

# E tamanako'ia ana e, mei te 730,000 tangata i roto i Aotearoa, e tu'ia ana e te maki-'oa (migraine)

## Kimikimi'ia teta'i atu, no runga i te maki-'oa (migraine)

E charity CC60312 kua rētita'ia, te Migraine Foundation Aotearoa New Zealand



- Ko te maki-'oa (migraine), teta'i o te manatā numero ta'i, no te 'akatupu'anga i te turanga pirikoki (disability), i te mea e, ka tamanamanatā 'aia i te ora'anga tangata (teia te 'ākara'anga, kāre e rauka i te 'anga'anga, te 'aere ki te 'āpi'i, me kore ra, i te tāmā i te ngutu'are), 'oroā 'āite atu te manatā pirikoki (disability), i roto i Aotearoa, ki te major depressive disorder.
- Ka tutuki te maki-'oa (migraine) mei te 2-3 tāime mā'ata atu i te va'ine, me 'aka'āite'ia ki te tāne, e, e kite putuputu'ia ana ki roto i te aronga 'anga'anga.
- E tutuki ana te maki-'oa (migraine), i teta'i 10% o te tamariki, e ka kite'ia teia, mei te mamae kōpu, e te mamae upoko katoa.
- Tei roto i te au tu maki-'oa (migraine) tūkētūkē, te: maki-'oa taringa (vestibular migraine), te 'akairo e, te 'aere mai nei te maki-'oa (migraine with aura), te 'akamate'anga i teta'i 'āpa o te kopapa, (hemiplegic migraine), te maki-'oa va'ine (menstrual migraine), e te maki-'oa mutēki 'ua (silent migraine).
- Te tamanako'ia nei e, mei teta'i 7% o te tangata te tu'ia ana e te maki-'oa (migraine), kua tu'ia i te tui kairoro (chronic migraine) (15, me kore ra, ka tere atu te au ra, i roto i te marama).

### Te 'akakoro nei matou i te 'akanakiro i te manatā o te maki-'oa (migraine), ma te 'ōronga i te turu no te aronga te tu'ia nei i te maki-'oa, i roto i Aotearoa.

Kimikimi'ia teta'i atu, no runga i te maki-'oa (migraine), pēra katoa te kimi'anga turu, ki runga i ta matou kupenga uira

+ [migrainefoundation.org.nz](http://migrainefoundation.org.nz)



## KUA KITE ĀINEI KOE E, E I I ROTO I TE 7 TANGATA E TU'IA ANA I TE MAKI-'OA (MIGRAINE)?

No teta'i atu 'akakitekite'anga no runga i te maki-'oa (migraine), 'ākara'ia te:

[migrainefoundation.org.nz](http://migrainefoundation.org.nz)



## E maki-'oa āinei to'ou?

- I 'aka'ope'ope āinei teta'i mamae upoko, i ta'au au 'oro'oro'anga no teta'i ra, me kore ra, kua tere atu, i roto i nga marama e toru i topa ake nei?
- E 'inangaro ana koe i te ruaki, me kore ra, te mamae kōpu, me tu'ia koe i teta'i mamae upoko?
- E tamanamanatā ana te mārama iā koe, me tu'ia koe i te mamae upoko?

**Me kua pa'u koe ki te 'āe, i roto i te kotinga'anga iti, e rua o teia au ui'anga, te tamanako'ia nei i reira e e 90% te 'irinaki'anga e, e maki-'oa (migraine) to'ou.**

## Ea'a i reira te maki-'oa (migraine)?

E turanga neurological te maki-'oa (migraine), e te 'akatupu'anga putuputu i te 'au 'akatā'anga maki-'oa (migraine attacks)'. E kite putuputu 'ia ana teia au 'akatā'anga, na roto i teta'i katikati'anga tau 'ua, ki te katikati'anga mamae rava atu, ki teta'i tua o te upoko, e ka kino atu i roto i te au nekeneke'anga, e te au 'oro'oro'anga. I roto katoa i te mamae, ka manatā te tangata i te mārama, me kore ra, i te turituri e/me kore ra, te 'akaruaiki, e te ruaki'anga.

Tei roto katoa i te au 'akatā'anga a te maki-'oa (migraine):

- te au tauī'anga te ka kite-mata 'ia ['akairo (aura)]
- ro'iro'i
- ānini e te urutinga (vertigo)
- ataata (sensitivity) ki te 'āmiri'ia'anga, e te au 'aunga
- tauīū'anga ngakau (mood changes)
- te mamae kakī e te pakuivi
- 'akako'u'anga roro (brain fog), e te ngatā i te tato'u'anga
- ngatā i te kimi'anga i te au kupu
- 'te turanga i muri ake i te kaikava' ('hungover') i muri ake i te mamae upoko.

