

Te ärai i te ikura roro

He aha te ikura roro?

He tuki i te roro te ikura roro – he katinga ohotata i te rere o te toto ki ngā wāhi kē o tō roro, nā ko te matenga o ngā pūtau roro te mutunga. E rua ngā momo matua o te ikura roro; ko te ikura roro rere pūroto (te ischaemic) me te ikura roro whakaikura (te haemorrhagic).

1. TE IKURA RORO RERE PŪROTO (te ISCHAEMIC)

Ka puta te ikura roro rere pūroto nā te kūititanga, nā te taipurutanga rānei o ngā uaua toto whero ki te roro; nā tētahi katinga toto, nā te whatinga rānei o tētahi pota mai i te uaua toto, nā ka purupuru i roto i tētahi o ngā uaua toto whero ki te roro. Ko te ikura roro rere pūroto (te ischaemic) te momo ikura roro e tino kitea noatia ana.

2. TE IKURA RORO WHAKAIKURA (te HAEMORRHAGIC)

Ka puta te ikura roro whakaikura nā te pākārutanga o tētahi uaua toto whero me te totonga i roto i te roro.

Nā te pērā ka uruhi te toto ki roto i te roro, ka matemate ngā pūtau e kore ai e mahi taua wāhi o te roro. Ka pēnei hoki itemea i whānau mai te tangata me tētahi uaua toto whero takarepa, itemea rānei nā tētahi tahumaero kua rahirahi, kua möwhaki haere rānei ngā pātū o te uaua toto whero.

NGĀ PĀNGA O TE IKURA RORO

He rite anō te mate ka puta ahakoa ngā momo ikura roro rerekē.

Ka puta ēnei pānga i runga pea i te āhua o te wāhi o te roro kua takakinotia, arā:

- Te rehu
- Te pararütiki, te ngoikore rānei ki te kanohi, te ringa, te waewae rānei ki tētahi taha o te tinana.
- Te uaua ki te körero, ki te möhio hoki
- Te uaua ki te horomi, ki te kai rānei
- Te mate tōngāmimi, te kore kaha ki te whakahaere i te tōngāmimi, i ngā whēkau rānei
- Te ngaromanga, te mate rānei o te rongo
- Te āhua kāpō ki tētahi taha
- Te ngaromanga o te mahara
- Te ngaromanga o te kaha ki te whakahaere i ngā kakare, te whitinga wairua, te ahotea, te nenge, te hōhā.

Ngā āhuatanga mōrea o te ikura roro

Ko te tikanga, ka puta te ikura roro nā tētahi ake momo mate (*arā, te rere o te ia toto taikaha*), nā tētahi āhuatanga i tuku ihotia, nā tētahi āhuatanga noho e hē ana ki te hauora (*hei tauira, te kai paipa, te kai whakatinanga kino rānei*). Tata kore nei te ikura roro e puta nā ngā ohore ohotata, nā te tohetohe rānei.

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.

ĒTAHI MAHI NGĀWARI HEI WHAKAHEKE I TE MŌREA O TE IKURA RORO

1. Tirohia te rere o tō ia toto

Ko te rere o te ia toto taikaha tētahi o ngā āhuatanga mōrea nui rawa atu o te ikura roro. Ko te heipū whiwhi i te ikura roro o te hunga, kei a rātou te rere o te ia toto taikaha, he teitei atu mā te whakarau whitu i tō te hunga he pai noa te rere o tō rātou ia toto, he kōteretere rānei te rere o tō rātou ia toto kāore rānei i te taikaha. Ko te kore kaha ki te kite, ki te whakahaere hoki i te rere o te ia toto taikaha, te take tuatahi o ngā ikura roro i taea te karo.

He onge rawa atu te whakaatu a te rere o te ia toto taikaha i ngā tohu whakatūpatō nā reira, me auau tonu te haere ki te rata kia tirohia e ia te rere o tō ia toto – he tikanga pai kia rua aua wā tirohanga ia tau, otirā, mō taua hunga kua neke atu ngā tau i te 45.

Mē kei a koe te rere o te ia toto taikaha, ko te mea nui rawa atu kia whakarongo koe ki te tohutohu me te maimoa ka meatia atu e tō rata.

