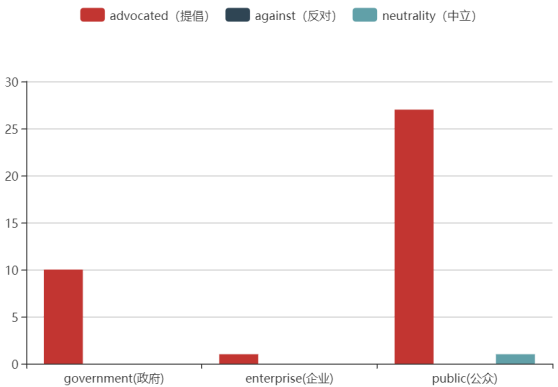


减盐-新闻

Salt Reduction - News

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新闻主体分类

Classification of news subject

政府 Government				
1. 胜利街道开展“全国高血压日”宣传咨询活动 Victory street "national hypertension day" propaganda and consulting activities	来源: 东营大众网 来源: 东营大众网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 09:18:09 Time: 09:18:09
<p>大众网东营10月8日讯 (通讯员 田苗) 10月8日是“全国高血压日”今年宣传主题是“知晓您的血压” 结合省部联合减盐防控高血压项目和全民健康生活方式行动, 胜利街道红十字会联合社区卫生服务中心于2018年9月30日上午8:30到鲁班公寓居民生活小区开展健康咨询活动。 宣传活动紧紧围绕“知晓您的血压”这一主题, 旨在广泛宣传高血压防治知识, 进一步加强居民健康教育和健康促进, 提高居民健康教育意识和健康水平, 提高居民知晓“定期到医疗机构”测量血压等核心问题, 提高高血压患者对高血压的知晓率、治疗率、控制率, 推进高血压建档管理, 从而减少心血管疾病的发生率和死亡率。</p> <p>Dongying, October 8 (correspondent Tian Miao) October 8 is "National Hypertension Day" This year's publicity theme is "Know Your Blood Pressure" in conjunction with the provincial and ministerial joint salt reduction and prevention and control of hypertension projects and the national healthy lifestyle action, Shengli Street Red Cross Union Community Health Service Center at 8:30 a.m. on September 30, 2008 To Luban apartment residents living quarters to carry out health advisory activities.The propaganda activities are closely centered on the theme of "knowing your blood pressure". The aim is to publicize the knowledge of hypertension prevention and treatment, further strengthen the residents'health education and health promotion, raise the residents' awareness of health education and health level, raise the residents'awareness of the core issues of "regularly visiting medical institutions" to measure blood pressure, and improve the prevalence of hypertension. The awareness rate, treatment rate, control rate of hypertension, promote the archiving management of hypertension, thereby reducing the incidence of cardiovascular disease and mortality.</p>				
2. 高血压可防可控 专家知晓并监测很重要 High blood pressure can prevent controllable experts: recognize and monitoring is very important	来源: 网易 来源: 网易	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 07:19:24 Time: 07:19:24
<p>10月8日是第21个“全国高血压日”, 今年宣传主题是“知晓您的血压”。合肥市疾控中心专家提醒, 高血压可防可控, 知晓并监测自己的血压尤其重要; 不要盲目相信小广告或伪科学宣传, 不能用保健品、保健理疗或食疗替代降压药治疗。同时鼓励高血压患者在家庭开展自测血压和自我管理。 限制食盐摄入、少吃快餐、限制饮酒与戒烟等对控制血压非常有益 高血压是最常见的慢性病之一, 也是心脑血管疾病的主要危险因素。据合肥市疾控中心专家介绍, 高血压是可防可控的, 知晓并监测自己的血压尤其重要</p> <p>October 8th is the twenty-first National Hypertension Day. The theme of this year's publicity is "know your blood pressure". Experts from Hefei CDC warned that hypertension can be prevented and controlled, and it is particularly important to know and monitor your own blood pressure; do not blindly believe in small advertisements or pseudo-scientific propaganda; do not use health products, health care physiotherapy or dietary therapy instead of antihypertensive drugs. At the same time, encourage hypertension patients to carry out self-test blood pressure and self-management in the family.Restricting salt intake, eating less fast food, restricting alcohol consumption and smoking cessation are very helpful for controlling blood pressure.Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. According to experts from Hefei CDC, hypertension is preventable and controllable, and it is particularly important to know and monitor your own blood pressure.</p>				
3. 每五人就有一人高血压! 专家建议限盐减重动起来 Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight	来源: 新华网 来源: 新华网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 03:21:12 Time: 03:21:12
<p>新华社北京10月8日电 (记者田晓航、王秉阳) 10月8日是第21个全国高血压日, 各地开展宣传活动提高人们对高血压危害性的认识和防治意识。心血管疾病专家认为, 对高血压患者应在生活方式干预同时启动药物治疗, 正确的生活方式干预也是合理有效的治疗手段。 国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍, 目前我国高血压患病人数达2.7亿, 高血压直接经济负担占我国卫生总费用的6.6%。包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高, 给患者家庭和社会带来沉重负担。 不过, 专家指出, 高血压可控可防</p> <p>Xinhua News Agency, Beijing, Oct. 8 (Reporter Tian Xiaohang, Wang Bingyang) Oct. 8 is the 21st National Hypertension Day. Publicity activities have been carried out around the country to raise awareness of the dangers of hypertension and awareness of prevention and treatment. Cardiovascular disease experts believe that hypertension patients should be lifestyle intervention and start drug treatment, the correct lifestyle intervention is also a reasonable and effective treatment.Jiang Lixin, assistant director of the National Cardiovascular Disease Center and vice president of Fuwai Hospital, Chinese Academy of Medical Sciences, said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Hypertension, including stroke, coronary heart disease, heart failure, kidney disease, and other serious complications of high disability and mortality rate, to the family and society of patients with a heavy burden.However, experts point out that hypertension is controllable and preventable.</p>				
4. 预防控制高血压 岳程街道开展宣传义诊活动 Prevention and control of high blood pressure YueCheng street conduct propaganda yizhen activities	来源: 菏泽大众网 来源: 菏泽大众网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 19:38 Time: 19:38
<p>医护人员为居民测量血压 医护人员向居民讲解相关知识 大众网菏泽10月8日讯 (见习记者 邢瑞纹) 今天是第21个“全国高血压日”, 宣传主题为“知晓您的血压”。为普及高血压防治知识, 增强社区居民自我保健意识, 菏泽市开发区岳程社区卫生服务中心组织开展了宣传义诊活动。 活动中, 医护人员为居民免费测量血压, 讲解高血压防治的相关知识, 同时告诉大家要改变不良生活方式, 养成健康保健行为来预防高血压、控制高血压, 并建议居民从控盐限油入手, 控制体重, 减轻心脏负担, 定期检测血压。 本次活动通过悬挂条幅、发放健康教育手册、发放控油控烟壶等方式进行健康宣传教育, 使居民进一步了解了高血压的防治常识, 强化了群众的高血压防范意识。</p> <p>Medical staff measure blood pressure for residentsMedical staff explain relevant knowledge to residents.Heze, Oct. 8 (Internship reporter Xing Ruiwen) Today is the 21st National Hypertension Day, the publicity theme is "Know Your Blood Pressure". In order to popularize the knowledge of hypertension prevention and control and enhance the self-care consciousness of community residents, the Yuecheng Community Health Service Center of Heze Development Zone organized the publicity free clinic activities.During the activity, the medical staff measured the blood pressure for the residents free of charge, explained the related knowledge of hypertension prevention and treatment, and told everyone to change the unhealthy lifestyle, develop health care behavior to prevent hypertension and control hypertension, and suggested that residents start from controlling salt and limiting oil, control weight, reduce the burden on the heart, and regularly test blood pressure.The activity through hanging banners, health education manuals, issued oil control and</p>				

