



**American
Stroke
Association.**
A division of the
American Heart Association.

sipwe poraus usun
AWAW



Eppetin

Sipwe kapas usun

Pressure-in Chcha Mi Tekia me Stroke

Aukukun chaan, mi pwan itan hypertension, a kan weweiti pwe manaman chaan mi kan feffe lon neniin chaan a kan fokkun pwelongo, mefan lopia. Ewe pweweing iit mi ese angang mwer, epwe angei stroke, heart attack, heart failure, are kidney failure.

Nampaar ruu a pwan repweseni presen nuku. Nampa mi llap (systolic) a eochun epressa lon aarteri me lepopun amw wini. Nampa an epwe kekere (diastolic) pweesin epwe nom ren samwomw epwe nun fengen pwinin. Nampa systolic a kan pwéchéén pwe epwe mwiritina chon. Ewe pressure ren ewe aninisin mea me mea mm Hg.

Manamanin epwe nomw seni pwe 120/80 mm Hg. Aninisin aramas mi atai nenien mwirin e tongeni pwan aninis mi pwan chon arap: e wor fengen en ita, epwe pwan arap. Ewefeyin etap ra angei seni **elevated**—ren mi ettun, systolic 120–129, diastolic mi normal—ngeni **hypertensive emergency**, iwe ka tongeni fefeita seni 180/120 mm Hg me sainin: mettochuwen pwin, tongeni tiit, mettochuwen ter, semw, mwonge, lukulukan, chokulukun inis, o noomwongeni kapas. A hypertensive emergency a fen epwe tongeni ani ekiek ngeni manaw, pwe epwe tufich ngeni toropwo mi angang mekinik.

CATEGORY-IN PRESSURE-IN CHCHA	SYSTOLIC mm Hg (nampan won)		DIASTOLIC mm Hg (nampan fan)
NONNOMW	KIS SENI 120	me	KIS SENI 80
MI TEKIA	120–129	me	KIS SENI 80
STAGE 1 HYPERTENSION (Pressure-in Chcha Mi Tekia)	130–139	lka	80–89
STAGE 2 HYPERTENSION (Pressure-in Chcha Mi Tekia)	140 IKA TEKIA SENI	lka	90 IKA TEKIA SENI
HYPERTENSION MI WATTE Ika ese wor omw symptoms*, kori noumw health care professional.)	TEKIA SENI 180	me/ika	TEKIA SENI 120
CHON PWAN PWAN MWIRIN CHUUMW(Ngang mi wor eiwe symptom*, koori 911.)	TEKIA SENI 180	me/ika	TEKIA SENI 120

*Esisinen: metek non chest, mwochomwochen ngasangas, metek non pechen, ngungures, apwangapwang, siwinin kuna ika weires ne kapas

Ifa usun pressure tefichin ewe ran mey a awora risk ren stroke?

Ewe ran me ran epwe auhie neni nomw, epwe kachok arteri me semirit mi nomw non fansoun. Chon ewe aramas kena mi ewe blood pressure normal, chon ewe mi high blood pressure epwe mwongo chon stroke.

Arteries ra pwas kan pwe ren. Ewe 87% mi stroke a ifa pwe ewe blood vessel mi mwochen amw mechen epwe pwung, chok seni ewe clot. Ewe iaan stroke ngeni semwen.

Mwààn enin kon ren an epwe pwechech ren anin ier me aninisin pwan apwapwansapw mi lúk. Lon iwin, aangi ra esapw tongeni amwuri ren an epwe angang, iwe ra kuta. Ei pwalapwal mi tokter ngeni aramas. Ewe 13% seni stroke ra iwe.

Uwa pwan ffeitiw neni aninnis iik?

Ewe mi pwan pwapwan ika chon ururan epwe angei inen mwirin kopw. Ekkoch, tongeni omw ffeita me angang ngeniir; ekkoch, ese tongeni.

Ekkewe mei tongeni murinno ika tumunu ir:

- Pwan tobacco me niwin ewe uwut
- Diabetes
- Ach sipwe chou are chou.
- Kolesterol mi watte
- Ese aramasen ekkena fansoun ekiek
- Ewe mongo ese och (a watte sodium non, kukkun potassium me unumi sakaw)

(epwe pwan wor)



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Ekkewe mettoch rese tongeni siwin ika weires ar repwe nemeni:

- Uruwoon famili mi uri ewe semmwon mi chou.
- Aramasen/etnisiti
- Kauchean ewe ier
- Mwan ika fefin
- Mwmwaan ewe nephru mei fen chok
- Obstructive sleep apnea

Nonnomun aramas me osukosuken ekiek ra pwal tongeni efisi an epwe watte ewe chcha. Ekkei mettoch mei tongeni atai ewe tufichin angei ekkewe mettoch mei auchea non manaw, usun mongo mei murino, safei me ekkewe chon angangen tumunun inis, me mei tongeni aukuuku ewe tufichin fori siwinin manaw mei murino. Akei mei tongeni angang ngeni omw anean ngeni mettoch mei chok fan, usun mwenge mei mwich, medicine, me soumw mwichen health care, me a tongeni khakafiti omw tongeni fori ekkoch ukukun nonuk nonuk ren omw manaman.



Meinisin emon kopwe sinei pwon aposet an emon mwun nge kopwe filietiw.

NGANG UWA TONGENI SINEI MET CHIOU?

- 1** Kuri **1-888-4-STROKE** (1-888-478-7653) pwe künö chok, ika pwe wwati stroke.org (website non fosun Merika) pwe künö won stroke, ika pwe tongeni finata ekkesi support group lon ewe sopw.
- 2** Kopwe sainap ngeni *Stroke Connection* e-news fmaram ren chon stroke me chon ewech, mi StrokeConnection.org (website non fosun Merika).
- 3** Kopwe feioch ngeni chon aramas mi pwan angei stroke, ren omw ttun ngeni noum Support Network: stroke.org/SupportNetwork (website non fosun Merika).

Ewer ewe kikkon kopwe ekis tongeni tolong ngeni Doktor omw?

Kopwe awora ekkoch minich ne makkei omw kewe kapas eis ren ewe fansoun kopwe churi noumw we chon angangen pioing:

**Met epwe fis ngeni
ai we chcha?**

**Ifa ükükün fansoun
epwe cheki ai chcha?**

**ITEN EKKEI MEINISIN
AN EMON SINEI:**

Awewe pwan ekkewe pepa usun sokkun pwapwa epwe alisi nonomw fori chon mwirin, aninisin omw ainang, ika tumunu emon mi ngeni nuku. Ko visit stroke.org/LetsTalkAboutStroke (website non fosun Merika) epwe kuna pwan meni.