



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

E kama'ilio kākou e pili ana i
HĀ'ULE KOKO LOLO



Ka pale 'ana

e kama'ilio kākou e pili ana i

Nā Ho'ololi 'Ano Noho e Pale aku ai i ka Hahau

Hana 'ia kahi hahau i ka wā e ālai 'ia ai kahi kī'aha koko e lawe ana i ka oxygen a me nā mea'ai i ka lolo e kahi clot a i 'ole ka pahū 'ana (a i 'ole nā haki). 'O ka hahau kahi ma'i e ho'opilikia i nā a'a e alaka'i ana i loko a i loko o ka lolo. 'O ka nūhou maika'i, hiki ke pale 'ia nā hahau he nui ma o ka kaohi 'ana i ke koko, kahi 'ai olakino, ka hana kino ma'amau a me ka ho'ōki 'ana i ka puhipaka. He kuleana nui kēlā me kēia i ka ho'emi 'ana i kou pilikia no ka hahau, ke kīnā a i 'ole ka make.



He aha kekahi mau ho'olālā no kahi nohona olakino?

Eia nā 'ōlelo a'oa'o a me nā 'ōlelo a'oa'o no kou olakino:

- Mai puhi paka a vape paha a pale i ka uahi lua.
- E 'ai i nā mea'ai olakino ha'aha'a i ka momona saturated, trans fat a me ka sodium (pa'akai). E hō'emi i nā mea inu kō.
- E hana kino ma'amau.
- E mālama i ke kaumaha olakino.
- E kaupalena i ka wai'ona i ho'okahi inu i ka lā no nā wahine; 'elua inu i ka lā no nā kāne.
- Inā 'oe e lawe i nā lā'au lapa'au, e hō'oiia e lawe iā lākou e like me ke kauoha, a e kama'ilio mau me kāu kauka ma mua o ka hana 'ana i kekahi mau ho'ololi.
- E 'ike i kou koko. 'O ka pae koko olakino ma lalo o 120/80 mm Hg. E nānā pinepine i kou koko a e hana pū me kāu loea mālama ola e ho'okele iā ia inā kī'eki'e. 'O ke koko kī'eki'e ke kumu nui o nā hahau.
- E hō'emi i ke kaumaha, kahi e hiki ai ke kōkua i nā hana maika'i 'ole e like me ka 'ai nui 'ana, ka nele o ka hana kino, ka 'ai pono 'ole a me ka puhipaka.
- E hana i nā nānā lapa'au ma'amau, me ka loiloi 'ana i kou pilikia pilikino no ka hahau 'ana. a e nānā 'ia no nā mea pilikia hahau e like me ke koko kī'eki'e, ka cholesterol kī'eki'e, ke kō koko kī'eki'e a me ka momona. He mau pilikia kūikawā ko nā wāhine no ka hahau 'ana e like me ka ho'ohana 'ana i nā mea pale waha, nā pilikia hāpai a me ka menopause mua.
- E loa'a ka hiamoe kūpono i kēlā me kēia pō, 7-9 mau hola o ka hiamoe i kēlā me kēia pō no nā pākeke; 'oi aku no nā keiki a me nā keiki.

Pehea e ho'ōki ai i ka puhipaka a i 'ole ka vaping?

- E ho'oholo e ha'alele - a e pili pono iā ia.
- E noi i kahi loea mālama ola no ka 'ike, nā papahana a me/a i 'ole nā lā'au lapa'au e kōkua paha iā 'oe e ha'alele.
- E kelepona i kahi kumu a'oa'o laina ha'alele ma 1-800-HA'ALELE-I-KĒIA MANAWA.
- E kākau inoa no nā polokalamu leka uila manuahi a ho'ohana paha i kahi polokalamu kelepona.
- E 'ike i kāu mau mea ho'onāukiuki a ho'opau iā lākou inā hiki.
- E ho'oponopono i nā makemake ma ka ho'omau 'ana i ka hana, ka hana ikaika, ke koho 'ana i kahi le'ale'a hou, ka puke pai a i 'ole ka no'ono'o 'ana.
- E ho'omana'o iā 'oe iho 'o ka puhipaka ke kumu o nā ma'i he nui, hiki ke hō'eha i nā po'e 'ē a'e a he mea make.
- E noi i kou 'ohana a me kou mau hoaaloha e kāko'o iā 'oe a mālama iā 'oe i ke kuleana.

Pehea wau e ho'ololi ai i ka'u mau 'ano 'ai?

