

# High Blood Pressure

Blood pressure is the force put on the walls of the blood vessels with each heartbeat. Blood pressure helps move blood through 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.

- 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 120 over 80 or less. Blood pressure varies from person to person. Each person's blood pressure changes from hour to hour and from day to day.

## High Blood Pressure

High blood pressure is also called hypertension. High blood pressure is 140 over 90 or higher. 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.

# 高血压

血压是随每次心跳血管壁所承受的力。血压有助于血液在您的身体里流动。

## 量血压

量血压常给您的上臂带上一个称之为袖袖带的宽带。空气充入袖袖带中。空气从袖袖带中放出时您的血压得到测量。

血压是两个高低读数。

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

## 正常血压

正常血压是高压 120 低压 80 或更低。血压因人而异。每个人的血压因时因日而异。

## 高血压

高血压也称为 **hypertension**。高血压是高压 140，低压 90 或更高。除非您的血压被测过多次而且一直居高不下，否则不可作出高血压的诊断。

血液流过血管越困难，您的血压数就越高。有高血压时，您的心脏负荷超过正常。高血压能导致心脏病、中风、肾衰竭和血管硬化。

## 高血压的症状

了解您是否有高血压的唯一方法是作检查。大多数人没有任何症状。有些人可能会头痛或视力模糊。

## 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.
- Limit salt in your food and drinks.
- Avoid alcohol.
- Stop smoking or tobacco use.
- Exercise most every day.
- Reduce stress.
- Practice relaxation daily.

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

- A severe headache
- Vision changes
- Chest pain, pressure or tightness that is not better with nitroglycerin
- 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

## 您的护理

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。如果您的血压一直居高，请打电话给您的医生。
- 按预约看医生。
- 遵医嘱服用您的血压药物。
- 即使您感觉良好或您的血压正常，请仍服药。
- 如果您体重过量，请减肥。
- 限制您食物和饮料中的盐。
- 避免喝酒。
- 戒烟或停止嚼用(嗅)烟草。
- 每天锻炼。
- 减少压力。
- 每天练习放松。

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，用了硝化甘油仍不好转
- 呼吸困难或呼吸短促
- 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

High Blood Pressure. Simplified Chinese.

6/2005. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.com](http://www.healthinfotranslations.com).