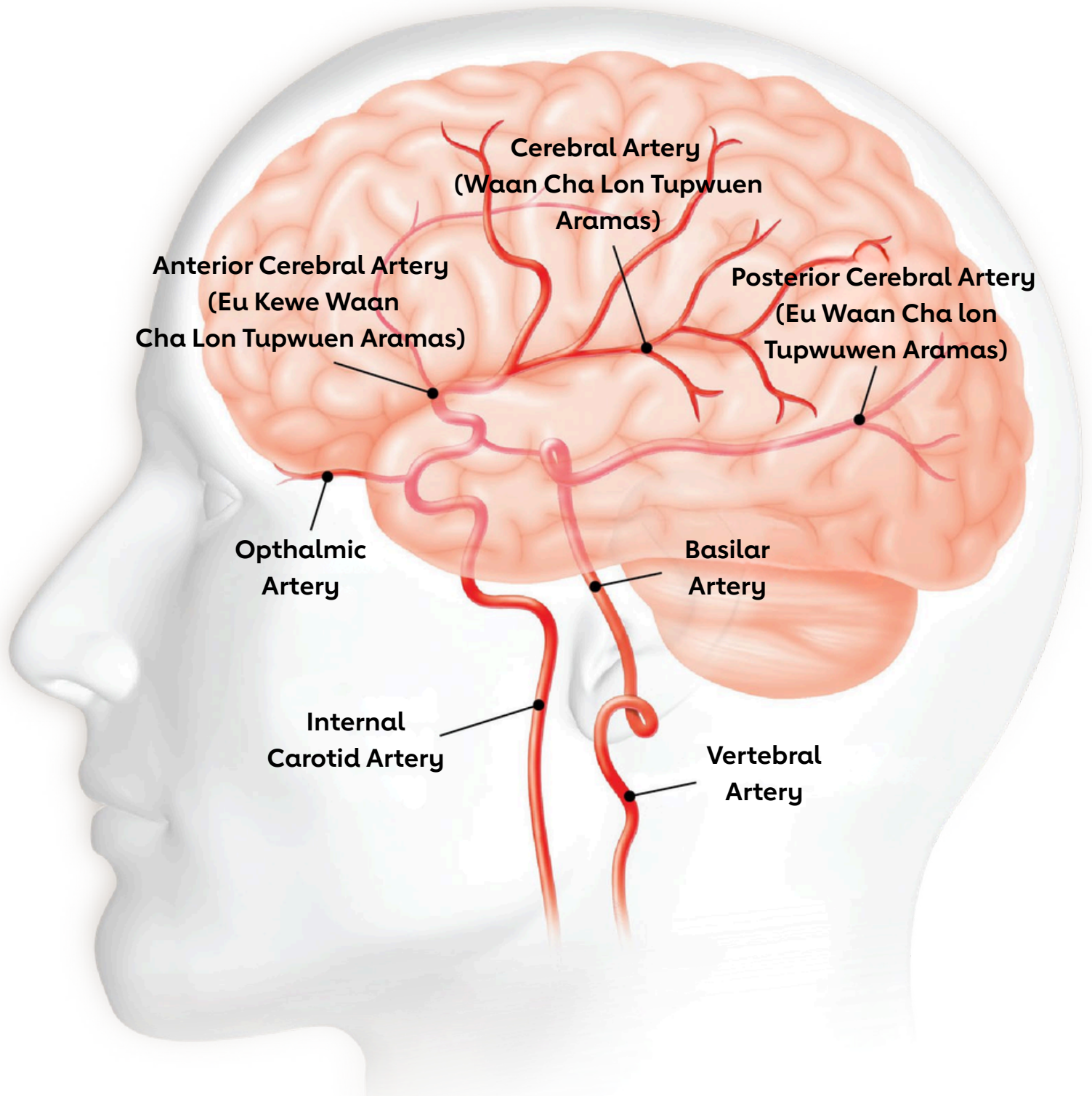




American  
Stroke  
Association.  
*A division of the  
American Heart Association.*

