



NAVIGATING
PACIFIC
HEARTS

www.pacifichealthpartners.org

DIES AREKLO PARA MINAOLEK SALUT KURASON

TEN WAYS FOR A HEALTHY HEART

1. **Tungo' atotgå-mu para chotnot kurason.**
Know your risk factors for heart disease.
2. **Kuentuse i mediku-mu put para un na'takpapa' atotgå-mu para chotnot kurason.**
Talk to your doctor about lowering your risk(s) for heart disease.
3. **Rikonosi i hinennño' hagá'-mu meggai biáhi gi i sakkan.**
Check your blood pressure several times a year.
4. **Tungo' yan un komprende iyo-mu numiron kolestero' siha.**
Know and understand your cholesterol numbers.
5. **Rikonosi i minames hagá'-mu para daibites.**
Check your blood sugar for diabetes.
6. **Pára chumupa sigariyu siha osino otro chupa ya suháyi áson sigariyu ginen otro.**
Stop smoking cigarettes or tobacco and avoid secondhand smoke.
7. **Kánnno' minaolek nengkanno' para un prutehi i kurason-mu.**
Eat healthy to protect your heart.
8. **Etsisio kási trenta asta kuarentai singko minutos gi ha'áni.**
Exercise at least 30-45 minutes per day.
9. **Mantiene minakkat maolek salut.**
Maintain a healthy weight.
10. **Tungo' i siñát siha put atáken kurason pues ágang 9-1-1 ensigidas.**
Know the signs of a heart attack and call 9-1-1 right away.

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