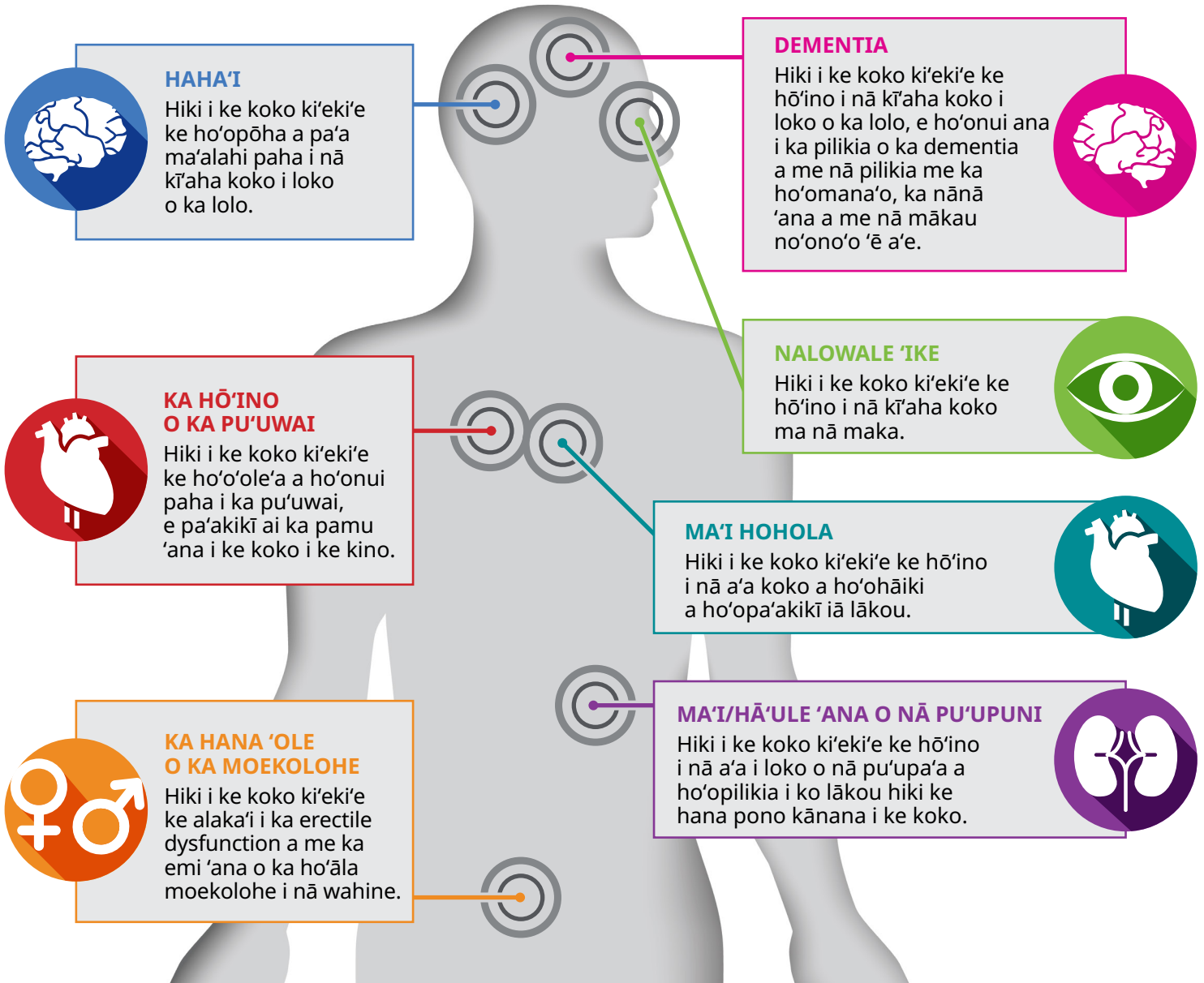




American
Heart
Association.

Nā hopena o ke koko ki'eki'e

Hiki i ke koko ki'eki'e (BP) ke hana i nā pilikia olakino 'ē a'e, e like me:



Kōkua ke koko olakino i ka pale 'ana i kou mau pu'upa'a, pu'uwai a me ka hiki o kou kino ke ho'ohana i ka ikehu (olakino metabolic). E nānā i kou koko i kēia lā. E a'o hou aku ma heart.org/BP (pūnaewele ma ka 'ōlelo Pelekania).