

孕期高血压

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.

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

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. You may hear your doctor say 110 over 72 (110/72), for example.

- 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.

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测量您的血压。

血压是两个高低读数。例如您可能会听到您的医生说高压110，低压72（110/72）。

- 高读数称为心脏收缩压。它是心脏泵动时血管的压力。
- 低读数称为心脏舒张压。它是心脏在跳动间隔休息时血管的压力。

Normal blood pressure

Normal blood pressure is a top number less than 120 (systolic) and a bottom number less than 80 (diastolic).

Blood pressure varies from person to person. Each person's blood pressure changes from hour to hour and from day to day.

倦怠寤

正常血压高压为120或以下（收缩压），低压为80或以下（舒张压）。

血压因人而异。每个人的血压因时因日而异。

High blood pressure

High blood pressure is also called hypertension. High blood pressure is 130 or higher over 80 or higher. There are different stages of high blood pressure, based on how high your numbers are.

A diagnosis of high blood pressure is not made until your blood pressure is checked several times and it stays high.

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.

高血压

高血压亦被称为血压过高。高血压是指高压为130或以下，低压为80或以上。根据血压读数水平不同，高血压可被分为不同的阶段。

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会作出。

高血压和怀孕

高血压对孕妇及其尚未出生的宝宝来说可能会很危险。女性如在怀孕前患有高血压，在孕期则可能会有更多问题。

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，并对母亲也造成影响。

洞娶峭寤徒忪

了解您是否患有高血压的唯一方法是接受血压检查。大多数人没有任何症状。

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.

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.

治疗

如果您患有高血压：

- 经常检查您的血压。
- 定期按计划就诊，对自己和胎儿的健康情况进行检查。
- 按照医嘱，服用降压药物。即使您感觉良好，也要坚持服药。
- 控制盐分的摄取量。
- 尽量做到每日锻炼。
- 要多休息。身体向左侧躺，以便尽可能为宝宝提供最多的氧气。如果您上班或者有其他年幼的孩子，应获取他们的帮助。
- 减少压力。

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、肝脏和大脑。

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.

子痫先兆症状

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

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通过卧床休息或药物方式来降低您的血压，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。