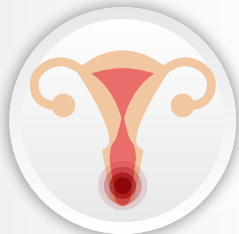


# HE AHA TE HAUMANU TAIAKI RUAHINETANGA (MHT)? HE MARUTAU ANŌ?

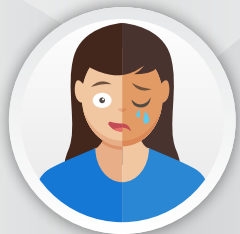
Hei te wā ruahinetanga,  
ka heke te taiaki uwaha,  
e puta ai ngā tohu pērā i te:



NGĀ URAWERA



TE MĀROKETANGA  
O TE TARA



NGĀ ĀWANGAWANGA  
ĀHUATANGA



NGĀ RARURARU  
O TE MOE

Ko te Haumanu Taiaki  
Ruahinetanga, koia nei  
te āhuatanga tino pai  
hei whakapai ake i ngā  
tohu ruahinetanga.

Ko te Haumanu Taiaki Ruahinetanga  
te mea tino pai rawa mō ngā tohu  
ruahinetanga, he pai anō hoki mō  
wētahi atu huanga hauora.

I te wā kei te whakamahi i te MHT,  
he iti noa iho te tūraru tāpiri mō  
te puketoto, mō te īkura me te  
mate ū pukupuku, e ōrite ana ki  
wētahi atu mōrearea pērā i te  
taumaha o te tinana.

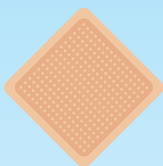
He pai te MHT mō te nuinga  
o ngā wāhine mēnā i timata  
atu rātau i te rima tekau te  
pakeke, i te kore rānei  
mō te tuatahi o te tekau  
tau o te ruahinetanga.

Mehemea ka moata tō  
ruahinetanga (me kī 45 o tau)  
me haere tonu o haumanu  
kia eke atu o te taurite tau o  
te ruahinetanga. (e 51 o tau).

## NGĀ MOMO ĀHUA O TE MHT/HRT KEI TE WĀTEA ĒNEI MOMO MHT



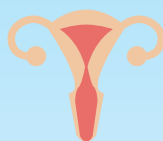
HE PIRE  
RONGOĀ



HE KIRI  
PĀPAKI



HE RONGOĀ  
TIERE



HE  
KOMOTANGA  
TARA

### NGĀ RONGOĀ

Ngā rerekētanga o ngā momo MHT,  
ā he rerekē anō ngā tūraru tinana.  
Ka mahitahi kōrua ko tō tākuta ki  
te whakaheke iho ngā tūraru tinana  
mā te whakamahi wētahi atu rongoā.

Ko te momo MHT ka hiahiatia  
me ōna tūpatotanga rerekē, e ai ki:

- Tou pakeketanga
- Mehemea kua tangohia  
to whare tangata
- Mehemea he māuiui atu anō wōhou



Mehemea kei a koe tonu to whare tangata, (kāre anō kia tangohia), ā kāti me whakarite he haumanu e hono ana te taiaki ūwha me te taiaki whakarite kōpū.



He pai ake te taiaki uwaha mō ngā wāhine kua tangohia o rātau whare tangata.



He pai te haumanu taiaki uwaha ā-tara mō ngā wāhine e mau ana ki te maroketanga o te tara.

## Te taiaki ūwha me te taiaki whakarite kōpū

### He marutau pūmau



## NGĀ PUKETOTO

Kāre he tino raru o ngā kiri pāpaki me ngā rongoā tiere rānei engari ko ngā pire ka tāpara te raru engari anō iti iho tonu. (Kotahi kēhi āpiti mo ia 1000 wāhine).



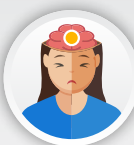
## MATE MANAWA

Kāre he pikinga raru mēnā ka timata te MHT i rō tekau tau o tō ruahinetanga i te kore rānei i mua mai o te 60 tau.



