

# 如何檢測血壓

## 在家中檢測血壓的步驟

1. 檢測血糖前30分鐘，請不要吸煙，喝含咖啡因或酒精的飲料和做運動。
2. 靜坐5分鐘，雙腳平放在地板上。將背部靠在椅子上，並將手臂放在平坦的表面（例如桌子）上。
3. 5分鐘後，將血壓袖帶纏繞在手臂或手腕的上方。袖帶應在動脈中心附近。
4. 按下按鈕後，檢測儀會自動膨脹。
5. 確認顯示屏上的收縮壓和舒張壓的數值。



## 小貼士:

- 確保袖帶的尺寸適合你的手臂。
- 每天在同一時間檢測血壓。
- 多測幾遍並記錄血壓值，每次測量要間隔1分鐘。  
*\* 如果血壓仍然很高，請立即聯繫醫生。*
- 不要穿著厚衣服測量。



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# How to Check Your Blood Pressure

## Steps to monitor blood pressure at home

1. Don't smoke, drink caffeinated or alcoholic drinks, and/or exercise 30 minutes before measurement.
2. Sit quietly for 5 minutes with your feet flat on the floor. Rest your back against the chair and place your arm on a flat surface, such as a table.
3. After 5 minutes, wrap the blood pressure cuff around the upper part of your arm or wrist. The cuff should be around the center of your artery.
4. An automatic monitor will inflate by itself when you press a button.
5. Check the top (systolic pressure), and bottom (diastolic pressure) readings on the dial or display window.



## Tips:

- Make sure the cuff fits around your arm and the tube is positioned in the middle.
- Measure at the same time every day.
- Take multiple readings 1 minute apart and record your results.  
*\* If your blood pressure is still high, contact your doctor immediately.*
- Don't measure your blood pressure over clothes.



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