

High Blood Pressure

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

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.

高血壓

血壓是隨每次心跳血管壁所承受的力。血壓有助於血液在您的身體裡流動。

量血壓

量血壓常給您的上臂帶上一個稱之為箍袖帶的寬帶。空氣充入箍袖帶中。空氣從箍袖帶中放出時您的血壓得到測量。

血壓是兩個高低讀數。

- 高讀數稱為心臟收縮讀數。它是心臟泵動時血管的壓力。
- 低讀數稱為心臟舒張讀數。它是在心臟在跳動間隔休息時血管的壓力。

正常血壓

正常血壓是高壓 120 低壓 80 或更低。血壓因人而異。每個人的血壓因時因日而異。

高血壓

高血壓也稱為 hypertension。高血壓是高壓 140，低壓 90 或更高。除非您的血壓被測過多次而且一直居高不下，否則不可作出高血壓的診斷。

血液流過血管越困難，您的血壓數就越高。有高血壓時，您的心臟負荷超過正常。高血壓能導致心臟病、中風、腎衰竭和血管硬化。

高血壓的症狀

了解您是否有高血壓的唯一方法是作檢查。大多數人沒有任何症狀。有些人可能會頭痛或視力模糊。

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.
- Limit salt in your food and drinks.
- Avoid alcohol.
- Stop smoking or tobacco use.
- Exercise most every day.
- Reduce stress.
- Practice relaxation daily.

Call 911 **right away** if you have:

- A severe headache
- Vision changes
- Chest pain, pressure or tightness that is not better with nitroglycerin
- 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

您的護理

血壓控制很重要。如果您有高血壓，您應該：

- 經常檢查您的血壓。如果您的血壓一直居高，請打電話給您的醫生。
- 按預約看醫生。
- 遵醫囑服用您的血壓藥物。
- 即使您感覺良好或您的血壓正常，請仍服藥。
- 如果您體重過量，請減肥。
- 限制您食物和飲料中的鹽。
- 避免喝酒。
- 戒煙或停止嚼用(嗅)煙草。
- 每天運動。
- 減少壓力。
- 每天練習放鬆。

如有以下情形，請立刻撥打 911：

- 嚴重頭痛
- 視覺改變
- 胸痛、有壓迫感或透不過氣，用了硝化甘油仍不好轉
- 呼吸困難或呼吸短促
- 面部、臂部或腿部突然麻木、刺痛或虛弱
- 突然意識混亂、理解有困難或說話困難
- 吞嚥困難

High Blood Pressure. Traditional Chinese.

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