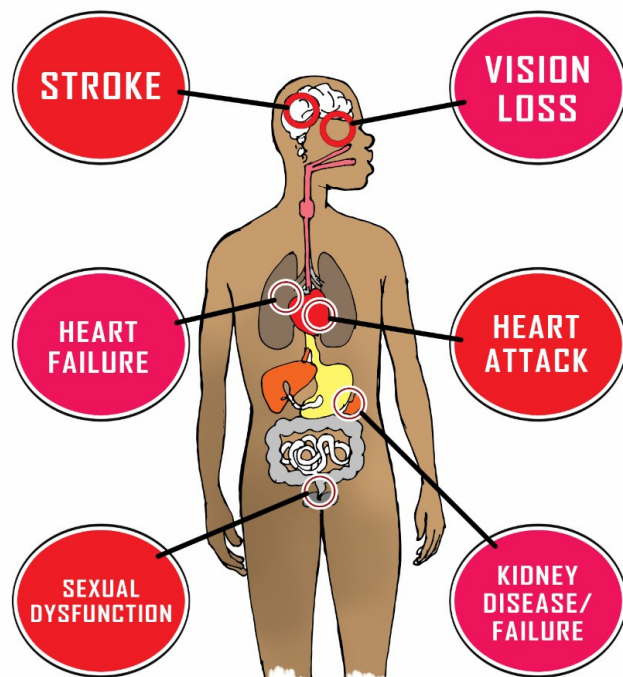


Ihe egwu dị na ọbara mgbali elu.



Ọbara mgbali elu n'ebibi ihe nile di na ime ahụ. Okachasi:

- **Uburu:** Mbam mmuo bu ofu n'ime ọria ọbara mgbali elu ana agwoghi agwo na ebute.
- **Anya:** Ọ na ebute ahuchaghi ụzọ na ikpu isi.
- **Obi:** Obi mgbawa ba obi nkolopu na ebute onwu ike.
- **Akuru:** Ọria akuru.
- **Akwara:** Akwara mkpochi.
- **Ahụ akwụ ọtọ umụ nwoke.**

Ihe nsogbu ndia na adakwasi ndi na aria ọria suga na ọbara mgbali elu.

Nkwa ọnu ọgụgụ nọ na igwe eji ele ọbara mgbali elu.

Ọnu ọgụgụ nke nọ na elu bu ọbara nọ na mgbala aja akwara mgbe obi na akụ kpum-kpum. Ọnu ọgụgụ kariri nke nọ na ala.

Ọnu ọgụgụ nke nọ na ala bu ọbara nọ na mgbala aja akwara nọ na etiti obi na akụ kpum-kpum.

Ọnu ọgụgụ nke elu nke onye na enweghi ọbara mgbali elu agaghi efe nari iri abua ma ọ bu pekaria. Ọzokwa, nke nọ na ala ga abụ ọgụ anọ ma ọ bu pekaria.

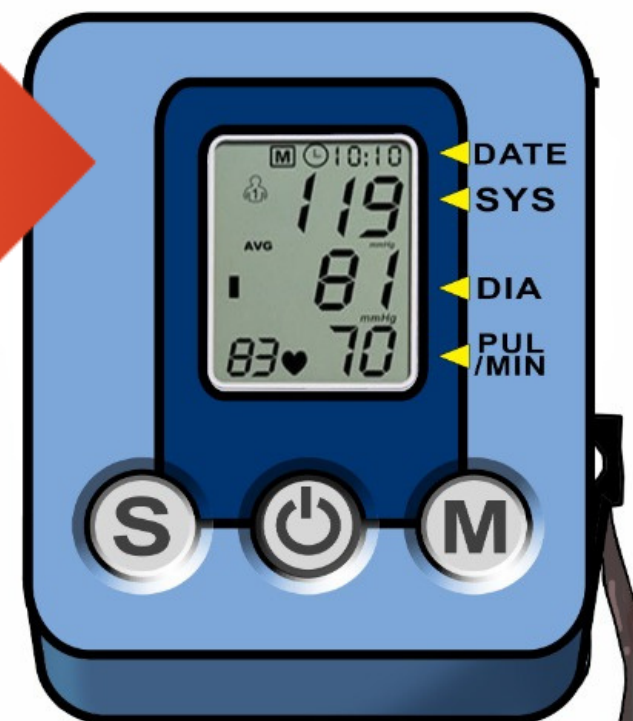
Ọbara mgbali elu bu na ọnu ọgụgụ nke elu di nari iri atọ ma ọ bu karia. Ọzokwa, nke nọ na ala ga abụ ọgụ anọ ma ọ bu karia.

Mee ngwa ngwa hụ dọkita gi ka o lelee ma gwoo ọbara mgbali elu.

