

# 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.

- 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.

# 孕期高血壓

血壓是指血液在您體內流動時對您的血管壁施加的壓力。血壓幫助血液泵入您的身體。

## 測量您的血壓

常見的血壓測量方法，是將一個稱為袖箍的寬帶子綁在您的上臂上，將空氣泵入袖箍。將空氣放出袖箍時即測量您的血壓。

血壓是一個數字高於另一個數字。

- 上一個數字較高，稱為心臟收縮壓讀數。這是心臟泵動時的血管壓力。
- 下一個數字較低，稱為心臟舒張壓讀數。這是心臟在搏動間隔期間的血管壓力。

## 正常血壓

正常血壓為120對80或更低。血壓因人而異。每個人的血壓在每小時和每一天都有不同。

## 高血壓

高血壓亦被稱為血壓過高。高血壓是指140對90或更高。對高血壓的診斷只有在您經過數次血壓檢查，而且血壓持續過高時才作出。

## **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.

## **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.

## 高血壓和懷孕

高血壓可能對孕婦及其尚未出生的寶寶具有危險。女性如在懷孕前患有高血壓，則在孕期可能會有更多問題。

有些女性在孕期罹患高血壓。孕期後半段的高血壓被稱為妊娠期高血壓。

孕期高血壓如不予治療，可能導致嬰兒過小或生病，也使母親發生問題。

## 孕期高血壓的徵兆

瞭解您是否患有高血壓，唯一的方法是接受血壓檢查。大多數人沒有任何症狀。

## 您的護理

如果您患有高血壓：

- 經常檢查您的血壓。
- 請去看您的固定醫生，檢查您自己和您的寶寶。
- 按照醫囑，服用降壓藥物。即使您感覺良好，仍要堅持服藥。
- 限制鹽的攝取量。
- 儘量每天做運動。
- 充分休息。身體向左側躺，以便盡可能為寶寶提供最多的氧氣。如果您上班或者有其他幼小的孩子，請要求他人幫忙。
- 減少壓力。

## **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.

### **Signs of Pre-eclampsia**

- 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.

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## 妊娠期高血壓

您的醫生將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。

### 子癇徵兆

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

如果您患有高血壓和癲癇，這稱為子癇。

對妊娠期高血壓的治療可包括用臥床休息或藥物來降低您的血壓，也可住院或分娩寶寶。

如果您有任何此類症狀，或者有任何疑問或疑慮，請**立即**與您的醫生討論。

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High Blood Pressure in Pregnancy. Traditional Chinese