

## Paruru i te Maki Akamate te Kopapa Eaa te maki akamate te kopapa?

Ko te maki akamate te kopapa, ka tupu te reira me kino ake te roro - me akamotu poitirere te toto i te ta'e ki tetai au tuanga o te roro e ka mate te au uaua. E rua tu maki akamate te kopapa, e ischaemic tetai, e haemorrhagic tetai.

### 1. TE MAKI ISCHAEMIC

Ka tupu te maki akamate te kopapa tei kapiki ia e, e ischaemic, me ēmi, me kare ra, me piritia ia te āra ta'e o te toto i roto i te au uaua e oro ra ki te roro, me kare ra, no tetai potonga toto kukūru, me kare ra, e apinga (debris) tei motu mai mei runga i tetai o te au uaua tei arai i te ta'e'anga toto i roto i te uaua o te roro. Ko te maki akamate ischaemic te tupu putuputu ana.

### 2. TE MAKI HAEMORRHAGIC

Ka tupu te maki akamate te kopapa tei kapiki ia e, e haemorrhagic, me pūeu tetai uaua i roto i te roro, e ka ta'e ua te toto. Ka pūto ia te toto ki roto i te au apinga vai' (tissue) o te roro e riro ei i te takore i te angaanga a te reira tuanga o te roro. Ka tupu teia me anau mai tetai tangata e kua kino takere tona uaua, me kare ra, kua āngiāngi e kua marokiakia te uaua no tei maki ia ana.

### TA TE MAKI AKAMATE TE KOPAPA KA AKATUPU

E tuketuke te au maki akamate te kopapa te ka tupu, ka aiteite ra te kino.

*Tei runga ua i te tuanga o te roro tei rokoia e te kino, e tupu ei:*

- te ngaro takiri i te manako, kare e kite ake
- te akamate, me kare ra, te apikepiki i te tuke mata, te rima, me kare ra, tetai tua o te vaevae
- te ngātā i te tuatua e te marama-kore e, eaa te tuatua ia atu nei
- te ngātā i te apuku e te kaikai
- te ngātā i te kimi ravenga kia kore e pururu ua te mimi e te repo
- te ngātā i te kite i te vera, me kare ra, i te anu, me amiri apinga
- te manga akapouri i tetai o tona mata
- te ngaropoina e, eaa tei tupu ana
- te ngaro o te vaerua riri/rekareka, te tauī manako, te manako taitaiā, te roiroi, te manamanata

### Te tumu e tupu ei te maki akamate te kopapa

E maata te tumu e tupu ei te maki akamate te kopapa, mei te turanga o te ora'anga (*te toto kake*), e maki kopu-tangata, me kare ra, e ora'anga taukore (*mei te kai ava'ava, me kare ra, e taukore te kai e kai ra*) poitirere, me kare ra, tauetono'anga e te karo, e akatupu i te maki akamate te kopapa.

### E AU RAVENGA MAMA I TE AKAĪTI MAI I TE MAKI AKAMATE TE KOPAPA

#### 1. Kia akara ia toou vāito toto

Ko te toto kake tetai tumu kino rava atu i te akatupu i te maki akamate te kopapa. E itu taime ki runga ake te viviki i te aronga toto kake i te tu ia e te maki akamate te kopapa,

## Preventing Stroke

### What is a stroke?

A stroke is a brain attack – a sudden interruption of blood flow to parts of your brain causing damage to brain cells. There are two main types of stroke, ischaemic and haemorrhagic.

### 1.ISCHAEMIC STROKE

Ischaemic strokes are caused by narrowing or clogging of arteries leading to the brain, or by a blood clot or piece of debris breaking away from a blood vessel and causing a blockage in one of the brain arteries. Ischaemic stroke is the most common type of stroke.

### 2.HAEMORRHAGIC STROKE

A haemorrhagic stroke is caused by an artery in the brain bursting and bleeding. Blood is forced into brain tissue, damaging cells so that area of the brain can't function.

This can happen because the person was born with a faulty artery, or because disease has caused the artery walls to become thin and brittle.

### THE EFFECTS OF STROKE

Different types of strokes can cause similar damage.

*These effects may occur depending on which area of the brain has been damaged:*

- Loss of consciousness
- Paralysis or weakness, involving face, arm, or leg on one side.
- Difficulty talking and understanding
- Difficulty with swallowing or feeding
- Incontinence, loss of bladder and bowel control
- Loss or impairment of sensation
- Partial loss of vision to one side
- Loss of memory
- Loss of emotional control, mood changes, depression, fatigue, frustration.

