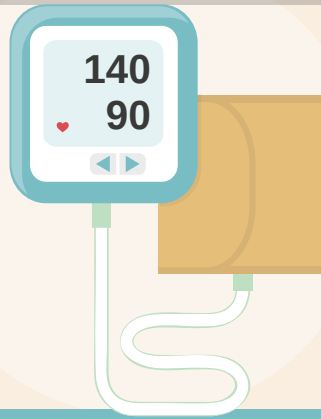


Ọbara mgbali elu nwere ike igbu gi!

Kedu ihe bu ọbara mgbali elu?

Ọbara mgbali elu bu ike nke na-ekesa ọbara megide mgbidi nke akwara anu ahụ, bu isi arja ọbara n'ime ahụ. Ọbara mgbali elu bu mgbe ike nke ọbara mgbali elu kariri.

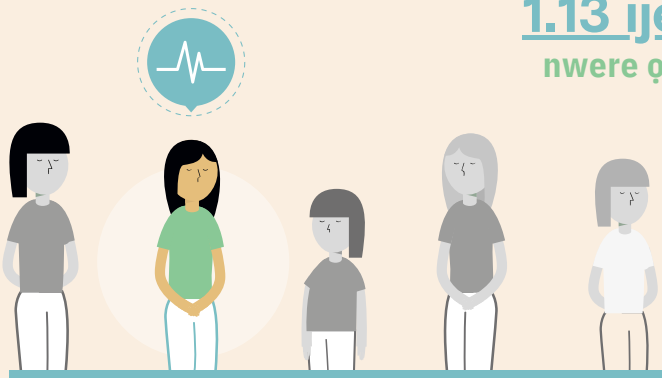
Ọtutu ndi nwere ọbara mgbali elu **Amaghi na ha nwere ya.**



A na-achoputa ọbara mgbali elu ma o buru na onogwu ọbara mgbali di **140-90** ma o bu karja n'ubochi abuo di iche iche.

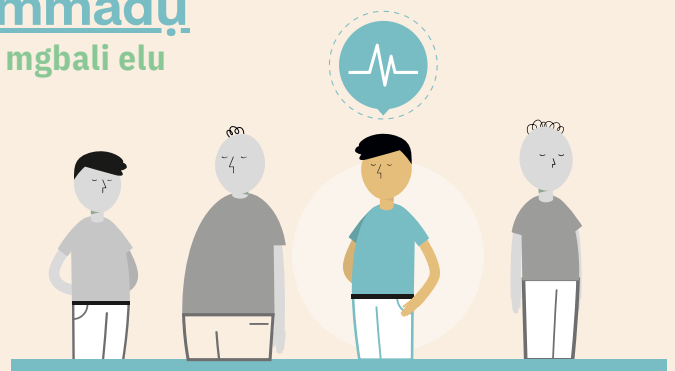
Mmadu ole nwere ọbara mgbali elu?

1.13 ijeri mmadu
nwere ọbara mgbali elu



Otu onye n'ime Mmadu ise obula

Umụ nwanji na-enwe ogbugbo



Otu onye n'ime Mmadu anọ obula

umụ nwoke nwere ọbara mgbali elu

ndi a nwere ike ikpata ọbara mgbali elu

ihe ndi a bu nsonaazu



na-eri oke nnu



inu mmanya na-aba n'anya



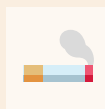
adighi eri nke oma mkpuru osisi ma o bu akwukwo nri



o buru na i naghị emega ahụ



iri nri nwere oke abuba



ise siga



ibu abuba



- Obi nkopolu
- Orja strok
- akuru odida
- ikpu isi
- onwu mberede

Kedu ka esi egbochi ọbara mgbali elu?

- Belata nnu (ihe na-erughị 5g kwa ụbọchị)
- Rie mkpuru osisi na akwukwo nri mgbe niile
- Zere abuba juru eju na abuba trans
- Zere utablea
- Belata mmanya na-aba n'anya
- Na-arusi oru ike, kwa ụbọchị



Kedu ka esi achoputa ọbara mgbali elu?

Ndi oru ahike kwesiri ilele ọbara mgbali elu ndi mmadu mgbe niile.



ị nwere ike inwe ọbara mgbali elu ma ghara inwe mmetuta ya!

Ndi mmadu nwere ike inwe ọbara mgbali elu **na-enweghi akara ma o bu akara o bula!**

Kedu ka esi ejikwa ọbara mgbali elu?

A na-egosi ogwugwo ọbara mgbali elu maka ndi okenye ọbara mgbali elu ha bu 140 - 90 mmHG ma o bu karija. Ntinye ogwugwo di oke mkpa maka njikwa ọbara mgbali elu.



- **Gee dokita nti ma rie nri di mma na mgbatiji ahụ**
- Were naanị ogwu di mma na nke edeputara maka gi
- lelee ọbara mgbali gi ugboro ugboro
- Jikwaa nrugide gi

votu n'ihhi na ahike na ndu gi dabere na ya!

Ntuli aka di mma maka ahike gi! Mgbe i na-eji votu gi horo ndi ndoro ndoro ochichi na-eche banyere obodo gi ma na-eche maka imeziwanye ahike na mpaghara gi, i ga-ahu mgbanwe. Jiri votu gi mee ihe maka onwe gi, ezinulo gi na obodo gi! Debanye aha maka itu vootu wee votu n'ubochi ntuli aka!

Nigerian Physicians Advocacy Group
(Otu ndi dibia bekee Naijiria)

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