# Met ei Stroke?

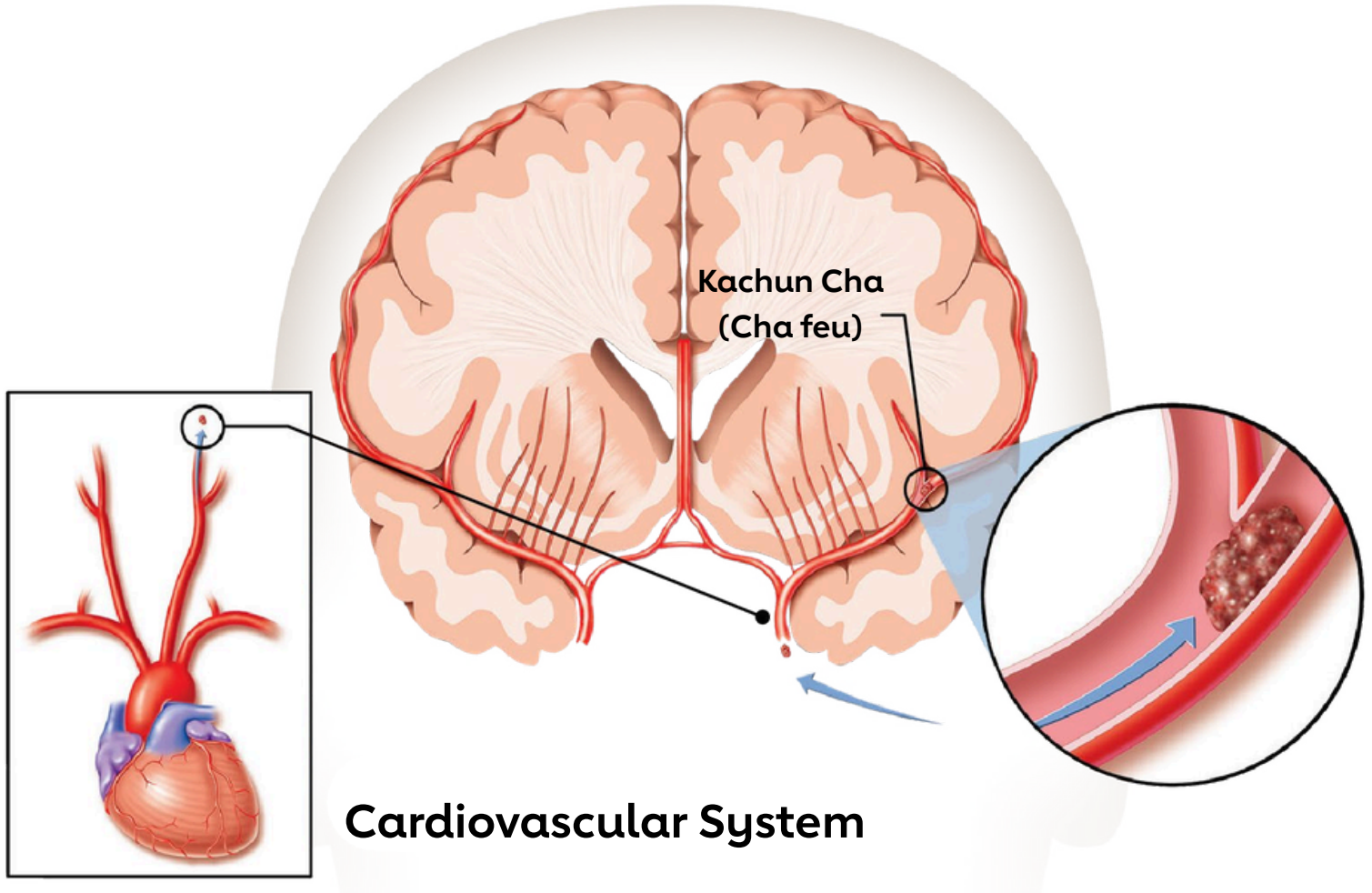


Ekewe waan cha ra nukei cha ngeni tupwuen mekurom seni ngasangasomw ra iteni **arteries**. Ewe tupwu mi needcha iteiten fansoun meinisin, ei cha a nukei oxygen (asepwal sia ngaseri) me ngunuwen monggo a ouchea ngeni an ewe tupwu epwe fori an angang. Mi imwuno meni arteries ra nukei cha ngeni kinikinin non ewe tupwu. Ew **stroke** a fis nupwen ew ekei waan cha (arteries) ngeni mokurach a pin ika tano. Ren ei wewe, kinikinin lon ewe tupwu ese chiwen tori ewe cha mi niit , iwe a poputa ne maano.



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

