

# 高血压

## High Blood Pressure (Hypertension)

Blood pressure is the force put on the walls of the blood vessels with each heartbeat. Blood pressure helps move blood through 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。血压有助于血液在您的身体里流动。

### 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). 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.

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.

## 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.

## 峭寤

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。

血液流过血管越困难，您的血压数就越高。有高血压问题，意味着您的心脏负荷量超过正常水平。高血压能导致心脏病发作、中风、肾衰竭和血管硬化。

## 高血压的症状

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。有些人可能会头痛或视力模糊。

## 医疗

血压控制很重要。如果您有高血压，您应该：

- 经常检查您的血压。如果您的血压持续过高，请致电给医生。
- 按预约就诊
- 按照医嘱，服用降压药物。
- 即使您感觉良好，血压正常，也需要坚持服药。
- 如果体重过量，则需减肥。

- Limit salt in your food and drinks.
  - Avoid alcohol.
  - Stop smoking or tobacco use.
  - Exercise most every day.
  - Reduce stress.
  - Practice relaxation daily.
- 控制食物和饮料中的盐分。
  - 避免喝酒。
  - 戒烟或停止使用烟草。
  - 尽量做到每日锻炼。
  - 减少压力。
  - 每天练习放松。

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

- A severe headache
- Vision changes
- Chest pain, pressure, or tightness
- 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

### **如有以下情形，请立刻拨打911:**

- 严重头痛
- 视觉改变
- 胸痛、有压迫感或透不过气
- 呼吸困难或气短
- 面部、臂部或腿部突然麻木、刺痛或虚弱
- 突然意识混乱、理解有困难或说话困难
- 吞咽困难