

High Blood Pressure in Pregnancy

Blood pressure is the force put on the walls of your blood vessels as blood travels through your body. Blood pressure helps pump blood to your body.

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.

- 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.

Normal Blood Pressure

Normal blood pressure is 120 over 80 or less. Blood pressure varies from person to person. Each person's blood pressure changes from hour to hour and from day to day.

High Blood Pressure

High blood pressure is also called hypertension. High blood pressure is 140 over 90 or higher. A diagnosis of high blood pressure is not made until your blood pressure is checked several times and it stays high.

孕期高血压

血压是指血液在您体内流动时对您的血管壁施加的压力。血压帮助血液泵入您的身体。

测量您的血压

常见的血压测量方法，是将一个称为袖箍的宽带子勒在您的上臂上，将空气泵入袖箍。在将空气放出袖箍时即测量您的血压。

血压是一个数字高于另一个数字。

- 上一个数字较高，称为心脏收缩压读数。这是心脏泵动时的血管压力。
- 下一个数字较低，称为心脏舒张压读数。这是心脏在搏动间隔期间的血管压力。

正常血

正常血压为 120 对 80 或更低。血压因人而异。每个人的血压因小时而异，因日而异。

高血

高血压亦被称为血压过高。高血压是指 140 对 90 或更高。对高血压的诊断只有在您经过数次血压检查，并且血压持续过高时才作出。

High Blood Pressure and Pregnancy

High blood pressure can be dangerous for pregnant women and their unborn babies. Women with high blood pressure before pregnancy may have more problems during pregnancy.

Some women get high blood pressure while they are pregnant. High blood pressure during the second half of the pregnancy is called gestational hypertension.

Without treatment, high blood pressure during pregnancy can cause a small or ill baby and problems for the mother.

Signs of High Blood Pressure in Pregnancy

The only way to know if you have high blood pressure is to have it checked. Most people do not have any signs.

Your Care

If you have high blood pressure:

- Check your blood pressure often.
- Go to your regular doctor visits to check you and your baby.
- Take your blood pressure medicine as ordered by your doctor. Take your medicine even if you feel well.
- Limit salt intake.
- Exercise most every day.
- Get plenty of rest. Lie on your left side to give your baby the most oxygen. Ask for help if you work or have other small children.
- Reduce stress.

高血压和怀孕

高血压可能对孕妇及其尚未出生的宝宝具有危险。女性如在怀孕前患有高血压，则在孕期可能会有更多问题。

有些女性在孕期罹患高血压。孕期后半期患上的高血压被称为妊娠期高血压。

对孕期高血压如不予治疗，则可能导致婴儿过小或生病，并使母亲也发生问题。

孕期高血症状

了解您是否患有高血压，唯一的方法是接受血压检查。大多数人没有任何症状。

您的护理

如果您患有高血压：

- 经常检查您的血压。
- 请去看您的固定医生，检查您自己和您的宝宝。
- 按照医嘱，服用降压药物。即使您感觉良好，请您仍然坚持服药。
- 限制盐的摄取量。
- 尽量每天锻炼。
- 充分休息。身体向左侧躺，以便尽可能为宝宝提供最多的氧。如果您上班或者有其他幼小的孩子，请要求他人帮忙。
- 减少压力。

Gestational Hypertension

Your doctor will check your health during pregnancy to watch for gestational hypertension. Gestational hypertension can progress to pre-eclampsia or eclampsia. This can affect the placenta, and the mother's kidneys, liver, and brain.

Signs of Preeclampsia

- Headache
- Heartburn
- Blurred vision or seeing spots
- Difficulty breathing or shortness of breath
- Pain in the upper right side of the stomach

If you have high blood pressure and seizures, it is called eclampsia.

Treatment for gestational hypertension may include lowering your blood pressure with bed rest or medicines, a hospital stay, or delivery of your baby.

Talk to your doctor **right away** if you have any of these signs or have any questions or concerns.

妊娠期高血压

您的医生将在孕期检查您的健康状况，以确定您是否患有妊娠期高血压。妊娠期高血压可能会进一步发展，成为子痫先兆或子痫。这可能会影响胎盘及母亲的肾脏、肝脏和脑。

子痫先兆症状

- 头痛
- 心痛
- 视力不清或看到斑点
- 呼吸困难或呼吸短促
- 胃部右上侧疼痛

如果您患有高血压和癫痫，这称为子痫。

对妊娠期高血压的治疗可包括用卧床休息或药物来降低您的血压，也可住院或分娩宝宝。

如果您有任何此类症状，或者有任何疑问或疑虑，请立即与您的医生讨论。