata pērā ki te raihi me te kihū parāoa, te tīhi kirīmi, te pata me te hinu
- whakarerekētia te ngao mā te tāpiri nutmeg, ground cumin, te paura kāre
- me whakapupuru, me whakararu rānei he hupa, mehemea he uaua te mahi horomi
- takaetitia ngā hupa mā te rau huawhenua whakararu, he kirīmi, he hēki, he miraka whakamōmona hoki.

Ngā inu whai painga whakatāpiri

Mehemea kua tarai koe ki te whakapiki i tō pūaha pūngoi, engari he uaua tonu ki te kai kia ora, tērā pea, ka whai hua koe i tētahi inu whakatāpiri whai painga. Kōrero ki tō mātanga kai whakatinanga, ki tō rōpū maimoatanga rānei, kia tika ai tō inu i ngā inu pai mōu, pērā ki ngā:

- inu paura: te Complan, te Ensure, me te Fortisip rānei
- ngā wai kua reri te inu: te Ensure Plus, te Fortisip, te Fortisip Multi Fibre, te Ensure TwoCal HN rānei.
- ngā inu huarākau whakakaha: te Fortijuice, te Ensure Plus, te Recover hoki.
- te Calogen (hinu anake, me whakamahi i ngā wā anake e pai ana).

E wātea ana ētahi inu whakatāpiri i ngā toa hokomaha, ko ētahi atu, kei ngā toa taka rongoā. Tērā pea, ka āhei koe ki te whiwhi i tētahi nama Mana Motuhake me ngā ōta rongoā, mō ngā whakatāpiri mō te iti ake o te utu, whai muri i tētahi arotakenga a tō rōpū maimoatanga.

Ngā ngongo whāngai

Mehemea kua kore e taea te whakatutuki i ō hiahia oranga, tērā pea ka tūtohu tō rōpū maimoatanga i tētahi ngongo kai. Ka āhei te whakamahi i te ngongo kai mō te wā poto, wā roa tonu hoki, hei tāpiri mō ō kai, hei matamata whānui mō o kai me tō wai.

He huarahi hei whakarite, ka whiwhi tō tinana i ngā painga me whai koe i te wā o tō maimoatanga. Ka āhei te whakahaere i ngā ngongo whāngai i te kāinga me te whai anō i ngā tautoko me te ārahitanga a tō rōpū maimoatanga.

Pikinga taumaha

Ka piki te taumaha o ētahi tāngata nā runga i ngā rongoā hahau, ngā pūtaiaki, te haumanu taiaki, te iti ake o te korikori, te nui ake o te kai me/rānei te kaha pupuritanga o te kūtere.

I te nuinga o te wā, kāore he raruraru mō te pikinga iti o te taumaha. Engari, ka whai pānga te pikinga nui o tō taumaha, ki tō hauora whānui. Tērā pea ka piki te rere o tō toto, ka piki hoki tō mōrea ki te matehuka me te mate manawa. Ka whai pānga ngā pikinga taumaha ki tō titiro ki a koe anō, ki tō ngākau titikaha me ōu taumata pūngao.

Te take kei te piki tō taumaha

Ko tētahi pānga ki te taha o te mahi hahau e kitea auautia ana, ko te ngenge. Ko te kore korikori te mutunga mai o tēnei. Kare e kore, ka puta he mate pupuri wai (kīia ai ko te oedema) e piki ai tō taumaha. Tērā pea, ka puta te mate koero ki ētahi wāhine nā te mahi hahau.

Ko te tikanga o tēnei, ko te heke o te nuinga o te matūriaka (te tere o tō whakamahi o tō tinana i te pūngao) ā, tērā pea ka piki te taumaha. I te wā o te maimoatanga, tērā pea ka hiahia koe i ngā kai kāore i te tino kaha te hauora.



Mehemea kei te whai pūtaiaki koe hei wāhanga o tō maimoatanga, ko te piki o te hiakai tētahi o ngā pānga ki te taha. Tērā pea, ka piki haere he kikokiko mōmōna nā te roa o te wā whakamahi.

Ko tā te haumanu taiaki mahi, he whakamahi rongoā tērā ka whakaiti ake i te rahi o te oestrogen, me/rānei te rahi o te progesterone i roto i ngā wāhine, me te testosterone i ngā tāne. Tērā pea, ka piki te kikokiko mōmōna, nā ngā panoni taumata taiaki, ka heke te kikokiko ua, ka pōturi te matūriaka

I ētahi wā, ka kaha ake te kai a te hunga kua pāngia ki te matepukupuku hei whakapiki i te wairua i te wā maimoatanga. Ko te hua o tēnei, ko te piki haere o te taumaha.

