



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

sipwe poraus usun
AWAW



Eppetin

Kopwe nomw tokter ren

Sisin en angangen manaw epwe amwarar ngeni stroke

Ewe stroke a fis mi keni oxygen me mongö ngeni ewe inin meto a pway, ina chok tumunu, are a pwas (rupchure). Stroke aifes seni ewe aninis mi kuna arteri mi tur ngeni me ewin ewe nuu. Pwungun karek, chokun stroke mi tongeni peich, ren amw awora nikin kopw, mongö mwor, angang aramas faniten ran, me fitiw. Ewe me ewe mi auram, a pweeneomw raas stroke, disability, me pwan meet.



Ikkefa ekkoch napanap ren ew manaw mi murino?

Ekkei mi tufich me angang me pwe kopwe pwan pwechechei:

- Kose apw neniin me vape, reni kókó pwopwun.
- Kopwe mongö mongö mi pwora, ese chomong fat, trans fat me sodium (salt). Kopwe pachelong ananim mi maakun.
- Kopwe tongeni akaman me chocho.
- Kopwe angei urum.
- Pwini sakau ngeni ew anin mon meini; ruu ngeni mwaan.
- Ngang aret miwini, kopwe mwong ngeni epwe pwan pwung. Me mwo kopwe siwin, kopwe kapas ngeni Doktor.
- Kopwe sinei omw presen blood. Ew ukukun chcha mi murino epwe kukkun seni 120/80 mm Hg. Kopwe checki iwin omw chicha aewin meininis. Aninis aramasen eengin omw me pwan tumwunu, ika a fen pwe. Iwin chicha mi pwe a weweiti an kan fiti stroke.
- Amwarar ne amwora, epwe tongeni pwan mwach ngeni chon manaw, me pwan ese fokun chon angang, mongö aramas, me moor.
- Kopwe cheki pioing iteitan, pachenong om kopwe atittina ika mei wor om feiengaw ren stroke. me kopwe cheki ren ekkewe mettoch mei tongeni efisata stroke mei pachenong watten chcha, watten cholesterol, watten sugar non chcha me watten choun inis. Fefin mei wor ar kewe feiengawen stroke mei sokono pachenong ar aea ekkewe safeien opuchopuch, osukosuken pwopwo me ar repwe mwitir ne poputa ne nounou.
- Kopwe angei naf annut iteiten pwin, 7-9 awa annut iteiten pwin ren ekkewe watte; pwan chommong ren semirit me kukkun.

Ifa usun epwe angei ngeni mwiri, o ngeni vaping?

- Kopwe chon pwapwa ren epwe aperen aninnis, me miititi.
- Kopwe tingorei emon chon angangen pekin safei ren porous, prokram me/ika safei mei tongeni anisuk ne ukutiw.
- Koriin nenien aiti seni 1-800-QUIT-NOW.
- Sipwe fiti ekkewe prokram fan iten text ese kamo are aea eu app won mobile.
- Kopwe sinei met mi ka angei, iwe kopwe amwonata ngeni, ika pwe a tongeni.
- Aninnisini ar urus ren om kopwe kan busy, kopwe keran, kopwe finata ew niwin hobby, sonuk won pekin, are kopwe medite.
- Kopwe mokus omw pwopwuto pwe tongeni angei pweewun samwau, epwe pwal ani nukunu aramas, me mi nukunu.
- Kose angei eyinang me pwiipwi epwe fitiw, me aa tumunu.

Ifa usumw epwe tongeni pwapwuta amw mongö?

- Kopwe eisini noumw we tokter, nurse, emon sou-emwenin mongo mei wor an license ika emon sou-emwenin mongo mei register usun ifa usun omw kopwe tongeni fori ew kokkot mei ekieki usun omw kewe osupwang ren pekin safei.

(koontiniuw)



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Ekkoch chokukun aninis ngeni kaweweun stroke

- Anekkar mongö mecheres, me apwora pwe emi pwan nikituk, trans fat, suuker, me sool.
- Kopwe peki, broil, roast me pwón mongö, esap fry.
- Älleani ekkewe taropween möngö mi öch woon ekkewe möngö mi pachetä. Kutta ewe esisinen AHA mi affata pwe a tongeni cheki letipen aramas won ekkewe pisek.
- Aweiti chok mai, anuken, rais, protein mi pwapwa, dairii mi ngeniin pich, me oil mi pwapwa.
- Kose etiw aramasen ne peen, are mobile app, ren amw tungor mongö. Kose feiengaw ngeni mongö mi mwaren, ekkoch kuchuku me pwan mwaren.

Ennengeni angang mi annuk?

- Pwini pwan gööl, me chuen fiti ngeni. Kopwe chuen angei angangen nonomw ngeni chok chok, pwe kopwe angei pwan alleani mwongo mi pwan pisekin.
- Lon ewe wiik, kokori epwe wor 150 minit ren pekin mamach mi sakan, 75 minit ren mi tun, are chok epwe mwonoir.
 - » *Ekkewe minen apwapwa mi mosonoson ra kapachelong eu fetal mi mwittir are aerobics lon konik. Ewe job raai me pweeper, pwe run, hiking, me cycling.*
- Kopwe tongeni pwan fori aninnis mi pwer ngeni unusen, ren resistance bands me weights, me ruu ran lon ewe wiik.



- Chok ach chon? Kose mochen, kosap mwet; pwan nukuumw epwe kich pwan kich, ren omw fan.
- Nengeni pwan epwe tongeni chon angang. Kopwe neiuen niwin, kinoelek. Kofiti ngeni mailbok. Kopwe paking arap ngeni ia kopwe feien.
- Ika ewor omw angeni semwen raanei, kopwe tongeni pwung ngeni omw health care provider mwin kopwe fiti ewe exercise program.

Ifa usun ai tongeni aiti mi pwan?

- 1 Kori 1-888-4-STROKE (1-888-478-7653) me wori [stroke.org](https://www.stroke.org) (website non fosun Merika) pwe kopwe sinei pwan stroke, ika kuna local support groups.
- 2 Kopwe mwuuk ngeni nonomw maram *Stroke Connection e-news*, ngeni aramas mi pwe ngaangaw mi stroke me chon angang. [StrokeConnection.org](https://www.StrokeConnection.org). (website non fosun Merika)
- 3 Kopwe pach ngeni aramas seni stroke me chokk, pwisin nomw lon Support Network ren [stroke.org/SupportNetwork](https://www.stroke.org/SupportNetwork). (website non fosun Merika)

Kose kuna pwapwa pwe amw kapas ngeni Dokot me nurus?

Kopwe awora chichim, kopwe mak seni kapas repwe afata, fansoun omw kuna dokta pwan.

Ren aninn:

Met risk factors stroke ua tongeni feisu?

Met angang ua tongeni fori memef?

Ngang aninisiw:

Mi wor chomong pwan ekkoch fact sheets pwe repwe anisuk fini mettóch mi och ngeni health, tumunu omw semwen ika tumunu emon ka tongei. Kopwe etto [stroke.org/LetsTalkAboutStroke](https://www.stroke.org/LetsTalkAboutStroke) (website non fosun Merika) pwe kopwe sinei.