smoking pots and other means of health education publicity, so that residents further understand the prevention and control of hypertension, and strengthen the people's awareness of hypertension prevention.				
5. 西岗中心卫生院举行“全国高血压日”主题义诊活动 - 滕州市卫生... Xi-gang central hospitals: "national hypertension day" theme yizhen activities - su health...	来源：中国滕州网 来源：中国滕州网	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间：18:01 Time: 18:01
2018年10月8日是我国第21个“全国高血压日”，主题是“知晓您的血压”。为有效预防和控制高血压，提高群众对高血压病的认识，10月8日，西岗中心卫生院组织医务人员开展了“全国高血压日”主题义诊活动。活动中，该院通过悬挂宣传横幅、发放宣传资料和减盐限油套件、测量血压、健康咨询等形式进行宣传。医护人员耐心向过往群众讲解了高血压疾病的防控措施，并呼吁群众积极参加“H型高血压”筛查，重视自己的血压水平，形成主动测量并定期监测血压的健康理念，医务人员建议群众合理饮食、戒烟限酒、适当锻炼、保持心理平衡、管理清晨血压，提倡家庭自测血压、管理高血压等对防治高血压具有重要意义。西岗中心卫生院“H型高血压”管理办公室负责人介绍说，如今，高血压已经成为危害人类健康的最主要的慢性疾病，它涉及面广，危害性重				
October 8, 2018 is the twenty-first National Hypertension Day in China. The theme is "know your blood pressure". In order to effectively prevent and control hypertension and raise people's awareness of hypertension, on October 8, Xigang Central Hospital of Health organized medical staff to carry out the theme of "National Hypertension Day" free clinic activities. During the activities, the hospital carried out propaganda by hanging propaganda banners, distributing propaganda materials, reducing salt and limiting oil kits, measuring blood pressure, health counseling and other forms. The medical staff patiently explained the prevention and control measures of hypertension to the past masses, and appealed to the masses to actively participate in the "H-type hypertension" screening, pay attention to their own blood pressure level, and form a healthy concept of active measurement and regular monitoring of blood pressure. The medical staff suggested the masses to eat reasonably, stop smoking and alcohol restriction, exercise properly, and maintain psychology. Balance, management of early morning blood pressure, advocating self-test blood pressure at home, management of hypertension are of great significance to the prevention and treatment of hypertension. The person in charge of the "H-type hypertension" Management Office of Xigang Central Health Hospital said that hypertension has become the most important chronic disease endangering human health, which involves a wide range of hazards.				
6. 全国第21个高血压日 省卫计委提醒公众7招预防高血压 A high blood pressure, 21 provinces who planning commission 7 for alerting the public to prevent high blood pressure	来源：每日甘肃网 来源：每日甘肃网	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间：21:48 Time: 21:48
每日甘肃网讯（记者金奉乾）10月8日是第21个全国高血压日，今年的主题为“知晓您的血压”。甘肃省卫生计生委提醒公众，高血压的发病率逐年提升，全国4人中有1人是高血压，因此教您管好调皮的血压，别再让血压坐“过山车”。关于高血压，您需要知道以下信息：一、高血压诊断标准 非同日三次血压测量。血压≥140/90mmHg，即可诊断为高血压。提倡使用上臂式全自动电子血压计进行有规律的家庭血压测量				
Daily Gansu Network News (reporter Jin Fengqian) October 8 is the 21st National Hypertension Day, this year's theme is "Know Your Blood Pressure". Gansu Provincial Health and Family Planning Commission reminds the public that the incidence of hypertension is increasing year by year, one of the four people in the country is hypertension, so teach you to manage naughty blood pressure, do not let blood pressure ride the roller coaster. For hypertension, you need to know the following information: Diagnostic criteria for hypertension Three blood pressure measurements were made on the same day. Blood pressure above 140/90mmHg can be diagnosed as hypertension. Advocate the use of upper arm automatic electronic sphygmomanometer for regular family blood pressure measurement.				
7. 全国高血压日 义诊科普活动进虎门社区 The national high blood pressure, Free clinic science popularization activities into the humen community	来源：东莞阳光网 来源：东莞阳光网	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间：15:52 Time: 15:52
东莞阳光网讯 今年10月8日是第21个全国高血压日。为推进高血压防治工作，进一步提升居民健康素养水平，今天上午，虎门镇2018年“全国高血压日”宣传服务活动举行。由东莞市科学技术协会主办，虎门镇卫计局、社区卫生服务中心协办的全国高血压日东莞市医师协会科普活动进社区活动在执信公园举行。现场设有卫生健康政策宣传区、高血压预防宣传义诊区、中医服务区 and 家庭医生签约区等。同时，向市民宣传高血压发病的危险因素、高血压患者必须养成的良好生活习惯以及控油限盐等高血压相关知识				
Dongguan Sunshine Network October 8th this year is the twenty-first National Hypertension Day. In order to promote the prevention and treatment of hypertension and further enhance the level of health literacy of residents, this morning, Humen Town, 2018 "National Hypertension Day" publicity and service activities were held. Sponsored by Dongguan Science and Technology Association and co-sponsored by Humen Town Health Planning Bureau and Community Health Service Center, the National Hypertension Day Science Popularization Activities of Dongguan Physicians Association were held in Shixin Park. There are health policy publicity area, hypertension prevention free clinic area, TCM service area and family doctor signing area. At the same time, the public should be publicized about the risk factors of hypertension, the good living habits of hypertension patients and the knowledge of hypertension such as controlling oil and limiting salt.				
8. 民乐县社区卫生服务中心举行全国高血压日宣传活动 Minle county community health service center held a national hypertension day campaign	来源：中国张掖网 来源：中国张掖网	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间：15:30 Time: 15:30
中国张掖网民乐讯 10月8日民乐县社区卫生服务中心在嘉园广场开展了以“控制高血压 享受健康生活”为主题的健康知识宣传咨询活动，活动中共发放宣传资料336余份，提供咨询和测量血压112余人次，受到了居民的一致好评。通过为居民测量血压和发放高血压防治知识的宣传资料等方式，向居民宣传高血压的防治知识，提高他们健康饮食的意识，调整合理的饮食结构，低盐限油，控制体重，增强体质锻炼，提高生活质量，远离高血压。通过此次活动，增强了居民对高血压相关知识的了解和高血压的防治知识，提高了居民的健康意识和健康水平，推进高血压建档管理，降低了高血压的发生风险，提高了高血压患者的自我管理技能，从而降低了并发症的发生率。				
China's Zhangye Netizen Music News On October 8th, Minle County Community Health Service Center launched a health knowledge publicity and consultation activity on Jiayuan Square with the theme of "Controlling High Blood Pressure and Healthy Living". More than 336 promotional materials were distributed during the event to provide consultation. And measuring blood pressure more than 112 people, has been well received by the residents. Through the measurement of blood pressure and the dissemination of knowledge on prevention and treatment of hypertension, residents will be informed about the prevention and treatment of hypertension, improve their awareness of healthy eating, adjust the reasonable diet structure, reduce salt and limit oil, control body weight, and enhance physical exercise. To improve the quality of life and stay away from high blood pressure. Through this activity, residents' knowledge of hypertension related knowledge and prevention knowledge of hypertension were enhanced, health awareness and health level of residents were improved, hypertension management was promoted, and the risk of hypertension was lowered and the risk was increased. The self-management skills of blood pressure patients reduce the incidence of complications.				
9. 临汾市第二人民医院开展“高血压日”现场义诊活动 Linfen city second people's hospital to carry out the "high blood pressure." yizhen activities at the scene	来源：黄河新闻网 来源：黄河新闻网	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间：18:12 Time: 18:12
黄河新闻网临汾讯（记者 张建峰）10月8日是第21个“全国高血压日”。为推进高血压防治工作，进一步提升居民健康素养水平，近日，临汾市第二人民医院积极组织医护人员开展现场义诊活动，为患者解惑答疑。活动现场，医护人员悬挂主题宣传条幅“知晓您的血压”，设立咨询台，接受群众关于高血压疾病相关知识咨询，免费为居民测量血压，发放宣传资料，为群众讲解控制食盐摄入，戒烟限酒，树立健康的生活方式等高血压防治知识。通过此次宣传活动，使广大群众进一步了解了高血压的防治知识，强化了群众的高血压防治意识，提高了对高血压的科学认识水平。广大医务人员积极倡导合理营养、健康饮食、保持理想体重等健康的理念，有效加强了群众对高血压的正确认识，增强健康血压观念和自我保健的意识，使高血压防治知晓率、治疗率和控制率不断提高，收到了良好的社会效益				
The Yellow River news network Linfen news (reporter Zhang Jianfeng) October 8th is the twenty-first "National Hypertension Day". In order to promote the prevention and treatment of hypertension and further improve the health literacy level of residents, recently, the Second People's Hospital of Linfen actively organized medical and nursing staff to carry out on-site free clinic activities for patients to answer questions. On the spot of the activity, the medical staff hang up the theme banner "Know Your Blood Pressure", set up a consulting desk, accept the public's knowledge about hypertension, measure the blood pressure for the residents free of charge, distribute propaganda materials, explain and control salt intake for the masses, stop smoking and limit alcohol, establish a healthy lifestyle and other hypertension prevention and treatment Knowledge. Through this publicity campaign, the broad masses of people have further understood the knowledge of hypertension prevention and treatment, strengthened the people's awareness of hypertension prevention and treatment, and improved the scientific level of understanding of hypertension. The majority of medical staff actively advocate the healthy concept of reasonable nutrition, healthy diet and ideal weight, effectively strengthen the people's correct understanding of hypertension, enhance the concept of healthy blood pressure and self-care awareness, so that the awareness rate of prevention and treatment of hypertension, treatment rate and control rate continue to improve, and received good social benefits.				
10. 平均每四人就有一个有高血压!第21个高血压日齐鲁医院组织义诊 On average every four people have a high blood pressure!High blood pressure, qilu hospital organization 21 free clinic	来源：齐鲁网 来源：齐鲁网	类别：高血压 Category: hypertension	态度：提倡 Attitude: advocate	时间：17:57 Time: 17:57
齐鲁网济南10月8日讯 “以前有高血压吗？”“有！”“降压药一直吃着吗？”“这段时间没吃，还是有点高。”今天是第21个高血压日，高血压是我国的第一大病，目前大概有3亿高血压患者，而且随着生活水平的提高，工作压力的增加，运动减少，肥胖的增加，以及一些饮食的关系，现在高血压的患病明显成年年轻化趋势。山东大学齐鲁医院心内科副主任医师王颖介绍，高血压一定要在安静清醒的状态下量三次，都大于140/90，这才叫高血压，如果只有一次或者生气了以后量血压，不代表正常水平。据了解，目前高血压官方数据是18岁以上的成人发病率22.6%，高血压人群达到2.7亿人，平均每4个人就有一个有高血压。高血压一旦发作的话，主要症状是头疼，头晕，头重脚轻，而且大多数发生在年龄大的情况下，如果40岁以前发病，大多考虑是家族遗传性的				
Qilu network Ji'nan October 8th, "did you have hypertension before?" "Yes!" "Has the antihypertensive drug been eaten?" "I haven't eaten this time, it's still a little high." Today is the 21st day of hypertension, hypertension is our country's first major disease, presently there are about 300 million people with hypertension, and with the improvement of living standards, increased work pressure, reduced exercise, increased obesity, and some dietary relationships, hypertension is now obviously mild trend in adulthood. Wang Ying, deputy director of cardiology, Qilu Hospital, Shandong University, said that hypertension must be measured three times in a quiet and awake state, all greater than 140/90, which is called hypertension, if only once or angry after the measurement of blood pressure, does not represent the normal level. It is understood that the current official figure for hypertension is 22.6% in adults over the age of 18, and the number of people with hypertension reaches 270 million. On average, one in four people has hypertension. When hypertension attacks,				