**I te ma'ata'anga o te taime, ka taeria mei te 4-72 ora, te roa o te tā'anga maki-'oa (migraine) (ka taeria pa'a mei teta'i 2 ora i roto i te tamariki, e te māpu tamariki).**

## Na te a'a e 'akatupu ana i te maki-'oa (migraine)?

E 'akatupu'ia ana te au tā'anga maki-'oa (migraine attacks), e te au turanga (episodes) tūkē 'ua ake rai o te roro (abnormal brain activity) te ka tamanamanatā i te au nerve signals, chemicals, e te au ara toto i roto, e te koropini i te roro. Kare matou i kite meitaki i te tumu i 'akapēra ai te roro. Ko te trigeminal nerves, e te brainstem, te nga ngā'i o te roro te ka tamanamanatā'ia.

**E turanga piri'anga toto (genetic), te maki-'oa e, i te ma'ata'anga o te taime, e maki piri'anga toto (inherited) na roto i te kopu tangata.**

## Na te a'a i reira e 'akamata ana i teta'i tā'anga maki-'oa (migraine attack)?

E au tumu rāi teta'i, te ka ma'ani i te roro o teta'i tangata e maki-'oa tōna (migraine) kia 'anga'anga pakari (over reactive), i te 'akatupu i teta'i tā'anga maki-'oa (migraine attack).

Tei roto i te au tumu tei mātau'ia:

- hormones, i te tuātau tikāi o te maki-va'ine'o teta'i
- te au tauī'anga i roto i te au taka'i'anga o te moe, e te manamanatā
- te kape'anga i te kai, me kore ra, te 'akakore'anga kai
- te au tauī'anga reva
- te 'akakore'anga i te caffeine
- kare e rava ana te vai.

Ka 'atui'ia teta'i au 'akamata'anga, ki te 'akairo e ka 'akamata te maki-'oa (migraine prodrome), me 'akamata te au 'akairo maki-'oa (migraine symptoms) mei te ro'iro'i (fatigue), te kāki kai (food cravings), e te manatā o te mārama, i roto i nga ora, me kore ra, au ra, i mua ake ka 'akamata ai te mamae upoko.

## Ka 'akape'ea te rapakau'anga i te maki-'oa (migraine)?

Kare e rapakau'anga no te maki-'oa (migraine), māri ra, ka rauka i te rapakau i te au 'akairo i mua ake i teta'i tā'anga, na roto i te au vairākau, e te au 'iki'anga vairākau-kore.

Ka tauturu te au vairākau, e te tauī'anga i te turanga o te ora'anga, i te pāruru i teta'i atu au tā'anga.



## Te au 'iki'anga vairākau

Ka rauka i te ta'anga'anga i te non-steroidal anti-inflammatory drugs (NSAIDs), anti-nausea drugs e te triptans, teta'i ko'u'anga vairākau tei 'anga'ia no te rapakau i te au tā'anga maki-'oa (migraine attacks). Ka pu'apinga meitaki teia, me kainga vave 'ia.

Ka rauka i te kai i te au vairākau pāruru i te au ra tatakita'i, i te tauturu i te 'akatopa mai i te au tā'anga (attacks). Tei roto i te au 'ākara'anga, te beta-blockers, teta'i au antidepressants, antiepileptics, e te au vairākau no te toto-kake (high blood pressure).

Te tamaki nei te au vairākau maki-'oa anake (migraine-specific medications) i te calcitonin gene-related peptide (CGRP), e molecule te 'akamata ra i te au tā'anga (attacks). Kua takotinga'ia te au vairākau anti-CGRP, i roto i Aotearoa. 'Ākara'ia te kupenga uira a te Migraine Foundation, no te au 'akakitekite'anga 'ou no runga i teia.

Ka rauka i te ta'anga'anga i te au pātia'anga botox no te tuikairoro (chronic migraine) māri ra, kare e 'apinga i teta'i taime, me kore ra, kare e putē-moni no teia.

No te 'iti-va'ine ra tei tu'ia i te maki-'oa (migraine) tei 'atui'ia ki te hormone, ka tauturu pa'a te rapakau'ia'anga ki te oestrogen, e te progesterone, me kore ra, contraception, te ka pāruru i te ovulation.

## Te au 'iki'anga vairākau-kore (non-medication options)

Tei roto i te au 'iki'anga vairākau-kore no te maki-'oa (migraine):

- te au rāvenga 'akaravarava (supplements), mei te magnesium, vitamin B2 (riboflavin), e te co-enzyme Q10
- neuromodulation devices
- teta'i atu au ravenga rapakau'anga (therapies), mei te relaxation training, mindfulness, biofeedback, cognitive behavioural therapy, e te acupuncture
- te 'akamātūtū kopapa mei te 'ā'aere'anga, kau, e te yoga.

Ka tauturu katoa te mou piri'anga ki teta'i porokarāmu rave putuputu 'ia.