Ka whakahau tō rata ētahi rerekētanga ki te āhua o tō noho, pērā i te whakaheke i tō taumaha, te whakarekē i tō tikanga kai i ngā kai kāore he ora i roto, te kaha kē atu ki te kori i te tinana, te whakamutu i te kai paipa.

He mahinga taketake ēnei inā hiahia koe kia piki ake tō ora ki tērā e taea ana.

Mō te maha o ngā take ka whakahaua hoki e tō rata he rongoā ki te whakahaere i te rere o tō ia toto.

Kaua te kai i tō pire e whakamutua kia kōrero rā anō ki tō rata i te tuatahi.

Ki te mutu tō kai i tō pire, ka piki tō mōrea ikura roro.

2. Whakamutua te kai paipa

Ki te kai paipa koe, ka piki te mōrea ikura roro mā te whā whakarau. Ki te mutu tō kai paipa i te rangi nei, ka timata tō mōrea ki te whiwhi i te ikura roro ki te taka.

He uua ki te tini maha o ngā tāngata te whakamutu i te kai paipa ēngari, he maha ngā mea ka taea te āwhina i a koe. Kōrero atu ki tō rata mō te tohutohu me te tautoko, waea atu rānei ki **Te Aratuku, Me Mutu te kai paipai, i runga i te nama waea 0800 778 778.**

3. Te Kori Tinana

He kaha kē atu te mōrea o te ikura roro ki te hunga e kore ana te kori i te tinana, i tā te hunga e noho kori ana.

Mā te kori ngāwari mō tētahi wā paku noa atu pea i te 30 miniti ia rā, e taea ai tō kaha te whakapiki me tō mōrea ikura roro te whakaheke. Ahakoa te momo o te kori ka pai tonu. Ko te roa kē o te wā e kori ana te mea nui, otirā kia āhua pakaru tonu he werawera,

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 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

kia āhua paku pau te hau.
Nā reira, ka mahue te haere mā te ara rewa me haere mā te ara piki. Me haere ki te mahi i te kāri. Me hīkoi ki te toa ki te tiki i te nūpepa te aha, te aha.

4. Whakawhāititia te rahi o te waipiro kei te inumia e koe

Mā te inu i te hia kē o te waipiro i te wā kotahi e taea ai te whakapiki te rere o tō ia toto. Piki ai i tēnei te mōrea o te pahūtanga o tētahi uaua toto me te rere o te toto ki roto i te roro.

Mā te taumaha me te auau o te inu, ka piki anō ai hoki tō mōrea ikura roro.

5. Kainga ko ngā kai tōtika, kia pai hoki te whakahaere i tō taumaha

Ko te tikanga, mā te tapahi i te rahi o te ngako me te tote i roto i tō kai, ka tino heke iho te rere o tō ia toto me te koeke o tō ngakototo. Mā te nui rawa o te ngako ki roto i tō kai, e puta ai hoki te atherosclerosis (*arā, te kūtītanga o ngā uaua toto whero*), ngā katinga toto rānei, e puta anō ai ngā ikura roro.

Ia rā, me kaha tonu te whakauru ki roto i ngā kai tōtika e kainga ana e koe te hia kē o tēnei mea te hua rākau me te hua whenua kaimata, ngā pata ā, me te nanakia tonu o te rahi o ngā mīti kore ngako, o te pūmua rānei he iti noa nei te ngako.

Mā te noho taumaha rawa, ka riaka te katoa o te pūnaha kawē toto, ā, ka teitei haere kē atu tō koeke ngakototo, te rere o te ia toto taikaha me te mate huka. Ko te whakapiki i tō mōrea ikura roro te mutunga o ēnei katoa.

6. Whakaheke tō wai toto ngakototo

He mea nui te ngakototo ki ngā pūtau o te tinana. Ko te tikanga, ka taea e tō tinana te whakanao ngā ngakototo katoa ka hiahia e koe.

