

Cardiovascular disease ak nañinmej in bwōn eke im jorāān ko ñan menono ej nōmba 1 unin an kōrā mej, ej kaal 1 ilo aolep 3 mej ko. Elōñ iaan mej kein remāroñ bōbrae jen aer walok ñe ewōr ekatōk im oktak ko ilo wāwein ad mour.


Kōkalle ko an Bwōn eke ilo Menono (Heart Attack)

- Abunōnō im eddo, kankan, ak metak ob ilo jejjo minit ko, ak ej bōjrak bōtaab ebar jinoe walok;
- Metak ak abunōnō likin ak dilepin, kenwaan, atalal, loje, ak juōn iaan bā ko bein ako bā ko jimwor;
- Ikujelok ibben/ejelok metak ob;
- Bio jen menokadu, malōñlōñ, im/ak adboluul;

Kōjjelā: Kōkalle eo ekkātata an heart attack ilo kōrā ej metak ob.

Kōkalle ko an Jorāān ñan Kōmālij jen bwōn in eke (Stroke)

- Jidumkij in mej turin mejen, ak mōjno bein ak neen ilo rājet in ānbwinnin;
- Jidumkij in bok ak jaje lakjen, abañ an keroro ak jab melele kenono ko rej walok;
- Jidumkij in abañ an lolakjen, etab an erre;
- Jidumkij in adboluul, ejjab belan ak abañ an emakutkut, eben an etetal;
- Jidumkij in lap an metak bōran ilo ejelok unin.



Kwe MĀROÑ kadriklok uwata eo an nañinmej in bwōn eke im jorāān ko ñan menono ilo am:

- Kañ mōñā ko rejmour ñan menono, mōñā ko rej kōmman jen mar im leen wōjke (plant-based);
- Kamakutkut ānbwinnin, im kōmman bwe en jab lap an kilep;
- Jab kōbataat, ak kōjrbal tōbak (tobacco).

Ñe kwōj eñjaak kōkalle ko an heart attack ak stroke, kirlok 911.

Jelā Kauatata ko rejelet eok

Kwomāroñ bōk melele ko rellaplok kin kauatata ko an nañinmej in bwōn eke im jorāān ko ñan menono im wāwein kōmman oktak ko redrik ñan mōñā ko kijum im wāwein am mour ñan kōkōmanmanlok ejmour in menono eo am im kadriklok uwata in heart attack ak stroke kin 80% laptata.

Etal Ñan

<https://www.GoRedForWomen.org/en/know-your-risk/risk-factors>

**AK
Jikāān e
QR koot
(code):**

