



HIGH BLOOD PRESSURE FREQUENTLY ASKED QUESTIONS

高血壓常見問題

CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Questions	Answers
I feel fine! Why do I need to take medications?	People with high blood pressure often do not have any symptoms. Even though you do not feel anything, your high blood pressure can still damage your blood vessels and organs. Medications will lower your chance of having a heart attack and stroke.
My blood pressure is normal at home but high in clinic. Why should I worry?	If your blood pressure is high in clinic because you are nervous or stressed, most likely it is also high whenever you are in a stressful situation. This may include having an argument with a family member, missing your bus, stress from work, etc. These frequent “highs” of your blood pressure can also cause damage to your blood vessels and organs over time.
Will I get side effects from medication?	All medications have side effects, but the benefits of the medications outweigh the risks. Your doctor is aware of the side effects of each medication. They will likely monitor for side effects at your next visit or with future blood tests.
Will medications damage my body?	NOT taking your medications will allow your high blood pressure to damage your blood vessels, brain, heart, and kidneys. It is very important to take your medications as prescribed. Blood pressure medications help, not harm your body.
Will I get addicted to my medications?	No. You cannot become addicted to your blood pressure medications.
Will I have to take these medications forever?	Most people who take blood pressure medications need to take them for their whole life. However, some people are able to lose weight, eat less sodium, or stop smoking. This can help decrease your blood pressure so that medications are no longer needed.
Besides taking medication, what else can I do?	You can: Keep a normal body weight, exercise regularly, eat a balanced and healthy diet, quit smoking, and cut down on alcohol.

Free Blood Pressure Check at the following NEMS locations

Chinatown Stockton Clinic 1520 Stockton St., SF 1st Floor Health Promotion Room Every Tuesday and Friday 8:00am-12noon, 1pm-5pm	Daly City Clinic 211 Eastmoor Ave., Daly City 1st Floor Health Promotion Room Every Tuesday 8:00am-12noon, 1pm-5pm	Lundy Clinic 1870 Lundy Ave., San Jose 1st Floor Health Promotion Room Every Friday 8:00am-12noon, 1pm-5pm	San Bruno Clinic 2574 San Bruno Ave, SF 2nd Floor Every Monday 8:00am-12noon, 1pm-5pm
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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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NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

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問題	回答
我感覺良好!為甚麼需要吃藥?	有高血壓的人通常並無任何徵狀。即使您感覺身體正常,但高血壓仍會損害您的血管和器官。藥物可減低心臟病發和中風的機會。
我在家中測量血壓正常,但在診所會偏高,為何我需要重視?	在診所您的血壓會升高是因為您緊張或有壓力,因為在緊張的情況下血壓會升高(如;在和家人爭吵時、趕不上公車時、在工作緊張的時候等等)。如果血壓不斷地處於“高”情況,它會損害到您的血管和器官。
藥物會有副作用嗎?	所有的藥物都可能會產生副作用,但是藥物的好處大於副作用的害處。您的醫生知道每種藥物的副作用。在下次看醫生時,醫生會通過觀察或血液測試監控副作用對您的影響。
藥物是否會損害我的身體?	如果不服藥高血壓會損害您的血管,腦,心臟,和腎臟。依照醫生指示服藥是非常重要的。血壓藥是幫助降低您的血壓而非損害您的身體。
我會對這些藥上癮嗎?	不會,您不會對降血壓藥上癮。
我是否永遠要吃這些藥?	大多數高血壓患者需要長期服用血壓藥。但也有些人通過減輕體重,少吃鈉,或戒煙使血壓降低而不需繼續服藥。
除了吃藥,我還可以做什么?	您可以:保持正常體重,經常做運動,保持健康和均衡的飲食,戒煙和減少喝酒

以下東北醫療中心提供免費血壓檢查

華埠Stockton街診所	帝利市診所	聖荷西診所	波特羅區診所
1520 Stockton St., 三藩市 一樓健康諮詢部 逢星期二及星期五 上午 8 時至正午 12 時及 下午 1 時至 5 時	211 Eastmoor Ave., 帝利市 一樓健康諮詢部 逢星期二 上午 8 時至正午 12 時及 下午 1 時至 5 時	1870 Lundy Ave., 聖荷西 一樓健康諮詢部 逢星期五 上午 8 時至正午 12 時及 下午 1 時至 5 時	2574 San Bruno Ave., 波特羅區 二樓 逢星期一 上午 8 時至正午 12 時及 下午 1 時至 5 時

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