

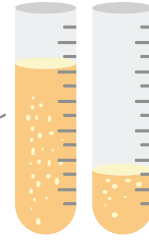
Kolesitulolo (Cholesterol)



‘E lava ke ne fakatupu ‘a e tu‘u fakafokifā ‘a e tā ‘o e mafu’ (heart attack) pea mo e pākālava’

Ko e kolesitulolo ko e fa‘ahinga ngako ‘oku fio mo tafe ‘i ho toto’ pea ‘oku ‘i ai ‘a hono ngaahi fatongia mahu‘inga

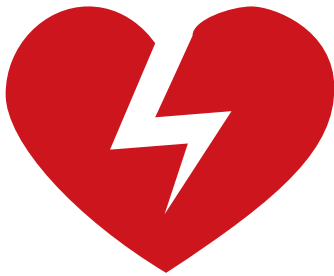
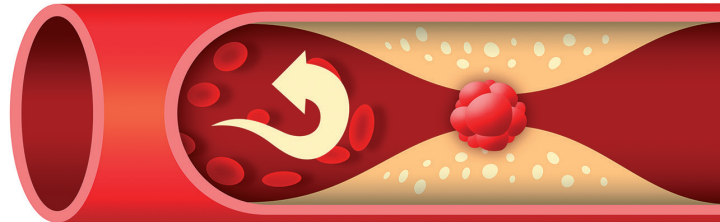
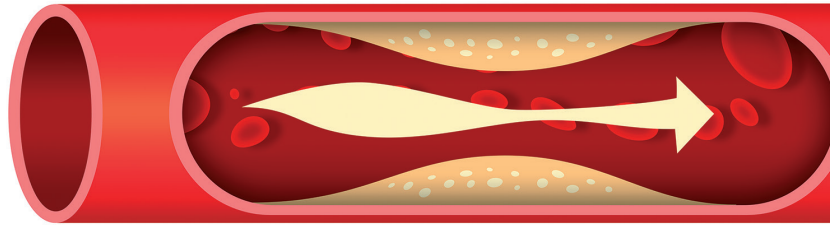
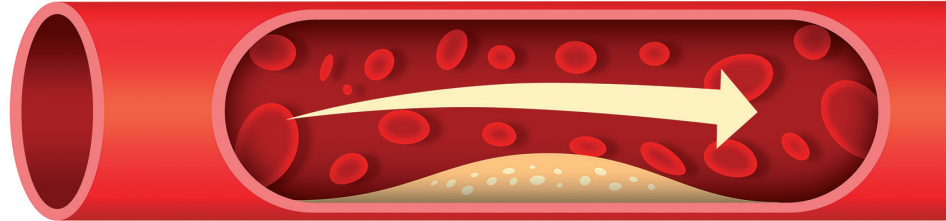
≈75%
‘o e kolesitulolo’
‘oku ngaahi
ia ‘e he ‘ate



≈25%
‘o e kolesitulolo’
‘oku ma‘u mei he
me‘a tokoni’

FU‘U LAHI ‘A e Kolesitulolo’

‘E lava ke tātānaki ‘o fokotu‘una ‘a e kolesitulolo ‘i ho sino’. Kapau ‘e fu‘u lahi ‘a e kolesitulolo ‘i ho toto’, ‘e ala hoko ngofua ai ‘a e tu‘u fakafokifā ‘a e tā ho mafu’ pe ko ha‘o pākālava’



‘E lava ke tātānaki‘o matolu ‘a e kolesitulolo’ ‘o ne ‘o fakafāsi‘i ‘a ho halanga toto’

Pea ka punusia ha halanga toto fāsi‘i, ‘e lava ke tu‘u fakafokifā ai ‘a e tā ho mafu’ pe ko ha‘o pākālava



‘Oku fakatokoto ‘i falemahaki koe‘uhi ko e tu‘u fakafokifā ‘a e tā honau mafu’, pea toe fu‘u lahi e kolesitulolo honau toto’

‘Oku tokolahi e kakai ‘oku ‘ikai ke nau teitei ‘ilo ‘a e fu‘u lahi ‘a e kolesitulolo honau toto’. ‘Oku taha pē ‘a e founa ke ‘ilo ai’ – ke fai ha sivi toto.

FAKA‘EHI‘EHI MEI HA TU‘U FAKAFOKIFĀ HO MAFU’ PE KO HA‘O PĀKĀLAVA‘AKI HO‘O:



Tuku ifi tapaka



Fili ‘a e me‘akai mo e me‘ainu ‘oku fakatupu mo‘ui lelei ki he mafu’



Ngaungaue mo longo mo‘ui



Fakaholo



Folo e fo‘iakau mei ho toketaa’