

孕期高血壓

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. 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.

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.

血壓是指血液在體內流動時，對血管壁施加的壓力。血壓幫助血液泵入身體。

量血壓

量血壓時，醫護人員通常會在您的上臂放置一個稱為箍袖帶的寬帶。再將空氣打入箍袖帶中。箍袖帶放出空氣時就會量到血壓。

血壓分為兩項高低讀數。比如說，醫生可能會告訴您讀數為 110 比 72。

- 高讀數稱為心臟收縮壓。亦即心臟泵動時血管的壓力。
- 低讀數稱為心臟舒張壓。亦即心臟在跳動間隔休息時血管的壓力。

正常血壓

正常血壓是 120 比 80 或更低。血壓因人而異。

每個人的血壓因時因日而異。

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.

高血壓

高血壓又名 hypertension。高血壓是 130 比 80 或更高。高血壓可分為幾個階段，取決於血壓高低。

除非多次測試後血壓依然居高不下，否則醫生不會診斷您有高血壓。

高血壓和懷孕

高血壓可能對孕婦及尚未出生的寶寶有危險。女性如在懷孕前患有高血壓，懷孕期間可能會有更多問題。

有些女性會在孕期罹患高血壓。於孕期後半段罹患高血壓又名妊娠期高血壓。

孕期高血壓如不予治療，可能導致嬰兒過小或生病，母親亦會出現問題。

孕期高血壓的症狀

了解自己有沒有高血壓的唯一方法是做檢查。大多數人沒有任何症狀。

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.

您的護理

如果您患有高血壓：

- 經常檢查血壓。
- 請去看您的固定醫生，為自己和寶寶做檢查。
- 遵醫囑服用血壓藥物。即使感覺良好，仍要堅持服藥。
- 限制鹽的攝取量。
- 儘量每天做運動。
- 要多休息。身體向左側躺，盡可能為寶寶提供最多氧氣。如要上班或者有其他幼小孩子，請要求他人幫忙。
- 減少壓力。

妊娠期高血壓

醫生會在孕期檢查您的健康狀況，以確定您是否患有妊娠期高血壓。妊娠期高血壓可能會進一步發展，成為子癇先兆或子癇。這可能會影響胎盤及母親的腎臟、肝臟和腦部。

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.

子癇徵兆

- 頭痛
- 心痛
- 視力不清或看到斑點
- 呼吸困難或呼吸急促
- 胃部右上側疼痛

如果您患有高血壓和癲癇，這稱為子癇。

妊娠期高血壓治療方式包括臥床休息、服用藥物降低血壓、住院或分娩。

如有任何此類症狀，或有任何疑問或擔憂，請**立即**與您的醫生討論。