

Puipuiga mai le Gasegase oso fa'afuase'i (Stroke).

O le a le gasegase oso fa'afuase'i o le Stroke?

O se gasegase oso fa'afuase'i (stroke), o le osofa'ia lea o le fai'ai. O le laveia lea po'o le āfāina o le fai'ai ina ua fa'afuase'i ona motusia o le tafe atu po'o le aga'i atu o le toto i ona vaega ese'ese, ma māfua ai ona fa'aleagaina pe fa'atāma'ia vaega fa'aeteete gātā po'o selo (cells) o le fai'ai. E lua ituaiga fa'apitoa o gasegase oso fa'afuase'i (stroke), o le ischaemic ma le haemorrhagic.

1. GASEGASE OSO FA'AFUASE'I INA UA VĀITI PE POLOKA ĀLĀTOTO (ISCHAEMIC STROKE)

O lenei ituaiga stroke ua mafua talu ai ona ua vāapiapi po'o ua lauitiiti po'o ua poloka foi ālātoto (arteries) e aga'i atu i le fai'ai. Ia po'o le polokaina fo'i o ia ālātoto i toto toto'o ma mafafia (blood clot), po'o ni fāsi mea fa'aleagaina ua salalau ma motusia 'ese mai i se ālātoto, ma māfua ai ona poloka o sē tasi o ālātoto o le fai'ai. O lenei ituaiga stroke ua sili ona ta'atele.

2. GASEGASE OSO FA'AFUASE'I INA UA PĀ MA TAFETOTOI SE ĀLĀTOTO I TOTONU O LE FAI'AI. (HAEMORRHAGIC STROKE)

O lenei ituaiga stroke ua mafua talu ai ona ua pā se alatoto ma tafetotoi i totonu o le fai'ai. Afai ae tupu lea fa'alētonu o le a fa'apena ona fa'amalosia ai le tafe atu o le toto i vaega faaeteete gata (tissue) o le fai'ai ma fa'aleagaina ai selo (cells) ma lē mafai ai ona ola pe gāoioi lea vaega o le fai'ai . E ono mafua lea fa'aletonu pe afai sa fanau mai se tagata ma se alatoto leaga pe lē atoatoa, ia pe afai fo'i o se fa'ama'i ua mafua ai ona manifinifi ma mā'ale'ale si'osi'omaga (walls) o alatoto.

O A'AFIAGA O LE STROKE

E ono tutusa a'afiaga o ituaiga stroke eese.

O a'afiaga e ono tutupu ma e faalagolago i le vaega o le fai'ai ua a'afia:

- Mata pogia.
- Gase po'o le pē o foliga, lima po'o le vae i se tasi o itu o le tino.
- Faigatā ona tautala ma malamalama.
- Faigatā ona folo pe taumafa.
- Lē mafai ona taofiofi pe pulea fe'au vai ma fe'au mamao.
- Leai se fa'alogona i le itutino ua a'afia.
- Fa'aitiitia le lelei o le va'ai i le tasi o itu
- Fa'aitiitia le manatua o mea po'o le galogalo o mea i le mafaufau.
- Fa'aitiitia le taupulea o uiga fa'aleloto ma le fa'alemāfaufau, fesuisuia'i uiga fa'aalia, loto mafatia, le lāvā, lē mautonu.

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.

O mea e ono māfua ai le gasegase oso fa'afuase'i (stroke).

E māسانی ona tupu pe oso le stroke ona oni māfua'aga ese'ese - e pei o le tulaga o iai lou soifua mālōlōina (pei o le toto maualuga), oni mea ua e malie e tauave pe fai, po'o lou lē tausia o le soifua mālōlōina (e iai le ulaula ma le taumafa o mea'ai e lē talafeagai mo 'oe). E seāseā oso le stroke i sou te'i fa'afuase'i po'o se misa upu (taugāupu)

O AUALA FAIGOFIE E FA'AITITIA AI LE ĀFĀINA I LE STROKE

1. Siaki le maualuga o lou toto.

O le toto maualuga o se tasi o mafua'aga o le stroke. E tusa e faafitu le tele o le avanoa e maua ai le tagata toto maualuga i le stroke, nai lo le tagata e māسانی ona maualalo lona toto. O le fa'atamala i le su'esu'eina ma pulea ma le fa'aeteete o le toto maualuga o le māfua'aga numera tasi lea o stroke e ono mafai ona fō'ia.

O le toto maualuga e seāseā i ai se fa'ailo po'o se mea e iloa ai. O le mea lea ia siaki ai pea lou toto. Mo i latou ua ova i le 45 tausaga le matutua, e lelei pe a fa'alua i le tausaga ona siaki lou toto.

