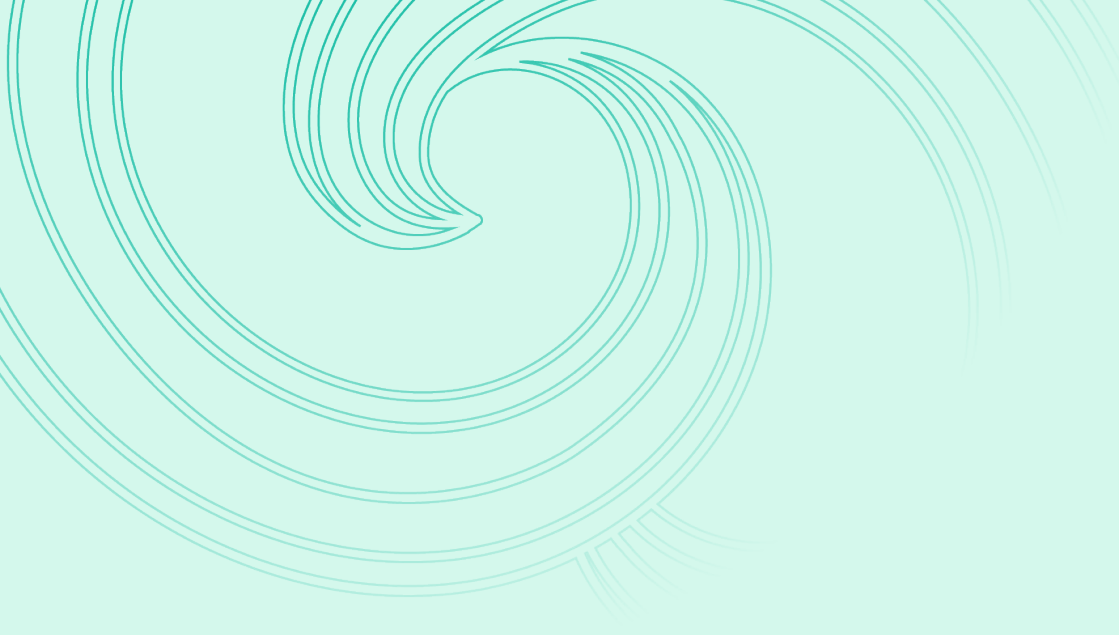


Tuaga he toto tokoluga (blood pressure) mo e gagao fuaifi



A decorative teal swirling pattern, resembling a stylized wave or spiral, occupies the upper half of the page.

Ko e heigoa e gahua he tau fua ifi?

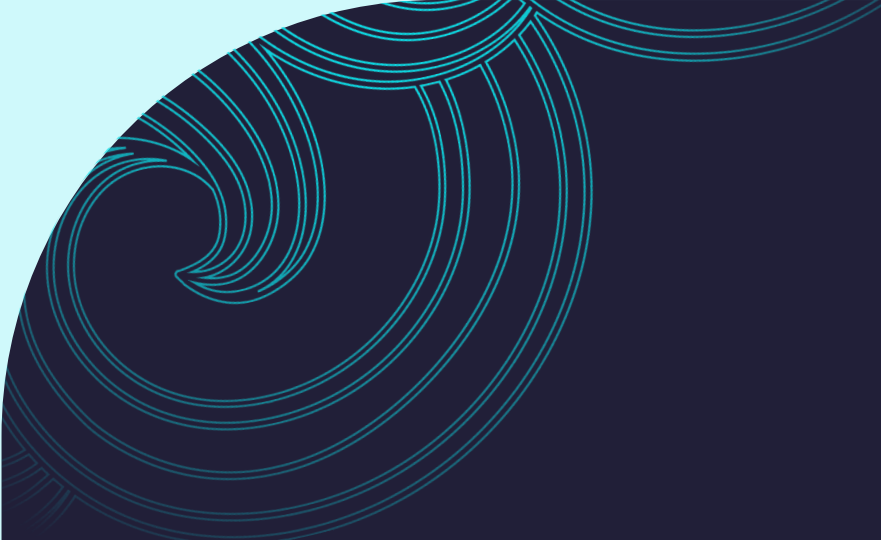
Ua e tau fuaifi ke he tino haau. Haia tonu i lalo he tau kahokaho he tau faahi ne ua he hoko tua mo e ki tua he faahi he manava haau. Hā i ai loga e tau hoko toto ikiiki i loto he tau fuaifi haau ke totolo viko ai e toto mo e hakahaka mo e fakameā.

