

了解高血壓

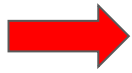
為什麼高血壓很重要？

高血壓是指我們的血壓超過正常範圍，隨著時間，你的心臟會變得過度勞累。高血壓會增加中風、心臟病和失明的風險。

120
80



收縮壓: 當心臟收縮時，動脈內的壓力最高，此時內壁的壓力稱為收縮壓。



舒張壓: 當心臟舒張時，動脈血管彈性回縮時，產生的壓力。

血壓類別	收縮壓 (mm Hg 毫米汞柱)		舒張壓 (mm Hg 毫米汞柱)
正常	不到 120	及	不到 80
偏高	120 - 129	及	不到 80
高血壓，第一期	130 - 139	或	80 - 89
高血壓，第二期	140 或更高	或	90 或更高
高血壓危險期 (請立即諮詢您的醫師)	高於 180	及/或	高於 120

*基於您醫生的評估和狀況，您的目標血壓可能會更高或更低。

與您的家庭醫生聯絡，
找出最適合您的方法來
保持健康血壓水平。



定期測量您的血壓，並按指示服藥。



想了解我們的醫生集團，
請致電會員服務部：
(415) 590-7418

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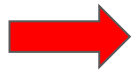
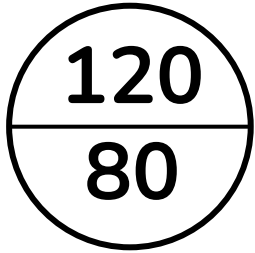


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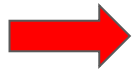
Understanding High Blood Pressure

Why is hypertension important?

Hypertension is when your blood pressure is higher than normal, so over time it can cause your heart to become overworked. High blood pressure can increase risks for stroke, heart attack and blindness.



Systolic Pressure: Measures the pressure when your heart beats.



Diastolic Pressure: Measures when your heart rests between beats.

Blood Pressure Category	Systolic Pressure (mm Hg)		Diastolic Pressure (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
Hypertension Stage 1	130 - 139	or	80 - 89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive crisis (call your doctor immediately)	Higher than 180	and/or	Higher than 120

**Your target blood pressure may be higher or lower based on your doctor's assessment and condition.*

Speak to your health provider to find out the best ways for you to maintain a normal blood pressure.



Monitor your blood pressure regularly and take medication as directed.



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(415) 590-7418

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