the main symptoms are headache, dizziness, heavy head and feet, and most occur in older cases, if the onset of disease before the age of 40, most considered to be familial inheritance.				
企业 Industry				
1. 全国高血压日 爱心筹提醒您做好大病早期预防 The national high blood pressure, raise remind you love early prevention of a serious illness	来源: 洞察网 来源: 洞察网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 18:38 Time: 18:38
10月8日讯 全国高血压日如期而至, 据《中国心血管病报告》显示, 全国高血压患者大约2.7亿, 每年与高血压有关的死亡人数达200万例。高血压是引发心、脑血管和肾脏病变的主要危险因素, 可导致脑中风、心肌梗死和肾功能衰竭。高血压是 最 常见的心血管病, 是全球范围内的重大公共卫生问题。高血压除本身的直接危害外, 更主要是造成心、脑、肾等靶器官的损害, 严重威胁居民的健康。但同时, 积极有效地预防和控制高血压, 可有效预防与遏制心血管疾病的流行				
Oct. 8 - National Hypertension Day comes on schedule. According to the China Cardiovascular Disease Report, about 270 million people with hypertension are living in the country. The number of deaths related to hypertension reaches 2 million every year. Hypertension is a major risk factor for cardiac, cerebrovascular and renal diseases, which can lead to stroke, myocardial infarction and renal failure.Hypertension is the most common cardiovascular disease. It is a major public health problem in the world. In addition to its direct harm, the main cause of hypertension is the damage of heart, brain, kidney and other target organs, seriously threatening the health of residents. At the same time, active and effective prevention and control of hypertension can effectively prevent and curb the prevalence of cardiovascular diseases.				
公众 Public				
1. 高血压发病年轻化明显 高血压 血压 发病_新浪新闻 Developing hypertension younger obvious.[.]. blood pressure of hypertension disease _sina news	来源: 新浪新闻 来源: 新浪新闻	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 03:18:04 Time: 03:18:04
最近, 38岁的高先生总感觉莫名其妙的头晕, 到医院一检查, 被确诊为高血压, 必须长期服药, 从此进入慢性病人群。 10月8日是第21个全国高血压日, 主题为“知晓您的血压”。专家提醒, 高血压的发病率逐年提升, 全国4人中有1人是高血压, 而作为北方省份, 由于吃盐量高, 陕西发病率还高于这一数字, 因此, 一定要进行自我血压监测。 每个家庭都应自备血压计 “高血压发病年轻化非常明显, 门诊上三四十岁的高血压患者很常见, 还有20多岁的。” 陕西省人民医院心内科主任王军学说, 高血压发病是综合因素, 与年龄、体重、生活习惯、精神压力等都有关, 从年龄上说, 男性45岁以上、女性55岁以上, 血压呈显著上升趋势				
Recently, 38-year-old Mr. Gao always feel puzzled dizziness, to a hospital check-up, was diagnosed with high blood pressure, must take long-term medication, from then on into chronic patients.October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Experts reminded that the incidence of hypertension increased year by year, four people in the country, one person is hypertension, and as a northern province, because of high salt intake, the incidence of Shaanxi is still higher than this number, therefore, we must carry out self-monitoring of blood pressure.Every family should have their own sphgmomanometer."The younger age of hypertension is very obvious. Hypertensive patients in their 30s and 40s are very common in outpatient clinics, and they are in their 20s." Wang Junkui, director of the Department of Cardiology, Shaanxi Provincial People's Hospital, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on.				
2. 广东省超过1700万人患高血压 过半人得病还不知情 Guangdong province more than 17 million people suffer from high blood pressure, more than half of people don't know	来源: 网易 来源: 网易	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 08:18:06 Time: 08:18:06
2018年10月8日是第21届“全国高血压日”, 今年的宣传主题是“知晓您的血压”。为了普及高血压的科学知识, 提高群众自我防控高血压的意识, “全国高血压日”前夕, 由深圳市卫生和计划生育委员会、广东省预防医学会主办, 深圳市慢性病防治中心承办的广东省第21届“全国高血压日”主题宣传活动在深圳举行。记者从现场获悉, 广东高血压防治形势严峻, 据估算, 全省高血压患者超过1700万人, 可18岁以上人群的高血压知晓率却仅为44%, 也就是说, 过半高血压患者尚不知自己已经得了高血压。 18岁以上居民高血压患病率为21.4% 根据2015年公布的广东省慢性病危险因素监测结果显示, 18岁以上居民高血压患病率21.4%, 按此估算, 全省高血压患者约有超过1700万人。此外, 18岁以上高血压知晓率为44.0%, 35岁以上高血压患者中, 对自身患病的知晓率仅为47.9%; 18岁以上成年人高血压患者中, 高血压治疗率为33.0%, 35岁以上居民中的高血压患者得到治疗的比例仅为36.9%; 而18岁以上高血压患者中血压得到良好控制的比例仅为8.8%, 35岁及以上居民高血压患者血压控制率为9.8%				
October 8, 2018 is the 21st National Hypertension Day. This year's publicity theme is "Know Your Blood Pressure". In order to popularize the scientific knowledge of hypertension and raise the people's awareness of self-prevention and control of hypertension, on the eve of National Hypertension Day, the 21st National Hypertension Day in Guangdong Province was held in Shenzhen, sponsored by Shenzhen Health and Family Planning Commission and Guangdong Provincial Association of Preventive Medicine, and sponsored by Shenzhen Center for the Prevention and Treatment of Chronic Diseases. It is held in Shenzhen. Reporters learned from the scene that the situation of prevention and treatment of hypertension in Guangdong is grim. According to estimates, there are more than 17 million patients with hypertension in the whole province, but the awareness rate of hypertension in people over the age of 18 is only 44%. That is to say, more than half of the patients with hypertension do not know that they have hypertension.The prevalence rate of hypertension in residents over 18 years old was 21.4%.According to the results of chronic disease risk factors surveillance published in 2015 in Guangdong Province, the prevalence of hypertension among residents over 18 years old was 21.4%. According to this estimate, there were more than 17 million hypertension patients in the whole province. In addition, the awareness rate of hypertension over the age of 18 was 44.0%, and that of hypertension over the age of 35 was only 47.9%; among hypertension patients over the age of 18, the treatment rate of hypertension was 33.0%, and among hypertension patients over the age of 35 was only 36.9%; while among hypertension patients over the age of 18, the treatment rate of hypertension was only 36.9%. The rate of good blood pressure control was only 8.8%. The control rate of hypertension patients aged 35 and over was 9.8%.				
3. 河北省三成多高血压患者不知情 In hebei province more than thirty percent of the patients with high blood pressure	来源: 河北新闻网 来源: 河北新闻网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 12:18:09 Time: 12:18:09
今天是全国高血压日, 其宣传主题“知晓您的血压”。记者从省疾控中心获悉, 根据有关调查, 河北省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。 高血压是最常见的慢性病之一, 也是心脑血管疾病的主要危险因素。目前, 我国成人高血压患病率达25.2%, 患者人数约2.7亿, 每年200万人死亡与高血压有关。我国每年因心脑血管病导致的死亡占国民总死亡的40%以上, 其中约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关				
Today is the National Hypertension Day, and its promotional theme is "know your blood pressure." The reporter learned from the Provincial Center for Disease Control and Prevention that according to the survey, the awareness rate, treatment rate and control rate of hypertension in Hebei Province were 68.4%, 47.8%, and 31.3%, respectively. Hypertension is one of the most common chronic diseases and a major risk factor for heart, brain and kidney disease. At present, the prevalence of hypertension in adults in China is 25.2%, the number of patients is about 270 million, and 2 million deaths per year are related to hypertension. China' s annual deaths from cardiovascular and cerebrovascular diseases account for more than 40% of total national deaths, of which about 70% of stroke deaths and about 50% of myocardial infarctions are closely related to hypertension.				
4. 这些早餐习惯 减寿又致癌!适合不同人群的早餐,列全了 The breakfast habits.reduce the carcinogenic again!Suitable for different groups of breakfast. column	来源: 天山网 来源: 天山网	类别: 食物中的钠 Category: sodium in food	态度: 提倡 Attitude: advocate	时间: 11:18:14 Time: 11:18:14
美好的一天从早餐开始。大家都知道不吃早餐危害大。早餐吃不好可能会引发胃炎、肥胖、胆结石等一系列的健康问题。甚至有研究表明, 不注重吃早餐的人寿命平均缩短了2.5岁! 对于早餐, 我们有哪些易忽视的坏习惯呢? 七种早餐习惯易伤身 1、豆浆+油条 豆浆配油条或者大饼卷油条, 应该是很多人喜欢的早餐之一。但油条的油脂、热量都偏高, 而且在高温油炸过程中, 不仅会破坏营养素, 还容易产生致癌物				
A good day starts with breakfast. Everyone knows that it is harmful to not eat breakfast. Eating bad food may cause a series of health problems such as gastritis, obesity, and gallstones. Even studies have shown that people who do not pay attention to breakfast have an average lifespan of 2.5 years! What bad habits do we have for breakfast? Seven kinds of breakfast habits are easy to hurt 1, soy milk + fritters Soymilk with fritters or large cakes and fritters should be one of the breakfasts that many people like. However, the oil and fat of the fritters are high, and during the high-temperature frying process, not only the nutrients are destroyed, but also carcinogens are easily produced.				
5. 知晓血压 科学预防高血压 第A03版·时评综合新闻_2018年10月08日... About blood pressure scientific prevention hypertension _the first A03 version: editorial, on October 8 comprehensive news _2018...	来源: 大连日报 来源: 大连日报	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 05:18:24 Time: 05:18:24
一、高血压诊断标准 非同日三次血压测量, 血压≥140/90mmHg,即可诊断为高血压。提倡使用上臂式全自动电子血压计进行有规律的家庭血压测量。家庭血压测量值判断标准不同于诊室血压, 家庭血压读数≥135/85 mmHg被认定为高血压。 二、高血压的流行与危害 高血压是最常见的慢性病之一, 也是心脑血管疾病的主要危险因素。目前, 中国成人高血压患病率达 25.2%,患者人数约2.7亿, 每年 200万人死亡与高血压有关				
Diagnostic criteria for hypertensionThree times of blood pressure measurement on the same day, blood pressure above 140/90mmHg, can be diagnosed as hypertension. We advocate the use of upper arm automatic electronic sphygmomanometer to measure regular family blood pressure. Family blood pressure measurement is different from the blood pressure in the clinic. Family blood pressure reading (> 135/85 mmHg) is considered hypertension.Two, the prevalence and harm of hypertensionHypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence of hypertension in Chinese adults is 25.2%, and the number of patients is about 270 million. Two million deaths are related to hypertension every year.				
6. “吃货们”需注意 别让高血压盯上你! "Version" note, don't let the high blood pressure on you!	来源: 新华网 来源: 新华网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 09:18:27 Time: 09:18:27

10月8日，又一个全国高血压日来啦！你以为高血压只“偏爱”老年人，和年轻人没啥关系吗？当然不是。专家提醒，高血压低龄化趋势明显，18岁就患病的不在少数，因此，青年人需养成科学健康的生活习惯，警惕高血压。什么是高血压？高血压是指以收缩压≥140mmHg、舒张压≥90mmHg为主要特征的慢性、非传染性疾病。患者早期常无症状，或仅有头晕、头痛、心悸、耳鸣等症状。表面上看，它是一种独立的疾病，实际上是引发心、脑血管和肾病变的一个重要危险因素，如果控制不当就会病变，引发脑中风、心梗和肾功能衰竭等病症，严重时可能会猝死

In October 8th, another national hypertension day came! Do you think that hypertension only favors the elderly and has nothing to do with young people? Of course not. Experts remind that the trend of Low-aged hypertension is obvious, 18-year-old illness in a few, therefore, young people need to develop a scientific and healthy lifestyle, vigilant against hypertension.What is hypertension?Hypertension is a chronic, non-infectious disease characterized by systolic blood pressure (> 140 mmHg) and diastolic blood pressure (> 90 mmHg). Patients often have no symptoms at the early stage, or only have dizziness, headache, palpitation, tinnitus and so on. Superficially, it is an independent disease and is actually an important risk factor for cardiac, cerebrovascular and nephropathy. If it is not properly controlled, it will lead to pathological changes, stroke, myocardial infarction and kidney failure, and may lead to sudden death in severe cases.

7. 【全国高血压日】改变生活方式应对轻度高血压 Lifestyle changes to national hypertension day 】【mild hypertension	来源： 新浪新闻	类别： 高血压	态度： 提倡	时间： 08:18:45
	来源： 新浪新闻	Category: hypertension	Attitude: advocate	Time: 08:18:45

原标题：【全国高血压日】改变生活方式应对轻度高血压 来源：央视新闻客户端 今天（8日）是全国高血压日。《中国心血管病报告》显示，全国高血压患者大约2.7亿，每年与高血压有关的死亡人数达200万例。高血压是引发心、脑血管和肾脏病变的主要危险因素，可导致脑中风、心肌梗死和肾功能衰竭。部分高血压患者早期没有症状，到一定程度以后才出现头晕头痛。专家提醒，即使是轻度高血压，也要进行相关检查，如果没有心、脑、肾等靶器官损害，可先采用生活方式干预，观察2~3个月，如果血压降到正常，就暂时不用药物治疗

Original title: [National Hypertension Day] changing lifestyle to cope with mild hypertensionSource: CCTV news clientToday (8) is national hypertension day. According to the China Cardiovascular Disease Report, there are about 270 million hypertensive patients in China, with 2 million hypertension-related deaths each year.Hypertension is a major risk factor for cardiac, cerebrovascular and renal diseases, which can lead to stroke, myocardial infarction and renal failure. Some patients with hypertension had no symptoms at early stage, and dizziness and headache occurred only after a certain degree. Experts warn that even mild hypertension, but also to carry out relevant examinations, if there is no heart, brain, kidney and other target organ damage, can first adopt lifestyle intervention, observation 2-3 months, if blood pressure dropped to normal, temporarily do not need medication

8. 为啥年纪轻轻就得了高血压? 带你了解致病原因与控制方式 Why the young have high blood pressure?Take you understand the causes and control mode of the disease	来源： 北晚新视觉	类别： 高血压	态度： 提倡	时间： 11:19:24
	来源： 北晚新视觉	Category: hypertension	Attitude: advocate	Time: 11:19:24

今天“中国高血压日”，记者了解到，目前我国人群高血压的患病率仍呈升高趋势。近年来，我国高血压患者的知晓率、治疗率和控制率有了明显的提高，但总体上仍处于较低水平，分别为51.5%、46.1%和16.9%。高钠、低钾膳食、超重和肥胖是我国人群重要的高血压危险因素。发现不良生活方式致病 近年来，北京积水潭医院心内科主任孙华毅在诊室里见到的高血压患者越来越年轻。孙华毅说，很多高血压患者认为没有症状，血压高了也没事儿

Today is the "China High Blood Pressure Day". The reporter learned that the prevalence of hypertension in China is still on the rise. In recent years, the awareness rate, treatment rate and control rate of hypertension patients in China have been significantly improved, but they are still at a low level overall, 51.5%, 46.1% and 16.9% respectively. High sodium, low potassium diet, overweight and obesity are important risk factors for hypertension in our population. Found a bad lifestyle In recent years, Sun Huayi, director of the Department of Cardiology at Beijing Jishuitan Hospital, is getting younger and younger in the clinic. Sun Huayi said that many people with hypertension think that there are no symptoms, and blood pressure is high.

