

Fakataitai e tatalu mamahi lahi e ulu (migraine) ke lauia 730,000 e tau tagata i Aotearoa

- Ko e migraine ko e taha he tau fakatupuaga he tau matematekelea ke he tau alaga tino ha kua nakai gahuahua mitaki (tuga e nakai maeke ke gahua tupe, fano he aoga po ke taute e tau fekafekeuaga faka lotokaina), mo e fakataitai foki e lauiaaga matematekelea nei mo e tau logonaaga i Aotearoa ne kua nakai fiafia e tau manamanatuaga.
- Fakalahi atu e lauia ke he tau fifine e tau migraine ke lagaua po ke lagatolu mai he tau tagata taane ka e mua atu ke he tau tagata ne nonofo agaia ke he tau tau moui gahua tupe.
- Lauia e tau migraine nei ke he 10% he tau fanau ikiiki mo e kitia e tau fakakiteaga ko e mamahi e manava mo e mamahi e ulu.
- Ko e tau faga kehekehe he tau migraine ne putoia: migraine ne malialiapou e ulu (vestibular migraine), migraine ne kitia e tau ataata maama (migraine with aura), migraine ne lololole e taha faahi he tino (hemiplegic migraine), migraine moua ka hau e gagao manava fifine (menstrual migraine) mo e migraine ne kitia ke he fofoga mo e tino kua moua ka e nakai mamahi e ulu (silent migraine).
- Fakataitai ko e 7% he tau tagata ne nofo mo e tau migraine ne kelea lahi (15 po ke molea e aho he mahina ne lauia).

Kumikumi ke iloa atu foki hagao ke he tatalu migraine

Ko e Migraine Foundation Aotearoa New Zealand ko e matakau ne kua lesitala CC60312 ke foaki koloa ke he tau matematekelea

Ko e manako ke lagaki e tau iloaaga ke he lauiaaga ka moua e migraine mo e moua e tau lagomatai ma lautolu ne moua e tau migrane i Aotearoa.

Kumikumi ke iloa atu foki hagao ke he migraine, putoia ki ai ko e moua fefe e tau lagomatai mai he kupega hila

migraine.foundation.org.nz



ILOA NAKAI E KOE KO E 1 MAI HE 7 E TAGATA NE MOUA HE TATALU MIGRAINE?

Ke moua atu falu a vala tala hagao ke he migraine finaatu ke he:

migraine.foundation.org.nz



Moua nakai i a koe e tatalu migraine? (Do you have migraine?)

- Kua fakakuku hifo nakai he mamahi ulu e haau a tau fakafita atu ke he tau feua ke taha po ke molea atu e tau aho kaeke ke onono ke he tolu e mahina kua mole? (Has a headache limited your activities for a day or more in the last three months?)
- Lolofi nakai po ke gagao nakai e manavae haau kaeke ke mamahi haau a ulu? (Are you nauseated or sick to your stomach when you have a headache?)
- Tauhele nakai e tau mena maama kaeke kua lauia a koe ke he tatalu mamahi ulu? (Does light bother you when you have a headache?)

Kaeke ke tali e koe 'e' ke he ua po ke molea e tau huhu, ligaliga molea e 90% e fakamooliaga kua lauia a koe ke he tatalu migraine.

Ko e heigoa e migraine?

Ko e migraine ko e taha tatalu ke he uho ulu ne tupu mai mo e liu foki lauia ke he tatalu 'migraine'. Ka lauia ke he tau tatalu nei fa laulahi ke logona latalata ke hoko ke he kelea lahi e logonaaga ke he taha e faahi ulu, mo e auatu e logonaaga kaeke ke lutulutu lahi e tino ke he tau fekafekauaga. Lalafi atu ke he mamahi, logona foki he falu e nakai mitaki ka onono ke he tau mena maama po ke fanogonogo ke he tau leo lalahi mo e/po ke hahalua mo e koko.

Maeke foki ka lauia ke he tau migraine ke putoia e:

- lauia e tau mata (ataata)
- lololole e tino
- malialiapou e ulu mo e tuga e mavilovilo e tino
- mukamuka lahi ke logona kaeke kua aamo mai taha pihia mo e tau namu kehekehe
- hikihi e logonaaga he loto ko e fiafia po ke nakai
- mamahi e kokia mo e tau tukeua
- uka he uho ulu ke manamanatu fakamitaki mo e uka foki ke toka e loto ke he mena ne taute
- ukauka ke moua e tau kupu
- logonaaga ke tuga kua konakava mai ne po (hangover) he magaaho ka mole e mamahi ulu.

Ne fa loaloa ke 4-72 e tula he mamahi e ulu ha ko e migraine (maeke ke 2 ni e tula he tau fanau ikiiki mo e tau fuata mui).

Ko e heigoa e mena ati tupu ai e migraine?