### Stroke risk factors

Usually strokes happen because of a combination of factors, such as certain medical conditions (*ie high blood pressure*), inherited characteristics or unhealthy lifestyle (*eg smoking or poor diet*). Sudden shocks or an argument almost never cause strokes.

### SIMPLE STEPS TO REDUCING THE RISK OF STROKE

#### 1. Check your blood pressure

High blood pressure is one of the greatest risk factors for stroke. The chance of having a stroke is up to seven times higher for people with high blood pressure than for

i te aronga tau ua, me kare ra, kare o ratou toto kake. Me kore e kitea ia, e me kore e akatano ia te toto kake, ko teia te numero tai i te akatupu i teia maki te ka rauka ua i te kopae atu.

Varavara te tuatau e aka'ari mai ana te toto kake i te ka tupu, no reira koe ka anoano ia kia akara putuputu ia toou vāito toto – mei te rua taima i te mataiti, no te aronga tikai tei runga ake to ratou mataiti i te 45 tere atu.

Mei te mea e, e toto kake toou, ka anoano maata ia kia aru meitaki koe i te tuatua a toou Taote, e tana i akakite mai no te rapakau'anga ia koe.

Ka tamanako mai te Taote i tetai au akatuke'anga i toou ora'anga, mei te akaikoke mai ia koe, i te akamako i taau ka kai, i te akatikatika uaua putuputu, me kare ra, i te akakore i te kai ava'ava. E au kimi ravenga puapinga teia i tetai turanga meitaki no toou ora'anga.

I te maata'anga o te tuatau, ka oronga atu te Taote i te vairakau ei akatano i toou vāito toto. Auraka e akamotu i te kai i toou katu/uā ma te kore e tuatua na mua ki toou Taote. Me akamotu koe i te kai, na teia e akaoki viviki mai i te maki akamate te kopapa.

## **2. Akamotu ia te Kai Ava'ava**

Na te kai ava'ava e akamaata kino atu i te maki akamate te kopapa. Me akamotu koe i te kai ava'ava i teia ra, ka iti mai te manamanata o te maki akamate kopapa. E maata te aronga e ngāta ana i te akamotu i te kai ava'ava, ina ra, *te vai nei tetai au ravenga tauturu*. Uiu i ia atu ki toou Taote, no tetai au akamarama'anga e te tauturu, me kare ra, kapiki ia te **Founu Akamotu i te Kai Ava'ava (Smoking Quit Line) i runga i te numero 0800 778 778**

## **3. Akatikatika Uaua**

Ko te aronga kare e akatikatika uaua ana te ka rokoia vave ia e te maki akamate te kopapa, kare e ko te aronga e rave ana i te reira.

Ka rava ua mei te 30 miniti akatikatika uaua noou i te ra okotai, ei arai atu i te maki akamate te kopapa. Ka tau tetai ua atu tu akatikatika uaua, ina ra, kia kite koe i te maana o toou kopapa, e te manga pou i te a'o ia koe e rave ra. E aere-aere ua koe ki te ta'ua i runga, eiaa e na runga i te pia uira apai tangata, i te vaere aua-tiare, i te aere-aere ki te toa no te tiki nuti pepa...

## **4. Akaīti ia mai taau īnu kava**

Me maata te kava i te īnu ia i te taima okotai, ka kake te vāito toto. Na teia e pu'eu ei te uaua toto, e, e ta'e ei te toto ki roto i te roro. Na te īnu pakari putuputu katoa e akamaata atu i te manamanata o te maki akamate te kopapa.

## **5. Kai i te kai tau ma te akono i toou paūnu kia tau**

Me akaīti ia te 'īnu e te miti i roto i taau kai, na teia e akatopa mai i toou vāito toto e te 'īnu'īnu matū (cholesterol) i roto i te toto.

those with normal or low blood pressure. Failure to detect and control high blood pressure is the number one cause of avoidable strokes.

High blood pressure rarely gives any warning signs so have your blood pressure checked regularly – twice a year is a good rule of thumb, especially for those over about 45 years of age.

If you have high blood pressure, it is important that you take the advice and treatment suggested by your doctor.

Your doctor will recommend changes to your lifestyle such as losing weight, changing unhealthy eating habits, exercising more or stopping smoking. These measures are essential if you are going to stay as well as possible.

In many cases your doctor will also prescribe medication to control your blood pressure. Never give up taking your tablets without talking to your doctor first. If you stop taking them your risk of stroke will rise.