9. 爱吃洋快餐、喝碳酸饮料 15岁男孩患上高血压 Love to eat western fast food drink carbonic acid beverage. 15-year-old boy suffering from high blood pressure	来源： 凤凰网江苏站	类别： 高血压	态度： 提倡	时间： 12:19:30
	来源： 凤凰网江苏站	Category: hypertension	Attitude: advocate	Time: 12:19:30

15岁初三男孩乐乐（化名）最近半年来总感觉头晕，去医院一查血压竟170/110mmHg，家族中没有高血压病史，如此年纪怎么会高血压找上门？原来都是肥胖惹的祸。10月8日是全国高血压日，东南大学附属中大医院心血管内科戴启明主任医师指出，近年来，号称“无形杀手”的高血压呈现高发率且年轻化趋势，这个趋势和生活方式不健康、自身健康意识不足有关。案例：15岁男孩体重180斤 初三学生乐乐今年15岁，身高1米7，体重却有180斤。半年前，乐乐出现头晕不适的感觉，家人一直以为是课业负担重，孩子熬夜、劳累所致，并未太在意

The 15-year-old junior boy Lele (a pseudonym) has always felt dizzy in the past six months. He went to the hospital to check the blood pressure of 170/110mmHg. There is no history of hypertension in the family. How can high blood pressure come to the door? It turned out to be a curse of obesity. On October 8th, the National Hypertension Day, Dai Qiming, chief physician of Cardiovascular Department of the Zhongda Hospital affiliated to Southeast University, pointed out that in recent years, the high blood pressure and younger trend of high blood pressure known as "invisible killer" has become a trend and lifestyle. Unhealthy, lack of awareness of their own health. Case: 15-year-old boy weighs 180 pounds The third grade student Lele is 15 years old this year, with a height of 1 meter and a weight of 180 pounds. Half a year ago, Lele felt dizzy and uncomfortable. The family always thought that it was a heavy burden on the schoolwork. The children stayed up late and tired, not too concerned.

10. 全国高血压日 知晓您的血压，让“隐形杀手”无所遁形 National hypertension day know your blood pressure, give an "invisible killer" to hide something	来源： 搜狐	类别： 高血压	态度： 提倡	时间： 01:40:47
	来源： 搜狐	Category: hypertension	Attitude: advocate	Time: 01:40:47

原标题：全国高血压日，知晓您的血压，让“隐形杀手”无所遁形 有一种病被称为“安静的杀手”，患病后可能没有症状，而且患者通常不会主动寻求检测与治疗。但它正剥夺着越来越多人的健康——它就是：“高血压”。据全国统计资料显示，我国高血压患者已突破3.3亿，每年200万人的死亡与高血压有关。虽然高血压的发病率较高，但它的知晓率、治疗率和控制达标率都令人担忧。为提高广大群众对高血压危害健康严重性的认识

Original title: National Hypertension Day, you know your blood pressure, so that "invisible killer" no escape.Pay attention to usIntroduction PrefaceItThere is a disease called a quiet killer, which may be asymptomatic, and patients usually do not actively seek testing and treatment. But it is depriving more and more people of their health -- that is, "hypertension".According to national statistics, the number of hypertensive patients in China has exceeded 330 million, and 2 million deaths are related to hypertension every year. Although the incidence of hypertension is high, its awareness rate, treatment rate and control rate are worrying.In order to raise the general public's awareness of the seriousness of health hazards caused by hypertension

11. 南方人比北方人更长寿的原因，终于找到了，没想到竟然是... Southerners live longer than in the north of the reasons, finally found the, have never thought unexpectedly is...	来源： 搜狐	类别： 食物中的钠	态度： 提倡	时间： 01:41:24
	来源： 搜狐	Category: sodium in food	Attitude: advocate	Time: 01:41:24

原标题：南方人比北方人更长寿的原因，终于找到了，没想到竟然是... 南方老人和北方老人谁更长寿？英国医学杂志《柳叶刀》曾刊文指出，中国人的平均寿命较过去 25 年增长了 8.5 岁，然而存在地区差异性：上海市的期望寿命位列全国第一；而一些西部地区的期望寿命却较全国最高水平低了约 10 岁。北方心血管病高发，其中，黑龙江省的心脏病死亡率比浙江省高 3 倍。中国：百岁老人多在南方 《中国心血管病报告》的说法与此相契合，其数据显示：北方高血压患病率远高于南方，达 30% 以上。近期有研究指出，南方人的平均寿命比北方人高出 5 年！虽然 5 岁的差异有点太离谱，但寿命的差异却是事实~ 我国长寿老人的分布表现出明显的地理聚集性，中科院地理研究所研究员、长期从事环境与健康研究的王五一绘出一幅『长寿地图』。排在前十分别是海南、上海、广东、广西、福建、江苏、山东、浙江、河南、四川 为啥南方人更长寿呢？环境 目前我国百岁老人多分布在南方，沿江河流域分布，主要聚集在长江三角洲、珠江三角洲、东南沿海、川渝和中原等五个地区，且多分布于中、低山丘陵及冲积、洪积平原地区

Original title: the reason why southerners live longer than northerners is finally found.Who live longer in the South and in the north?The Lancet, a British medical journal, has reported an 8.5-year increase in life expectancy over the past 25 years, but there are regional differences:Shanghai's life expectancy ranks first in the country.However, the life expectancy of some western regions is about 10 years lower than that of the highest level in the country.The incidence of cardiovascular disease in the north is high. The mortality rate of heart disease in Heilongjiang is 3 times higher than that in Zhejiang province.China: centenarians are mostly in the SouthThe Chinese cardiovascular disease report is consistent with this.The prevalence of hypertension in the north is much higher than that in the south, reaching over 30%.Recent studies have shown that the average life expectancy of the Southerners is 5 years higher than that of the northerners. Although the difference between 5 years old is a bit out of line, the difference between life expectancy is fact.Distribution of longevity in China shows obvious geographic clustering. Wang Wuyi, a researcher at the Institute of Geography of the Chinese Academy of Sciences and a longtime environmental and health researcher, has drawn a map of longevity.Hainan, Shanghai, Guangdong, Guangxi, Fujian, Jiangsu, Shandong, Zhejiang, Henan and Sichuan ranked in the top 10Why do southerners live longer?Environmental ScienceAt present, centenarians in China are mainly distributed in the south, along the river basin, mainly concentrated in the Yangtze River Delta, the Pearl River Delta, the southeastern coastal areas, Sichuan, Chongqing and the Central Plains, and mainly distributed in the middle and low mountains and hills, alluvial and alluvial plains.

12. 高血压发病年轻化趋势明显 医生:减盐 均衡饮食 积极运动 Hypertension incidence trend of getting younger over the obvious Doctor: salt eat a balanced diet active	来源： 新浪新闻	类别： 高血压	态度： 提倡	时间： 17:51
	来源： 新浪新闻	Category: hypertension	Attitude: advocate	Time: 17:51

西部网讯（陕西广播电视台《第一新闻》记者 秦钦）高血压，相信大伙都不陌生。10月8日，是第21个全国高血压日。高血压是最常见的慢性病之一，同时也是心脑血管疾病的主要危险因素。那么，在日常生活中，怎样才能有效防控高血压呢？据了解，非同日三次血压测量，均高于140/90毫米汞柱，即可诊断为高血压。目前，高血压还不能根治，作为一种慢性疾病，如何有效预防和控制，就显得尤为重要

Western Network News (Shaanxi Radio and TV Station "First News" reporter Qin Qin) hypertension, I believe we are all familiar. In October 8th, it was the twenty-first National Hypertension Day. Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. Then, how can we effectively prevent and control hypertension in our daily life?It is understood that three times of blood pressure measurement is higher than 140/90 mmHg on the same day, and can be diagnosed as hypertension. At present, hypertension can not be cured, as a chronic disease, how to effectively prevent and control, it is particularly important.

13. 说了很多年的少盐,现又有专家说“多盐好”,怎样才能? Say less salt for many years, now has experts say "salt is good," how is good?	来源： 中华网	类别： 健康中心	态度： 中立	时间： 15:30
	来源： 中华网	Category: health and	Attitude: neutrality	Time: 15:30

“柴米油盐酱醋茶”是人们生活中的必需品。在“民以食为天”的中国，饮食文化深深烙印在每个中国人心上，尤其是“盐”的存在，人们的饮食从“食之无味”到“食之有味”发生了转变。随着近年来健康理念的提高，不人提倡起了“少盐”的生活观念，然而最近又有“多盐”言论出来，针尖对麦芒，那到底是怎么回事呢？首先我们先来谈论一下盐对人体的影响。盐对人体的好处盐的主要成分是氯化钠，是我们身体必备的营养素，也是我们身体摄取钠的主要来源，与钾一样属于电解质。盐在人体的主要作用是维持身体电解质的平衡、肌肉的兴奋性、电解质平衡、细胞内外物质交换等

"Rice, oil, salt, sauce, vinegar and tea" is an essential commodity in people's life. In China, where the people live on food, food culture is deeply impressed on the hearts of every Chinese, especially the existence of salt. People's diet has changed from "tasteless" to "tasteless". With the improvement of health concept in recent years, people do not advocate the "less salt" concept of life, but recently there is "more salt" speech, the needle to the wheat awn, what is the matter?First, let's talk about the effect of salt on human body.The advantages of salt to human bodyThe main ingredient of salt is sodium chloride, which is a necessary nutrient for our body and a major source of sodium for our body. It is an electrolyte like potassium. The main functions of salt in the human body are to maintain the balance of electrolytes in the body, muscle excitability, electrolyte balance, intracellular and extracellular material exchange, etc.

