

甚麼是血壓？

血壓是由心臟和動脈產生的力量，以維持血液在體內不停流動。

量度血壓時，醫護人員會使用一個連接電子儀器的充氣臂帶。血壓的度數以上下數字顯示，如 120/80。上方數字通常較高，顯示**收縮壓**，是量度心臟收縮時將血液泵入血管所加諸血管壁的壓力。

下方數字是**舒張壓**，是量度心臟舒張充血時所加諸血管壁的壓力。

血壓度數越高，心臟的負荷量越大。

甚麼是高血壓？

量度血壓時，度數偏高（高血壓）或正常並無一個準則，但一般的指標是：沒有患心臟病的人士的血壓應低於 **140/90**。

血壓變化不定，會隨著姿勢的改變、運動量、心情緊張、吸煙和睡眠而改變。因此，醫生通常在一段時間內量度血壓數次，才診斷病者患有高血壓。



甚麼因素導致高血壓？

有時高血壓明顯是由腎病、前列腺腫瘤或血管收窄引起，但大部分個案均可改善。

有部分人士患高血壓的成因不明（稱為原發性高血壓）。他們當中可能有 70-80% 與一些風險因素相關，如超重、酗酒、缺乏運動、飲食失衡、吸煙及面對壓力，但所有這些因素均可予以改善。

這類人士的家族成員中通常有高血壓患者。

任何人士不論年齡，均有機會患上高血壓。

如何處理高血壓？

根據醫學研究顯示，控制風險因素是降低血壓的首要步驟，換句話說，如果您定期運動、戒煙、減少喝酒和減輕體重，便可使血壓回落，並足以維持血壓在正常水平。

研究亦指出營養的因素也重要，特別是攝取鹽分方面。DASH-Sodium 研究結果提供實質的證據，證明控制體重有助降低血壓。有關這方面的資料，可諮詢專業的醫護人員。

在某些情況，可能需要採用更進一步的治療方法和借助藥物。病人須按照醫生的指示定期服用藥物，有些藥物可去除體內多餘的液體和鈉、減慢心跳速度或有助心臟和其他器官防止血管收窄。醫生會解釋有關藥物的好處和所產生的副作用。

高血壓對身體有甚麼害處？

高血壓被喻為一個「隱形殺手」。簡單來說，由於您沒有察覺身體有任何不適，所以不會發現高血壓對身體所造成的傷害。您必須明白血壓偏高會增加心臟的負荷，導致心臟需要使用較大的力量泵血，而血管亦須

在壓力較大的情況下使血液流動。由於心臟負荷較平常為高，經過一段長時間後，心臟便會發大。發大後的心臟為應付身體的需求，便會更加勞累。

血管內的壓力增加會令血管受損，最終導致運送血液至腎臟和腦部的血管受到影響。此外，高血壓亦加速動脈硬化，引致心臟負荷更重。

謹記：您不會感覺高血壓對心臟和動脈的影響，但如果您去除風險因素，便會感到健康情況的改善。

如何控制高血壓？

- 定期運動，令心臟強壯和鬆弛神經
- 若體重超標，盡量減輕體重
- 控制鈉質攝取量
- 減少飲酒
- 依照 DASH 餐單，進食低脂、高鎂、高鉀、高鈣和高纖的食物
- 戒煙
- 盡量消除壓力，認識放鬆的技巧
- 定期量度血壓
- 根據醫生指示，定期服藥

您可能聽過上述的方法，但現在正是實踐的時候。

明德國際醫院設有營養師諮詢服務、運動顧問計劃、Heartscans 和健康普查服務，讓您盡早發現健康的問題，以便及早治療。查詢詳情，請電 **2849 0188**。

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What is blood pressure?

Blood pressure is the force your heart exerts to keep blood flowing through your body.

Your blood pressure is measured using an inflatable cuff connected to an automated device. The reading taken is reported as one number over another number e.g. 120/80. The upper number, the **systolic blood pressure**, is always higher and it measures the pressure in the arteries when the heart contracts to pump the blood around the body.

The lower number called **diastolic blood pressure** is the pressure in the arteries as the heart relaxes and fills with blood.

The higher the reading the harder your heart has to work.

What is high blood pressure?

There is no concrete rule about what is high blood pressure (hypertension) and what is normal, but the guidelines for people who do not have heart disease suggest the goal be less than **140/ 90**.

Blood pressure levels vary from moment to moment in response to changes in posture, exercise, and tension, smoking and sleep. Due to these changes a doctor will usually take several readings over a period of time before making a diagnosis of high blood pressure.