Ko e tau migraine ne maeke ke logona lahi ka tupu e tau gahuahuaagane ne kua nakai fa mahani ke logona ati lauia ai e tau hokohoko sikinolo (nerve signals) he tino, tau vai huhua (chemicals) mo e tau hoko toto ne nofo tata po ke viko takai e uho ulu. Nakai iloa tonu ko e ha ne fa logona pihia he uho ulu e tau migraine. Ko e tau hokohoko trigeminal nerves mo e tau hokohoko he ulu (brainstem) e falu he tau vala he uho ulu ne fa logona po ke lauia.

Ko e migraine ko e taha tatalu matutaki mai he tau magafaoa.

Ko e tau mena ne fa fakafofo ke tupu e migraine?

Ha i ai e falu mena ne maeke ke fakatuputupu e uho ulu he tagata ne nofo ai e migraine ke logona lahi, ati tupu ai e migraine.

Ko e tau mena ne fetataiaki he tatalu nei:

- ko e tau gahuahuaaga he tau hormone, muaatu ke he fifine he magaaho ka moua ai e'gagao manava fifine
- ko e tau hikihiikiaga ko e mohe mitaki nakai ka po (sleep levels) mo e tau logonaaga kua mamafa e manamanatuaga ha ko e tau mena tutupu (stress levels)
- tiaki tei nakai kai ke he falu fafatiaga kai po ke fakakanopogi
- hikihiiki e matagi
- fai logonaaga ke he tino ha kua tiaki nakai inu e tau mena ne tokaai e caffeine
- magomago e tino he tote e vai ne ha i ai (dehydration).

Falu he tau mena fakafofo ne lauia ke he migraine prodome, he magaaho ka kitia ki ai e tau fakakiteaga tuga e logona kua lololole lahi e tino, manako lahi ke he falu he tau mena kai mo e lauia lahi ka onono ke he tau mena maama he tau tula po ke fai aho to tupu e mamahi ke he ulu.

Tului fefe e migraine?

Nakai maeke e tau migraine ke tului ke galo katoatoa, ka e maeke e tau fakakiteaga he magaaho ka tupu ai ke tului aki e tau vai mai he ekekafo mo e falu he tau puhala tului foki.

Maeke he tau vai mai he ekekafo mo e tau puhala ne hikihiiki aki e tau tutuaga he tau malolo tino ati taofi mo e nakai liu ke moua foki e tau migraine.

Ko e tau vai kehekehe mai he tau ekekafo

Non-steroidal anti-inflammatory drugs (NSAIDs), tau vai tului anti-nausea mo e tau triptans, ko e taha mai he tau vai ekekafo ne kua talaga pauaki ke tului aki e tau migraine, ne maeke ke fakaaoga he magaaho ka tupu ai. Gahuahua mitaki kaeke ke inu tuai to tupu.

Ko e tau vai ne maeke ke taofi ne maeke ke inu he tau aho oti ke lagomatai ke tukutuku hifo mo e nakai moua tumau. Ko e tau fakatai ne putoia e tau beta-blockers, falu he tau antidepressants, tau antiepileptic mo e tau vai ne inu ke lata ma e toto tokoluga.

Ko e tau vai foou ne talaga pauaki ke onono fakalahi ke he calcitonin gene-related peptide (CGRP), ko e taha sega mai he tino ne fa mahani ke fakaohooho e tau migraine. Uka lahi e tau vai anti-CGRP ke moua i Aotearoa. Finaatu ke he poko kupega hila Migraine Foundation ke moua e tau vala tala foou hagaa ke he tau vai nei.

Maeke e tau huki botox ke fakaaoga ke lata mo e tau migraine ne kelea lahi ka e nakai moua tumau po ke fai lagomataiaga ne totogi mua to moua.

Ke lata ma e tau fifine ne moua ke he hormone-related migraine, ko e tuluiaga aki e oestrogen mo e progesterone po ke tau tegavai inu ke ua fatu po ke tau taofi aki e fakatokaaga he fufua mai he manava he fifine ne ligaliga maeke ke lagomatai.

Ko e tau fifiliaga ne nakai moua mai he fale talavai

Ko e tau fifiliaga ne nakai moua mai he fale talavai ke lagomatai aki e migraine ne putoia ai e:

- tau supplements, tuga e tau magnesium, vitamin B2 (riboflavin) mo e co-enzyme Q10
- tau lakau neuromodulation
- falu foki e tau puhala lagomatai tuga e tau fakaakoaga ke fakaokioki fakamitaki e tino (relaxation training), mailoga mau (mindfulness), fakaaoga he tau lakau hila ke fai totouaga fakamitaki ke he tau tatalu (biofeedback), tau fakaakoaga ke manamanatu ke he tau agaaga mahani (cognitive behavioural therapy) mo e tului hukihuki aki e tau nila ikiiki e tau vala he tino ke fakatoka mai e tau gagao ki tua (acupuncture).
- fakamahani ke faofao e tino, tuga e laka hui, kakau mo e faofao yoga.

Fakatumau e fakaholoaga faofao ke moua foki e lagomatai.