14. 高血压发病年轻化明显 医生喊你回家吃饭	来源：西安区县新闻网	类别：高血压	态度：提倡	时间：13:06
Hypertension incidence of younger obvious doctor shout you go home for dinner	来源：西安区县新闻网	Category: hypertension	Attitude: advocate	Time: 13:06

最近，38岁的高先生总感觉莫名其妙的头晕，到医院一检查，被确诊为高血压，必须长期服药，从此进入慢性病人群。10月8日是第21个全国高血压日，主题为“知晓您的血压”。专家提醒，高血压的发病率逐年提升，全国4人中有1人是高血压，而作为北方省份，由于吃盐量高，陕西发病率还高于这一数字，因此，一定要进行自我血压监测。每个家庭都应自备血压计“高血压发病年轻化非常明显，门诊上三四十岁的高血压患者很常见，还有20多岁的。”陕西省人民医院心内科主任王奎说，高血压发病是综合因素，与年龄、体重、生活习惯、精神压力等都有关系，从年龄上说，男性45岁以上、女性55岁以上，血压呈显著上升趋势

Recently, 38-year-old Mr. Gao always felt puzzled dizziness, to a hospital check-up, was diagnosed with high blood pressure, must take long-term medication, from then on into the chronic patients.October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Experts reminded that the incidence of hypertension increased year by year, four people in the country, one person is hypertension, and as a northern province, because of high salt intake, the incidence of Shaanxi is still higher than this number, therefore, we must carry out self-monitoring of blood pressure.Every family should have their own sphygmomanometer."The younger age of hypertension is very obvious. Hypertensive patients in their 30s and 40s are very common in outpatient clinics, and they are in their 20s." Wang Junkui, director of the Department of Cardiology, Shaanxi Provincial People's Hospital, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on.

15. 你的血压正常吗?每五个深圳成年人就有一个高血压	来源：南方网	类别：高血压	态度：提倡	时间：15:54
Your blood pressure normal?Every five adults in shenzhen have a high blood pressure	来源：南方网	Category: hypertension	Attitude: advocate	Time: 15:54

南方网讯（全媒体记者/向雨航 通讯员/周速敏）10月8日是第21届“全国高血压日”，你知道你的血压是多少吗？相关调查数据显示，深圳18岁以上居民高血压患病率达20.9%，患者近200万。血压知晓率仅60%，虽然好于全国大城市水平，但是还有四成高血压患者不知道自己血压，不知道自己患有高血压。而心血管疾病也已成为深圳市居民的头号“健康杀手”，大家都需要防控自己的血压。至少每半年测量一次血压 今年“全国高血压日”的主题是“知晓您的血压”。近日，第21届“全国高血压日”主题宣传活动在罗湖东门文化广场举行

Southern Network News (full media reporter / Xiangyuhang correspondent / Zhou Xumin) October 8 is the 21st National Hypertension Day. Do you know what your blood pressure is?According to the relevant survey data, the prevalence rate of hypertension in Shenzhen residents above 18 years old is 20.9% and nearly 2 million. Blood pressure awareness rate is only 60%, although better than the national level of big cities, but there are 40% of hypertension patients do not know their own blood pressure, do not know that they have hypertension. Cardiovascular disease has become the number one "health killer" in Shenzhen residents, and everyone needs to prevent and control their own blood pressure.Measure blood pressure at least half a year.The theme of this year's "National Hypertension Day" is "know your blood pressure". Recently, the twenty-first national day of hypertension was held in Dongmen Cultural Square, Luohu.

16. 年轻轻轻怎得了高血压?	来源：北京晚报	类别：高血压	态度：提倡	时间：13:58
How had high blood pressure at a young age?	来源：北京晚报	Category: hypertension	Attitude: advocate	Time: 13:58

来源：北京晚报 2018年10月08日 版次：26 作者：今天 “中国高血压日”，记者了解到，目前我国人群高血压的患病率仍呈升高趋势。近年来，我国高血压患者的知晓率、治疗率和控制率有了明显的提高，但总体上仍处于较低水平，分别为51.5%、46.1%和16.9%。高钠、低钾膳食、超重和肥胖是我国人群重要的高血压危险因素。发现 患者越来越年轻 近年来，北京积水潭医院心内科主任孙华毅在诊室里见到的高血压患者越来越年轻。很多高血压患者认为没有症状，血压高了也没事儿

Source: Beijing evening news October 2018 08 edition: 26 Author:Today is the "China Hypertension Day," the reporter learned that the prevalence of hypertension in China's population is still on the rise. In recent years, the awareness rate, treatment rate and control rate of hypertension patients in China have been significantly improved, but the overall level is still at a low level, 51.5%, 46.1% and 16.9% respectively. High sodium, low potassium diet, overweight and obesity are important risk factors for hypertension in Chinese population.The patient is getting younger and younger.In recent years, Sun Huayi, director of Cardiology at Beijing Jishuitan Hospital, has seen more and more young patients with hypertension in the clinic. Many people with high blood pressure do not feel like symptoms, and their blood pressure is high.

17. 预防高血压怎么做?低盐低脂多运动	来源：东莞阳光网	类别：高血压	态度：提倡	时间：17:56
Prevention of high blood pressure do?Low salt low fat exercise more	来源：东莞阳光网	Category: hypertension	Attitude: advocate	Time: 17:56

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18. 河北省三成多高血压患者不知情	来源：中国新闻网河北新闻	类别：高血压	态度：提倡	时间：14:39
In hebei province more than thirty percent of the patients with high blood pressure	来源：中国新闻网河北新闻	Category: hypertension	Attitude: advocate	Time: 14:39

10月8日是全国高血压日，其宣传主题“知晓您的血压”。记者从省疾控中心获悉，根据有关调查，河北省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。目前，我国成人高血压患病率达25.2%，患者人数约2.7亿，每年200万人死亡与高血压有关。我国每年因心脑血管病导致的死亡占国民总死亡的40%以上，其中约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关

October 8th is the national day of hypertension. Its theme is "know your blood pressure". The reporter learned from the provincial CDC that according to the relevant survey, the awareness rate, treatment rate and control rate of hypertension in Hebei residents were 68.4%, 47.8% and 31.3% respectively.Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence rate of adult hypertension in China is 25.2%, and the number of patients is about 270 million. Two million deaths are related to hypertension every year. Cardiovascular and cerebrovascular diseases account for more than 40% of all deaths in China every year. About 70% of stroke deaths and 50% of myocardial infarction are closely related to hypertension.

19. 控制血压 健康生活	来源：腾讯网	类别：高血压	态度：提倡	时间：17:49
Control of blood pressure a healthy life	来源：腾讯网	Category: hypertension	Attitude: advocate	Time: 17:49

高血压是指以体循环动脉血压（收缩压和/或舒张压）增高（收缩压≥140 毫米汞柱、舒张压≥90 毫米汞柱）为主要特征，可伴有心、脑、肾等器官的功能或器质性损害的临床综合征。血压及高血压的分类 目前，我国高血压的诊断采用《中国高血压防治指南(2005 年修订版)》建议的标准。（见下表）临床上高血压可分为两类，一是原发性高血压，二是继发性高血压。与高血压发病有关的主要因素：1、遗传因素 高血压具有明显的家族聚集性，父母均患有高血压病，其子女发病概率可高达46%，高血压病患者人群中约有60%都有高血压家族史。2、饮食因素 不同地区人群高血压水平和高血压患病率与钠盐平均摄入量呈显著正相关，但同一地区人群中，个体间血压水平与摄盐量并不相关，摄盐过多导致血压升高现象主要见于盐敏感的人群

Hypertension is a clinical syndrome characterized by elevated systolic and/or diastolic arterial blood pressure (systolic and/or diastolic blood pressure) (systolic pressure (> 140 mm Hg) and diastolic pressure (> 90 mm Hg) which may be accompanied by functional or organic damage to the heart, brain, kidney and other organs.Classification of blood pressure and hypertensionAt present, the diagnosis of hypertension in China is based on the criteria recommended in the Chinese Guidelines for the Prevention and Treatment of Hypertension (2005 Revision). (see table below)Clinically, hypertension can be divided into two categories, one is essential hypertension, the other is secondary hypertension. Two.The main factors associated with hypertension are:1. Genetic factorsHypertension has obvious familial aggregation, both parents have hypertension, and the incidence of children can be as high as 46%. About 60% of hypertension patients have family history of hypertension.2. dietary factorsThe level of hypertension and the prevalence of hypertension were positively correlated with the average intake of sodium salt in different areas. However, in the same area, the level of blood pressure was not correlated with the intake of salt. The phenomenon of hypertension caused by excessive salt intake was mainly found in salt-sensitive people.

20. 全国高血压日:别再让血压坐过山车了!	来源：江苏网络广播电视台	类别：高血压	态度：提倡	时间：16:48
National hypertension day: don't let blood pressure on a roller coaster!	来源：江苏网络广播电视台	Category: hypertension	Attitude: advocate	Time: 16:48