What causes high blood pressure?

Sometimes high blood pressure is clearly caused by kidney diseases, tumours of the adrenal gland or the narrowing of certain arteries. These conditions can mostly be corrected.

Then there is a group who has no clear reason for their high blood pressure (called primary hypertension). This group of people, probably 70 – 80 %, has a relationship with risk factors e.g. overweight, excessive alcohol intake, lack of physical exercise, unbalanced dietary intake, smoking and stress; all of these risk factors can be reversed.

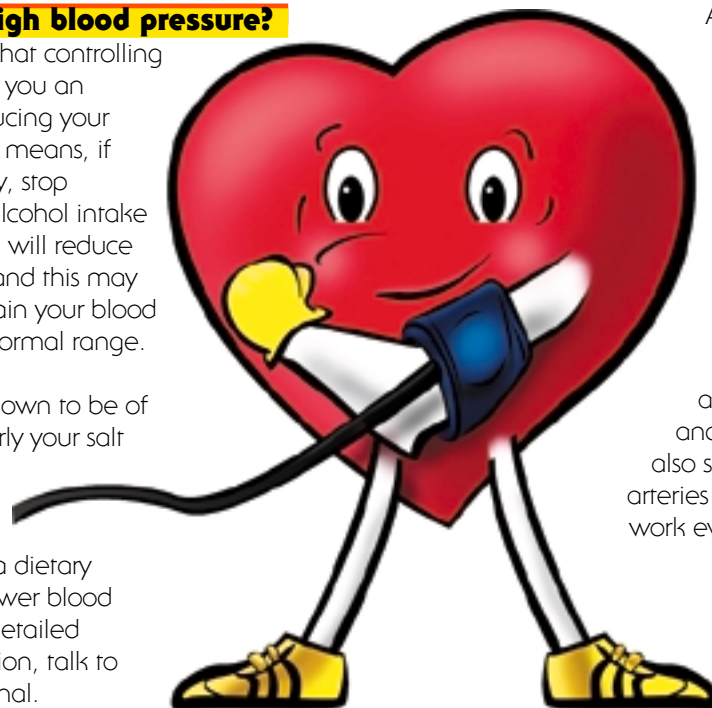
People in this group often have a family history of hypertension.

Anyone, no matter what his or her age is, can suffer from high blood pressure.

How do you treat high blood pressure?

Studies have shown that controlling your risk factors gives you an excellent start in reducing your blood pressure. That means, if you exercise regularly, stop smoking, limit your alcohol intake and lose weight, you will reduce your blood pressure and this may be enough to maintain your blood pressure within the normal range.

Nutrition has been shown to be of importance particularly your salt intake. The DASH-Sodium study has provided solid evidence that using a dietary approach you can lower blood pressure. For more detailed information on nutrition, talk to your health professional.



Sometimes, more is needed and medication may be prescribed. Medication must be taken regularly and for as long as the doctor recommends. Some medication rids the body of excess fluid and sodium, others slow the heart and another type prevents blood vessels from constricting. The doctor will explain the benefits and any expected side effects of the medications prescribed.

How can high blood pressure damage your body?

High blood pressure has been labelled as the "Silent killer." Quite simply you are unaware of the damage it is doing to your body because you may not feel any discomfort. It is important to understand that having high blood pressure adds to the workload of the heart. The heart must pump with a greater force and the arteries must carry blood moving under greater pressure.

As the heart is forced to work harder than normal, over a long period, it will become enlarged. A much enlarged heart has a hard time, keeping up with the demands of your body.

The elevated blood pressure can lead to these vessels becoming damaged and eventually affects kidney and brain. High blood pressure also speeds up hardening of the arteries which causes the heart to work even harder.

Remember: You don't feel the bad effects that hypertension has on your heart and arteries, but you will feel better if you drop your risk factor load.

How to manage your high blood pressure:

- Exercise regularly for a healthy heart and relaxation
- Lose weight if you are overweight
- Limit the amount of salt you eat and remember it comes in many hidden forms
- Limit your alcohol intake
- Adopt a DASH- plan diet with low fat, high magnesium, high potassium, high calcium and high fibre food
- Quit smoking
- Recognise stressful situations and try to employ relaxation techniques
- Check your blood pressure regularly
- If recommended by the doctor, follow your medication

You may have heard these before, now it's time to practise.

The Matilda International Hospital offers dietary consultation, exercise programme advice, heartscans and full health screening which allows for early detection and effective management of your risk factors. For more information phone 2849 0188.



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齊來討論

