

血壓與健康



血壓是心臟將血液輸送到身體所有部分時血液對動脈壁所產壓力。血壓值為收縮壓(心臟跳動時)比舒張壓(心臟弛時)，正常情況是 120/80*。

血壓升高表示心臟更努力地運作，以致心臟和動脈都處於緊張狀態。血壓值 140/90 即視為高血壓。

高血壓會增加心臟的負荷，長期不僅會導致心臟肥大與衰弱，而且也會提高中風、心臟病、腎衰竭和鬱血性心臟衰竭的風險。當高血壓伴隨肥胖、吸菸、高膽固醇血壓或糖尿病時，心臟病發作或中風的風險就會增加數倍之多。

高血壓沒有年齡之分，而且沒有病症，因此被稱為「沉默的殺手」，這也是就醫時有必要量血壓的原因。如果您有高血壓，就可以和醫師合作，透過適當的飲食、運動和藥物治療來控制血壓。

您是否有罹患高血壓的風險？

1.	您是否吸菸？	是 <input type="checkbox"/>	否 <input type="checkbox"/>
2.	您每天是否至少喝 2 杯酒？	是 <input type="checkbox"/>	否 <input type="checkbox"/>
3.	您每天是否喝超過 2 杯含咖啡因的咖啡、茶或碳酸飲料？	是 <input type="checkbox"/>	否 <input type="checkbox"/>
4.	您的飲食是否含鈉量高？	是 <input type="checkbox"/>	否 <input type="checkbox"/>
5.	您的父母、兄弟姐妹是否有高血壓？	是 <input type="checkbox"/>	否 <input type="checkbox"/>
6.	您是否比理想體重超重 20% 以上？	是 <input type="checkbox"/>	否 <input type="checkbox"/>
7.	您的膽固醇值有沒有超過 240？	是 <input type="checkbox"/>	否 <input type="checkbox"/>

結果：

答是者代表該因素可能提高您罹患高血壓的風險。答是者愈多，風險就愈高。本傳單反面的保健建議資訊有助於您預防、發現與治療高血壓。

Blood Pressure and Your Health



Blood pressure is the force of the blood against the walls of the arteries as the heart pumps blood to all parts of the body. It's measured as systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes). Normal blood pressure is 120/80.

Elevated blood pressure indicates that the heart is working harder than normal, putting both the heart and the arteries under strain. A blood pressure reading of 140/90 is considered high.

High blood pressure, or hypertension, increases the heart's workload, causing the heart to enlarge and weaken over time. It also increases the risk of stroke, heart attack, kidney failure and congestive heart failure. When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

Hypertension is called the "Silent Killer" because it can occur at any age and without symptoms. That's why it's important to have your blood pressure checked when you visit your doctor. If you have high blood pressure, then you and your doctor can work together to help control it with the proper diet, exercise and medication.

Are you at risk for developing high blood pressure?

1.	Do you smoke?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
2.	Do you consume 2 or more drinks of alcohol a day?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
3.	Do you consume more than 2 cups per day of caffeinated coffee, tea or soft drinks?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
4.	Do you consume a diet high in sodium?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
5.	Do your parents, sisters or brothers have high blood pressure?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
6.	Are you 20 percent over your ideal body weight?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
7.	Is your cholesterol level over 240?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Results:

A **YES** response reflects factors which may increase your risk for high blood pressure. The more **YES** answers, the higher your risk. The information in the Wellness Recommendations on the reverse side of this flier will help you to prevent, detect and seek treatment for high blood pressure.



Recommended blood pressure ranges

Category Systolic (mmHg)* Diastolic (mmHg)*

Normal – Less than 120 and Less than 80

Prehypertension – 120–139 or 80–89

Hypertension – 140 or higher or 90 or higher

* If systolic and diastolic pressures fall into different categories, overall status is the higher category. These classifications do not apply to certain ages and should be considered merely as a guide.