# Ischemic Stroke



## Cardiovascular System

**Ischemic stroke** iei aewin me nein tapin stroke mi fifis. Ew ischemic stroke a fis nupwen en waan artery ngeni mokurach a pin ika wor met e epeti. Mi wor ruu tapin ischemic stroke:

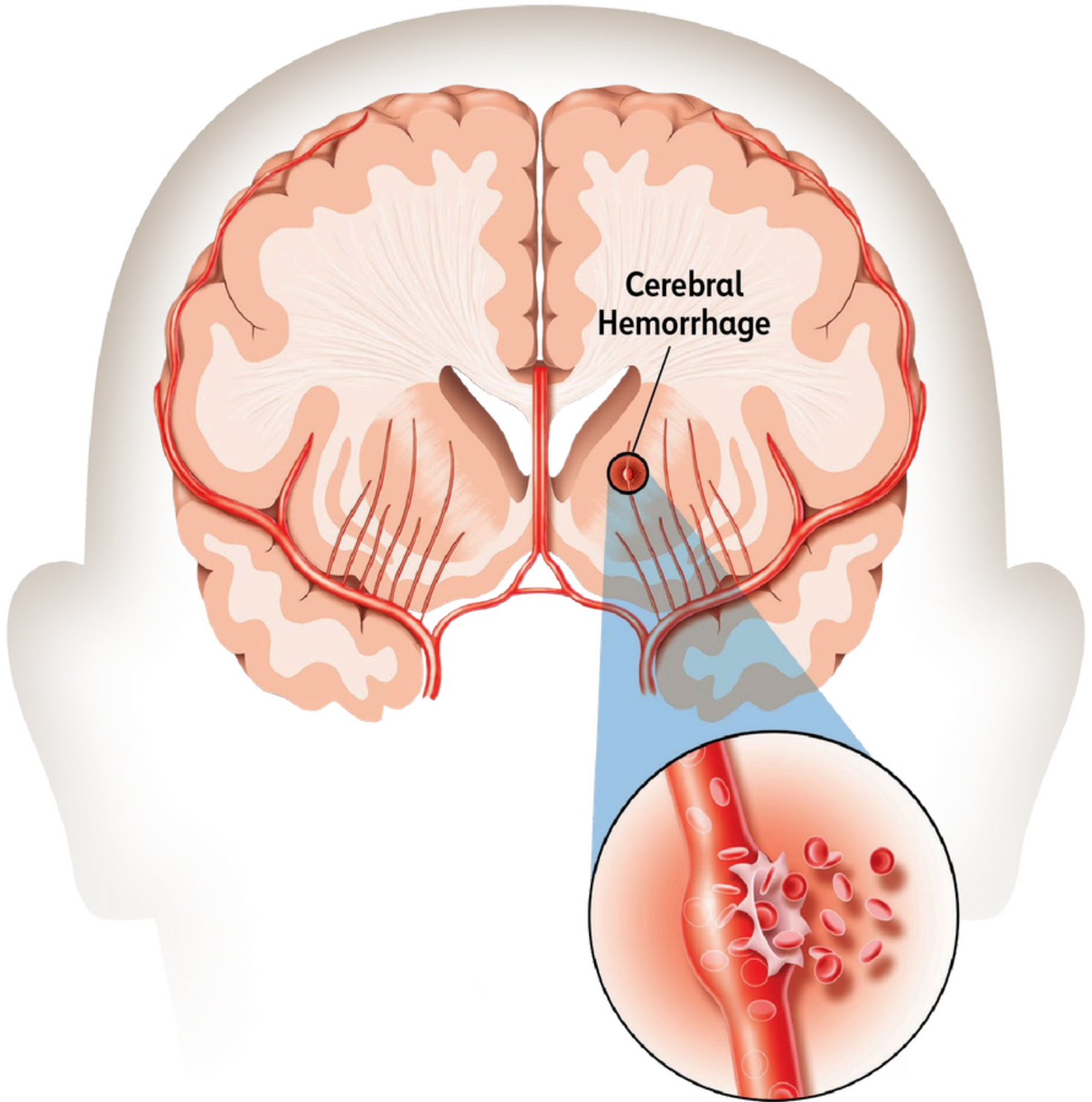
**Embolic Stroke:** Ren ew embolic stroke, e fis cha feu ika feu lon cha lon ekkewe waan cha kachuchun ionen pisekin non waa, napenon me non ngasangas ika me non ekewe waan cha (artery) mi fetal ngeni tupwuach, iwe a mokut non ekewe waan cha lon tupwuan lon mekurach. Me lon tupwuach, ewe cha feu ika feu lon cha a epetin non waan cha a efisata ew stroke.

