

# 如何使用血壓計作為健康生活的指南

## 為什麼要檢測血壓？

在家檢測血壓水平對管理您的血壓是很重要的。在家檢測血壓有利於反映藥物的療效，從而決定您是否需要調整治療方法



## 何時檢測血壓？

每天在同一時間檢測血壓是很重要的，比如早上和晚上。

最理想的做法是，在更改治療方式或藥物的兩週後，和在下一個醫生預約的一周前，都應每天檢測血壓。



## 發現血壓升高后的自檢清單

- 我是否有按照處方服用藥物？  
我服藥情況如何？
- 我最近的壓力水平如何？什麼可以幫助我減輕壓力？
- 我的飲食如何？我能做到在飲食中減少鹽的攝入或添加更多蔬菜嗎？
- 我的運動狀態如何？我的運動量足夠嗎？

### 了解可能出現的錯誤血壓讀數：

- “白大衣”高血壓：病人只會在醫生的辦公室裡才檢測到高血壓。
- “隱匿性”高血壓：病人只會在家裡才檢測到高血壓。



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# How to use a blood pressure monitor as a guide to a healthier lifestyle

## Why monitor blood pressure?

Monitoring your blood pressure at home is important in managing high blood pressure. Measuring blood pressure at home is useful to track whether or not your medication is working or if you need to take a different approach.



## When to measure blood pressure?

It is important to monitor blood pressure at the same time each time, like morning and night time.

It is ideal to monitor blood pressure every day for the first 2 weeks after a change in treatment/medication and 1 week before your next doctor's appointment.



## Self-check list when blood pressure is elevated

- Am I taking the medicine as prescribed? How am I doing with my medication?
- How is my stress level lately? What might help me reduce the stress that I am feeling?
- How is my diet? Can I reduce any salt or add more vegetables in my diet?
- How are my physical activities? Am I getting enough exercise?

### Understand possible false blood pressure readings:

- **“White coat” hypertension:** People who only have high blood pressure readings at the doctor's office.
- **“Masked” hypertension:** People who only have high blood pressure readings at home.



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