Recommended Screening

Periodic screening beginning at age 18 years

Work With Your Doctor To Control Your Blood Pressure

If you have high blood pressure, there's a lot you can do to reduce it. First, work with your doctor to determine the best treatment for you. It may include a low-fat, low-salt diet, losing weight, getting more exercise, and reducing alcohol consumption. Excess weight is closely associated with increased blood pressure. If you're more than 10 percent above your ideal weight, your blood pressure could be lowered with just 10 pounds of weight loss. And if you smoke – quit. It's another major risk factor for heart disease.

If your blood pressure does not reach an acceptable level after two to three months of making lifestyle changes like these, your doctor may recommend medication in addition to your lifestyle changes.

When you and your doctor work as a team to control your high blood pressure, you can help improve your overall health and reduce your risk of more serious medical conditions.

Wellness Recommendations

If you're overweight, lose it. Excess weight is closely associated with increased blood pressure. If you're more than 10 percent above your ideal weight, your blood pressure could be lowered with just 10 pounds of weight loss.

De-stress. Repeated stress appears to raise blood pressure, while relaxation techniques may lower blood pressure.

Do not smoke. Smoking increases blood pressure and contributes significantly to the development of heart disease.

Alcohol. Moderation is the key.

Potassium. A study in the *Annals of Internal Medicine* concluded that potassium-rich foods can reduce the need for blood-pressure-lowering medication in some people with hypertension. Be sure to consult your doctor before trying a high-potassium diet.

For more information about UnitedHealthcare's Asian American Markets, visit www.uhcasian.com.



Sources:

Source: National Heart, Lung and Blood Institute/Diseases and Conditions
Index http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html April 2008
American Heart Association, www.americanheart.org
(UnitedHealthcare is not associated with this Web site.)

This information was prepared solely for general educational purposes. If you have specific questions about the topic(s) featured in this flier or about other health conditions, see your doctor.

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建議血壓範圍

分類：收縮壓 (mmHg)**舒張壓 (mmHg)**

正常 - 120 以下及 80 以下

前期高血壓 - 120-139 或 80-90

高血壓 - 140 或以上, 或 90 或以上

* 如果收縮壓與舒張壓落在不同分類, 整體狀態屬於較高的分類。以上分類不適用於某些年齡, 而且僅能視為指南。

建議篩檢

從 18 歲開始定期篩檢

醫病合作，控制血壓

如果您有高血壓，很多作法都能助您降低血壓。首先，請與醫師一起確認最適合您的療法，其中包括低脂、低鹽飲食，減重，多運動與少喝酒。過重與血壓增高有密切的關係。如果您高於理想體重 10% 以上，只要減重 10 磅就能降低血壓。如果您吸菸，請戒菸；因為這是心臟病的另一個風險因素。

保健建議

如果您改變生活方式二至三個月後血壓仍沒有達到可接受的水準，除了改變生活方式以外，醫師可能建議您接受藥物治療。

與醫師合作控制高血壓能幫助您改善整體健康，降低更嚴重醫療情況的風險。

如果您超重，請試著減掉多餘的體重。過重與血壓增高有密切的關聯。如果您高於理想體重 10% 以上，只要減重 10 磅就能降低血壓。

減輕壓力。重複的壓力也可能增加血壓，而放鬆方法則可能可以降低血壓。

請勿吸菸。吸菸會讓血壓增高，大幅提高罹患心臟病的風險。

酒精。適度飲酒很重要。

鉀。內科醫學年鑑 (Annals of Internal Medicine) 一項研究結論發現，鉀含量高的食物可以減少某些高血壓患者對降血壓藥物的需求。採行高鉀飲食之前，請務必諮詢醫師。

險因素。

資料來源：

國家心肺及血液研究中心 / 疾病及病況；

http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_Whats.html，2008 年 4 月；

美國心臟協會；www.americanheart.org

(UnitedHealthcare 與上述網站並無關聯。)

本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康病況的特定疑問，請向醫師諮詢。

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