**Thrombotic Stroke:** Ew thrombotic stroke nge och cha feu ika feu lon cha e fis lon ekkewe waan cha (artery) ra wisen nukai ekkewe cha ngeni tupwuan mekurach . Ewe feun cha ika cha feu a osukosuka fetal in cha iwe efisata stroke.



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

# Hemorrhagic Stroke



Ew **hemorrhagic stroke** a fis nupwen ew waan cha me non tupwuwach a tano iwe a kusuno cha non me orun ewe tupwu. Feita cha me aneurysms (katon peich 12) a tongeni efisata met ekei waan cha repwe apwangepwang iwe ra tano Mi wor sokopaten tapin hemorrhagic stroke, mei pachonong itracerebral hemorrhage me subarachoid hemorrhage.



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

# Ifa usun An Eu Stroke Afeingawok?

## HEMISPHERE PENIFEFIN

## HEMISPHERE PENIMWAN



**Fosun Kapas**  
(Fosun Meni Fenu e Silei)

Sineien  
Namba

0 1 2 3  
4 5 6 7  
8 9



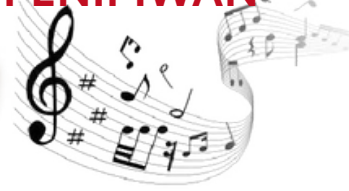
**Fosun Mak (Mesen Mak ika feun mak)**



**Awewechun**



**Foforun Scientific**



**Keen (Kol)**



**Kunaen Nepeniomw**



**Wewechun Art**

**Angochun Fori**



**Sinenap Mirit**



### Ekewe Nepekin non Tupwuach

Ewstrokewonpenifefininnonmokurach a wor angeien won penimwanin non inisich iween mitongeni mefi ekei metoch:

- Osukosuken fos me weweti kapas
- Weires omw kopwe aneia, mak me kaieo minafon porous
- Weiresin omw kopwe fori artimetik ika okoot, awewe me katoneochu metoch

Ew stroke won penimwanin non mokurach a wor angeien won penifefinin non inisich iween mi tongeni mefi ekei metoch:

