

Mō te Mate Tauheke Ioio

Maori

He aha te MND?

Ko te tikanga o te MND ko te mate tauheke ioio (motor neuron disease). Ko ngā io whakaneke ngā ioio ka whakahaere i ngā nekehanga o te tinana. Ko tā te MND he whakararu i ngā io whakaneke, arā ka aukatihia ngā karere o te roro.

Ko te tikanga o tēnei kāore e tika te mahi o ngā uaua whakaneke i te tinana, kōrero, hēhē me te horomi. Ka puta hoki ko te kokohu me te hūkiki (fasciculations) o ngā uaua, ā, mō ētahi ka pā ki ngā whanonga. Ka pai tonu te kite, te rongo me te rongo whakapā.

Ko te MND he mate ka kino haere, ka whakaiti i te wāora, arā ka kino haere i roto i te wā. He rerekē ngā momo MND, he rerekē hoki te kino haere o te mate, arā ka rerekē te tere me te āhua o te ngoikore o ngā uaua o tēnā, o tēnā. Ko te roanga toharite o te wāora o te tangata mai i tana tautohunga ko te 2-3 tau.

Ka pā te MND ki a wai?

Ka pā te MND ki ngā tāngata nō ngā whenua me ngā iwi katoa o te ao. E rua ngā tāngata ka tautohua i ia wiki i Aotearoa.

Neke atu i te 400 tāngata kua pāngia e te MND i Aotearoa i te wā kotahi. Ko te nui o ngā tāngata ka tautohua ki te MND i ia tau he āhua rite ki ētahi atu mate ioio maha, engari he iti ake te hunga ora kua pāngia e te MND nā te poto o te wāora.

Ngā Tohu me ngā tohumate

Ka ngāwari noa pea ngā tohu moata o te raru ā-tinana, o ētahi atu tohumate o te MND rānei. Ka rerekē pea hoki ngā tohumate o tēnā, o tēnā. Ko te wāhanga o te tinana e tīmata ai te ngoikoretanga, kei te wāhi o ngā io whakaneke tuatahi ka pāngia e te mate.

Ko ētahi o ngā tohu:

- te tapepa o ngā waewae nā te ngoikore o ngā uaua o te waewae
- he uaua te pupuri i tētahi mea nā te ngoikore o ngā uaua o te pakihwi, o te ringa rānei
- he tapepe te reo, ka raru rānei te horomi nā te ngoikore o ngā uaua o te arero, o te korokoro rānei.

Ka kino haere ngā tohu me ngā tohu mate i roto i te wā.

He pēhea te tautohu i te MND?

Kāore he whakamātautau mō te MND, nō reira ka roa pea te wā ki te tautohu i te MND. Ka tonoa koe e tō Rata ki te mātanga ioio mēnā he āwangawanga, māna e mahi EMG (electromyography) hei ine i te hiko i roto i ō uaua, ka mātai rānei i te kawenga ioio hei ine i te tere me te kaha o ngā tohu ioio.

He aha te pūtake o te MND?

He tāmutumutu te pānga o te MND. I te 10% o ngā pānga, he mate ā-whānau, he irakē tuku iho hoki.



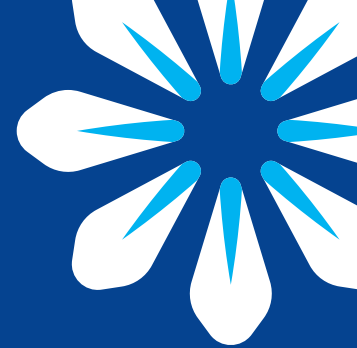
Motor Neurone
Disease NZ

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He rōpū ohaoha a Motor Neurone Disease NZ, i hangaia i runga i te wairua āwhina i te hunga e pāngaia ana e te MND - koinei te tūāpapa o ā mātou mahi katoa. Mēnā e pāngia ana koe e te MND, tētahi o tō whānau rānei, kei konei mātou hei taituarā mōu.



Maori

Kei konei mātou hei taituarā mō koutou ko tō whānau

Ahakoā kāore he rongoā mō te MND, arā ētahi maimoatanga, tautoko hoki ka whakapai ake i te kounga o te ora, ka āwhina pea i te tangata kia roa ake te oranga.

Hei tauira:

- ngā maimoatanga hei whakahaere i ngā tohumate
- ngā taputapu me te hangarau hei āwhina i ngā raruraru ā-ringa, whakawhiti kōrero hoki.
- ka whakarite rautaki ngā kaihaumanu hei āwhina i te whaiaroaro me ngā āheitanga

Ka taumaha pea te tangata i te tautohunga o te MND, ā, me whai wā te tangata kia tau ai ki roto i a ia ngā āhuatanga rerekē. He uua rawa te noho me te mate MND.

Engari mā te hāpori kaha me te tautoko mātanga, ka noho motuhake tonu ētahi mō te wā roa o te mate nei, ā, ka kounga tonu te ora ahakoā kāore i matapaetia ka pērā i te wā i tautohua.

Kei konei mātou hei hoa haere mō koutou ko tō whānau i runga i tēnei ara.

Tā mātou kaupapa

Ko Motor Neurone Disease NZ anake te rōpū ohaoha i Aotearoa e manawanui ana ki te whakapai ake i te oranga o te hunga mate tauheke ioio i ēnei rā, me te tautoko i te rangahau mō tētahi anamata MND kore.

Nō te whakatuwheratanga i te tau 1985 e tētahi rōpū tūao i wheako i te mate nei, kua tipu te rōpū nei hei hāpori ngangahau, ngākaunui hoki.



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I ia ra, ka whai mātou ki te whakarite he pai ake mā te:

- **Tautoko** – kia māmā ake ai te ao o te hunga e pāngia ana e te MND me ō rātou whānau.
- **Kōkiritanga** – te kōkiri kia pai ake, kia poto hoki te wā e whai wāhi ai ki ngā ratonga.
- **Mātauranga** – kia whakawhānui i te mātauranga, te mōhiotanga, me te mārāma ki te MND.
- **Whakatairanga** – kia piki ake te mōhio, kia tipu hoki te whakapono me te tautoko i tō mātou kaupapa.
- **Kohi pūtea** – kia tautoko i te hunga e pāngia ana e te MND ināianei me te whakatipu i ngā tūmanakotanga mō te anamata.
- **Te haumi ki ngā mahi rangahau** – kia pai ake ai te kounga o te oranga, kia tautoko i ngā mahi kōkiri, me ngā mahi rangahau i Aotearoa.

He kaitohutohu tautoko ā mātou hei whakarato ratonga tautoko me te tohutohu mātanga kore utu puta noa i Aotearoa. Ka mahi tahi mātou me tō kāhui hauora ki te whakapiki i ngā hua me te āwhina i a koe kia noho motuhake mō te roanga o te wā.

Mō ngā mōhiohio me te tautoko

- Ipurangi.** mnd.org.nz
- Īmēra.** support@mnd.org.nz
- Waea koreutu.** 0800 444474
- Pōhi.** PO Box 24036, Auckland, 1345

Me whai wāhi atu

Me whai wāhi ki te **Walk to Defeat MND**, ā-tau, mahia te **ice bucket challenge**, **whakaritea he Cuppa Tea for MND** rānei.

Me whai i a mātou i te Pukamata (/mndanz) me te Paeāhua (@mnd_nz)

Rēhita mai kia whiwhi i ngā kōrero hou mā te īmēra ki admin@mnd.org.nz

Tukuna he koha ki
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