Ka iti ake tō mātātoa mō te wā roa tonu nā runga i te nuinga o ngā mahi maimoatanga. I te nuinga o te wā, ka piki te taumaha.

Te whakahaere i te pikinga taumaha

Ehara i te mahi māmā te whakahaere whakaheke taumaha, ā, me ata haere. Kua e riri ki a koe anō – me whakaritea he whāinga māmā mā te kai hauora me te noho ngangahau. Akiakitia tō whānau/hoa ki te tautoko i a koe.

Ngā tīwhiri mō te whakaheke taumaha

- Kōrero ki tō rōpū maimoatanga e pā ana ki ngā huarahi haumarua ki te whakaheke i tō taumaha. Paparehia ngā ia kai whakatinanga, ngā rongoā e awhero ana i te hekenga tere o te taumaha. Tērā pea, ka pai ake te hekenga o te taumaha mehemea ka āta haere noa iho koe.
- Me whai i ngā tīwhiri kai hauora kei te whārangi xx
- Whakamātauria te kai iti ake – whakamahia he pereti pakupaku ake me te papare i te hokinga atu mō te kai tuarua.
- Kōwhiria ngā parāoa pata ora, ngā parāoa rimurapa me ngā huapata – he pai nō te rahi o te weu, ka kī ake koe mō te wā roa.
- Me kaha ake te kai huarākau me te huawhenua i te mea ka tere kī koe, engari kāre e nui rawa te pūngoi.
- Whakawhāititia ake te kai hinu, kai huka, me te puehu parāoa mā. Tīnīhia ngā pihikite, ngā keke me ngā rare mō ngā whiringa kore reka, kore tote hoki. Kāinga ko ngā rākau huarākau me ngā rākau huawhenua, kua ko ngā pihikite, ngā keke me ngā rare.
- Inumia te wai, kua ko ngā inu waireka. Inumia te tī reka-kore me te kawhe reka-kore whai i te miraka iti te mōmona.
- Paparehia te inu waipiro, whakaitia rānei te inu nā te nui o te pūngoi ki roto.

- Whakamātauria ngā ara tunu kai, pērā ki te mahi korohū, tunutunu rānei, atu i te mahi parai.
- Whakaitia te nui o te kai hokohoko i te mea he nui te hinu me te tote kei ēnei kai.
- Whakapikia tō mahi korikori – (tirohia tō mātou puka. Keeping Active on www.cancernz.org.nz). Me ata haere noa iho i te tīmatatanga, ka āta whakapiki haere.

Mehemea kei te māharahara koe mō tō pikinga taumaha, kōrero ki tō rōpū maimoatanga mō ngā āwhina ki te whakahaere i tēnei.

Te whakahaere mautanga kūtere

Call your doctor if you experience any of the following signs of fluid retention:

- Karangahia tō rata mēnā ka rongo koe i ētahi o ēnei tohu mō te mautanga kūtere:
- Mēnā kua māro tō kiri, ka puta rānei he nuku pakupaku ka perehi ana koe i te wāhi kua pupuhi
- Mehemea kua pupuhi o ringaringa, o waewae rānei, tae noa ki ngā rekereke me ngā whatingaringa.
- Mehemea kua kīkī ake o rīngi, o matawā, o kōmore, o hū rānei.
- Mehemea he uaua ake te whakamahi i o ringaringa, o whatingaringa, o matimati, o waewae rānei.

Further information

- [Cancer Society Keeping active booklet](#)
- [Cancer Victoria Taste and Smell Changes fact sheet](#)
- Cancer Council Australia: [Nutrition](#)
- Katzin, Carolyn. (2011) The Cancer Nutrition Centre Handbook—An Essential Guide for Cancer Patients and Their Families. Los Angeles: CFK.
- Van Mil, José; MacKenzie-Archer C. (2009) Healthy Eating During Chemotherapy. USA: Kyle Books.
- [National Health Service UK. Making the most of your pureed meals \(For Head and Neck Cancer Patients\) \(2017\)](#)
- [Morgan-Jones, P, MacLeod, R, Ellis, P, Lynch, J: Lobster for Jasino \(fabulous food for final days of life\), 2018, HammondCare Media:Howells, S. Beyond the Blender, Dysphagia Made Easy](#)
- [Cancer.net managing weight after a cancer diagnosis](#)
- [Breast Cancer Now - Healthy eating after breast cancer](#)