Lagomatai he tau fuaifi ke moua e taofi e tau nutrients mitaki mo e vai ke tumau ke nofo i loto he toto haau, mo e tau vai kua kelea mo e nakai mitaki ke he tino haau moe tau vai kua nakai lata ,kua utakehe ke he tino haau mai he hala fakapala. Ko e tau hokototo kua hakahaka mo e fakameā kua fano viko ke he tino haau ke tumau ke fakagahuahua e tau alaga tino. Mahuiga foki e tau fuaifi haau ke lagomatai e tuaga he toto tokoluga mo e tavili e tau blood cells kula.

Ko e fakagahuahuaaga he tau fuaifi kua uta ni
ke he malolō he tau fuaifi. Ka nakai gahuahua
mitaki e tau fuaifi, kakano kua fai lekua e tau
fuaifi mo e kua nakai malolō ke gahuahua ke
tuga e tau fuaifi malolō.







Haofia fēfē e tau fuaifi mai he gagao toto tokoluga?

Ko e hypertension e higoa he gagao toto tokoluga (BP). Ka moua a koe he gagao toto tokoluga BP, kakano to fakalahi ki luga e gahuahua he tino ke fakafano he tau vakatoto mo e tau hokohoko e toto kehe tino katoa. Ko e tau vakatoto mo e tau hokohoko toto ko e tau higoa foki a ia he tau hala toto.

Kaeke ka nakai fai tauteaga ke he gagao toto tokoluga BP, to malona e tau fuaifi haau, kakano to nakai gahuahua mitaki. Ko e malona nai he tau fuaifi kua fakahigoa ai ko e gagao fuaifi (CKD). Ka malona e tau fuaifi haau to nakai maeke ke fakamaumau ka e maeke ke fakatuai e malona mo e fai tauteaga ki ai.

Tau lekua ke he tau fuaifi haau ha ko e gagao toto tokoluga BP:

- 1. Mamafa lahi e peehi ke he tau hala toto:**

Ka moua he gagao toto tokoluga, kakano kua lahi mahaki e toto ne kua pokapoka ki loto he tau hala toto ikiiki ke he haau a tau fuaifi. To maeke mogoia ke malona e tau hala toto ikiiki. To matolu fakahaga mogoia e tau kaupā i loto he tau hala toto nai, kakano to tote fakahaga a loto he tau hala toto nai ke tafe ai e toto.
- 2. Matukutuku hifo ki lalo e toto ke he tau fuaifi:**

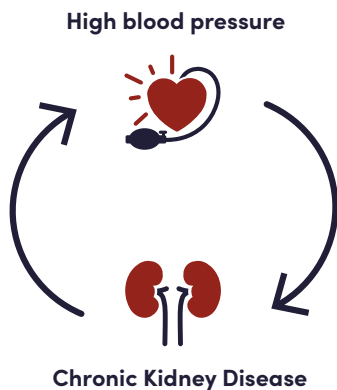
Nakai lahi e toto ka hoko atu ke he tau fuaifi ha kua malona e tau hala toto. Ka nakai lahi e toto ka hoko atu ke he tau fuaifi, to nakai gahuahua mitaki e tau fuaifi.
- 3. Malona e tau tissues he tau fuaifi:**

