



American
Heart
Association.

PÓLÚN
ren letipach



Life style + Kopwe aukuuku ewe Risk
Ewe Chcha mi Tekia

Pwapweta uwa tongeni kaparenato fofon eoch nei?

Ren omw kopwe safei pressure-in chcha mi tekia, kopwe tongeni kukkunano omw risk ren stroke, heart attack, heart failure me semwenin kidney.

Ewekei pwon ewe omw tongeni angei iwe:

- Ttongeni me mumuta pwan ni winin epwe pwe fit.
- Awe mongö mi pwapwa ngeni unup, epwe wor iik, ni, wot mi pwanun, milik mi ese wene, mwan, iik, fasol, oilen iik mi ese tropik, me ni. Kopwe amwöchchür sodium, sweets, saturated fats, ese sugar beverages, me red me processed meats.
- Kopwe chuen fori chok fakkun angang.
- Kose apw kopwöch; kose fengi kopwöch mecheres.
- Kose suki ren anis, rekot ewe nenien: fefin ≤ 1 pweene monien, mwaan ≤ 2 pweene monien.
- Kopwe angei omw medicine chok seni taropwe.
- Sinei pwungun kopwan chechen nomw, me kut ngeni epwe nomw chok iine.



Ifa usumw epwe pwan pwichikar?

Ngangano pwe epwe ngang, kopwe usanoch kalori mwirin an emon me nim kendaer seni ran nenien. Kopwe kapas ngeni en health care professional, pwe en tongeni angei planin mongö mi pung me angangen inisumw, pwe epwe alisuk ngeni en weight loss goals. Ika pwe kopwe pweeneeni aninis, aninimwen omw hemam epwe mwun. Ew tumun metto ngeni 5% mi pwan epwe pweipwei omw metto, epwe aninnis epwe pwan pweipwei omw blood pressure.

Ifa usun epwe a pwanek eniön aninis?

Kukanunu meien sokun kon anin 2,300 mg/raan, pwan arong ngeni 1,500 mg/raan. Mei pwe en ataareti 1,000 mg me an epwe pwan alukooni osukosukun nukuomw me manamanen winiomw.

Kopwe tongeni pwe kisino omw sodium ren:

- Ani tinikin chon "Nutrition Facts" ren mongö. Ei aiti a weweiti fite sodium mi lon mongö. Mongö mi 140 mg me pwan chokochok osukosukun sodium non semwen, ra pwe low in sodium.
- Kkkusun mongö mi prepackaged me processed. Kose angei mongö mi kanefon iwe En tongeni. Ngang mi fiitiwan mongö mi pak, fiiti ren mi mak "low sodium," "reduced sodium" are "no salt added."

- Kopwe aea usun salt substitute mi pwung ngeni potassium, epwe aninnis pwe sodium epwe pweipwe, me pwan ffilinano ika ewe aramas mi ngeni blood pressure. Iwe a pwapwa lapalap, a pwe chok ika chon epwe tongeni pwan niwinian mongö mi awora me niwinin iimw. Kose chek won eor healthcare professional mwein aean aea, aremi kidney disease seni omw kaan emwenin mi affetek potassium.
- Kopwe pwechei asen-soon lon aninnis, me lon tepis. Kopwe angei me pwapwa semwen me pisepise ese en söl.

Ifa usun epwe tongeni amwöminu me pwan pachepacheti alukol?

Kose aea ngonuk profachonal ren pekin manaw: e tongeni om pinei alcohol? Pwe iwe, kose aisini: Fite?

Ika pwan anin ruu ierin ran ewe ran, ika mi mwaan, anin ew ika mi fefin, epwe pwan angei pwungun möngön. Ew nenien: 12 ounces piar, 5 ounces wain, 1.5 ounces 80-proof spirits, are 1 ounce 100-proof spirits.

Ewe alcohol fansoun, kose aisini pweinin group mi tongeni aiseni.

(ngeni mwach)



Ifa pwan epwe atakei chuen föfö?

Mwurin angang fengen mi mwur a tongeni amwiri wochun reen, amwiri mettoomw, me amwiri stress. Epw mwer seni pwanpwan, me mwochen usun; pwe kokuuk wotewot, are kikiin pisiklet. Kopwe tongeni uku safe, ese tumw, epwe exercise, pwe YMCA, senta senior me sopw, paark, dipatmen recreation, me group mi nupwen iotek.

Kopwe etiwa pwan fefeita aerobic me resistance each week, pwe epwe manawiti me nemeni blood pressure. Sopwe ren angang: wén, chokchok me liftin wéét. Kopwe kapas ngeni health care professional pwe epwe tongeni pwungun om plan.

Met epwe sinei ren medicine?

Nge ngepwung ngeni risk me blood pressure, iwe En epwe angei ew me pwan ekkoch kain medication ren epwe mumuta blood pressure epwe pwinin mecheres. Eweiti pwan epwe wor ew trial period, meitam epwe tongeni chuk seni ewe health care professional ewe best medication, ika ew combination ren omw.



Ewe chiechie: kopwe angei omw maramaram pwan epwe menney. Kose mumuta kewe angang mi amwora epwe suuk seni pwan pwapwa. Ren met, ika kopwe pwapwa, are epwe wor side effects seni omw medication, kopwe kapas ngeni omw health care professional.

NGANG UWA TONGENI SINEI MET CHIOU?

- 1 Kori 1-800-AHA-USA1 (1-800-242-8721) me sokun [heart.org](https://www.heart.org) (website non fosun Merika) ren om kopwe sinei pwan chiechiei ngeni samin mii me stroke.
- 2 Kopwe sign up ngeni *Heart Insight* e-news ne maram ngeni mi arwinin aati me eyinang ar at [HeartInsight.org](https://www.heartinsight.org). (website non fosun Merika)
- 3 Kopwe tongeni neni pwiipwi mi pwan chon aninnis ren ar semwen letipen Sam me stroke, fansoun omw epwe inngeni Support Network fan [heart.org/SupportNetwork](https://www.heart.org/SupportNetwork) (website non fosun Merika).

Ewe pwan tongeni amwunga met mi ngeni Doktor anen ners?

Kopwe angei pwan miniti, omw kaan ne mak seni kapas ekewe kapas omw epwe fen angei, inet ka kuna eomw health care professional.

Faan, pwapwa:

Uwa tongeni nimei ewe sakau?

Ekoehchikfilenoepweinisie i nukunomw blood pressure?

Ngangi kei porausen ai sakkun?:

Ewe chok aramasin taropwe epwe alilisukomw anin awewe mwer, epwe mwemwen omw tuun aramas, epwe tumunuk semeir mi tongeni nomw. Kopwe tongeni kuna [heart.org/AnswersByHeart](https://www.heart.org/AnswersByHeart) (website non fosun Merika) ren en aneani.