Kia kaha te whakamutu kai hikareti.
Me mutu!
Be smokefree. As soon as you stop smoking, your risk of a stroke will begin to drop.
A doctor, nurse or Quitline advisor (0800 778 778 or www.quitline.co.nz) can support you.

Kia kaha te haere ki te rata, tākuta rānei!
When you visit a GP or nurse, request the following health checks;

- Check blood pressure, cholesterol and weight.
- Check for irregular heartbeat (known as Atrial Fibrillation) which is a risk of stroke. This can be treated to reduce the risk of stroke.
- Managing diabetes can also reduce the risk of stroke. If you need support ask for help.

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.

KIA HIWA RĀ!

HE AHA TE MATE IKURA RORO?

WHAT IS A STROKE?

HOW CAN I REDUCE THE RISK OF STROKE?
HE TAPU TE ÚPOKO

‘He tapu te úpoko’ (head is sacred) and similar kōrero of this nature can often be heard on the marae and other relevant places. ‘He tapu te úpoko’ comes from a traditional Māori knowledge base and the concept of ‘tapu’ is the fundamental principle of life. Tapu is guided by boundaries of respect and safety and is protected by tikanga Māori and Māori law.

HE AHA TE MATE IKURA RORO?

WHAT IS A STROKE?

A stroke is a brain attack. It can happen to anyone.

A stroke can happen when a clot blocks the flow of blood to the brain.

HE KÖRERO PAINGA...

THE GOOD NEWS IS...

A stroke can be prevented and you can do this by making some small changes in your life to reduce the risk of stroke.

Kia kaha te kai oranga!

Eat healthy kai - fruit, vegetables, cereals, grainy breads, lean meat, chicken, kaimoana. Avoid fatty and sugary foods.

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 (known as sodium.) Takeaway foods contain too much salt and fat.

Kia kaha te korikori tinana!

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

HE AHA TAPU AI TE ÚPOKO?

WHY IS THE HEAD SACRED?

For the purpose of this information about stroke, the head is sacred because it is the home of the brain - the major control centre of the body. The brain helps the body to walk, eat, swallow, talk, breathe, taste and smell. It also controls how you think, feel, act, and understand and contains all your memories. These areas can be affected if an injury happens to the brain, such as a stroke.

HE KÖRERO PONO

FACTS ABOUT STROKE & MĀORI

Māori have a stroke much younger than non-Māori.

Stroke is the second single most common cause of death for Māori.

Stroke can have major impacts on stroke survivors.

WHO DOES STROKE AFFECT?

A stroke can affect if an injury happens to the brain, such as a stroke.

Disabilities from stroke range from slight to severe. Some people make a speedy recovery and return to their normal lives. Others have disabilities that may improve with time and can be managed. For many, disabilities may last a lifetime. A small number of people will need full time medical care.

Although strokes often happen to older people, a quarter of all strokes in New Zealand occur in people still in the workforce or younger – even children and babies. Although strokes often happen to older people, a quarter of all strokes in New Zealand occur in people still in the workforce or younger – even children and babies.

A stroke can also happen when a blood vessel bursts and bleeds into the brain.

A stroke can cause long term disability and it can also kill.

THE EFFECTS OF STROKE

Different parts of the brain control a person’s movements, senses, emotions and intellectual functions. The effects of stroke depend on which part of the brain is affected and how severe the damage is.

For more information, see our website: www.stroke.org.nz