

高血壓

High Blood Pressure (Hypertension)

Blood pressure is the force put on the walls of the blood vessels with each heartbeat. Blood pressure helps move blood through your body.

血壓是指每次心跳血管壁所承受的壓力。血壓有助血液在身體內流動。

Taking Your Blood Pressure

Blood pressure is often checked by putting a wide band called a cuff around your upper arm. Air is pumped into the cuff. Your blood pressure is measured as the air is let out of the cuff.

Blood pressure is one number over a second number. You may hear your doctor say 110 over 72 (110/72), for example.

- The top number is higher and is called the systolic reading. It is the pressure in the blood vessels when the heart pumps.
- The bottom number is lower and is called the diastolic reading. It is the pressure in the blood vessels when the heart rests between beats.

量血壓

量血壓時，醫護人員通常會在您的上臂放置一個稱為箍袖帶的寬帶。再將空氣打入箍袖帶中。箍袖帶放出空氣時就會量到血壓。

血壓分為兩項高低讀數。比如說，醫生可能會告訴您讀數為 110 比 72。

- 高讀數稱為心臟收縮壓。亦即心臟泵動時血管的壓力。
- 低讀數稱為心臟舒張壓。亦即心臟在跳動間隔休息時血管的壓力。

Normal Blood Pressure

Normal blood pressure is a top number less than 120 (systolic) and a bottom number less than 80 (diastolic). Each person's blood pressure changes from hour to hour and from day to day.

正常血壓

正常血壓是 120 比 80 或更低。每個人的血壓因時因日而異。

High Blood Pressure

High blood pressure is also called hypertension. High blood pressure is 130 or higher over 80 or higher. There are different stages of high blood pressure, based on how high your numbers are.

A diagnosis of high blood pressure is not made until your blood pressure is checked several times and it stays high.

The harder it is for blood to flow through your blood vessels, the higher your blood pressure numbers. With high blood pressure, your heart is working harder than normal. High blood pressure can lead to heart attack, stroke, kidney failure, and hardening of the blood vessels.

Signs of High Blood Pressure

The only way to know if you have high blood pressure is to have it checked. Most people do not have any signs. Some people may have a headache or blurred vision.

Your Care

Blood pressure control is very important. If you have high blood pressure you should:

- Check your blood pressure often. Call your doctor if your blood pressure stays high.
- See your doctor as scheduled.
- Take your blood pressure medicine as ordered by your doctor.
- Take your medicine even if you feel well or your blood pressure is normal.
- Lose weight if you are overweight.

高血壓

高血壓又名 hypertension。高血壓是 130 比 80 或更高。高血壓可分為幾個階段，取決於血壓高低。

除非多次測試後血壓依然居高不下，否則醫生不會診斷您有高血壓。

血液越難流過血管，血壓數就越高。有高血壓時，心臟負荷超過正常。高血壓能導致心臟病發作、中風、腎衰竭和血管硬化。

高血壓的症狀

了解自己有沒有高血壓的唯一方法是做檢查。大多數人沒有任何症狀。有些人可能會頭痛或視力模糊。

您的護理

控制血壓非常重要。如果您有高血壓，您應該：

- 經常檢查血壓。如血壓居高不下，請致電醫生。
- 按預約看醫生。
- 遵醫囑服用血壓藥物。
- 即使感覺良好或血壓正常，請繼續服藥。
- 如過重，請減肥。

- Limit salt in your food and drinks.
 - Avoid alcohol.
 - Stop smoking or tobacco use.
 - Exercise most every day.
 - Reduce stress.
 - Practice relaxation daily.
- 減少攝取食物和飲料中的鹽份。
 - 避免喝酒。
 - 戒煙或停止嚼用（嗅）煙草。
 - 儘量每天做運動。
 - 減少壓力。
 - 每天練習放鬆。

Call 911 right away if you have:

- A severe headache
- Vision changes
- Chest pain, pressure, or tightness
- Have a hard time breathing or get short of breath
- Sudden numbness, tingling or weakness in the face, arm, or leg
- Sudden confusion, trouble understanding, or trouble speaking
- Trouble swallowing

如有以下情況，請馬上撥打 911:

- 嚴重頭痛
- 視覺改變
- 胸痛、有壓迫感或透不過氣
- 呼吸困難或呼吸急促
- 面部、臂部或腿部突然麻木、刺痛或無力
- 突然意識混亂、理解有困難或說話困難
- 吞嚥困難