



# Tumunu Ngasamgasom

## Fori angangen tumunun om semwenin suke

- ▶ Blood Glucose
- ▶ Blood Pressure
- ▶ Cholesterol



Ika pwe mi uruk semwenin suke, tumunu eochu ngasangasom. An a uruk semwenin suke, wewen a pwan watte mecheresin an epwe toruk semwenin ngasangas me stroke—iwe nge mi tongeni an esap fis ekkei—ika ke fori tumunun omw semwenin suke.

En mi tongeni manaw tam fengen me esap pwan toruk osukosuken semwen ika ke tumunueochu omw blood glucose (suke), blood pressure me cholesterol.

Watten suke non inisum mi tongeni an epwe angawa ika fen attai ekkoch kukkun kinikinin pisekin non inisum ren kidney me maas. Faita chaa ew semwen mi anuokus mine a fori an ngasangasom an epwe weires ne fori an angang. Pwan ewe cholesterol mi ngaw ika pwe ewe LDL, e wattenno iwe a pinei waan ngasangasom. Ika ke tumunufichi ekkei unungat metoch, manawom epwe tam iwe esap pwan watte ngonuk omw semwen.

### Eisini noum tokter ekkei kapas eis

- 1 Ifa ukukun ai blood glucose, blood pressure, me cholesterol nampa?
- 2 Ifa ita ururun ukukur?
- 3 Met upwe fori an epwe eoch nefenin ika ukukeoch ekkei unungat metoch?

Aea ena [Rekort-un Koukun Semwenin Suke](#) ena epek ne makkeitiw ponuen ekkei kapas eis.

### Poputa iei

En mi tongeni manawetam ngeni omw family, pusin anapano omw angangen epeti senuk semwen, me okukunono an epwe toruk semwenin ngasangas me stroke.

- ♥ Opungu kokkotun, koukun me sokkun onom ren foun ira, masoen non atake, mame, me whole grains.
- ♥ Aukuku soon me kiriis non anom mongo.
- ♥ Amwekutu fetanei inisum esap kukun seni inik minich (30 min.) non ew ran.
- ♥ Apungu pounen choun inisum-non omw kopwe amwekutu fetanei inisum me apungu anom mongo.
- ♥ Kouno ne un supwa—kutta pekin aninnis ren omw kopwe tongeni kou.
- ♥ Fori pungun unumwom safei ussun met noumw tokter a erenuk.
- ♥ Eisini noum tokter ika mei eochungonuk Aispirin.
- ♥ Ereni omw family me chiechiom repwe anisuk ne tumunu omw ngasangas me omw semwenin suke.

# Met Kopwe Achocho Ngeni

Tumunu ngasangasom non omw kopwe apwungu ukukun omw blood glucose, blood pressure me cholesterol.

Nounou ei rekort form ne ouku omw blood glucose, blood pressure, me cholesterol atun omw churi noum tokter. Angang fengen me ekkewe chon pekin awora aninnisum, chiechiom me omw family ren omw kopwe tori omw na mochen.

## Blood Glucose (suke)

Ewe A1C test—itemochen hemoglobin A-1-C—ew test mi mecheres, e tesini ukukun omw suke(blood glucose) non ewe ukukun unungat maram a no. Ukukun koukun suke ( blood glucose ) e each: epwe kukkun seni fisu ( 7 ) won ewe A1C tes.

KOPWE TES ESAPW KUKKUN SENI FAN RUU (2) NON EW IER.

Fansoun						
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Pungun ew tes						
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## Blood Pressure

Cha feita ew semwen watte minne e fori an ngasangasom epwe watte an angang weires.

Ukukun Blood Pressure e each: Epwe kukkun seni ipwuku inik me won, nge wanik me fan (130/80).

KOPWE TES ITEITEN OM CHURI TOKTER IKA OMW TORI NENIEN CHECK

Fansoun						
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Pungun ew tes						
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## Cholesterol

Ewe Cholesterol mi ngaw ika LDL e watteno iwe a pinei waan ngasangasom. Ukukun cholesterol epwe och: LDL epwe kukkun seni 100.

KOPWE TES ESAP KUKKUN SENI FAN EW NON EW IER

Fansoun						
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Pungun ew tes						
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Ei program-in peking osukun ren semwenin suke itan National Diabetes Education Program ew program mi epwipwi ngeni ewe ofesin pekin tumunun semwen itan National Institutes of Health me ewe nenien kaeon sineochu sakkopaten semmwen itan Center for Disease Control and Prevention. Ar Website: [www.ndep.nih.gov](http://www.ndep.nih.gov) Nampan nour fon: 1-800-438-5383