

# Cholesterol

O se lamatiaga mo le heart attack ma le stroke



O le cholesterol o se ituaiga o ga'o e fetafea'i i totonu o lou toto ma faatino ai le tele o galuega tāua

≈75%

e gaosi mai e lou ate

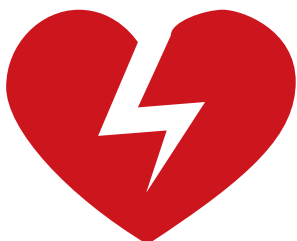


≈25%

e maua mai mea o loo e taumafaina

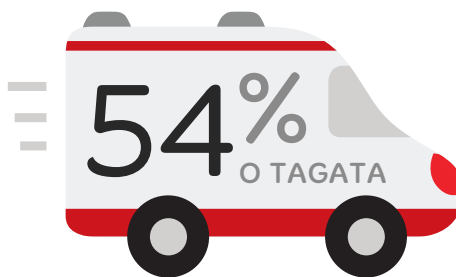
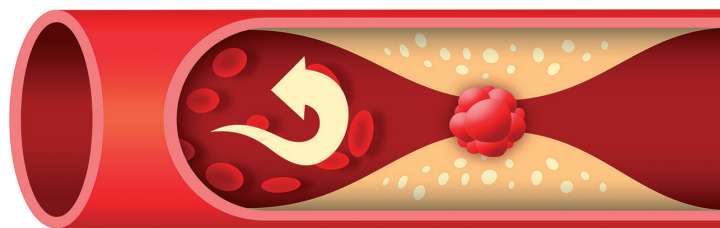
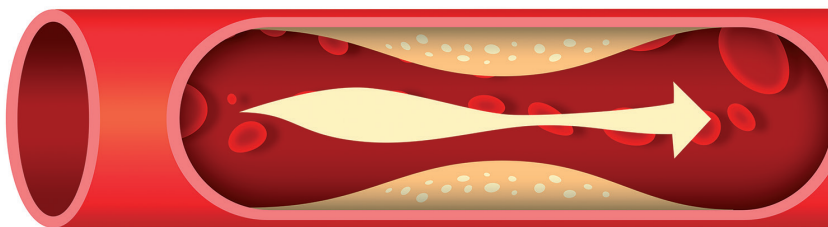
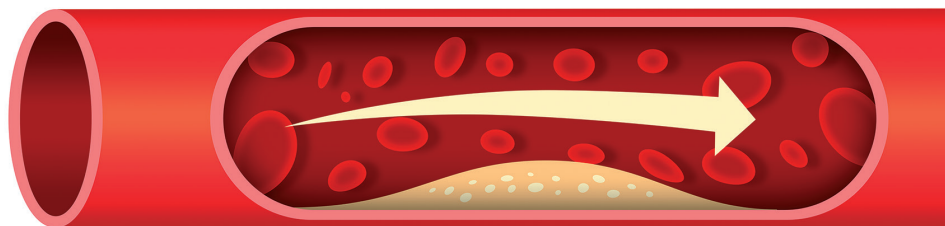
## MAUALUGA Le cholesterol

E mafai ona faaopoopo nisi cholesterol e faatupu a'e i totonu o lou tino. A oo ina tele le cholesterol i totonu o le fetafea'iga o lou toto, e matuā lamatia oe i le ono aafia i le heart attack (pē le fatu) poo le stroke (pē se vaega o le tino)



E mafai ona faaputuputu le cholesterol ma amata ai ona vāiti arteries (alātoto e pamuina le toto mai le fatu e agai atu i isi vaega o le tino)

Afai ua potopotoi le toto i se artery ua vāiti e mafai ona faapogai ai se heart attack poo le stroke



na taofia i le falema'i i le heart attack ona ua maualuga le cholesterol

E toatele tagata e latou te lē o iloa o loo maualuga o latou cholesterol. Pau le auala e sue ai o le alu e sue le toto

## FILIFILIGA E TE FAIA E FAAITIITIA AI LE LAMATIA I LE HEART ATTACK & STROKE



Taofi le ulaula



Filifili lelei meaa ma meainu e aogā mo le soifua maloloina



Toaga e faagaioi le tino



Faaitiitia le mamafa o le tino



Inu fualaaui