Bido nụ otu ụlọ ọgwụ ahụ ike na obodo unu tata ka anyi gbakota aka luso ọria a na ezuru ezuru egbu mmadu ọgụ. Ga na asibiti.com ka unu nweta ntuzi aka.

asibiti  Community against diabetes and Hypertension.

Ka anyi mụọ banyere ọbara mgbali elu.



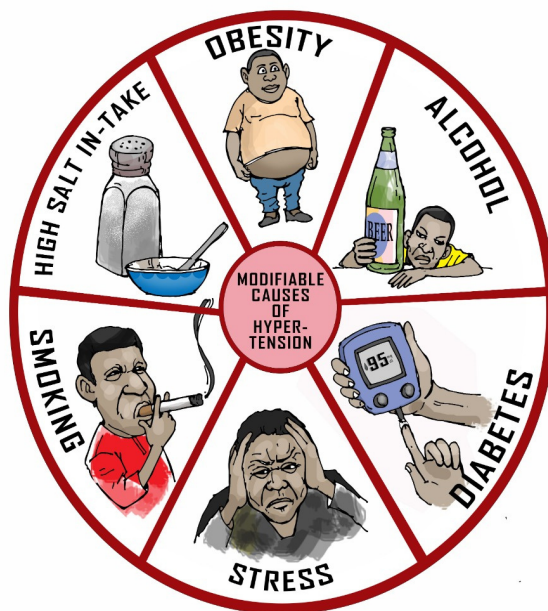
Revised 03/2021. Igbo_HTN

Usoro eji ele ọbara mgballi elu gi



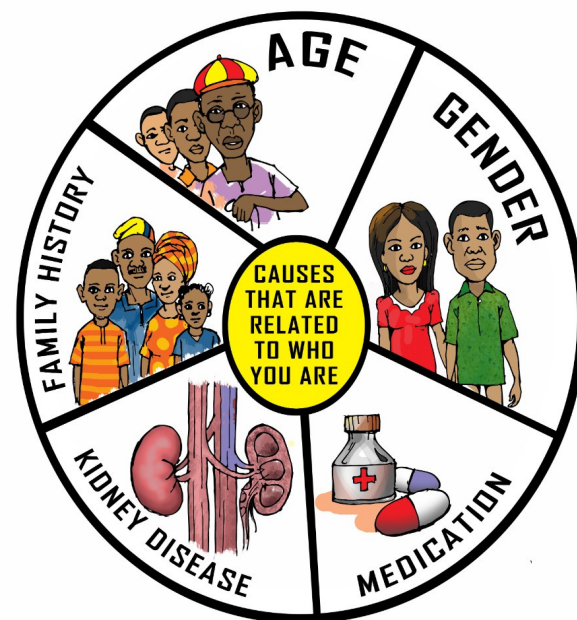
- Nọdụ ala na oche ọfuma, zọde ụkwụ gi n'ala.
- Gbanye mgbanaka igwe eji ele ọbara mgballi elu na aka nri ma ọ bụ aka ikpa gi.
- Me-e ka mgbanaka igwe eji ele ọbara mgballi elu nọrọ nke ọma na aka gi.
- Gbanye igwe eji ele ọbara mgballi elu.

Ihe ndi a na-egbochi ga ebute ọbara mgballi elu.



- **Oke ibu:** Jisie ike na arụ ọrụ ma ọbu ihe ga eme ka azịriza gbaa gi otu awa na ụbọchi.
- **Nri nwere oke nnu:** Na etinye obere nnu na nri.
- **Mmanya ọkụ:** Oke inụ mmanya ọkụ ma ọbu mmanya ngwọ.
- **Siga na ụtaba:** Anukwala siga ma ọbu ụtaba.
- **Ọrịa sụga** nwere ike ibute ọbara mgballi elu.
- **Oke ndọli.**

Ihe aburū na ebute ọbara mgballi elu.



- **Afọ:** Egwu ọbara mgballi elu na ebido ma afọ mmadụ na agbago. Ọ na adi na ụmụ aka ma na ọbughi oge ọbula.
- **Aburū:** Ndi nne ha ma ọbụ nna ha nwere ọbara mgballi elu nwere ike iriakwa ọbara mgballi elu.
- **Oke ma ọ bụ nwunye:** Ọbara mgballi elu kariri na ụmụ nwoke di afọ iri isii na anọ nakwa na ụmụ nwanyi di iri isii na ise.
- **Ọrịa akurū (kidini)** na ebute ọbara mgballi elu.

Biko nuọ nu ọgwu unu otu okwesiri, na ahukwanu dọkita unu site na oge rue na oge. Jua nụ dọkita unu tupu unu ebido ọgwụ ọhụrụ.