



Southern African Hypertension Society uxhasa uXwebhu lweNyani lweMlinganiselo ka MMM

yeNdlela yokuPhila ngokuseMpilweni Ngoxinzelelo Lwegazi Olusempilweni



Yehlisa Amafutha Neswekile Owatyayo

Jonga ileyibhile ekutyeni ngalo lonke ixesha xa kunokwenzeka kwaye ulumkele ngakumbi amafutha ekuthiwa yi-hydrogenated okanye zii-'trans' fats, kunye neeswekile 'ezifihlwe' njengamanye amagama afana nesucrose, idextrose, ifructose, kunye neglukhowusi. Oku kunokufunyanwa kakhulu kwizinto ezifana nejusi yeziqhamo kunye neziselo ezihlwahlwazayo.



Yehlisa Ityuwa Oyisebenzisayo

Nciphisa ityuwa oyityayo. Ungalibali ukuba ityuwa eninzi ifihliwe ekutyeni okuthenga sekwenziwe kwaye iphezulu kakhulu kwizonka ezininzi, iipapa, iisuphu kunye neesos. Ukuba kunokwenzeka, yifunde rhoqo ileyibhile. Ukusebenzisa indlela yokutya ukutya okunamafutha amancinci okuquka ifayibha eninzi, njengesonka, iphasta, irayisi kunye nokutya okwenziwe ngeenozo ezipheleleyo, nako kufunyaniswe kukunceda ukunciphisa uxinzelelo lwegazi.



Zilolonge Rhoqo

Jonga ukwenza oko kangangemizuzu engama-30 ngosuku xa kubalwa. Ukuze ukuzilolonga kube luncedo, kufuneka uzive ufudumele, uphefumle nzima nangakumbi, kwaye intliziyo yakho kufuneka ibethe ngokukhawuleza kunokuba iqhele ukwenza.



Yeka Ukutshaya Icuba

Imithambo yakho ivaleka ngokukhawuleza ngakumbi ukuba uyatshaya kwaye oku kubangela ezinye iingxaki ezininzi zempilo. Uxinzelelo lwegazi lwakho luyenyuka kanye ngelixa utshaya.



Faka Ibhitruthi Kwindlu Otya Ngayo

Ukuselwa rhoqo kwejusi yebhitruthi kufunyaniswe kunceda ekunciphiseni uxinzelelo lwegazi.



Sukusela Utywala Kakhulu

Namathela kwimilinganiselo ecetyiswayo yemihla ngemihla - idla ngokuba ngaphantsi kweziselo ezi-2 kumadoda kunye nesi-1 kwabasetyhini (isiselo esi-1 = nebhiya okanye newayini encinci).



Yitya Iziqhamo kunye/okanye Imifuno Emininzi Yonke Imihla

Yitya imifuno ekrwada okanye ephekwe kancinci ngomphunga, endaweni yokuba ibilise, ukuze ufumane esona sondlo siphezulu. Kuphephe ukuqhotsa xa kunokwenzeka.



Phola

Uxinzelelo lwengqondo lunegalelo ekunyuseni uxinzelelo lwegazi. Ngoko, luphephe uxinzelelo lwegazi xa kunokwenzeka kwaye uzinike ixesha lokuphumla.



Yehlisa Ikhafeyini Oyithathayo

Khumbula ukuba ikhafeyini ifumaneka kwezinye iziselo ezihlwahlwazayo nakwikofu neti.



Ukuhlolwa Rhoqo

Yiya kwingcali yezonyango eqeqeshiweyo ukuze kujongwe uxinzelelo lwegazi lwakho rhoqo.



Gcina Ubunzima Bomzimba Obusempilweni

Ukwenza nje oku kunokunceda ukwehlisa uxinzelelo lwegazi oluphezulu.



www.hypertension.org.za
MayMeasure.org

Southern African Hypertension Society uxhasa uXwebhu lweNyani lweMlinganiselo ka MMM
Ngoxinzelelo Lwegazi Olusempilweni