Afai ete maua i le toto maualuga, e tāua tele lou fa'aaogāina o apoapoa'iga ma togafiti e tu'uina atu e lau foma'i.

O lau foma'i o le a ia fautua atu i ni suiga o lou olaga faifai pea, e pei o le fa'aitiitia o lou mamafa, suiga o mea'ai e lē tatau mo lou soifua mālōlōina, to'aga e fai fa'amalosi tino ma taofi le ulaula. O nei fuafuaga ua tāua tele pe afai e te fia maua pea le soifua mālōlōina.

O lau foma'i o le a ia tusia atu le ituaiga vaila'au (medication) e puipui ma pulea ai le maualuga o lou toto. Ia 'aau lava ne'i taofia le inumia o au fuāla'au se'i vaganā ua e talanoa muamua i lau foma'i. Afai o le a e taofia le inuina o au fuāla'au o le a fa'apena ona tele le avanoa ete maua ai i le "stroke".

2. Ia taofia lau ulaula

O le taumafa tapa'a e fa'afāina le avanoa e te maua ai i le stroke. O le a fa'aitiitia lea avanoa pe afai e taofi nei loa lau ulaula.

O le tele o tagata e faigatā ona taofi le ulaula ae o lo'o iai le tele o auala e mafai ona fesoasoani ia te 'oe.

Talanoa i lau foma'i (GP) mo se fautuaga ma se fesoasoani mo 'oe, ia pe telefoni le **Smoking Quit Line i le 0800 778 778.**

3. Fa'amalosi tino (Exercise)

E maualuga le avanoa e āfāina ai i le stroke tagata e lē faia ni fa'amalosi tino nai lo tagata e gāoioi.

A e gāoioi pe fai ni au fa'amalosi tino faigofie mo le 30 minute i le aso o le a fa'atupuina ai lou mālosi ma fa'aitiitia ai le avanoa e te āfāina ai i le stroke.

E aoga ma lelei so'o se ituaiga fa'amālosi tino ae tāua

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 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

le faamālosi tino e te sela ai ma faalogoina ai ua vevela la'ititi lou tino. Taumafai e fa'aaogā le sitepu (stairs) ae lē o le lifi (lift), gāoioi i le faiga o lau togāla'au, savali i le faleoola e fa'atau lau pepa...

4. Fa'atapula'a le tele o le 'ava o'ona (alcohol) e te taumafaina.

O le tele o le 'ava o'ona po'o le pia e te inumia i se taimi e tasi e mafai ona si'itia ai le maualuga o lou toto. Ma o le a maualuga ai fo'i ma le avanoa e ono pā ai se alatoto ma tafe i totonu o le fai'ai.

O le mamafa o le taumafa 'ava i taimi uma o le a maualuga ai fo'i ma le avanoa e te āfāina ai i le "stroke".

5. Taumafa i mea'ai lelei ma fuafua/ fa'aeteete i lou mamafa

O le fa'a'itiitia o le ga'o ma le masima i mea'ai taumafa o le a fa'a'itiitia ai le maualuga o lou toto. O le a fa'a'itiitia ai fo'i ma mea e pei oni ga'o o lo'o i totonu o le toto e ta'ua o koleso (cholesterol). O le tele o le ga'o i mea'ai e fa'a'itiitia ai le lautele o alatoto (atherosclerosis) ma le toto'o o le toto po'o alualutoto, e mafua ai ona tupu "strokes".

Taumafai e taumafa i aso ta'itasi mea'ai paleni lelei ma ia fa'atele i fuala'au aina, mea'ai fatu e pei o le alaisa (grains), fa'afeololo a'ano manu anogasea po'o mea'ai prototini e maualalo le lololo o iai (low fat protein).

O lou lapo'a ma lou mamafa o le a faigatā ai e le toto ona fetāfea'i i vaega uma o lou tino ma o le a aveva ma tulaga e ono āfāina ai oe i le toto maualuga, ma'i suka (diabetes) ma le fa'ateleina o lou koleso (cholesterol). O nei mea uma o le a fa'ateleina ai le avanoa e te maua ai i le "stroke".

6. Ia fa'a'itiitia lou "serum cholesterol" po'o le sua o le koleso.

O le koleso (cholesterol) e aogā mo selo (cells) o le tino. E fausia lava e lou tino koleso e mana'omia.

