

# Soumwahu en Mongiong kan oh Mwoatoar

Soumwahu en Cardiovascular (CVD) iei soumwahu en mongiong kan oh selen nta kan. Soumwahu en CVD kak wehweki irair kei me duwehte mwoatoarlahn paliwar (stroke), kumwukumw sapahrek en mongiong (arrhythmia), mongiong solahr kak pwomwi nta mwahu, kirihs audehda selen nta kesempwal kan ni mongiong (heart attack oh medek nan mwarmware), oh Ponla wasa me nta kin pidelong oh Pidohi sang Mohngiong.

Soumwahu en CVD kin wiawi pwehki tangatang en nta nan paliwar solah tang mwahu pwehki soahng kan me duwehte kirihs, tepida kaponehla. Ni met eh kin wiawi, selen nta kin mpwasda oh kekeluwakla nta oh kak kahrehda paliwar en sohte doadoahk mwahu.

- Pwilidak en mehn Hawaii oh tohn Dekehr Pacific kan ahneki **percent 10 en mengei** en alehdi soumwahu en kirihs audehda selen nta kesempwal kan ni mongiong. Laud sang irail mehn Hispanic kan me sohte pwetepwet (Ohpis en Minority Health, 2021).
- Mie **percent 40 en mehla me kin wiawi** sang soumwahu en heart attack nanpwungen mehn South Asia kan. Tohtoh sang uwen aramas teikan (Stanford, 2021).
- Soumwahu en mohngiong iei **kahrepe keieu laud ong mehla** rehn mehn Phillipin kan, oh met mih ni percent 32 ong mehlahn mehn Phillipin kan koaros (Ohpis en U.S. Department en Health oh Human Services, 2003).

Soumwahu en Heart Attack kan kin wiawi ni ahnsou me tangatang en nta ong ni mohngiong eh pohla.

Soumwahu en mwoator (stroke) kin wiawi ni ahnsou me selen nta sohte kak wahla oxygen ni mwahliel.

Soumwahu en nta laud (hypertension) iei ahnsou me kehl en tangatang en nta nohn kehlail nan selen nta kan.

Soumwahu en mongiong me solahr kak Pwoamwi nta mwahu kin wiawi ni e sohte itar nta oh oxygen nan paliwar pwehki mohngiong sohte kak pwomw mwahu.

## Pere Soumwahu en Mongiong kan Oh Mwoatoar

Sang ni ohpis en Centers for Disease Control and Prevention

Ni omw nantihong mourki mouren roson mwahu, komwkak sewese omwi nta laud, cholesterol, oh nta ni suke mwahumwahute oh katikala keper en iangada soumwahu en mongiong oh heart attack.



Eksersais erein minit 30 ehuehu rahn. Alu, tang, kepir kao (hula), seisei, tai chi, de mwadong en cricket iei ekei soahng kan me komw kak wia.



Kapatahiong soahng kan me duwehte wahn tuhke oh tehn tuhke kan nan konomw mwenge kan. Soahng kan me duwehte kalo, 'ulu, kehgid, memiap, lentil kan, oh durian..



Ma komw kin nimw sakau, a komw ale uwe me itar.



Dehr simwok oh mih limwan aramas me-simwok.



Ale keseu oh screening kan sang toahkte ahnsou koaros me anahn.



Katikala omw pwunod oh pilada en kang mwenge kan me mwahu pwehn pere komwi sang mworouroula daulih me itar.

## Kilel oh Irair kan en Soumwahu en Mongiong

Soumwahu en mongiong ele kak sohte sansal oh dierek lao aramas o ken soangen irair kan me duwehte heart attack, mongiong solahr kak pwomwi nta mwahu, de kumwukumw en mongiong sapahrekla.

- **Heart attack:** Medek nan mwarmware de soansuwed, medek ni pali powe en tihnewomw de medek tepin weremwen, medek de soansuwed nan kapehd, soiaia, men mwus, pwangada laud, soansuwed en pali powe en paliwar, sahliel, oh epwelen esingek.
- **Mongiong solahr kak pwomwi nta mwahu:** Epwelen esingek, pwangada laud, de mpwosda neh, keimwin neh, neh kan, kapehde, de selen nta kan ni tepin war.
- **Kumwukumw sapahrek en mongiong:** pehmw kumwukumw sapahrek nan mwarmware (kumwukumw pitipit).

## Kilel oh Irair kan en Soumwahu en Mwoatoar

- Solah kak ken ni mese, peh, de neh, keieu laud ni ehu pali en paliweren aramas o.
- Pingada, sohte kak lokaia mwahu, de apwal en wehwehki dahme aramas o ndinda.
- Wiahkin teieu solah kak kilang ni ehu de pali koaros en mese.
- Sohte kak alu mwahu, sahliel, sohte kak kesihnenda mwahu, de mwekid en inen.
- Moahng medek laud ni soh kahrepe.  
Eker 9-1-1 ni ahnsou mwadang ma komwi de emen tohrohr ahneki soangen irair pwukat.