Ke he tau magaaho loga, ko e gagao toto tokoluga BP mo e nakai lahi e toto kua hoko atu ke he tau fuaifi to malona ai e tau tissues i loto he tau fuaifi, kakano to matukutuku hifo fakahaga e tau gahuahua he tau fuaifi haau.
- 4. Matukutuku hifo e hakahaka he toto:**

Ha kua malona e tau hala toto mo e nakai lahi e toto ne tafe atu ke he tau fuaifi, to uka e tau fuaifi ke utakehe e tau koloa kiva mo e fakatumanu ke leveki e tau vai mo e tau kai kua mitaki ma e tino. Kakano to tupu fakahaga ki luga e tau kiva kua ha hā ke he toto.

5. Nakai maoki e tau matematekelea:

Ha kua malona fakahaga e tau fuaifi mo e matukutuku hifo e gahuahua he tau fuaifi, to lahi fakahaga e masima mo e tau vai ke he tino. Ti ko e mena ka moua to uneune hake ki luga e BP. Kakano to nakai maoki e matematekelea ke he tino, to auatu e malona he tau fuaifi ha ko e gagao toto tokoluga, mo e to hake fakahaga ki luga e BP ha kua matukutuku hifo e gahuahua he tau fuaifi.



Ke fakakatoatoa, tau lekua ka moua mai ha kua tokoluga e BP, to malona e tau hala toto he tau fuaifi ha kua matukutuku hifo e gahuahua he tau fuaifi ke hakahaka e toto. Kaeke ke malona e tau fuaifi to malikiti hake ki luga e BP.

Ko e heigoa e tuaga mitaki he (BP)?

Ko e tuaga mitaki he BP kua lata ke he **120/80 mmHg**- pehè he talahau “120 over 80”.



Hanai e kakano he tau numela na:

Numela fakamua ko e systolic pressure a ia, ko e fuafuaaga a ia he tau hala toto ka gahua e atevili ke pamu he toto. Ke he fakataitai nai ko e 120 mmHg e systolic pressure.

Diastolic pressure: Ko e numela ke ua aki a nai mo e fuafua he pressure he tau hala toto kaeke kua okioki fakakū e atevili ka pamu he toto. Ke he fakataitai nai ko e 80 mmHg e diastolic pressure.

Mena hikihihi fano e BP haau he aho ha ko e tau faga mena tuga e tupetupe he toto, tau gahua kua taute, tau moui, genetics mo e tuaga he malolō tino. Mahuiga lahi kaeke ke moua tumau e fuafuaaga ke he BP haau.

Nakai pehē kua moua tuai a koe he gagao toto tokoluga BP mai he taha ni e fuafuaaga. Ko e iloa tonu la kua moua a koe he gagao toto tokoluga BP kaeke kua tokoluga e tau numela ne moua mai he tau fuafuaaga ke he tau aho mo e tau magaaho kehekehe. Kaeke ka nakai tokoluga e BP haau, to maeke e ekekafao haau ke taute taha fakaholoaga ke onono atu tumau ki ai.

Kaeke ke tumau e tokoluga he BP haau, kua lata tuai ke kamata gahua ke tukutuku hifo ki lalo e BP haau.

Ko e heigoa haaku ka taute kaeke kua tokoluga e BP haaku?

Loga e tau mena haau ne maeke ke taute ke tukutuku hifo e BP mo e taofi ua liu hake ki luga.

1. Kua lata ke fai fakatokatokaaga mo e taufakakia tumau e BP haau:

Fakatūmau ke moua e tau tiviaga:

Finatu tūmau ke he fale gagao ke tivi e BP haau.

