

# ‘A‘AI MA‘I ‘A‘AI

**‘A‘ai ma‘i ‘a‘ai** he ‘ano ma‘i kanesa e ho‘omaka ana i loko o ke ake. **Ka ma‘i ‘a‘air** hiki i ka wā e ulu a‘e ai nā pūnaeweale i loko o ke kino.

Ua mana‘o ka American Ka ma‘i ‘a‘ai ‘O ka hui ma 2021, pili ana 42,230 (29,890 ma nā kāne a me 12,340 ma nā wahine) E ‘ike ‘ia nā ma‘i hou o ka ma‘i ma‘i ate a me ka ma‘i ma‘i ‘ūhā bile intrahepatic ma ‘Amelika Hui Pū ‘Ia.

‘O ke akepa‘a kekahi o nā mea nui o ke kino. Huki ke ake i nā mea ‘ino i loko o ke koko, e like me nā toxins, a ho‘one‘e iā lākou mai ke kino.

## HELUHELU

- Wahi a ka Keena o ka Ola Ola,
  - I ka makahiki 2019, ‘o ka ma‘i ate ma‘i ka **ke ono o ke kumu nui o ka make** no nā po‘e ‘Amelika ‘Amelika a me nā mokupuni Pākīpika, 25-44 mau makahiki.
  - ‘O nā kāne ‘Amelika ‘Amelika he **60 pakeneka ‘oi aku ka nui o ka make mai ka** ate a me ka ma‘i ma‘i IBD, ke ho‘ohālikelike ‘ia me nā kāne ke‘oke‘o non-Hispanic.
  - He **1.8 manawa ki‘eki‘e ke** ki‘eki‘e o ka ma‘i ma‘i o ka ate a me ka IBD no nā wahine ‘Amelika ‘Amelika i ho‘ohālikelike ‘ia me nā wahine ke‘oke‘o ‘a‘ole-Hepanika.
- Wahi a ka American Ka ma‘i ‘a‘ai ‘O ka hui, ‘o ka nui o ka ma‘i ma‘i ate ma Laokia a me Vietnamese **2 a 4 manawa ki‘eki‘e** ma mua o nā kāne Pākē, Kōlea, a me Filipino. Ua kokoke ka nui o ka ma‘i ma‘i ‘a‘ai ma nā kāne Laokia a me Vietnam **10 manawa ki‘eki‘e** ma mua o nā kāne ‘Asia a me Pakistani, nona nā uku ha‘aha‘a.

## NA OH‘AILONA A ME NA OH‘AILONA

*I ka wā mua, ‘a‘ai ma‘i ‘a‘ai ‘a‘ole paha loa‘a nā hō‘ailona kēlā hiki ke ‘ike ‘ia a i ‘ole mana‘o. Eia na‘e, i ka ulu nui ‘ana o ke kanesa, ‘ike paha nā kānaka i ho‘okahi a ‘oi aku paha o kēia mau hō‘ailona ma‘amau.*

- ‘Eha‘eha ma ka ‘ōpū o luna ma ka ‘ao‘ao ‘ākau
- He ‘ōpū pehu
- He pu‘upu‘u pa‘akikī ma ka ‘ao‘ao ‘ākau ma lalo pono o ka iwi ‘ao‘ao
- ‘Eha kokoke i ka ‘āī po‘ohiwi ‘ākau a i ‘ole ma ke kua
- ‘O Jaundice (ka melemele o ka ‘ili a me nā ke‘oke‘o o nā maka)
- ‘O ka ‘eha ma‘alahi a i ‘ole ke koko
- ‘Okō‘a luhi
- Nausea a me ka luai
- Poho o ka ai
- ‘O ke kaumaha kaumaha no ke kumu ‘ike ‘ole ‘ia

## PILIKIA NA KUMU

- Ke kaumaha nui a i ‘ole ka momona
- Loa‘a he wā lō‘ihi ‘O ka ma‘i Hepatitis B a i ‘ole ka ma‘i ma‘i Hepatitis C
- Puhi paka
- Inu wai‘ona
- Loa‘a i ka cirrhosis (ka ma‘i ‘a‘a o ke akepa‘a, hiki ke kumu mai ka ma‘i hepatitis a me ka ho‘ohana ‘ana i ka wai‘ona)
- Loa‘a i ka ma‘i ‘a‘a momona ‘ole (ka momona ‘ē a‘e i loko o ke ake i kumu ‘ole ‘ia e ka wai‘ona)
- Loa‘a ka ma‘i diabetes a i ‘ole momona ‘ona ‘ole ma‘i ate
- Loa‘a ka hemochromatosis, kahi kūlana kahi e lawe ai ke kino a mālama i ka hao ma mua o ka mea e pono ai
- ‘Ai ‘ana i nā mea‘ai i loa‘a i ka aflatoxin (he ha‘o hiki ke ulu ma luna o nā mea‘ai, e like me nā kī‘aha a me nā nati i mālama ‘ole ‘ia)

## PALE ‘ANA

- E mālama i ke kaumaha olakino
- Mai puhi, a ha‘alele paha inā hana ‘oe
- E pale i ka inu ‘ana i ka wai‘ona
- E ho‘opa‘a i ka ma‘i Hepatitis B
  - Paipai ‘ia ka lā‘au lapa‘au Hepatitis B no nā kamali‘i a pau i ka hānau ‘ana a no nā pākeke i pī‘i a‘e ka pilikia
  - ‘O ka ma‘i Hepatitis B he ma‘i ate i ho‘okumu ‘ia e ka ma‘i hepatitis B
- E ho‘ā‘o ‘ia no ka Hepatitis C, a e ki‘i i ka mālama kino inā loa‘a iā ‘oe
  - ‘O ka ma‘i Hepatitis C he ma‘i ate i ho‘okumu ‘ia e ka ma‘i Hepatitis C
  - Hiki i kahi ho‘ā‘o koko i kapa ‘ia he ho‘ā‘o antibody Hepatitis C ke ha‘i iā ‘oe inā ua loa‘a ‘oe i ka ma‘i i kēia manawa a i ‘ole ma mua



## NĀ KUMUWAIWAI

- **American Cancer Society:**
  - cancer.org
- **National Cancer Institute:**
  - cancer.gov
- **Global Liver Institute:**
  - globalliver.org
- **U.S. Department of Veteran Affairs:**
  - hepatitis.va.gov
- **Hep B United**
  - hepbonited.org
- **‘Imi Hale Native Hawaiian Cancer Network:**
  - imihale.org/education\_materials.htm
- **California State University, Fullerton:**
  - wincart.fullerton.edu/cancer\_edu/index.htm
- **Asian American Health Initiative:**
  - aahiinfo.org
- **Pacific Cancer Programs:**
  - pacificcancer.org
- **Asian American Cancer Support Network:**
  - aacsno.org



‘O nā hō‘ailona a me nā hō‘ailona, nā mea pilikia, a me ka ‘ike pale mai nā Ke kikowaena no ka ho‘opa‘a ‘ana a me ka pale ‘ana i ka ma‘i