

Semwenin ngasangas me waa me stroke

CVD mei pachonong semwenin ngasangas me kewe waa. CVD mei tongeni epwe itenapei ekkoch semwenin pachonong stroke, arrhythmia: mwāninōn pichin ngasangas, heart failure: ngasangas a weires ika apwangapwang ne pwamwei chcha, coronary heart disease: semwenin waan ngasangas (metekin fanimwar me heart attack: metek emon mi tongeni manor en), me osukosuken kewe (valve: peirakin ngasangas ekan tumunu an esapw niwin safan fatanin chcha nupwe an pwamw).

CVD ekan fis nupwen an wor pinepin non ekkewe waa ngeni ese nifinifin kinikinin non inisich seni an fisita ekkei (plaque: kiris non waa). Nupwen an a kan fis ei sokkun, (aneurysms: epwe pwo me menis), me epwe pwan wor sosoi chcha epwe togeni fisita non inis.

- Wesetan chon Hawaii me aramasen Pacific iir **10% ika nap seni, repwe** tongeni repwe uriir semwenin ngasangas CHD mwen kewe esapw iir mwirimwirin Spain aramas mi pwech (Office of Minority Health, 2021).
- Mei wor **40% naponon chance an emon epwe tongeni mano** (heart attack: metek fan mwarin me mano) nein ekkewe chon Asia re nomw Eer mwen esopwun chōchōn aramas (Stanford, 2021)
- Semwenin ngasangas iei ew sokkun semwenin mei fat pwun ina **pwopwun an watte me chommong nian ika mi mano ren** me nein aramasen Finipin, ina epwe ukukun 32% non iteiten mi mano nein aramasen Finipin re semwenin ngasangas (US Department of Health an Human Services, 2003).

Heart Attacks ekan fis nupwen kewe wa ngeni ngasangas re pin.	Strokes: peno epek inis ekan fis nupwen an uk oxygen an epwe tori non tupwuwach ren an wor pinepin.
Feittā chcha naponon (pressure: pèchèkūnen fātānin chcha non waa mi pinepin)	(Heart failure: semwenin ngasangas mi fis seni an nafangaw chcha me (oxygen/āsāpwān) mi sà nōn inis e fis nupwen a weires ika apwangapwang ewe ngasangas ne pwamwei chcha.
Eppeti (cardiovascular disease: semwenin ngasangas me waa) & (Stroke: semwenin ekan fis nupwen an pin waa ngeni tupwu). Seni ewe (Centers of Disease Control and Prevention) ika ofesin CDC me Prevention	

Ren an emon epwe tumun fichi nonnomwun me manawan, a tufichin anepwe tumunu an feitta chcha, keukun kiris non inisin, keukun suke non inisin, ekukkunano effeiegawen ika osukosuken an epwe tongeni uri semwenin ngasangas me metek fan mwarin.

-  Emwekutu inisumw non 30 minich iteiten ran. Fatan, ssa, pworukun Hawaii, fetun, tai chi, ika cricket ikana ekkoch pekin (exercise: emwekutu inis) ren awewe.
-  Ika en mi unumi sakaw, kopwe eukukuu.
-  Churi noum doctor fansoun mei apwpwon ngonuk.



Awora feun ira me chen ira non onomw mongo ika fen pwan oni, mai/echepw, kangngit, kipwaw, lentils, me durian.



Ukuseni uun supwa me ngaseri eētūn an emon ūn supwa.



Ekukkunano osukosuken non omw ekiek me mokuromw, finioch mongo mi namwot me eoch ngeni inisumw ren an epwe tumunu omw kosapw kitinupw ren semwen.

Esissinen me memmefin semwenin ngasangas

Semwenin ngasangas mei tongeni an epwe “silent” sisapw sinei pwun a fen tori kich me sisapw pwan sinei pwun a uri kich chiinōn chok ika emon a poputa ne mefi me kun kewe esissinen semwenin metek fanimwar, weiresin ngasangas an epwe pwamw, ika fen mwanino pichin ngasangas.

- **Heart attack:** metek ika weires fanimwar, pèkèrè ika choir, weires ne oromano mongo, offan, eningaw me mwus, wātte eiemènū, enienin weires non inis (seni fan mwar feittā), mwanien, me mwii.
- **Heart failure:** mwii, ātte eiemènū, ngut peche, apachapach, nuukm me waan choir.
- **Arrhythmia:** kopwe mefi pichipichi ngasangasomw usun epwe mwaninō.

Esissinen me memmefin semwenin storke ika pennon epek inis

- Ūnūn won sangunmw, poum, ika pecheom, akkaewin epwe chok esopw inisumw.
 - Sokkuk, weires ne kapas ika fitikoko omw kapas, weires omw kopwe weweiti an aramas fos ngonuk.
 - Mwitir ika fisifètā omw nennengaw kosapw kunaochuuk me non efow mesomw ika iir me ruofow.
 - Weires omw kopwe fatan, mwanien, kose tongeni uta ika fatan wenenewen, me kose tongeni kopwe pwusin uta me fatan wenenewen.
 - Metek mokur mi aweires kose sinei met pwopwun ika met e efisata.
- Keri 911 ika pwun en ika emon e ani ika mefi kei sokkun asissinen me memmefin semwen.

Ika ke ekieki pwun emon a uri stroke kopwe mwokutukai (**FAST**) me cheki:

F–Face: Maas, kopwe ereni ena aramas epwe emenimen ika pwun esopw mesan ese mwokut ika mi kopaitiw awan?

A–Arms: eisini na aramas epwe eitietā me ruofoch peun. Mei turutiw ika weires an epwe eitietā efoch peun?

S–Speech: Fos. Eisini na aramas epwe enniwin mochomochon kapas. Mi weires an fos ika newenewengaw?

T–Time: fansoun: Ika en mi kuna ekkei esissinen semwen, kosapw akkamang ne keru 911.



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Mwiich fān iten chōn ASIAN & PACIFIC ISLANDER AMERICAN HEALTH.