七成患者不知道自己血压高 今天（10月8日）是第21个“全国高血压日”，主题是“知晓您的血压”。根据调查显示，我国成人高血压患病人数达2.45亿。也就是说，每4个成人中就有1人高血压，而高血压人群中有近7成不知道自己患有高血压。今年68岁的张先生血压一直不稳定，不过，只有出现头痛症状的时候，他才会吃一片降压药。然而两天前，他在家突然晕倒了				
70% patients do not know their blood pressure is high.Today (October 8th) is the twenty-first National Hypertension Day. The theme is "know your blood pressure". According to the survey, the number of hypertension patients in China is 245 million. In other words, one in four adults has high blood pressure, and nearly 70 percent of people with high blood pressure do not know they have high blood pressure.Mr. Zhang, 68, has an unstable blood pressure, but only takes a pill when he has headache symptoms. Two days ago, however, he collapsed at home.				
21. 研究发现血压新基因区域 解释基因高度遗传性问题	来源：健康一线	类别：高血压	态度：提倡	时间： 13:48
The study found that blood pressure area to explain new genes highly genetic problems	来源：健康一线	Category: hypertension	Attitude: advocate	Time: 13:48
高血压是中风和心脏病的主要危险因素。除了肥胖、吸烟、酗酒和高盐摄入等生活方式上的风险因素之外，基因高度遗传性也是导致高血压的重要因素。然而，目前我们对血压的遗传结构并不清楚。上月，《Nature Genetics》杂志一项涉及100多万参与者的研究发现了500多个影响血压的新基因区域，解释了近三分之一的血压遗传问题，为未来药物开发带来新启示。 DOI: https://doi.org/10.1038/s41588-018-0205-x 这项研究以“Genetic analysis of over 1 million people identifies 535 new loci associated with blood pressure traits”为题发表在《自然遗传学》杂志上				
Hypertension is a major risk factor for stroke and heart disease. In addition to lifestyle risk factors such as obesity, smoking, alcoholism and high salt intake, high genetic inheritance is also an important contributor to hypertension. However, we do not know the genetic structure of blood pressure at present. Last month, a study in the Journal Nature Genetics involving more than a million participants found more than 500 new genetic regions that affect blood pressure, explaining nearly a third of the inheritance of blood pressure and providing new insights into future drug development.DOI: https://doi.org/10.1038/s41588-018-0205-x The study was published in the Journal Nature Genetics under the title "Genetic analysis of over 1 million people identifies 535 new loci associated with blood pressure traits"				
22. 关于高血压的诊治,你是否存在这10个疑问? 10.8全国高血压日	来源：医脉通	类别：高血压	态度：提倡	时间： 16:54
About the diagnosis and treatment of high blood pressure, you whether there is the 10 questions? 10.8 national high blood pressure	来源：医脉通	Category: hypertension	Attitude: advocate	Time: 16:54
今天是第21个“全国高血压日”，主题为“知晓您的血压”。我国有2.7亿高血压患者，也就是说，全国大概每4~5个成年人中就有一人患高血压。高血压的诊疗是心内科医生乃至其他科室医生无法回避的临床问题。我们总结了10个临床常见问题的解答，希望对您有所助益。1. 血压多高可以诊断为高血压？根据《中国高血压防治指南2018年修订版（征求意见稿）》，在未使用降压药物的情况下，诊室SBP≥140 mmHg和（或）DBP≥90 mmHg，为高血压；SBP 120～139 mmHg和（或）DBP≥80～89 mmHg为正常高值				
Today is the twenty-first "National Hypertension Day". The theme is "know your blood pressure". There are 270 million hypertensive patients in China, that is to say, one in every 4-5 adults in the country suffers from hypertension. The diagnosis and treatment of hypertension is a clinical problem that physicians and other doctors can not avoid. We summarize the answers to 10 common clinical questions and hope to help you.1. how high blood pressure can be diagnosed as hypertension?According to the revised edition of the Chinese Guidelines for the Prevention and Treatment of Hypertension (Draft for Consultation) in 2018, in the absence of antihypertensive drugs, SBP (> 140 mmHg) and (or) DBP (> 90 mmHg) in the clinic were hypertension, and SBP (> 120 ~ 139 mmHg) and (or) DBP (> 80 ~ 89mmHg) were normal high values.				
23. 高血压发病年轻化趋势明显医生：减盐均衡饮食积极运动	来源：新浪网	类别：高血压	态度：提倡	时间： 08:10:59
Hypertension incidence trend of getting younger over the apparent doctor: active salt eating a balanced diet	来源：新浪网	Category: hypertension	Attitude: advocate	Time: 08:10:59
西部网讯（陕西广播电视台《第一新闻》记者 秦欣）高血压，相信大伙都不陌生。10月8日，是第21个全国高血压日。高血压是最常见的慢性病之一，同时也是心脑血管疾病的主要危险因素。那么，在日常生活中，怎样才能有效防控高血压呢？据了解，非同日三次血压测量，均高于140/90毫米汞柱，即可诊断为高血压。目前，高血压还不能根治，作为一种慢性疾病，如何有效预防和控制，就显得尤为重要				
Western Network News (Shaanxi Radio and TV Station "First News" reporter Qin Qin) hypertension, I believe we are all familiar. In October 8th, it was the twenty-first National Hypertension Day. Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. Then, how can we effectively prevent and control hypertension in our daily life?It is understood that three times of blood pressure measurement is higher than 140/90 mmHg on the same day, and can be diagnosed as hypertension. At present, hypertension can not be cured, as a chronic disease, how to effectively prevent and control, it is particularly important.				
24. 我区高血压患病率10.5%	来源：中国宁波网	类别：高血压	态度：提倡	时间： 22:20:41
Our district hypertension prevalence rate was 10.5%	来源：中国宁波网	Category: hypertension	Attitude: advocate	Time: 22:20:41
昨天是第21个“全国高血压日”，记者从区疾控中心获悉，我区18岁及以上成人高血压患病率为10.5%，高血压患病知晓率为45.8%。目前，全区纳入慢病管理系统的高血压患者有11余万人，管理率达47.38%，高于全省10.76%。区疾控中心专家介绍，高血压是最常见的慢性病之一，是心脑血管疾病的主要危险因素。“知晓并定期测量自己的血压十分重要。”鄞州人民医院内科主任医师师鲍迎春告诉记者，现在高血压患者年轻化趋势非常明显，20多岁的患者也比较常见，饮食、生活不规律、家族遗传和生活压力大等因素都是导致高血压年轻化的主要原因，但许多年轻人自认为体质好，对此重视程度并不高				
Yesterday was the 21st National Hypertension Day. The reporter learned from the District CDC that the prevalence rate of hypertension in adults aged 18 and over was 10.5% and the awareness rate of hypertension was 45.8%.At present, there are more than 110,000 hypertension patients who have been included in the management system of chronic diseases in the whole region. The management rate is 47.38%, which is higher than 10.76% in the whole province. Regional CDC experts introduced that hypertension is one of the most common chronic diseases, is a major risk factor for heart, brain and kidney disease. "Knowing and measuring your blood pressure regularly is very important."Bao Yingchun, chief physician of Cardiology in Yinzhou People's Hospital, told reporters that the younger trend of hypertension patients is very obvious, and patients in their twenties are more common. Factors such as diet, irregular life, family inheritance and high life pressure are the main reasons for the younger age of hypertension, but many young people think they are in good health. The degree of attention is not high.				
25. 国庆节后综合征怎么破？这些妙招让你“满血复活”	来源：光明网	类别：食物中的钠	态度：提倡	时间： 22:27:25
After the National Day break syndrome?These tips let you "full blood resurrection"	来源：光明网	Category: sodium in food	Attitude: advocate	Time: 22:27:25
编者按：国庆假期不知不觉中即将画上句号，大部分人很快就要正式投入到学习、工作当中。也许有些人觉得假期没有休息够，没心情上班，甚至还有茶饭不思、身心俱疲等状况，其实，这就是所谓的“节后综合征”，马上回归工作的你，也有过这种情况吗？如何摆脱“节后综合征”，看小编给你支招。营养膳食多吃深色蔬菜 十一期间，很多人饮食不规律，大鱼大肉一开吃就停不下来，聚会时如果饮酒过度，还会进一步加剧胃肠负担。专家建议，节后饮食应遵循多样性原则，因为单一食物的营养肯定是不全面的，可以适当减少肉类的摄入，多吃谷类食物和绿色蔬菜。与浅色蔬菜相比，深颜色蔬菜含有更丰富的B族维生素和矿物质，专家建议可以注意增加深颜色蔬菜的比例				
Editor's note: The National Day holiday is coming to an end unconsciously, and most people will soon formally devote themselves to their studies and work. Maybe some people don't have enough rest during the holidays, don't feel in the mood to go to work, and even have a lack of food and tea, physical and mental fatigue and other conditions, in fact, this is the so-called "post-holidays syndrome", immediately back to work, you also have this situation? How to get rid of "postganglionic syndrome"?Nourishment and eat dark vegetables.During the Eleventh Five-Year Plan period, many people had an irregular diet and could not stop eating big fish and meat as soon as they started. If they drank too much at parties, they would further aggravate the gastrointestinal burden. Experts suggest that after-holiday diet should follow the principle of diversity, because the nutrition of a single food is certainly not comprehensive, can be appropriate to reduce meat intake, eat more cereals and green vegetables. Dark-colored vegetables are richer in B vitamins and minerals than light-colored ones, and experts recommend increasing the proportion of dark-colored vegetables.				
26. 多款辣条抽检不合格宁波营养师提醒儿童常吃或有这些影响	来源：中国宁波网	类别：健康中心	态度：提倡	时间： 06:28:09
Many spicy dry tofu ningbo dietitian to remind the child often eats the unqualified sampling or have these effects	来源：中国宁波网	Category: health and wellness centers	Attitude: advocate	Time: 06:28:09
开学后，街头小店里五毛一包的辣条再度成为孩子们青睐的零食。最近，有关辣条被抽检不合格的消息频频曝光，包括卫龙在内的多款辣条因为被检出添加剂超标，登上包括宁波在内多地的食品安全黑榜。一时间，生产企业和监管部门有关辣条的标准之争也闹得沸沸扬扬。营养师建议，就算辣条符合相关标准，也一定要让孩子少吃。作为高盐分食品，一包18克的辣条下肚，就已超出儿童全天所需盐分的70%以上，长期吃可能带来包括肥胖、高血压等一系列问题				
After the start of school, the hot strip of 5 hairs wrapped in the street shop became a favorite snack for children again. Recently, the news about the unqualified hot strips were repeatedly exposed, including Weilong, a number of hot strips were found to be excessive additives, including Ningbo, including food safety blacklist in many places. For a time, the controversy about standards of spicy strips in production enterprises and regulatory departments was also bubbling with excitement.Nutritionists suggest that even if the spicy bar meets the relevant standards, children must be allowed to eat less. As a high-salt food, a pack of 18 grams of spicy bars has more than 70% of the salt children need throughout the day. Long-term eating may bring a series of problems including obesity, hypertension and so on.				
27. 29岁小伙有豆腐渣一样的血管这些习惯很多人都有	来源：新浪网	类别：心血管疾病	态度：提倡	时间： 20:28:20
29 years old guy with shoddy these habits a lot of people have the same blood vessels	来源：新浪网	Category: None	Attitude: advocate	Time: 20:28:20
原标题：29岁小伙却有豆腐渣一样的血管？！他的这些习惯很多人都有 这个夏天，29岁的小宋（化名）经历了一场心脏历险记。七八年不感冒，自称身体一向很好的他，从4月开始，走路便感觉胸闷气急，但他并没有引起重视，直到9月的一天，眼看着走个三四百米就到家了，可他胸胸闷得厉害，这才意识到问题的严重。29岁却有豆腐渣一样的血管 经亲戚介绍，小宋来到了浙江医院三墩院区就诊。住院第二天，小宋便被推进了三墩院区导管室，医生为他实施了冠状动脉造影术。医院心血管内科杜常青副主任医师说：“小宋的检查结果让我们十分吃惊，他前降支中段95%狭窄，回旋支远段100%闭塞，右冠近段100%闭塞.....也就是说，小宋的心脏三大主血管两根完全堵塞，一根严重狭窄，而他，才30岁不到				

Original title: 29 year old guy has bean curd residue like blood vessels?! Many of his habits areThis summer, 29 year old Xiao Song (a pseudonym) experienced a heart adventure. He didn't have a cold for seven or eight years and claimed to be in good health. He felt stuffy and angry when he walked from April, but he didn't pay much attention to it. One day in September, he arrived home after walking three or four hundred meters. But his chest was stuffy and painful, which made him realize the problem was serious.At 29 years old, there are bean curd like blood vessels.By relatives, Xiao song came to the three hospital area of Zhejiang hospital for treatment. On the second day of hospitalization, Xiao Song was pushed into the catheter room of Sandun Hospital. Doctors performed coronary angiography for him.Du Changqing, deputy director of cardiovascular medicine in the hospital, said: "We were surprised by the results of Song's examination. He had 95% stenosis in the middle part of the anterior descending branch, 100% occlusion in the distal part of the circumflex branch and 100% occlusion in the proximal part of the right coronary artery. That is to say, Xiao Song's heart three main blood vessels two completely blocked, a serious stenosis, and he was just under 30 years old.

