

### WHAT IS HIGH BLOOD PRESSURE?

High blood pressure is also called hypertension. It is a serious illness that affects the heart and blood system of the body. "Blood pressure" is how strong blood pushes against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body. It can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems.

### RISK FACTORS

- Increased age
- African descent
- Overweight or obesity
- Family history of high blood pressure
- Unhealthy diet: High sodium and low potassium
- Smoking
- Lack of exercise
- Heavy use of alcohol

### MEASURING YOUR BLOOD PRESSURE

To measure your blood pressure, your doctor will use a blood pressure cuff on your arm. Blood pressure refers to the pressure generated in the arterial blood vessels when blood is delivered from the heart. It is the ratio of the pressure that occurs when the heart contracts (systolic) and relaxes (diastolic).

Blood Pressure	Systolic (top number)		Diastolic (bottom number)
Normal	<120	and	<80
Elevated	120-129	and	<80
Stage 1 Hypertension	130-139	or	80-89
Stage 2 Hypertension	≥140	or	≥90

**Hypertensive Crisis:** Systolic over 180 and/or diastolic over 120. If there are no other indications of problems, patients with hypertensive crisis will need prompt changes in medication. However, if patients have signs of organ damage such as severe chest pain, seizures, and shortness of breath, immediate hospitalization will be necessary.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。  
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.  
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### WARNING SIGNS AND SYMPTOMS

Most people who have high blood pressure have no warning signs or symptoms. Some people may experience some dizzy spells or headaches. Since symptoms are not obvious, it is important to have your blood pressure checked regularly even if you are feeling fine.

### PREVENTIONS, TREATMENTS AND MANAGEMENT

There are many ways you can prevent, control or treat high blood pressure, including:

- Take medicine as directed by your doctor, even if you feel fine.
- Eat a healthy diet that includes fruits, vegetables, and whole grain products. Eat less salt and use less MSG, soy sauce, fish sauce and other seasonings that are high in sodium. Eat more food that is high in potassium such as bananas, dried apricots, spinach, beans, and potatoes.
- Exercise regularly. Speak with your doctor before starting a new exercise program.
- Learn to deal with stress.
- Quit smoking.
- Monitor your blood pressure.

#### Sources:

- Centers for Disease Control and Prevention
- American College of Cardiology

### 甚麼是高血壓?

高血壓是一種影響心血管系統的嚴重疾病。血壓是測量心臟泵出的血液流經動脈血管時對血管壁造成的壓力有多強。如果這種壓力上昇並長時間保持在高位，就會損害身體。它可以導致心臟冠狀動脈疾病、心臟衰竭、中風、腎衰竭和其他健康問題。

### 風險因素

- 年齡增加
- 非裔血統
- 過重或肥胖
- 有高血壓的家族病史
- 不健康的飲食：鈉過多或鉀過少
- 吸煙
- 缺乏運動
- 酗酒

### 測量血壓

醫生會在您的手臂用血壓計測量血壓。血壓是指血液由心臟送出時在動脈血管內所產生的壓力，是心臟收縮 (systolic) 與舒張 (diastolic) 時產生的壓力的比率。

血壓	收縮壓 (上面的數字)		舒張壓 (下面的數字)
正常	低於 120	及	低於 80
偏高	介乎 120 和 129 之間	及	低於 80
高血壓 第一階段	介乎 130 和 139 之間	或	介乎 80 和 89 之間
高血壓 第二階段	高於 140	或	高於 90

**高血壓危機：**收縮壓超過 180 和/或舒張壓超過 120。如果沒有其他問題的跡象，有高血壓危機的患者需要及時改變藥物治療。然而，如果患者有器官損傷跡象，如嚴重的胸痛、癲癇發作、或呼吸急速，患者需立即住院治療。

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### 徵兆和症狀

大多數高血壓患者沒有任何徵兆和症狀。有些人可能會感覺頭暈或頭痛。因為症狀不明顯，所以即使在您感覺良好的時候，也要定時測量血壓。這是非常重要的。

### 預防，治療和控制

有很多方法可以預防、治療、或控制高血壓，其中包括：

- 即使在感覺良好時也要依照醫生指示按時服藥。
- 含水果、蔬菜和全穀物的健康飲食。少吃鹽、味精、醬油、魚露和其他高鹽份的調味料。多吃含有鉀質的食物，例如香蕉、杏乾、菠菜、豆類和馬鈴薯。
- 經常運動。當開始一項新運動計劃前，請諮詢您的醫生。
- 學會應對壓力。
- 戒煙。
- 監測血壓水平。

資料來源：

- Centers for Disease Control and Prevention
- American College of Cardiology