

高血壓衛教單張

Hypertension FAQ Sheet

一、什麼情況叫做高血壓？

血壓沖到血管壁的一種壓力稱為血壓，根據衛生組織定義：

(1) 收縮壓超過 140 毫米汞柱

(2) 舒張壓超過 90 毫米汞柱

1) When is blood pressure considered high? When is it considered hypertension?

Blood pressure is the force created by circulating blood against the walls of the blood vessels. Health organizations define hypertension as:

1. Systolic blood pressure exceeds 140mmHg consistently.
2. Diastolic blood pressure exceeds 90 mmHg consistently.

二、為何會得高血壓？那些人易得高血壓？

高血壓分原發性及次發性兩種。次發性高血壓乃繼發於某特定病因而引起之高血壓，這些病因包括：甲狀腺機能亢進，腎上腺腫瘤，血管異常...等。次發性高血壓只約占高血壓患者的不到 10%，即 90% 以上的高血壓患者皆屬原發性高血壓。目前醫學上對原發性高血壓的病因並不清楚，但根據臨床上的觀察統計我們發現有以下情形的人易得高血壓：

1. 有高血壓家族病史的人
2. 抽煙的人
3. 肥胖的人
4. 血脂肪高的人
5. 吃的太鹹的人
6. 有糖尿病的人

2) What is hypertension caused by? Who are more likely to suffer from hypertension?

Hypertension can be classified as either essential or secondary hypertension.

Secondary hypertension occurs as the result of other diseases, which include:

hyperthyroidism, adrenal tumors, blood vessel abnormalities, etc. However,

secondary hyperthyroidism accounts for less than 10% of all hypertension cases; over 90% of all hypertension cases occur as essential hypertension, in which no particular medical causes can be traced to explain the condition. Currently, the causes leading to essential hypertension are unclear; nonetheless, clinical observations have found

through statistics that the following people with the following characteristics are more likely to suffer from hypertension:

1. People whose family has a history of hypertension.
2. People that smoke.
3. Obese people.
4. People with high lipid content in their blood.
5. People who eat too salty.
6. Diabetics.

三、高血壓的人會有那些症狀？

早期常無明顯症狀，或只有輕微不適，可能有下列症狀：頭暈、頭痛、耳鳴、頸部酸痛、視力模糊、記憶力衰退、呼吸短促、失眠、耳鳴、重聽、腸胃到不適、肩部僵硬、心跳、噁心...等非特異性的症狀。但是，約有一半以上的高血壓患者，並不知道自己患有高血壓。

3) What are the symptoms of hypertension?

There are no obvious symptoms, besides the possibility of slight discomforts, during the early stage of hypertension. Here are the possible symptoms: dizziness, headache, tinnitus (ringing in the ears), hearing problems, gastrointestinal discomforts, tightness in the shoulders, palpitation, nausea, plus other common symptoms. About half of the hypertension patients, however, are not aware that they have hypertension.

四、何時治療高血壓？

平均舒張壓

- (1) 大於 120mmHg : 馬上檢查及治療。
- (2) 105 至 119mmHg : 有治療必要。
- (3) 90 至 104mmHg : 視個人作治療。
- (4) 大於 90mmHg : 每年測量血壓一次。

4) If I found out that my blood pressure is increasing, when should I seek treatment for hypertension?

When you diastolic blood pressure is:

1. Over 120 mmHg: seek examination and treatment immediately.
2. Between 105 to 119 mmHg: treatments are necessary.
3. Between 90 to 104 mmHg: the patient may decide whether or not to undergo a treatment.

4. Over 90mmHg: measure your blood pressure once a year.

五、高血壓該如何治療？

高血壓必須飲食，運動及藥物治療三者並進，才能獲得良好的控制。

1. 飲食治療：避免高熱量，高膽固醇，及高鹽的飲食。不抽煙，少喝酒。
2. 運動治療：運動每週至少三次，每次至少 30 分鐘以上。宜選擇有氧運動，如：慢跑、游泳、騎腳踏車... 強度以微喘，但仍能和運動伙伴對談為佳。血壓必須先控制在 170/100 以下，才能開始運動治療。長期運動 8-10 週後，就能開始看見血壓降低的效果。約可使收縮壓及舒張壓各降低約 10 mmHg。
3. 藥物治療：接受藥物治療之前，須先有以下的一些觀念：
 - a. 大多數的高血壓是原發性的，是無法治癒的。所以高血壓的控制是一輩子的長期抗戰，最好能在一位家庭醫學科醫師，或內科醫師的指導下長期服藥，絕不可不規則服藥，或中斷服藥。
 - b. 每個人對血壓藥的反應不一，所以血壓藥的給法必須從最低量開始，再慢慢調藥，不必急著很快把血壓降下來。除非血壓高到 200mmHg 以上。
 - c. 不可以自覺症狀之惡化或改善來自行增減藥量。應遵照醫師指示服藥。
 - d. 大部份的高血壓病人須一輩子服藥。但，有少部份以下四條件皆符合的病人，可在醫師之監控下嘗試停藥：
 - * 輕度或中度高血壓
 - * 血壓很容易經由藥物得到穩定的控制
 - * 尚無前述之併發症出現者
 - * 血壓在藥物控制下，穩定達半年以上

5) What are the treatment methods for hypertension?