Tiviaga ke he loto kaina:

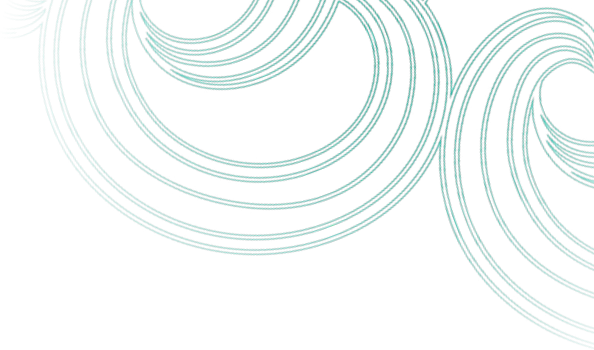
Ha i ai falu a masini tivi BP ne maeke ke fakaaoga e koe he loto kaina. Fakamau hifo tumau e tau numela ke fakakite atu ke he ekekafo po ke nosi kaeke ka finatu a koe ke he fale gagao. Kaeke ka nakai fai masini tivi BP a koe, loga e tau fale tala vai ne maeke ke tivi e BP mo e nakai fai totogi.

Falu a puhala tului:

Fakatutala mo e ekekafo hagao ke he tau puhala mo e tau faga tegavai lagomatai ke tukutuku hifo ki lalo e BP kaeke ka tumau e tokoluga he BP haau.

Taute taha fakatokatokaaga:

Ke nofo malolō mo e puipui a koe mai he falu a kafokia foki, kua lata ke iloa e tau lekua ka tutupu mai ke he haau a moui ha kua tokoluga e BP, mo e fai fakatokatokaaga ke muiua atu ke he BP haau. Loga e tau fale gagao ne fai pulotu Health Improvement Practitioners mo e tau Health Coaches ke lagomatai atu a koe ke he falu a puhala ke fai hikiaga ke lagomatai ke mitaki e BP haau. Kaeke kua fai hikihikiaga ke he haau a tau fakaholoaga, mahuiga ke muiua mo e onoono tumau ki ai ke kitia po ke fai mitaki nakai kua moua.



2. Fakaaoga mo e fai maamaaga ke he tau tegavai haau:

- Inu tumau e tau tegavai ke tukutuku hifo ki lalo e BP haau.
- Kia mailoga e tau tegavai pauaki ke lata mo e BP.
- Fakailoa atu ke he ekekafo, nosi po ke tagata tala vai kaeke kua fai lekua kua moua po ke fai hūhū haggao ke he tau tegavai.
- Liu finatu ke he ekekafo haau kaeke ka tumau e tokoluga he BP haau. Ka pihia to liga hiki e malolō he tegavai po ke foaki atu falu a tegavai foki.
- Ua inu e tau tegavai ma e toto tokoluga kaeke kua kōkō po ke hīhī a koe, nakai inu po ke kai, po ke moua he fiva. Ka inu e koe e tau tegavai nai ka e nakai malolō e tino, to maeke ke malona e tau fuaifi haau. Fakailoa atu ke he ekekafo, nosi po ke tagata tala vai kaeke kua kōkō, hīhī, fiva po ke nakai inu po ke kai ke he molea 24 e tulā. To liu a koe ke inu e tau tegavai haau kaeke kua malolō mo e liu inu mo e kai.

3. Kai e tau mena kai mitaki he tau aho oti:

- Kai fakaloga e tau fua lakau mo e tau vesetapolo, pihia mo e tau mena kai ne fai fibre.
- Putoia foki e tau puke huhu ne tokolalo e gako, tau kai talaga mai he puke huhu, po ke tau huhu ne nakai moua mai he tau manu huifā.
- Putoia foki e tau mena kai ne lahi e protein tuga e tau: tau tega pine, nati, tega akau, ika mo e tau kai tahi, fufua moa, vala moa po ke tau vala manu kula kua fitā he utakehe e tau gako.
- Ua fakaaoga lahi e masima ke he tau mena kai pihia mo e tau sosi ne lahi e masima i ai e.g soy sauce. Fakaaoga e tau lau akau mo e tau spices ke fakamanogi e tau mena kai. Lali ke utakehe e lupu masiva mai he laulau kai.
- Ua kai fakalahi e tau mena kai mo e tau inu ne lahi e suka i loto.
- Ua kai fakalahi e tau mena kai ne fakatau mai he tau fale kai ha ko e mena fa tokoluga e masima he tau mena kai ia.
- Kaitunu i kaina ti fakaaoga e tau mena foou ke tunu aki e tau kai.