## MATE Ū PUKUPUKU

Ko te kitenga, kotahi te wahine i roto e waru ka pāngia ki te mate ū pukupuku i te wā o tōna oranga. He iti noa iho ngā tūraru tāpiri mō te mate ū pukupuku i te wā kei te whakamahi i te MHT. Engari ka piki ngā tūraru i te roanga atu koe i runga MHT, engari anō hoki ka heke amuri o te mutunga. Tērā pea, mā te whakamahi taiaki whakarite kōpū rerekē, e heke iho ngā tūraru.

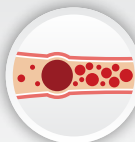


## IKURA

Mō ngā wāhine kei ngā tau 50, hei ngā 10 tau tuatahi rānei o tōna ruahinetanga, kāre he pikinga raru mō te wahine mō he ikura, mehemea kāore i mau taua raru i mua. Mō ngā wāhine e raru ana tērā pea he pai ake ngā pāti, ngā rongoā tiere rānei.

## Te taiaki uwaha anake

### Ngā marutau pūmau



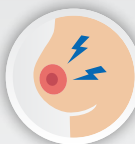
## NGĀ PUKETOTO

Kāre he raru mō ngā pāpaki me ngā rongoā tiere. I te horomi pire ka tāpara raru, engari ka iti noa tonu. (Kotahi kēhi āpiti mō ia 1000 wāhine)



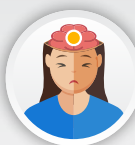
## MATE MANAWA

Ka heke iho ngā mōrearea mate manawa mēnā i timata i rō tekau tau o te timatanga i to ruahinetanga, i mua rānei ngā tau ono tekau te pakeke.



## MATE Ū PUKUPUKU

Ko ngā tirohanga, kotahi te wahine i roto e waru ka pāngia ki te mate ū pukupuku i te wā o tōna oranga. Ko ngā whakamātau e kī ana karekau he pikinga, he mea tino iti noa te raru mō te mate ū pukupuku mēnā e whakamahi ana i te MHT taiaki ūwha anahe. Ki te whakataurite te tūraru mate ū pukupuku, he iti noa iho te tūraru mō te MHT taiaki ūwha anake ki tērā o te MHT tāpiri taiaki ūwha me te taiaki whakarite kōpū.



## IKURA

Mō ngā wāhine kei ngā tau 50, hei ngā 10 tau tuatahi rānei o tōna ruahinetanga, kāre he pikinga raru mō te wahine mō he ikura, mehemea kāore i mau taua raru i mua. Mō ngā wāhine e raru ana tērā pea he pai ake ngā pāti, ngā rongoā tiere rānei.

## Te haumanu taiaki uwaha ā-tara

### Ngā Marutau Pūmau

Mehemea ka whai tika o tōna tikanga, ka marutau te haumanu taiaki uwaha ā-tara mō te wā roa, engari kāore i te pai mō ētahi wāhine i pā ki te mate pukupuku ā-ū.

### Mō wētahi atu kōrero whakataurite

#### NGĀ WHIRINGA HAUMANU KORE TAIKI

Te pepa pūmau o AMS – Non-hormonal treatment options for menopausal symptoms

#### TE RUAHINETANGA ME TE TĪNI I O ĀHUATANGA NOHO

Te pepa pūmau AMS – Lifestyle and behaviour changes

#### TE TAUMAHATANGA ME TE HAUORA

Te pepa pūmau AMS – Maintaining your weight and health during and after menopause

#### NGĀ HAUMANU HĀNGAI

Te pepa pūmau AMS – Complementary medicine options for menopausal symptoms



## KIMIHI TE TĀKUTA AMS

Mehemea ka whakararu ōu tohu ruahinetanga, ka āhei tōu tākuta te āwhina.

Mehemea he āwangawanga ōhou, pātai rānei mō ngā tohu mutunga o tō ruahinetanga, haere ki tō tākuta, i te kore rānei kimihia he tākuta AMS i te paetukutuku AMS

[menopause.org.au/health-info/find-an-ams-doctor](http://menopause.org.au/health-info/find-an-ams-doctor)

**Ruahinetanga o Ahitereiria Noho ā-lwi: [menopause.org.au](http://menopause.org.au)**



**AUSTRALASIAN  
MENOPAUSE  
SOCIETY**  
EMPOWERING MENOPAUSAL WOMEN