- Osukosuken non omw weweti nononen me ititin metoch ren met mi utta ika sata me met mi satiw ika etiw fan me mwan me mwirin.
- Weiresin omw kopwe tongeni fori metoch, awewe ren peiniti och sasing, ika weweti me oucheani art me pekin kol. .
- Omw kosapw tongeni esina ar aramas memef me non neuneuwen ar fos



# Stroke Rehabilitationon (Angangasefali)



## Met ei stroke rehabilitationon?

Murinew stroke, manip kopwe nit omw kopwe siwini ika kaieo sefan masowen me foforon manawomw iteiten ran. Mi wor aninisin rehab seni ekewe kumin therapist ra tongeni aninis omw kopwe chikar sefan. A pwan tongeni fori met mi murino non ekoch pekin non tumwunun manawomw.

Mochenin rehab nge ar repwe anisuk omw kopwe mutir tongeni uta won pusin omw. Ren ar repwe fori ei angang repwe akomw angang won ekewe pekin mwokutukutun porous mi ngawono seni ewe stroke. Siwinin non nonomwumw omw kopwe eukano pwe esapw fis och oruwen stroke iei pwan ew mochenich.

## epwe apach non ai ewe prokramin angangasefali (rehabilitation)?

Eimetochrehabilitationngeew angangen angang fengen. . Ei kumi repwe porous fengen me angang fengen won omw tumwun an epwe mecheres me fisioch. Noumw ewe tokter me neurologist (tokterkin pekin ekiek) ir chon ei mwichen angang fengen. . Ekewe ekoch chon chon ei mwich mei pachonong:

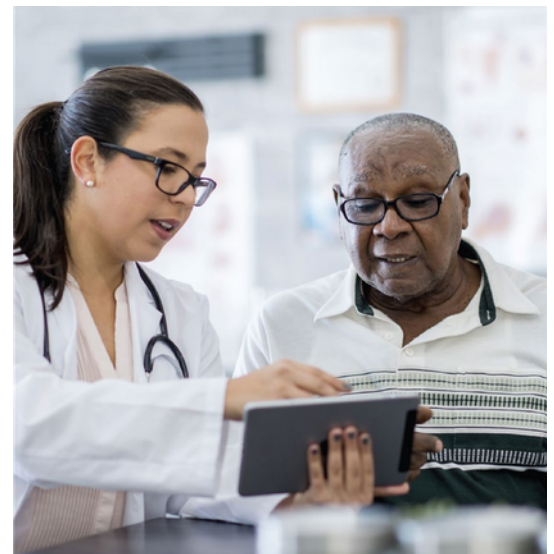
- **Physiatrist** — Emon tokterin sefei a sinenap non pekin sefei me rehabilitation, mei pachonong sefeien semwenin non tupwuen aramas.
- **Physical therapist (PT)** — PTs ra kan angang me anisuk omw kopwe tongeni mutir ne mwokutukut me uta won omw. Ra anisuk ren echikaren ekoch watten apwangepwang me nipwakingawen non memefin inisumw. Ra kan nenengeni omw fetan, ipweipwomw omw kosapw turuno me mwokutukutumw.
- **Occupational therapist (OT)** — OTs ra anisuk ren sieneien foforon ran me ran aweve ren tutu, aia pincho, mwongo me nukui taraku.
- **Rehabilitation nurse** — Emon kangof a oteei ngonuk omw aninisin sefei nupwen omw nomw non rehab.
- **Communication specialist** — Awewe ren emon speech-language pathologists (SLPs) ra tongeni anisuk ren sineien fos me kapas, semwenin oromi me osukosuken weweiti metoch.
- **Recreational therapist (RT)** — RTs ra tongeni anisuk ren ekesiwinin foforon ekewe mwokutukut ke kan sani me nomw me mwen omw ewe stroke . Ra pwan tongeni etiwa ngonuk pwan ekoch mwokutukut, pwan.
- **Psychiatrist ika psychologist** — Stroke mei tongeni efisata ekoch siwin non ach memef me manawach. Ekei sou sinenap ikei ekewe aramas ra tongeni anisuk omw kopwe erano sefani minafon manawomw.
- **Vocational rehabilitation counselor** — Ekei sou sinenap ra katon mwokutukutumw me omw tongeni fori ekoch angang. Ra anisuk non omw anamwota sineiomw omw kopwe tongeni niwin ngeni angang.