## **2. Stop smoking**

Smoking quadruples the risk of stroke.

If you stop smoking today your risk of having a stroke will begin to drop.

Many people find it difficult to stop smoking but there are a lot of things that can help you. Talk to your GP for advice and support or call the **Smoking Quit Line on 0800 778 778**.

## **3. Exercise**

Physically inactive people have more risk of stroke than people who keep active.

As little as 30 minutes of moderate exercise a day can increase your fitness and reduce your risk of stroke. Any physical activity is good as long as it is enough to make you slightly warm and a little out of breath. Try taking the stairs instead of the lift, gardening, walking to the dairy to get the paper...

## **4. Limit the amount of alcohol you drink**

Drinking lots of alcohol at once can raise your blood pressure. This increases the risk of a blood vessel bursting and bleeding into the brain. Regular heavy drinking also increases your risk of stroke.

## **5. Eat a healthy diet & control your weight**

Cutting down on the amount of fat and salt in your diet should lower your blood pressure and your cholesterol level. Too much fat in your diet can also cause atherosclerosis (*narrowing of the arteries*) or

Me maata te matū i roto i taau kai, na te reira e akaēmi i te au uaua toto (atherosclerosis), me kare ra, i te toto kia kukuru kino e na te reira e akatupu i te maki akamate te kopapa.

Kia tau taau ka kai, kia maata te ua rakau mata (fruit) e te kai raurau (vegetables), te ua kai katukatu rikiriki (grains) e tetai manga kiko manu meangiti, me kare ra, te kiko manu kare e maata ana te matū.

Me matū kino koe, na teia e takinga-kino i te au ara ta'e'anga toto, e pera katoa i te akatupu i te au vai 'inu (cholesterol) taokore no te kopapa, te toto kake, e te toto vene, te au mea e tupu ei te maki akamate te kopapa.

#### **6. Akaīti ia mai te vai 'inu (serum cholesterol)**

E apinga puapinga te vai 'inu (cholesterol) no te au vairanga rikiriki tuketuke o te kopapa. Na te kopapa rai e maani i te vai 'inu kia rava noou. Na te au kai e maata te vai 'inu (cholesterol) e te matū i roto, e akaviviki kia maata te mātu i roto i te au uaua (atherosclerosis). Na toou Taote e teatea-mamao kia akara ia te turanga o toou vai 'inu (cholesterol) i roto i toou toto. Na toou Taote e akakite atu i te ravenga tau no te akaīti i toou vai 'inu (cholesterol).

#### **7. Kimi ia e, me te pana viviki tuketuke ra toou pukuatu (atrial fibrillation)**

Ko te atrial fibrillation, ko tetai tu panapana viviki teia e te aiteite-kore o te pāte o te pukuatu. Ko te aronga tei tu ia e teia te ka viviki i te tu ia e te maki akamate te kopapa.

Me kua kite koe, me kare kua tarotokaka koe e te pera nei toou pukuatu, aravei ia toou Taote, e nana e akapapu mai i te ravenga tau noou no teia manamanata.

*Tetai au mea ke atu kia matakite ia:*

#### **8. Te kai katu akakore nui pepe**

Ka riro te kai katu akakore nui pepe i te akamaata i te manamanata o te maki akamate te kopapa. Ka akakukuru te katu/uā i te toto, kare e ta'e meitaki, e ka akamaata mai teia i te manata o te toto kake.

Me e toto kake toou, me kare ra, e kai ava'ava ana koe e te kai katu akakore nui pepe, ka maata atu te manata te ka tupu. E mea tau kia uriuri manako koe ki toou Taote no teia au mea, e nana e akamarama mai i te au mea taokore kia matakite koe, e te au mea meitaki kia rave koe.

#### **TE AU MAKI AKAMATE TE KOPAPA (TIA'S)**

E tupu poitirere ana tetai au maki akamate te kopapa, ma te manako-kore ia. Ko te akairo no teia, ka tupu poitirere tetai akamate'anga poto ki te kopapa, tei kapiki ia e, e Transient Ischaemic Attach – e TIA. Aiteite ua te akairo o te TIA e te akamate te kopapa tei matau ia, ina ra, kare e pou ana te 24 ora i te roa (*me roa atu i te 24 ora, ko te maki akamate te kopapa te reira*).

