

**Mwichen Pekin Tumunu Semwen Ra Kochu Non Ar Angangen Fiu
Ngeni Semwenin Ngasangas me Stroke.
Ekkewe nampa ew popun mano nein ekkewe chon Merika Irr
murimurin Esia me chon fonuen non Pasifik mi urir semwenin suke.**

Bethesda, M.D. --- Ekkoch mwichen pekin tumunu semwen nein ekkewe chon Merika irr mi murimurito seni chon Esia me chon fonuen non Pasifik ra chu ngeni ewe National Diabetes Education Program (NDEP) me ewe American Diabetes Association (ADA) non ar apochokuna ngeni aramas mi uriir semwenin suke ar repwe tumunu ar blood pressure me cholesterol fengen me ewe pwan suke (blood glucose)--- ew amwekut mine epwe annisi aramas ne epeti semwenin ngasangas me stroke --- ewe nampa ew popun mano nein aramas mi uriir semwenin suke.

Ekkei mwicheich ra achufengeni ar angangen aninnis ne esine ngeni ekkewe murimuritoon chon Esia me fonuen non Pasifik pwe angangen tumunun semwenin suke mi watte namotan, esap chok an epwe kukkunno nefenin suke. Angangen tumunu blood pressure me cholesterol mi pwan fokkun auchea. Ewe mokutukut non ei fansoun re eitangeni, “ Take Care Of Your Heart” ika “ Tumunu Fichi ngasangasom”, e poputa ren an pwa seni minafon pekin kaeo mi wor watten keang fengen nifinen semwenin suke me semwenin ngasangas.

Ewe NDEP me ewe ADA ra pesei ngeni aramas mi uriir semwenin suke ar repwe tumunu fichi ngasangaser ren an repwe nengeneochu unungat kokun nampa: Blood Glucose, Blood Pressure me Cholesterol. Aramas mi uriir semwenin suke repwe ekeisini nour tokter ika chon wisen chek ir ekkei unungat kapas eis mi acuhaia.

- Ifa ukukun nampan ai blood glucose, blood pressure, me cholesterol?
- Epwe ifa ururun ekkei nampa?
- Met upwe feri ai upwe fori ai upwe tori me nonnom won ekkei nampa?

Ukukun nampa mi eoch:

- Blood Glucose– epwe kukkun seni fisu persen (7%) won ewe A1C (ika hemoglobin A1C) test. Epwe wor esap kukkun seni fan ruanuu non ew ier.
- Blood Pressure– epwe kukkun seni 130/80. Epwe or Check iteiten om churi tokter.
- Cholesterol (LDL)- epwe ipwuku (100). Epwe wor chek esap kukkun seni fan ew non ew ier.

Ekkewe mokutukutun fofforun tumunun blood glucose pwan in chok ren tumunun ren blood pressure me cholesterol: Tumunu koukun me sokun onomw epwe pung me emwekutu fetanei inisum pwe kosap kitinnupuno, pwan unumi unumom safei mi afat me ren tokter. Aramas mi uriir semwenin suke repwe waas ne un supwa , repwe eisini nour tokter me chon pekin aninnis ika aispirin epwe tongeni wor anisian.

Ewe NDEP a awora kapasen esinesin me oureur non fitu ekkewe fosun Esia me Pasifik. Nein ekkei taropwen oureur , mi wor ewe rekort form an epwe anisi ekkewe mi uriir semwenin suke ne tumunu nampan koukun ar blood glucose, blood pressure, me cholesterol. Ika kopwe kut noum kapy, ese kamo, ika ke mochen sine eochu angangen tumunun semwenin suke, ka tongeni kori ei nampan foon, 1-800-438-5383, ika pwan cheki ena website www.ndep.nih.gov.

Ewe National Diabetes Education Program e angei aninnisin seni ewe National Institution of Health (NH) me ewe Center for Diabetes Control and Prevention (CDC), me pwan 200 pusin chiechian mwicheichen chon aninnis.