## Met upwe fori me non rehabilitation?

Ekeweprokramenrehabranenengenikatonenmeechikaren:

- Foforon manawen non ran me ran aweve ren mwongom tutu me ufoufuta.
- Tufichin mwokutukut (mwokut seni bed ngeni seiar, fetan, tota won stairs ika aia wheelchair).
- Sineiom ren pekin poraus (omw kapas me fos).
- Sineien non pekin chemeni mettoch ika kutta pwungun osukosuk.
- Sineien non pekin aramas (asos me fos ngeni aramas).
- foforon Psychological ren faniten ochunon sineien me omw tufichin engino seni ourek me awora sefeien omw kopwe pochokun seni netipeta.

Ewe mwich faniten rehabilitation ra kan mwich iteiten week ar repwe porous won nonomwun ewe chon samau. Pekin rehab nge ach angang won chikar sefan. Pwan och pekin nge ren ach sipwe erano ekoch nipwakingaw esapw chuen tongeni chikar sefan.





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

# Epetuk Seni Oruwen Stroke

**Ika mi pin fis ngonuk stroke, iwe mi mecheres ngonuk an epwe fis oruwen. Fori ekei metoch omw kopwe epetuk seni ena oruwen stroke.**

**Ika mi watte omw feita cha, ekisatiw.** keukun 130/80 mmHg me nuseni a nomw fankinikinintekia renpichincha, angangfengenme noumw ewe daktor omw kopwe tumwunu.

**Eis ika mi wor omw atrial fibrillation (AFib).** AFib nge och pichin ngasangas ese nonopok a tongeni efisata kachun non cha me efisata stroke. Noumw ewe tokter mi tongeni erenuk ika mi wor omw AFib iwe mi pwan tongeni ne anisuk omw kopwe tumwunu.

**Ikaenmikan wun supwa, eukano.** Wunun supwa mi amwitiri fisefisen an epwe toruk stroke.

**Ika en mi kan wun sakaw, ekisatiw omw wun.** Wunupuch sakaw mi tongeni anapano fisefisen an epwe toruk stroke.

**Ekisatiw omw cholesterol (ewe pisekin kiris me non omw cha).** Ekoch kaieo mi pwari pwun ukukun kapachenapen cholesterol mi murino nge esapw nuseni 150 mg/dL, ei a wewe ngeni 100 mg/dL ren kukun lipoprotein cholesterol (LDL-C). Kekitiwen lefelin cholesterol mi riri ngeni nunun semwenin ngasangas me stroke.

**Ika en mi man suke, oponuweta an noumw tokter eureur pwe epwe kekitiw**

**omw lefelin suke non cha.** Man sukemi anapano fisefisen an epwe torukstroke. Fosngeni noumwewe tokter ren apwungunonomwmwongo anepweaninisoch ngonuk ren tumwunun omw man suke, awewe ren eukuku anomw mwongo mi watte suke non.

**Taiso iteiten ran.** Ika mwo ke taiso ekis me ekis - fetan ekis, aa ika fori angang nukun imomw - a tongeni anapano ochunon non manawen inisumw me ekisatiw fisefisen an epwe toruk stroke. Cheki noumw ewe tokter akomw me mwen omw kopwe poputani och okooten taiso.

**Ekisatiw anomw sodium me saturated me trans fat (mongo mi ken me kiris).** Renomw ekisatiwekei metoch, kapwanekisatiwfiseifsenanepweturukstroke, feita cha me semwenin ngasangas.