

He Toto Rere Pai He Tohu Ora

Lower Blood Pressure Means Lower Stroke Risk



He Aha te Rere o te Toto?

What Is Blood Pressure?

Blood pressure is the force your blood puts on the blood vessel walls as it travels through the body. A person has high blood pressure when the blood puts too much pressure on the blood vessel walls.

High blood pressure is a major cause of strokes, and it can be prevented.

He Aha te Roro Poke – Roro Ikura?

What Is a Stroke?

A stroke is a brain attack. This can happen when the blood supply to the brain is blocked, causing it to stop working properly. A stroke can also happen when a blood vessel leaks blood into the brain.

Strokes are the main cause of disability in adults.

Hei Whakaaro Māu?

Why Worry?

- Strokes are the second single most common cause of death for Māori.
- Strokes have major impacts on stroke survivors and whānau.
- Māori tend to get strokes at a much younger age than non-Māori.

Ngā Painga ...

The Good News Is ...

- Having regular blood pressure checks and getting necessary treatment can lower the risk of having a stroke.
- Learning to recognise the signs of a stroke and getting treatment FAST can help reduce brain damage when someone has a stroke.



Kia Ora Tonu te Rere o te Toto

Keeping a Healthy Blood Pressure

A person with high blood pressure is up to seven times more likely to have a stroke than someone with normal blood pressure.

Ways to help keep your blood pressure down

- Eat healthy kai – plenty of fruit, vegetables, cereals, grainy bread, and some lean meat, kaimoana or low-fat protein each day. Avoid fatty, sugary foods.
- Cut down on salt. Too much salt can raise blood pressure. Choose foods low in salt, and don't add salt to your kai. Takeaways contain lots of salt and fat!
- Be smokefree. As soon as you stop smoking, your risk of having a stroke begins to drop.

Some people find it really hard to stop smoking. For help, talk to your doctor or call an advisor on the Quit Line – Me Mutu on 0800 778 778.

- Be physically active. Regular exercise will help lower your blood pressure and can halve your risk of a stroke. One 30-minute walk or swim each day is a good way to start. And you'll feel much fitter!

Have regular blood pressure checks

Most people with high blood pressure don't know they have it. That's why it is important to get blood pressure checked regularly. If you do have high blood pressure, your doctor can help you find ways to reduce it.



Ngā Tohu Roro Poke – Roro Ikura

Recognising a Stroke

A stroke is a medical emergency. It is important to get medical attention FAST.

Learn the **FAST** signs of a stroke:

- F Face** – smile (Is one side of the face droopy?)
- A Arms** – raise both arms (Is one side weak?)
- S Speech** – speak a simple sentence
(Are kupu slurred? Is the person unable to speak?)
- T Time** – lost time could mean lost brain function
– get to hospital **FAST**

Call 111 immediately if you find yourself, or anyone else, showing these signs.

He Roro Poke – Roro Ikura?

Kia KAKAMA. Waea ki 111.

Is It a Stroke?

Act FAST. Call 111.