

高血壓知多少？

What Should I Know About High Blood Pressure?

由高血壓引起的健康問題

Health Problems Caused by High Blood Pressure

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| <ul style="list-style-type: none">• 慢性腎病 Chronic kidney disease• 中風 Stroke• 認知衰退和癡呆 Cognitive decline and dementia• 視力衰退或失明 Vision decline or loss | <ul style="list-style-type: none">• 心臟病 Heart disease• 周邊動脈病 Peripheral artery disease• 妊娠相關的併發症 Pregnancy-related complications• 其他健康問題 Other health problems |
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高血壓的風險因素 Risk Factors for High Blood Pressure

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| <ul style="list-style-type: none">• 酒精 Alcohol• 吸煙 Smoking• 壓力和焦慮 Stress and Anxiety• 缺乏運動 Lack of Physical Activities | <ul style="list-style-type: none">• 遺傳因素 Genetic• 鈉 Sodium• 肥胖 Obesity• 年齡 Age |
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目標血壓 Target Blood Pressure

收縮壓 Systolic	舒張壓 Diastolic	目標為 Target For
< 135 mmHg	< 85 mmHg	大多數人 For most people
< 130 mmHg	< 80 mmHg	糖尿病 Diabetes
< 120 mmHg	—	高風險的人（如：超過75歲，有肝腎或心臟病） High risk individuals (i.e. > 75 years old, kidney or heart disease)



如何降低血壓 How To Reduce Blood Pressure

- 管理體重
 - 定期運動
 - 減少壓力
 - 健康飲食
 - 減少鈉的攝入
 - 減少酒精攝入
 - 戒煙
 - 如有需要，按處方服用藥物
- Manage your weight
 - Exercise regularly
 - Reduce your stress
 - Eat a healthy diet
 - Reduce your sodium intake
 - Limit your alcohol consumption
 - Quit smoking
 - If needed, take your medication as prescribed

DASH 飲食法 DASH Diet

每天食用各種完整和
新鮮的食物

Eat a variety of whole
and fresh food
everyday

多吃水果和蔬菜

Eat plenty of fruit and
vegetables

適量攝取脂肪和油脂

Moderate your
consumption of fats
and oils

減少飲食中的糖分
和鹽分

Reduce the amount of
sugar and salt in your
diet

社區資源 Community Resources

卑詩省健康鏈接 HealthLink BC

8-1-1 (每天24小時提供卑詩省醫療保健系統的信息，附有中文)

8-1-1 (Health system navigators 24 hours per day and Chinese speakers are available)

卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱綫 Caregiver Support Line 1-877-520-3267