- E nīnau i kāu kauka, kahu ma'i, kahi mea'ai laikini a i 'ole ka mea'ai i ho'opa'a inoa 'ia e pili ana i ke 'ano e hiki ai iā 'oe ke hana i kahi ho'olālā e no'ono'o ana i kāu mau pono olakino kūikawā.
- E 'ai i nā mea'ai kūpono a hō'emi i ka momona, ka momona trans, ke kō a me ka pa'akai.
- E ho'omo'a, e ho'olapalapa, e kālua a ho'olapalapa i nā mea'ai ma kahi o ka palai 'ana.

(ho'omau)



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- E heluhelu i nā lepili mea'ai ma nā mea'ai i ho'opa'a 'ia. E nānā i ka māka AHA Heart-Check Certified ma ka 'ōpala.
- E 'ai hou aku i nā hua'ai, nā mea kanu, nā palaoa piha, nā kumu olakino o ka protein, nā waiū momona ha'aha'a a me nā 'aila olakino.
- E ho'ohana i kahi puke pai a i 'ole, inā loa'a, kahi polokalamu kelepona, e kōkua iā 'oe e hahai i kōu mea e 'ai nei. E ho'ā'o e ho'okomo i nā pani olakino a i 'ole nā mea 'ē a'e.

Pehea e pili ana i ka hana kino?

- E ho'onohonoho i nā pahuhopu a e ho'omau i ka ho'okō 'ana iā lākou. E ho'onui mālie i kōu hana e loa'a ai nā pono olakino hou a'e.
- I loko o ka pule, e ho'ā'o e hana i 150 mau minuke o ka hana kino ikaika-waena, 75 mau minuke o ka hana kino ikaika-waena, a i 'ole ka hui pū 'ana o nā mea 'elua.
» *'O nā hana kino ikaika-waena e komo pū me ka hele wāwae wikiwiki a i 'ole ka aerobics wai. Hiki i nā hana ikaika ke komo pū me ka holo 'ana, ka hele wāwae a i 'ole ke ka'a paikikala.*
- Eia kekahi, e ho'oikaika i nā hana ho'oikaika 'i'o ikaika a kī'ekī'e, e like me nā kā'eī kūrē a i 'ole nā kaumaha, ma ka līlī'i he 'elua lā o ka pule.
- Pōkole ka manawa? Mai ho'oku'u wale iā ia; akā, e ho'oka'awale i kōu hana i nā manawa līlī'i e kūpono i kōu papa hana.



- E 'imi i nā manawa līlī'i e 'oi aku ka hana. E lawe i nā alapi'i ma kahi o ka elevator, e hele wāwae i ka pahu leka, a e ka'a aku ma kahi mamao aku mai kōu wahi i mana'o 'ia.
- Inā he ma'i mau kōu, e nīnau i kōu mea mālama ola ma mua o kōu ho'omaka 'ana i kahi papahana ho'oikaika kino.

PEHEA E HIKI AI IA'U KE A'O HOU A'E?

- 1** Kāhea iā 1-888-4-HAHA'I (1-888-478-7653) a i 'ole e kipa aku [stroke.org](https://www.stroke.org) (pūnaeweale ma ka 'ōlelo Pelekania) e a'o hou e pili ana i ka hahau 'ana a i 'ole e 'imi i nā hui kāko'o kūloko.
- 2** E kākau inoa no kā mākou mahina *Nūhou uila o ka Stroke Connection* no nā mea i pakele i ka hahau a me nā mea mālama ma [StrokeConnection.org](https://www.StrokeConnection.org). (pūnaeweale ma ka 'ōlelo Pelekania)
- 3** E ho'opili me nā po'e 'ē a'e i loa'a pū kekahi 'ike me ka hahau 'ana ma ke komo 'ana i kā mākou Pūnaeweale Kāko'o ma [stroke.org/SupportNetwork](https://www.stroke.org/SupportNetwork). (pūnaeweale ma ka 'ōlelo Pelekania)

He mau nīnau kōu no kōu kauka a kahu ma'i paha?

E ho'oka'awale i kekahi mau minuke e kākau i kōu mau nīnau no ka manawa a'e e 'ike ai 'oe i kōu loea mālama ola.

Eia kekahi la'ana:

He aha nā mea pilikia o ka hahau hiki ia'u ke ho'ololi?

He aha ke 'ano o ka hana kino hiki ia'u ke hana me ka palekana?

KA'U MAU NĪNAU :

Loa'a iā mākou nā pepa 'ike 'ē a'e he nui e kōkua iā 'oe e hana i nā koho olakino, e ho'okele i kōu kūlana a mālama paha i kahi mea aloha. E kipa aku [stroke.org/LetsTalkAboutStroke](https://www.stroke.org/LetsTalkAboutStroke) (pūnaeweale ma ka 'ōlelo Pelekania) e a'o hou aku.