O mea'ai e tele i le ga'o ma koleso e vave ai ona fa'aleagaina ma lē atoatoa le lelei o alatoto (atherosclerosis). O lau foma'i e mafai ona ia saunia le fuaina o lou toto mo le siakiina o le tulaga o iai lou koleso.

O lau foma'i fo'i o le a ia apoapoa'i atu ini auala e fa'a'itiitia ai lou koleso.

7. Su'esu'e po'o vave le tātā o lou fatu (atrial fibrillation)

O lenei fa'afitauli (atrial fibrillation), o le vave lea ma le lē tutusa o le tātā o le fatu. O tagata e maua i lenei fa'afitauli e tele le avanoa e āfāina ai i le "stroke".

E taua tele le va'ai o lau foma'i pe afai ua e iloa pe ete masalosalo fo'i e te maua i lenei fa'afitauli.

O lau foma'i o le a ia fesoasoani ia te 'oe i le filifiliina oni auala e fō'ia ma tausia ai lenei fa'afitauli.

O nisi fa'amauga autu i mea e ono āfāina ai i le

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 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:

stroke.

8. Fa'aaogāina o le fuāla'au (pill) e taofia ai ma'itaga o tinā.

O le inumia o lenei fuāla'au o le a fa'ateleina ai le avanoa e te maua ai i le “stroke”.

O lenei fuāla'au (pill) o le a pi'ipi'i pe apulupulua ai le toto ma faigofie ai ona liu 'alu'alutoto, ma si'itia ai i luga le avanoa o le toto maualuga..

Afai e te toto maualuga, pe e te ulaula fo'i ma fa'aāogaina lenei fuāla'au, o le a fa'ateleina le avanoa e lavea ai ile stroke. E taua lou talanoa i lau foma'i i nei mea auā o le a ia fautuaina oe i ona aogā ma ona tulaga lē mautinoa.

STROKES LAITI (MINI STROKES) (TIA'S)

O nisi o stroke e fa'afuase'ia ae iai ona fa'ailoga e iloa ai. O le fa'ailoga e masani a'i e foliga mai i āuga o le stroke laititi (mini stroke) po'o le (Transient Ischaemic Attack) (TIA). O āuga o le Transient Ischaemic Attack po'o le stroke laititi (mini stroke) e tai tutusa lava ma āuga o le stroke ae o le umi e oso ai ei lalo ifo o le 24 itula. (*o āuga po'o fa'ailoga e sili atu ma le 24 itula ua ta'ua o le stroke*)

O so'o se tasi ua iai nei āuga ua tataua ona va'ai vave se foma'i.

O āuga ta'atele ua aofia ai:

- Tino gagase, matuitui o ni tiga o le tino, gase po'o le lē gaoioi o foliga – ogāluma po'o le vae aemaise ai lava le itu tino e tasi o le tino.
- Fa'afuase'ia ona nenefu le va'ai, po'o ua lē atoatoa fo'i le va'ai i le mata e tasi ia po'o mata uma e lua.
- Fa'afuase'ia ona faigatā ona tautala po'o le faigatā ona malamalama i mea e fai mai ai isi tagata.
- Fa'afuase'ia ona niniva pe māmāsagia le ulu, lē paleni pe teteva lou tino, faigatā ona gaoioi.
- Fa'afuase'ia ona tigā tutu'i le ulu – e masani lea ona oso i se tasi o itu o le ulu po'o le alu i lalo i le ua.
- O le tau matapogia i se taimi pu'upu'u.
- Fenunia'i lagona ma lē mautonu.

O se fa'ata'ita'iga o le fa'ateleina o fa'afitauli e te ono a'afia ai:

- Afai e maua iā 'oe ni fa'afitauli se lua pe sili atu, o fa'afitauli e oso ai le stroke, o le a fa'ateleina le avanoa e te āfāina ai.
- **Ulaula + toto maualuga** = e fa'a -18 pe sili atu le maualuga o le avanoa e te maua ai nai lo le mea e māsani ai.
- **Ulaula + toto maualuga + ma se isi o fa'afitauli** o le a atili ai ona tele le avanoa e te maua ai i le stroke.
- **Afai e 4 po'o le sili atu fo'i oni fa'afitauli e te maua ai**, ua e i ai lea i se tulaga mata'utia e ono āfāina ai oe i le stroke.

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!

O le fa'aumatia po'o le fōfōina o se tasi o fa'afitauli e ono maua ai i le stroke, o le a fa'aitiiti ai le avanoa e te āfāina ai i lenei ma'i mo ni tausaga se tele.

Fa'afeso'ota'i le telefoni 0800 STROKE (0800 78 76 53 mo nisi fa'amatalaga.

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)