Ka taea e ngā kai he teitei te ngakototo i roto, me ngā ngako kua kueotia, te whakahohoro atu i te kūtītanga o ngā uaua toto whero (*arā, te atherosclerosis*). Ka taea e tō rata te whakarite he whakamātau toto kia tirohia tō koeke ngakototo.

Ka whakahau tō rata i te huarahi pai ki te whakaheke i tō koeke ngakototo.

7. Me titiro mehemea kei a koe te kapakapatū hē o te manawa

He momo kapakapa whakahipahipa tere o te manawa, te kapakapatū hē (*arā, te atrial fibrillation*). Ka nui kē atu te mōrea ikura roro ki te hunga kei a rātou tēnei matenga.

Mē, kei te mōhio koe, kei te whakaaro rānei kei a koe te kapakapatū hē o te manawa, he mea nui te haere rawa ki te kite i tō rata. Māna koe e āwhina ki te whakarite i te huarahi pai mōu ki te whakahaere i te raruraru nei.

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 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.

Ētahi atu āhuatanga mōrea:

8. Te kai i te pire ārai hapū

Mā te kai i te pire ārai hapū e taea ai te whakapiki tō mōrea ikura roro. Ka piripiri kē atu te toto i te Pire, ka kaha kē atu te hanga mai o ngā katinga toto, ka piki kē atu te heipūtanga o te rere o te ia toto taikaha.

Mē, kei a koe te rere o te ia toto taikaha, kei te kai paipa rānei me te kai i te Pire, ka piki kē atu tō mōrea ikura roro.

He mea hira tonu te matapaki i ngā mea nei i te taha o tō rata. Ka kaha hoki a ia ki te hoatu tohutohu ki a koe e pā ana ki ngā mōrea me ngā painga.

NGĀ IKURA RORO MOROITI (arā, ngā TIA)

He tino ohotata ētahi o ngā ikura roro ēngari kei reira anō ngā tohu whakatūpatō. Ko te tikanga, he ikura roro moroiti, he Transient Ischaemic Attack (he TIA) rānei te āhua o te whakatūpatō nei. He tino rite anō ngā tohu mate o te Transient Ischaemic Attack ki ērā o tētahi ikura roro engari, ka tuki mō raro iho i te 24 haora (*mō ngā tohu mate ka roa atu i te 24 haora te tuki, ka karangahia aua momo he ikura roro*).

Ko te tangata kei a ia ēnei tohu mate, me haere ki te kite i te rata ināianei tonu.

Ka uru atu ki roto i ngā tohu mate noa nei, ko ēnei nā, arā:

- te kōpā, te tengatenga, te pararūtiki o te kanohi, te ringa, te waewae rānei, otirā, ki tētahi taha o te tinana
- te tere atarua, te whāiti noa rānei o te kite o te karu kotahi, o ngā karu e rua rānei.
- te tere uaua ki te kōrero, ki te mōhio rānei he aha ngā kōrero a ētahi atu.
- te tere āmai, te kore āhei ki te tū tika, te uaua ki te oreore.
- te tere o te ānini ki te mähunga, i te nuinga o te wā ki tētahi taha o te mähunga, ki te kakī rānei.
- te firehe mō te wā poto
- te poautanga mō te wā poto

Ka whakarau ngā āhuatanga mōrea, hei tauira:

Mē e rua, neke atu rānei ngā āhuatanga mōrea kei a koe mō te ikura roro, nā, kua whakarau tō mōrea ikura roro.

- **Te kai paipa + te rere o te ia toto taikaha** = ka nekehia ake te teitei o te mōrea mā te whakarau 18.
- **Te kai paipa + te rere o te ia toto taikaha + te āhuatanga kotahi i tua atu** ka tino kaha rawa atu te piki o te mōrea.

- **Mē e whā ngā āhuatanga mōrea kei a koe, neke atu rānei,** kei runga koe i tētahi pahū e noho ana!

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 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!

Mā te whakakore atu i te mōrea, ahakoa ko te mea kotahi noa iho, ka tino whakahekeka nuitia tō heipūtanga ki te whiwhi i tētahi ikura roro ā ngā tau torutoru kei mua.

Mō ētahi atu pārongo, waea atu ki 0800 STROKE (0800 78 76 53)

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)