Hypertension must be treated through controlled diet, sports therapy, and medication simultaneously in order for the treatments to be effective.

1. **Diet therapy:** avoid the consumption of foods with high calories, high cholesterol, and high salt content. Quit smoking, and drink less alcoholic beverages.
2. **Sports therapy:** Your blood pressure must be lowered to 170/100 pr below before you can begin sports therapy. Exercise at least 3 times per week, at least 30 minutes each time. Aerobic exercises are the best form of exercise for treating hypertension; they include jogging, swimming, and bike riding. The degree of movement should make you pant slightly faster, while still being able to talk with an exercise partner.
3. **Medication:**

There are a few concepts you should keep in mind before you begin your medication:

- a. Most hypertension cases are essential hypertension, which is un-curable. Controlling hypertension is a life-long battle. It is best to follow your medication under the guidance of a family doctor or general physician; follow your prescription routinely, and do not cease or temporarily stop your medication.
- b. Everyone has a different reaction towards medications for hypertension; hence, the dosage for the medication must begin with the lowest amount, and then be gradually increased. Do not rush into lowering your blood pressure in a short time, unless your blood pressure is over 200mmHg.
- c. Do not change the amount of the medication without consent, regardless of whether you are feeling better or worse. Always follow your medication as prescribed by your doctor.
- d. Most hypertension patients must follow their medication for the rest of their lives; however, in the following 4 circumstances, patients may cease medication under the supervision of their doctors:
 - ★ Patients with minor or medium cases of hypertension.
 - ★ Patients whose blood pressure can be easily controlled through medication.
 - ★ Patients who haven't experienced any of the above-mentioned symptoms.
 - ★ Patients whose blood pressure had been properly controlled and maintained under the use of medications for over 6 months.

六、一般預防—高血壓八誡：

- (1) 定期看醫生檢查血壓，最好自己學會量血壓。
- (2) 按照醫師指示吃藥，不可自行增減藥量。
- (3) 吃低鹽飲食者，菜中放的鹽減少原來的一半。
- (4) 少吃肝、豬油等高脂肪食物，炒菜改用沙拉油，可適量吃瘦肉、豆腐等。
- (5) 不要吃的太飽。
- (6) 禁煙酒、防便秘。
- (7) 保持正常體重，做適量運動，如體操、散步、伸腰等，須持續不斷。
- (8) 維持輕鬆的心情，凡事不急不躁，心平氣和。

6) There are 8 important things you should keep in mind if you have hypertension:

1. Visit the doctor routinely to check your blood pressure; or even better, learn how to measure your own blood pressure.
2. Follow your prescription as directed by your physician; do not reduce the amount of medication without consent.
3. Patients who need to use low-sodium salt instead of regular salt should use half the amount of salt when cooking.
4. Eat less liver, animal oil, and other high-cholesterol food: use vegetable oil instead of animal (pig) oil when cooking, switch your diet to eating lean meat and tofu instead.
5. Don't eat too full.
6. Quit smoking and drinking; avoid becoming constipated.
7. Maintain a healthy weight, and exercise regularly (aerobics, strolling, stretching, etc).
8. Maintain a relaxed and calm state; try not to become agitated or restless.

七、高血壓若不治療會造成那些併發症？

高血壓病人若不好好的控制他的血壓，在 7-10 年之內必定會出現一些麻煩的併發症。這些併發症將使病人的生命期望值比正常人少 10-20 年！這些併發症包括：

1. 心臟肥大-----> 心臟衰竭
2. 心絞痛-----> 心肌梗塞
3. 視網膜病變-----> 視力障礙， 失明
4. 腦血管病變-----> 中風
5. 腎功能異常-----> 腎衰竭， 尿毒症

7) What are the complications that can be caused by hypertension if left untreated?

If the hypertensive patient does not control his/her blood pressure, serious complications will very likely develop within 7 to 10 years. These complications may decrease the life-span of the patient by as many as 10 to 20 years! These complications include:

1. Hypertrophy of the heart → Heart failure

2. Angina pectoris → Myocardial infraction (also known as an heart attack)
3. Retinal diseases → Obscured or loss of vision
4. Cerebral vascular disease → Stroke
5. Kidney dysfunction → Kidney failure, uremia