

High Blood Pressure

What is high blood pressure or HYPERTENSION?

It is when your blood pressure, at rest, remains above "normal."

What is normal blood pressure?

The accepted classification of blood pressure measurements is from the Seventh Report of the Joint National Committee on Detection, Education, and Treatment of High Blood Pressure (Journal of the American Medical Association, May 21, 2003).

Category	Systolic	Diastolic	Recommendation
Normal	<120	<80	Recheck in 2 years
Prehypertension	120-139	80-90	Recheck in 1 year, and may need to contact your physician for further discussion
Stage 1	140-159	90-99	Need to contact your physician for further discussion
Stage 2	>160	>100	

Why worry about high blood pressure?

It puts you at greater risk for Heart disease and Stroke. High Blood Pressure causes damage to the large blood vessels that feed the heart and brain.

What can you do about high blood pressure?

High blood pressure is treatable. If you do have high blood pressure, you can control it by taking medication or changing your diet. The important thing is to talk to your doctor about your high blood pressure.

Even if you don't have high blood pressure
You can prevent high blood pressure by
eating a healthy diet & exercising regularly.



高血壓

什麼是高血壓?

高血壓指在休息狀態時血壓高於「正常」標準。

什麼是正常血壓?

通常接受的血壓測量類別來自全國高血壓檢測、教育與治療聯合委員會第七次報告（美國醫療協會期刊，2003年5月21日）。

類別	收縮壓	舒張壓	建議
正常	<120	<80	兩年後重新檢查
高血壓前期	120-139	80-89	一年後重新檢查，可能需要向醫生作進一步洽詢
第一期	140-159	90-99	需要向醫生作進一步洽詢
第二期	>160	>100	

為什麼要重視高血壓?

高血壓會使您患心臟病及中風的風險增高。高血壓會損害為心臟和大腦供血的主血管。

如何控制高血壓?

高血壓是可以治療的。如果您確實患有高血壓，您可以透過服藥或改變飲食的方法加以控制。重要的是就高血壓的問題向您的醫生洽詢。

即使您沒有患高血壓，**您也可以**透過
健康飲食及定期運動
預防高血壓。

