



American
Heart
Association.

KAPASEN EMWENI REN CHEKIN PRESSURE-IN CHCHA NON IMW

Me Mwen Omw Cheki

- Kosap un sigaret, unum minuman mi caffeine ika alcohol, ika exercise non 30 minich me mwen chekin.
- Nounou ew device mi validated me cuff mi pung ukukun. (Feilo won **Validate BP** pwe kopwe kuna ew device kopwe tongeni luku.)
- Feilo ngeni toilet pwe bladder-omw epwe pwaapwa.
- Mot fan kinamwe lap seni 5 minich me kosap kapas.

Napanapen Mot mi Pwung

- Mot pwung won me kinisoumw epwe wor an aninis, pechemw epwe nom won floor me kosap siili pechemw.
- Asonu nimamw fan kinamwe won ew neni mi pwechepwech me won ukukun netipomw.
- Pachetiwi cuff won unuchen nimamw me won anukuun elbow, esap won uf.



Atun Chekin

- Nonnom fan kinamwe me kosap kapas.
- Angei esap kis seni ruu readings, ew minich nefiner.
- Mwirin sopwenon chekin, maketiwi meinisin results me awora ngeni noumw health care professional pwe epwe anisi confirm-i omw office blood-pressure category.



**ELI EW
HYPERTENSIVE
EMERGENCY***

Ekkewe office blood-pressure categories mi pesepes seni American Heart Association

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

* Witi fitu minich iwe pwan cheki pressure-in chchamw.

* Ika pressure-in chchamw a chuen tekia nge ese wor pwan ekkoch signs ika symptoms, kori noumw health care professional.

* Ika mi wor signs pwe eli mi wor organ damage, usun metek netip, weiresin ngasangas, metek kinisoumw, esap mefi ekkoch kinikin inisomw, apwangapwang, siwinin omw kuna ika weiresin kapas, kori 911.

Sinei chomong won
heart.org/BP (website
non fosun Merika)

*wisen pwan: metek netip, weiresin ngasangas, metek kinisoumw, esap mefi ekkoch kinikin inisomw, apwangapwang, siwinin omw kuna ika weiresin kapas