Haia he pepa 'Healthy Eating, Active Living' e tau fakataitaiaga ke iloa ko e lahi fēfē e vala mena kai haau kua lata ke kai.



Further steps you can take to reduce your BP:



Fakatumau ke taofi e tuaga he mamafa:

- Pete ni he tote e mamafa ka tō hifo, maeke agaia ke lagomatai ke tukutuku hifo e BP haau.



Lali ke gahuahua e tino he tau aho oti:

- Lali ke faofao e tino 20–30 e tau minute he tau aho oti, tuga e fano hui, po ke kakau. Putoia foki e faofao tino ke he tau gahua he loto kaina, tuga e fakameā he kaina, moa he tau pupu po ke kana he tau hio.



Fakaoti e ula tapaka:

- To malona mo e fakapūkilu e tau hala toto ka ula tapaka.
- Kumi atu ke he fale gagao po ke Quitline ke moua taha lagomatai ke fakaoti e ula tapaka.



Inu fakalahi e tau vala vai

- Ka lahi e vai ne inu kakano to lahi foki e toto ke he tino mo e nakai matolu lahi. To lagomatai atu foki ke he BP haau. Lali ke inu 2L–2.5L (8–12 e kalase) vai he tau aho oti.
- Inu fakalahi e tau vala vai po ke tau inu ne lahi e vai i ai, tuga e kapiniu tī mo e kofe.
- Tukutuku hifo e tau inu ne lahi e suka i ai tuga e tau apa inu humelie, tau inu fakamalolō tino, tau inu he tau tagata pelē sipote ha ko e mahani ke malikiti hake e mamafa haau ha ko e tau inu nai.
- Inu fakalahi e tau vala vai kaeke ka lahi e vevela, po ke lahi e gahuahua he tino.



Tukutukuhifo e inu kava:

- Kaeke ke inu kava, ua inu lahi. Lali ke ua inu e kava ke he ua ki luga e aho he faahi tapu.



Tauteaga ke he loto tupetupe mo e mamahi:

- To haofia e tino mo e BP haau kaeke ka tupetupe e loto, fakaatukehe, matakutaku mo e mamahi. Kumi atu falu a puhala lagomatai ke tukutuku hifo e BP haau e.g. meditation, tau puhala fafagu, yoga po ke tai chi pihia mo e lagomatai atu ke he haau a loto tupetupe.
- Tauteaga ke he mamahi he kakano ne fakatupetupe e loto
- Lali ke moua mitaki e mohe. Kua lata ke moua 7-8 e tulā ka mohe he tau pō oti. To tupetupe mo e lololole a koe mo e haofia e BP ka nakai mohe mitaki.
- Fakatutala atu ke he tau pulotu Health Improvement Practitioner po ke Health Coach he fale gagao ke moua falu a lagatau ke tukutuku hifo e tupetupe he loto haau.

Kaeke ka muiua a koe ke he tau fakaholoaga nai mo e gahua fakalataha mo e tau pulotu mai he faahi malolō tino, to maeke ia koe ke fai tauteaga ke he BP haau mo e leveki atu ke ua haofia mai he falu a kafokia, tuga e gagao fuaifi, gagao ate mo e stroke.

Ke moua e tau fakalaulahiaga, fakamolemole tutala ke he haau a ekekafo poke nosi poke kumi atu e kupega hila contact Kidney Health NZ at **kidney.health.nz**

Ke moua e tau fakalaulahiaga, fakamolemole
tutala ke he haau a ekekafo poke nosi
poke kumi atu e kupega hila contact
Kidney Health NZ at kidney.health.nz

Kidney Health
New Zealand [Tākihi Hauora Aotearoa](https://kidney.health.nz)

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