28. 这个指标没注意，硬扛扛汉一年后竟瘫痪！	来源：浙江在线	类别：食物中的钠	态度：提倡	时间：21:36:33
One year after the strong man didn't pay attention to the index, hale and hearty paralysis!	来源：浙江在线	Category: sodium in food	Attitude: advocate	Time: 21:36:33

58岁的李大哥对自己当初的“无知”追悔莫及：前年查出高血压后他没有引起重视，如今他只能坐在轮椅上，行动不便.....今天（10月8日）是全国高血压日。据统计，我国高血压患病人数达2.45亿，然而，高血压患者的知晓率、治疗率及控制率为46.9%、40.7%和15.3%，仍有许多人不知疾病危害。据著名医学期刊《柳叶刀》上刊登的一项研究显示，高血压、高盐饮食、水果吃太少等成为中国居民健康损失的十大因素。研究称，在1990年-2013年间，全球高血压死亡人数增长了49.1%，中国更为严峻，增长了81.3%，成为致死第一危险因素。 高血压没控制 突发脑中风 李大哥是小区保安，58岁，体型偏胖，身体硬朗，不太去医院看病

The 58-year-old brother Li regretted his "ignorance": he did not pay attention to hypertension the year before last, but now he can only sit in a wheelchair, inconvenient movement...Today (October 8th) is national hypertension day. According to statistics, the number of hypertension patients in China is 245 million. However, the awareness rate, treatment rate and control rate of hypertension patients are 46.9%, 40.7% and 15.3%, and many people still do not know the harm of the disease.According to a study published in the famous medical journal The Lancet, hypertension, high salt diet, and too little fruit consumption are the ten major causes of health loss among Chinese residents. Over the period 1990-2013, the number of deaths from hypertension worldwide increased by 49.1%, and China grew by 81.3%, becoming the leading risk factor.Hypertension is not controlledSudden strokeLi big brother is a security guard in the district. He is 58 years old. He is overweight and hard to go to the hospital.

内容分类

Classification of Content

食物中的钠 Sodium in food				
1. 这些早餐习惯,减寿又致癌!适合不同人群的早餐,列全了	来源：天山网	类别：食物中的钠	态度：提倡	时间：11:18:14
The breakfast habits, reduce the carcinogenic again!Suitable for different groups of breakfast, column	来源：天山网	Category: sodium in food	Attitude: advocate	Time: 11:18:14

美好的一天从早餐开始。大家都知道不吃早餐危害大。早餐吃不好可能会引发胃炎、肥胖、胆结石等一系列的健康问题。甚至有研究表明，不注重吃早餐的人寿命平均缩短了2.5岁！对于早餐，我们有哪些易忽视的坏习惯呢？ 七种早餐习惯易伤身 1、豆浆+油条 豆浆配油条或者大饼卷油条，应该是很多人喜欢的早餐之一。但油条的油脂、热量都偏高，而且在高温油炸过程中，不仅会破坏营养素，还容易产生致癌物

A good day starts with breakfast. Everyone knows that it is harmful to not eat breakfast. Eating bad food may cause a series of health problems such as gastritis, obesity, and gallstones. Even studies have shown that people who do not pay attention to breakfast have an average lifespan of 2.5 years! What bad habits do we have for breakfast? Seven kinds of breakfast habits are easy to hurt 1, soy milk + fritters Soymilk with fritters or large cakes and fritters should be one of the breakfasts that many people like. However, the oil and fat of the fritters are high, and during the high-temperature frying process, not only the nutrients are destroyed, but also carcinogens are easily produced.

2. 南方人比北方人更长寿的原因，终于找到了，没想到竟然是...	来源：搜狐	类别：食物中的钠	态度：提倡	时间：01:41:24
Southerners live longer than in the north of the reasons, finally found the, have never thought unexpectedly is...	来源：搜狐	Category: sodium in food	Attitude: advocate	Time: 01:41:24

原标题：南方人比北方人更长寿的原因，终于找到了，没想到竟然是... 南方老人和北方老人谁更长寿？ 英国医学杂志《柳叶刀》曾刊文指出，中国人的平均寿命较过去 25 年增长了 8.5 岁，然而存在地区差异性：上海市的期望寿命位列全国第一；而一些西部地区的期望寿命却较全国最高水平低了约 10 岁。北方心血管病高发，其中，黑龙江省的心脏病死亡率比浙江省高 3 倍。 中国：百岁老人多在南方 《中国心血管病报告》的说法与此相契合，其数据显示：北方高血压患病率远高于南方，达 30% 以上。 近期有研究指出，南方人的平均寿命比北方人高出 5 年！虽然 5 岁的差异有点太离谱，但寿命的差异却是事实~ 我国长寿老人的分布表现出明显的地理聚集性，中科院地理研究所研究员、长期从事环境与健康研究的王五一绘出一幅『长寿地图』。 排在前十分别是海南、上海、广东、广西、福建、江苏、山东、浙江、河南、四川 为啥南方人更长寿呢？ 环境 目前我国百岁老人多分布在南方，沿江河流域分布，主要聚集在长江三角洲、珠江三角洲、东南沿海、川渝和中原等五个地区，且多分布于中、低山丘陵及冲积、洪积平原地区

Original title: the reason why southerners live longer than northerners is finally found.Who live longer in the South and in the north?The Lancet, a British medical journal, has reported an 8.5-year increase in life expectancy over the past 25 years, but there are regional differences:Shanghai's life expectancy ranks first in the country.However, the life expectancy of some western regions is about 10 years lower than that of the highest level in the country.The incidence of cardiovascular disease in the north is high. The mortality rate of heart disease in Heilongjiang is 3 times higher than that in Zhejiang province.China: centenarians are mostly in the SouthThe Chinese cardiovascular disease report is consistent with this.The prevalence of hypertension in the north is much higher than that in the south, reaching over 30%.Recent studies have shown that the average life expectancy of the Southerners is 5 years higher than that of the northerners. Although the difference between 5 years old is a bit out of line, the difference between life expectancy is fact.Distribution of longevity in China shows obvious geographic clustering. Wang Wuyi, a researcher at the Institute of Geography of the Chinese Academy of Sciences and a longtime environmental and health researcher, has drawn a map of longevity.Hainan, Shanghai, Guangdong, Guangxi, Fujian, Jiangsu, Shandong, Zhejiang, Henan and Sichuan ranked in the top 10Why do southerners live longer?Environmental ScienceAt present, centenarians in China are mainly distributed in the south, along the river basin, mainly concentrated in the Yangtze River Delta, the Pearl River Delta, the southeastern coastal areas, Sichuan, Chongqing and the Central Plains, and mainly distributed in the middle and low mountains and hills, alluvial and alluvial plains.

3. 国庆节后综合征怎么破？这些妙招让你“满血复活”	来源：光明网	类别：食物中的钠	态度：提倡	时间：22:27:25
After the National Day break syndrome?These tips let you "full blood resurrection"	来源：光明网	Category: sodium in food	Attitude: advocate	Time: 22:27:25

编者按：国庆假期不知不觉中即将画上句号，大部分人很快就要正式投入到学习、工作中。也许有些人觉得假期没有休息够，没心情上班，甚至还有茶饭不思、身心俱疲等状况，其实，这就是所谓的“节后综合征”，马上回归工作的你，也有过这种情况吗？如何摆脱“节后综合征”，看小编给你支招。 营养膳食多吃深色蔬菜 十一期间，很多人饮食不规律，大鱼大肉一开吃就停不下来，聚会时如果饮酒过度，还会进一步加剧胃肠负担。专家建议，节后饮食应遵循多样性原则，因为单一食物的营养肯定是不全面的，可以适当减少肉类的摄入，多吃谷类食物和绿色蔬菜。与浅色蔬菜相比，深颜色蔬菜含有更丰富的B族维生素和矿物质，专家建议可以注意增加深颜色蔬菜的比例

Editor's note: The National Day holiday is coming to an end unconsciously, and most people will soon formally devote themselves to their studies and work. Maybe some people don't have enough rest during the holidays, don't feel in the mood to go to work, and even have a lack of food and tea, physical and mental fatigue and other conditions, in fact, this is the so-called "post-holidays syndrome", immediately back to work, you also have this situation? How to get rid of "postganglionic syndrome"?Nourishment and eat dark vegetables.During the Eleventh Five-Year Plan period, many people had an irregular diet and could not stop eating big fish and meat as soon as they started. If they drank too much at parties, they would further aggravate the gastrointestinal burden. Experts suggest that after-holiday diet should follow the principle of diversity, because the nutrition of a single food is certainly not comprehensive, can be appropriate to reduce meat intake, eat more cereals and green vegetables. Dark-colored vegetables are richer in B vitamins and minerals than light-colored ones, and experts recommend increasing the proportion of dark-colored vegetables.

