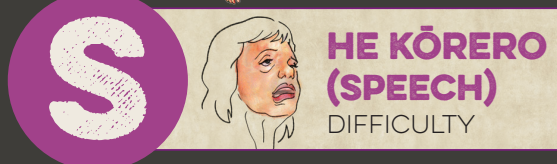


HE TOHU O TE MATE IKURA RORO SEE A STROKE



If you see any of these signs,
call 111 immediately.

KIA TERE! WAEA ATU KI 111.

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

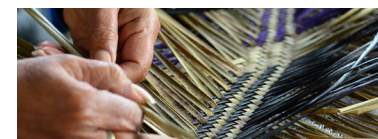
www.stroke.org.nz

KIA HIWA RĀ!

**HE TOTO RERE PAI
HE TOHU ORA
LOWER BLOOD PRESSURE
LOWER STROKE RISK**

&

**HE TOHU O TE
MATE IKURA RORO
SIGNS OF STROKE**



**STROKE
FOUNDATION**
OF NEW ZEALAND

He aha te mea nui o te ao? He tangata, he tangata, he tangata!

HE AHA TE RERE O TE TOTO? WHAT IS BLOOD PRESSURE?

As blood travels around the body it puts pressure on blood vessel walls.

Blood pressure is **written** like this: **120/80**.

Blood pressure is **spoken** like this: **120 over 80**.

The higher number (120) is the **Systolic Pressure**. This is the pressure on the blood vessel walls **as the heart pumps** the blood around the body.

The lower number (80) is the **Diastolic Pressure**. This is the pressure on the blood vessel walls **as the heart rests** between pumps.

The chart below is a guide only to show you the blood pressure levels. Learn your numbers and continue keep your blood pressure at a healthy level.

| | Systolic | Diastolic |
|----------------------------|------------------|-----------------|
| Normal | Less than 120 | Less than 80 |
| High normal | 120-139 | 80-89 |
| High blood pressure | Greater than 140 | Greater than 90 |

HE AHA TE RERE O TE IA TOTO TAIKAHA?

WHAT IS HIGH BLOOD PRESSURE?

Many people are affected by stroke because of high blood pressure (also known as hypertension.) High blood pressure is the **number one risk factor of stroke** in Aotearoa.

High blood pressure puts strain on all the blood vessels in the body, including in the brain. This can damage the blood vessels and make them harder and narrower, which can lead to a stroke.

Sometimes, the strain is enormous and it weakens the blood vessel in the brain. High blood pressure will cause the blood vessel to burst and bleed into the brain causing a stroke.



KIA ORA TONU TE RERE O TE TOTO KEEP YOUR BLOOD PRESSURE HEALTHY

A stroke can be prevented by keeping your blood pressure down. You can do this by making small changes to reduce your risk of stroke.

Kia kaha te haere ki te rata, tākuta rānei!

Get your blood pressure checked regularly. Learn your numbers and keep a healthy level.

If you take medication, it is important to follow your doctor's advice. Medicine can help to reduce your risk of stroke.

Kia kaha te kai hei orange!

Eat healthy kai - fruit, vegetables, cereals, grainy breads, lean meat, chicken, kaimoana.

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. Takeaway food's contain too much salt and fat.

Kia kaha te korikori tinana!

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

Kia kaha te whakamutu kai hikareti. Me mutu!

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