

Kia kaha te whakamutu kai hikareti.

Me mutu!

Be smokefree. As soon as you stop smoking, your risk of a stroke will begin to drop.

A doctor, nurse or Quitline advisor (0800 778 778 or www.quitline.co.nz) can support you.

Kia kaha te haere ki te rata, tākuta rānei!

When you visit a GP or nurse, request the following health checks;

- Check blood pressure, cholesterol and weight.
- Check for irregular heartbeat (known as Atrial Fibrillation) which is a risk of stroke. This can be treated to reduce the risk of stroke.
- Managing diabetes can also reduce the risk of stroke. If you need support ask for help.



WHAKAPĀ MAI CONTACT US

National Office (Wellington)

T: 04 472 8099 or 0800 787 653

E: strokenz@stroke.org.nz

Northern Region (Auckland)

T: 09 475 0070

E: northern@stroke.org.nz

Midland Region (Tauranga)

T: 07 571 3061

E: midland@stroke.org.nz

Southern Region (Christchurch)

T: 03 381 8500

E: Southern@stroke.org.nz

Some community support services in the Southern North Island are provided by:

Stroke Central region (Paraparaumu)

Contact National office on 0800 787 653 for further details.

**STROKE
FOUNDATION**

OF NEW ZEALAND

For more information contact

0800 STROKE (78 76 53)

or visit our website

www.stroke.org.nz

KIA HIWA RĀ!

HE AHA TE MATE IKURA RORO?

WHAT IS A STROKE?

HOW CAN I REDUCE THE
RISK OF STROKE?



**STROKE
FOUNDATION**
OF NEW ZEALAND

Whaia te ara kia tika, kia pono, kia mārama hei hāpai i te oranga o te whānau, o te hapū, o te iwi!

HE TAPU TE ŪPOKO

'He tapu te ūpoko' (head is sacred) and similar kōrero of this nature can often be heard on the marae and other relevant places. 'He tapu te ūpoko' comes from a traditional Māori knowledge base and the concept of 'tapu' is the fundamental principle of life. Tapu is guided by boundaries of respect and safety and is protected by tikanga Māori and Māori law.

HE AHA TAPU AI TE ŪPOKO? WHY IS THE HEAD SACRED?

For the purpose of this information about stroke, **the head is sacred because it is the home of the brain - the major control centre of the body.** The brain helps the body to walk, eat, swallow, talk, breathe, taste and smell. It also controls how you think, feel, act, and understand and contains all your memories. These areas can be affected if an injury happens to the brain, such as a stroke.

HE KŌRERO PONO

FACTS ABOUT STROKE & MĀORI

Māori have a stroke **much younger** than non-Māori.

Stroke is the **second single** most common **cause of death** for Māori.

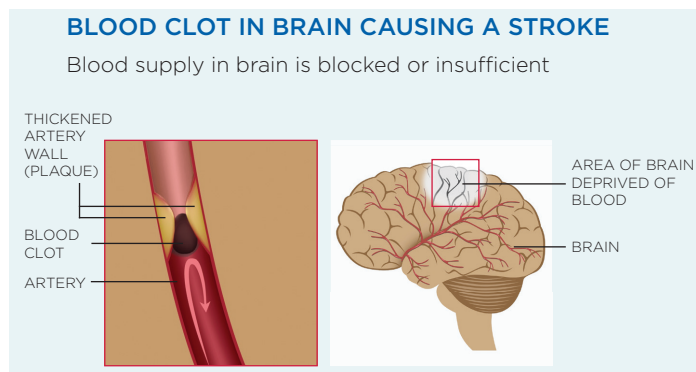
Stroke can have **major impacts** on stroke survivors.

HE AHA TE MATE IKURA RORO?

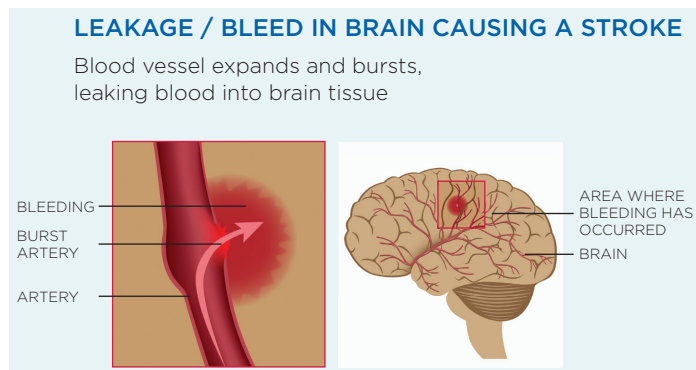
WHAT IS A STROKE?

A stroke is a **brain attack**. It can **happen to anyone**.

A stroke can happen when a **clot blocks the flow of blood** to the brain.



A stroke can also happen when a **blood vessel bursts and bleeds** into the brain.



A stroke can cause long term **disability** and it can also **kill**.

HE KŌRERO PAINGA...

THE GOOD NEWS IS...

A **stroke can be prevented** and you can do this by making some **small changes** in your life to **reduce the risk** of stroke.

Kia kaha te kai oranga!

Eat healthy kai - fruit, vegetables, cereals, grainy breads, lean meat, chicken, kaimoana. Avoid fatty and sugary foods.



Kia kaha te whakakore i te kai tote!

Cut down on salt. Too much salt can raise your blood pressure. Choose foods low in salt (known as sodium.) Takeaway foods contain too much salt and fat.

Kia kaha te korikori tinana!

Enjoy being active for 30 minutes a day. Regular exercise will help lower your blood pressure and risk of stroke.