**Ko te aronga tei tu ia e teia au akairo, aravei viviki ia atu te Taote.**

**Ko teia te au akairo:**

- Ka ngenge, ka makinikini e ka akamate te tuke mata, te rima, me kare ra, te vaevae, e tetai tua ua tikai o te kopapa

clots which can cause strokes.

Try to eat a balanced diet with lots of fresh fruit and vegetables, grains and a moderate amount of lean meat or low fat protein each day.

Being overweight strains the entire circulatory system and predisposes you to higher cholesterol levels, high blood pressure and diabetes, all of which increase your risk of stroke.

#### **6. Lower your serum cholesterol**

Cholesterol is essential to the body's cells.

Normally your body produces all the cholesterol you need.

Foods high in cholesterol and saturated fats can accelerate atherosclerosis. Your doctor can arrange a blood test to check your cholesterol levels.

Your doctor will recommend the best way to reduce your cholesterol levels.

#### **7. Find out if you have atrial fibrillation**

Atrial fibrillation is a type of rapid irregular heartbeat. People with this condition have a greater risk of stroke.

If you know or suspect you may have atrial fibrillation it is important you see your doctor, who will help you decide the best way to manage this problem.

*Other Risk Factors:*

#### **8. Taking the contraceptive pill**

Taking oral contraceptives can increase your risk of stroke. The Pill makes the blood stickier and more susceptible to forming clots and increases the chance of high blood pressure.

If you have high blood pressure or smoke and take the Pill your risk increases. It is important to discuss these things with your doctor who will be able to advise you on the risks and benefits.

#### **MINI STROKES (TIA'S)**

Some strokes are very sudden but there can be warning signs. Usually the warning is in the form of a mini stroke or Transient Ischaemic Attack (TIA)

Transient Ischaemic Attack symptoms are very similar to those of a stroke but last for less than 24 hours (*symptoms lasting longer than 24 hours are called a stroke*).

**Anyone with these symptoms should see a doctor immediately.**

**Common symptoms include:**

- Numbness, tingling, paralysis of face, arm or leg especially on one side of the body
- Sudden blurred or limited vision in one

- Ka āveāve poitirere, me kare ra, ka īti te marama o tetai, me kare ra, o nga mata e rua
- Ka viviki potirere te ngāta i te tuatua, me kare ra, i te marama-kore e, te akapeea maira te tangata e tuatua maira
- Ka takaānini te katu, ka turorirori te tu e te aere-aere, ka ngāta i te nekeneke aere
- Ka tupu poitirere te mamae ki te katu, i te maata'anga ra o te tuatau, ki tetai tua ua, me kare ra, aere atu ki raro i te tumu kakī
- Ka matapoiri ia no tetai tuatau poto
- Ka manako ekoko e te marama-kore no tetai tuatau poto

**Me maata te au tumu taukore, ka maata atu te kino, mei teia te tu:**

Me e rua, me kare ra, e maata atu toou au turanga taukore, ka maata katoa te pāpu e, ka viviki toou maki akamate te kopapa i te tupu.

- **Na te kai ava'ava, tapiri mai te toto kake,** e riro eī e, e 18 taime o te maata atu o te kino ka tupu ki to te tangata ora'anga
- **Na te kai ava'ava, tapiri mai te toto kake, tapiri akaou mai tetai akaou mai tumu ke atu,** e akamaata akaou atu i te kino te ka tupu.
- **Mei te mea e, e ā, me kare ra, tere atu te turanga taukore,** e pōmu aruru tena e noo ra koe ki runga!

Me ka rauka i te takore i tetai okotai o toou au turanga taukore te ka akatupu i te maki akamate te kopapa, ka rauka i te akapāpu e, ka īti mai te kino te ka tupu kia koe a teia au mataiti ki mua.

**No tetai au tuatua ke, ringi ia te 0800 STROKE (0800 78 76 53)**

or both eyes

- Sudden difficulty speaking or understanding what others are saying
- Sudden dizziness, loss of balance, difficulty with movements
- Sudden intense headache, often on one side or down the neck
- Brief spell of fainting
- A brief episode of confusion

**Risk factors multiply, for example:**

If you have two or more risk factors for stroke then your risk of stroke multiplies.

- **Smoking + high blood pressure** = risk of at least 18 times higher than normal
- **Smoking + high blood pressure + one other factor** will increase the risk significantly more.
- **If you have four or more risk factors** you are sitting on a bomb!  
Getting rid of even one risk factor will significantly reduce your chance of having a stroke over the next few years.

**For further information contact 0800 STROKE (0800 78 76 53)**