Ma komw medewe me aramas emen ele lelohng soumwahu en mwoatoar, **MWADANG** mwekid oh wia keseu pwukat me ntingdi pah:

**Mese**—Idek rehn aramas o en mwur kouruhr. Ia duwe, ehu pali en mese ko mwomwen mweredi?

**Peh ko**—Idek rehn aramas o en kauwada peh ko koaros. Ia duwe, ehu peh ko mwoatoardi pah?

**Koasoi**—Idek rehn aramas o en kapwureiong dahme komw nda. Nda mehkot mengei. Ia duwe, eh koasoi mwomwen sohte sansal de ehu soahng?

**Ahnsou**—Ma komw kilang sohte lipilipil rehn irair pwukat, mwadahng oh eker 9-1-1 ni ahnsou karuwaru.

# Wiepen Mwenge Me Mwahu ong Mongiong

Wiepen Mwenge sang pelien American Heart Association



## Loco Moco me Mwahu Uwen Aramas me kak Kang: 3

### Dahme mih loale:

- 1/2 kep en zucchini, me lopdi ni pisetik
- 1/3 kep en onion, me lopdi ni pisetik
- 1/8 tsp en garlic powder de 1 kisin garlic, me pisetikdi douluhl (minced)
- 1/2 tbsp en oil
- 1/2 paun en ground beef (percent 95 sohte kirihs (lean))
- Uwen Black pepper me komw mwahuki
- 1 kisin ehd en gravy me ounce 0.87 oh tikitik sodium ie (duwehte McCormick me percent 30% Low Sodium Brown Gravy Mix)
- Kutoahr 3 [mg 184 cholesterol ni ehuehu Kutoahr]
- Kep en brown rice de hapa rice lou 3
- Kep en vegetable 3, duwehte salad de vegetable me lou
- Green onion me lopdi (insenomw)

### Iren Kaweid kan:

1. Kakarakariada oil nan ehu pan me medium oh uwen karakar me mi ni medium-high. Kihong onion loale oh kuki erein minit 3. Arih ekei pak.
2. Kapatahiong zucchini oh garlic oh kuki ekis. Arih erein minit ehu de riau, lao zucchini ko tepida mwuterek. Kihong pohn kisiniei de karakar o oh kihdi ehu wasa pwehn solah karakar.
3. Ni ahnsou me onion oh zucchini lou ko lemblemwurla, kihong nan ehu pwohl iangahki ground beef o oh arihada. Kihong black pepper, ma komw mwahuki.
4. Wiahda patty 3 oh kihdi nan refrigerator o erein awa 1. Ma karuwaru, komw sohte anahne wia ewen kahk wet.
5. Ni omw awiawih, kaunopada ehu salad de kukida ekei vegetable pwehn iang kisehn kenomw mwengehn.
6. Kaunopada gravy o ni omw idawehn iren kaweid me mih ni kilin ehd o.
7. Ni ahnsou me patty ko solahr nohn karakar oh komw kak doahke, kakarakarihada ehu pan me oil mih loale oh kukihda patty ko (minit 4 de 5 ni ehuehu pali).
8. Kukihda Kutoahr ko, komw kak wia sunny side up de over easy.
9. Toukada rice ni pileit o, kihong patty o powe, iangahki ehu Kutoahr, ko eri widekiong gravy o powe. Kamweredihong ekei green onion powe, ma komw Kupwurki. Komwi eri toukieng vegetable ko limwa.

### Ire Mehlel kan Duwen Audepen Ehuehu Toutou:

Calories: 480 cal	Sodium: 550 mg
Uwen Fat koaros: 14 g	Uwen Carbohydrate Koaros: 58 g
Cholesterol: 235 mg	Protein: 29 g

## Tandoori Chicken iangahki Brown Rice Uwen Aramas me kak Kang: 4

### Dahme mih loale:

- Brown Rice
- Paun 1 en mwarmwaren mahlek (chicken breast) me sohte tih, kili de tenderloins (kirihs koaros pahn kohsang)
- 1/4 kep en lemon juice kapw DE
- 1/4 kep en lemon juice nan pwoatoal
- 1/2 kep en plain, fat-free yogurt
- Kisin garlic kapw 3 (pisitikdi (minced)) DE 3 tsp. en garlic pisetik nan pwoatoal
- 1 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 tsp. turmeric
- 1/2 tsp. ground ginger
- 1/4 tsp. pepper



### Iren Kaweid kan:

1. Kakarakarihada mahs noumw oven en ni 400 degrees.
2. Kihong malek nan pan en umw me size mih ni 9x9 oh komwi eri ale ehu pohk oh doakoh pohn mahlek ko pak tohto.
3. Nan ehu kisin pwohl en, arihpene lemon juice, yogurt, garlic, cumin, paprika, turmeric, ginger oh peper.
4. AUdekihong pohn mahlek ko, ko eri wekidala mahlek ko oh pil udekiong powe. Mweidohgn en mih erein minit 20 (de kihlong nan refrigerator erein pwong ehu pwon). Bake erein minit 15, wekid mahlek ko, oh pil bake ih erein minit 15.
5. Ni mahlek ko eh wia bake, kaunopada rice ni omw idawehn iren kaweid ni kilin ehd o.
6. Toukada rice oh kihdi mahlek powe.

### Ire Mehlel kan Duwen Audepen Ehuehu Toutou:

Calories: 243 cal	Sodium: 162 mg
Uwen Fat Koaros: 4 g	Uwen Carbohydrate Koaros: 22 g
Cholesterol: 73 mg	Protein: 28 g