

Ulaula

O se lamatiaga mo le heart attack ma le stroke



O le mea sili ona lelei e te faia mo lou fatu, o lou lē toe ulaula.

E VAVE ONA ALIA'I AOGĀ
O LE LĒ TOE ULAULA.

PE A UMA LE...



Ua amata ona **maualalo** le malosi o lou blood pressure



Ua sili atu ona faigofie mo lou fatu ona pamu atu le toto

1 TAUSAGA

Ua pa'ū ifo i le $\frac{1}{2}$ le lamatia o oe i le heart attack nai lo se tasi e ulaula

$\frac{1}{2}$

5-15 TAUSAGA

Ua pa'ū ifo i lalo le lamatia o oe i le heart attack nai lo se tasi **E LEI** ulaula lava



Talanoa i lau foma'i, tausii soifua poo le foma'i e suia vai ma fualaau, i nisi auala e fesoasoani ia te oe e tuu lau ulaula.



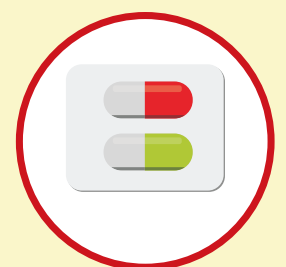
Vili le Quitline
0800 778 778
pe text le 4006



Polokalame fesoasoani e te
lua feagai ma se tagata e toatasi
poo le auai faatasi ma isi i se kulupu



Patches (mea faapipii),
lozenges (lole mitimiti)
ma/poo pululole



Fualaau