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高血压 Hypertension				
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1. 高血压发病年轻化明显 高血压 血压 发病_新浪新闻	来源：新浪新闻	类别：高血压	态度：提倡	时间：03:18:04
Developing hypertension younger obvious. blood pressure of hypertension disease _ sina news	来源：新浪新闻	Category: hypertension	Attitude: advocate	Time: 03:18:04
<p>最近，38岁的高先生总感觉莫名其妙的头晕，到医院一检查，被确诊为高血压，必须长期服药，从此进入慢性病人群。10月8日是第21个全国高血压日，主题为“知晓您的血压”。专家提醒，高血压的发病率逐年提升，全国4人中就有1人是高血压，而作为北方省份，由于吃盐量高，陕西发病率还高于这一数字，因此，一定要进行自我血压监测。每个家庭都应自备血压计“高血压发病年轻化非常明显，门诊上三四十岁的高血压患者很常见，还有20多岁的。”陕西省人民医院心内科主任王军奎说，高血压发病是综合因素，与年龄、体重、生活习惯、精神压力等有关，从年龄上说，男性45岁以上、女性55岁以上，血压呈显著上升趋势</p>				
<p>Recently, 38-year-old Mr. Gao always feel puzzled dizziness, to a hospital check-up, was diagnosed with high blood pressure, must take long-term medication, from then on into chronic patients.October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Experts reminded that the incidence of hypertension increased year by year, four people in the country, one person is hypertension, and as a northern province, because of high salt intake, the incidence of Shaanxi is still higher than this number, therefore, we must carry out self-monitoring of blood pressure.Every family should have their own sphygmomanometer."The younger age of hypertension is very obvious. Hypertensive patients in their 30s and 40s are very common in outpatient clinics, and they are in their 20s." Wang Junkui, director of the Department of Cardiology, Shaanxi Provincial People's Hospital, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on.</p>				
2. 广东省超过1700万人患高血压 过半人得病还不知情	来源：网易	类别：高血压	态度：提倡	时间：08:18:06
Guangdong province more than 17 million people suffer from high blood pressure, more than half of people don't know	来源：网易	Category: hypertension	Attitude: advocate	Time: 08:18:06
<p>2018年10月8日是第21届“全国高血压日”，今年的宣传主题是“知晓您的血压”。为了普及高血压的科学知识，提高群众自我防控高血压的意识，“全国高血压日”前夕，由深圳市卫生和计划生育委员会、广东省预防医学会主办，深圳市慢性病防治中心承办的广东省第21届“全国高血压日”主题宣传活动在深圳举行。记者从现场获悉，广东高血压防治形势严峻，据估算，全省高血压患者超过1700万人，可18岁以上人群的高血压知晓率却仅为44%，也就是说，过半高血压患者尚不知自己已经得了高血压。18岁以上居民高血压患病率为21.4% 根据2015年公布的广东省慢病危险因素监测结果显示，18岁以上居民高血压患病率21.4%，按此估算，全省高血压患者约有超过1700万人。此外，18岁以上高血压知晓率为44.0%，35岁以上高血压患者中，对自身患病的知晓率仅为47.9%；18岁以上成年人高血压患者中，高血压治疗率为33.0%，35岁以上居民中的高血压患者得到治疗的比例仅为36.9%；而18岁以上高血压患者中血压得到良好控制的比例仅为8.8%，35岁及以上居民高血压患者血压控制率为9.8%</p>				
<p>October 8, 2018 is the 21st National Hypertension Day. This year's publicity theme is "Know Your Blood Pressure". In order to popularize the scientific knowledge of hypertension and raise the people's awareness of self-prevention and control of hypertension, on the eve of National Hypertension Day, the 21st National Hypertension Day in Guangdong Province was held in Shenzhen, sponsored by Shenzhen Health and Family Planning Commission and Guangdong Provincial Association of Preventive Medicine, and sponsored by Shenzhen Center for the Prevention and Treatment of Chronic Diseases. It is held in Shenzhen. Reporters learned from the scene that the situation of prevention and treatment of hypertension in Guangdong is grim. According to estimates, there are more than 17 million patients with hypertension in the whole province, but the awareness rate of hypertension in people over the age of 18 is only 44%. That is to say, more than half of the patients with hypertension do not know that they have hypertension.The prevalence rate of hypertension in residents over 18 years old was 21.4%.According to the results of chronic disease risk factors surveillance published in 2015 in Guangdong Province, the prevalence of hypertension among residents over 18 years old was 21.4%. According to this estimate, there were more than 17 million hypertension patients in the whole province. In addition, the awareness rate of hypertension over the age of 18 was 44.0%, and that of hypertension over the age of 35 was only 47.9%; among hypertension patients over the age of 18, the treatment rate of hypertension was 33.0%, and among hypertension patients over the age of 35 was only 36.9%; while among hypertension patients over the age of 18, the treatment rate of hypertension was only 36.9%. The rate of good blood pressure control was only 8.8%. The control rate of hypertension patients aged 35 and over was 9.8%.</p>				
3. 河北省三成多高血压患者不知情	来源：河北新闻网	类别：高血压	态度：提倡	时间：12:18:09
In hebei province more than thirty percent of the patients with high blood pressure	来源：河北新闻网	Category: hypertension	Attitude: advocate	Time: 12:18:09
<p>今天是全国高血压日，其宣传主题“知晓您的血压”。记者从省疾控中心获悉，根据有关调查，河北省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。目前，我国成人高血压患病率达25.2%，患者人数约2.7亿，每年200万人死亡与高血压有关。我国每年因心脑血管病导致的死亡占国民总死亡的40%以上，其中约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关</p>				
<p>Today is the National Hypertension Day, and its promotional theme is "know your blood pressure." The reporter learned from the Provincial Center for Disease Control and Prevention that according to the survey, the awareness rate, treatment rate and control rate of hypertension in Hebei Province were 68.4%, 47.8%, and 31.3%, respectively. Hypertension is one of the most common chronic diseases and a major risk factor for heart, brain and kidney disease. At present, the prevalence of hypertension in adults in China is 25.2%, the number of patients is about 270 million, and 2 million deaths per year are related to hypertension. China' s annual deaths from cardiovascular and cerebrovascular diseases account for more than 40% of total national deaths, of which about 70% of stroke deaths and about 50% of myocardial infarctions are closely related to hypertension.</p>				
4. 胜利街道开展“全国高血压日”宣传咨询活动	来源：东营大众网	类别：高血压	态度：提倡	时间：09:18:09
Victory street "national hypertension day" propaganda and consulting activities	来源：东营大众网	Category: hypertension	Attitude: advocate	Time: 09:18:09
<p>大众网东营10月8日讯（通讯员 田苗）10月8日是“全国高血压日”今年宣传主题是“知晓您的血压” 结合省部联合减盐防控高血压项目和全民健康生活方式行动，胜利街道红十字会联合社区卫生服务中心于2018年9月30日上午8：30到鲁班公寓居民生活小区开展健康咨询活动。 宣传活动紧紧围绕“知晓您的血压”这一主题，旨在广泛宣传高血压防治知识，进一步加强居民健康教育和健康促进，提高居民健康意识和健康水平，提高居民知晓“定期到医疗机构”测量血压等核心问题，提高高血压患者对高血压的知晓率、治疗率、控制率，推进高血压建档管理，从而减少心血管病的发生率和死亡率。</p>				
<p>Dongying, October 8 (correspondent Tian Miao) October 8 is "National Hypertension Day" This year's publicity theme is "Know Your Blood Pressure" in conjunction with the provincial and ministerial joint salt reduction and prevention and control of hypertension projects and the national healthy lifestyle action, Shengli Street Red Cross Union Community Health Service Center at 8:30 a.m. on September 30, 2008 To Luban apartment residents living quarters to carry out health advisory activities.The propaganda activities are closely centered on the theme of "knowing your blood pressure". The aim is to publicize the knowledge of hypertension prevention and treatment, further strengthen the residents'health education and health promotion, raise the residents' awareness of health education and health level, raise the residents'awareness of the core issues of "regularly visiting medical institutions" to measure blood pressure, and improve the prevalence of hypertension. The awareness rate, treatment rate, control rate of hypertension, promote the archiving management of hypertension, thereby reducing the incidence of cardiovascular disease and mortality.</p>				
5. 知晓血压 科学预防高血压 第A03版:时评·综合新闻_2018年10月08日... About blood pressure scientific prevention hypertension _the first A03 version: editorial, on October 8 comprehensive news _2018...	来源：大连日报	类别：高血压	态度：提倡	时间：05:18:24
	来源：大连日报	Category: hypertension	Attitude: advocate	Time: 05:18:24
<p>一、高血压诊断标准 非同日三次血压测量，血压≥140/90mmHg,即可诊断为高血压。提倡使用上臂式全自动电子血压计进行有规律的家庭血压测量。家庭血压测量值判断标准不同于诊室血压，家庭血压读数≥135/85 mmHg被认定为高血压。 二、高血压的流行与危害 高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。目前，中国成人高血压患病率达25.2%,患者人数约2.7亿，每年200万人死亡与高血压有关</p>				
<p>Diagnostic criteria for hypertensionThree times of blood pressure measurement on the same day, blood pressure above 140/90mmHg, can be diagnosed as hypertension. We advocate the use of upper arm automatic electronic sphygmomanometer to measure regular family blood pressure. Family blood pressure measurement is different from the blood pressure in the clinic. Family blood pressure reading (> 135/85 mmHg) is considered hypertension.Two, the prevalence and harm of hypertensionHypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence of hypertension in Chinese adults is 25.2%, and the number of patients is about 270 million. Two million deaths are related to hypertension every year.</p>				
6. “吃货们”需注意 别让高血压盯上你!_Version: note, don't let the high blood pressure on you!	来源：新华网	类别：高血压	态度：提倡	时间：09:18:27
	来源：新华网	Category: hypertension	Attitude: advocate	Time: 09:18:27
<p>10月8日，又一个全国高血压日来啦！你以为高血压只“偏爱”老年人，和年轻人没啥关系吗？当然不是。专家提醒，高血压低龄化趋势明显，18岁就患病的不在少数。因此，青年人需养成科学健康的生活习惯，警惕高血压。什么是高血压？高血压是指以收缩压≥140mmHg、舒张压≥90mmHg为主要特征的慢性、非传染性疾病。患者早期常无症状，或仅有头晕、头痛、心悸、耳鸣等症状。表面上看，它是一种独立的疾病，实际上是引发心、脑血管和肾病变的一个重要危险因素，如果控制不当就会病变，引发脑中风、心梗和肾功能衰竭等病症，严重时可能会猝死</p>				
<p>In October 8th, another national hypertension day came! Do you think that hypertension only favors the elderly and has nothing to do with young people? Of course not. Experts remind that the trend of Low-aged hypertension is obvious, 18-year-old illness in a few, therefore, young people need to develop a scientific and healthy lifestyle, vigilant against hypertension.What is hypertension?Hypertension is a chronic, non-infectious disease characterized by systolic blood pressure (> 140 mmHg) and diastolic blood pressure (> 90 mmHg). Patients often have no symptoms at the early stage, or only have dizziness, headache, palpitation, tinnitus and so on. Superficially, it is an independent disease and is actually an important risk factor for cardiac, cerebrovascular and nephropathy. If it is not properly controlled, it will lead to pathological changes, stroke, myocardial infarction and kidney failure, and may lead to sudden death in severe cases.</p>				
7. 【全国高血压日】改变生活方式应对轻度高血压	来源：新浪新闻	类别：高血压	态度：提倡	时间：08:18:45
Lifestyle changes to national hypertension day _ _ mild hypertension	来源：新浪新闻	Category: hypertension	Attitude: advocate	Time: 08:18:45
<p>原标题：【全国高血压日】改变生活方式应对轻度高血压 来源：央视新闻客户端 今天（8日）是全国高血压日。《中国心血管病报告》显示，全国高血压患者大约2.7亿，每年与高血压有关的死亡人数达200万例。高血压是引发心、脑血管和肾脏病变的主要危险因素，可导致脑中风、心肌梗死和肾功能衰竭。部分高血压患者早期没有症状，到一定程度以后才出现头晕头疼。专家提醒，即使是轻度高血压，也要进行相关检查，如果没有心、脑、肾等靶器官损害，可先采用生活方式干预，观察2～3个月，如果血压降到正常，就暂时不用药物治疗</p>				

<p>Original title: [National Hypertension Day] changing lifestyle to cope with mild hypertensionSource: CCTV news clientToday (8) is national hypertension day. According to the China Cardiovascular Disease Report, there are about 270 million hypertensive patients in China, with 2 million hypertension-related deaths each year.Hypertension is a major risk factor for cardiac, cerebrovascular and renal diseases, which can lead to stroke, myocardial infarction and renal failure. Some patients with hypertension had no symptoms at early stage, and dizziness and headache occurred only after a certain degree. Experts warn that even mild hypertension, but also to carry out relevant examinations, if there is no heart, brain, kidney and other target organ damage, can first adopt lifestyle intervention, observation 2-3 months, if blood pressure dropped to normal, temporarily do not need medication</p>				
8. 高血压可防可控 专家:知晓并监测很重要	来源: 网易	类别: 高血压	态度: 提倡	时间: 07:19:24
High blood pressure can prevent controllable experts: recognize and monitoring is very important	来源: 网易	Category: hypertension	Attitude: advocate	Time: 07:19:24
<p>10月8日是第21个“全国高血压日”，今年宣传主题是“知晓您的血压”。合肥市疾控中心专家提醒，高血压可防可控，知晓并监测自己的血压尤其重要：不要盲目相信小广告或伪科学宣传，不能用保健品、保健理疗或食疗替代降压药治疗。同时鼓励高血压患者在家庭开展自测血压和自我管理。限制食盐摄入、少吃快餐、限制饮酒与戒烟等对控制血压非常有益 高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。据合肥市疾控中心专家介绍，高血压是可防可控的，知晓并监测自己的血压尤其重要</p>				
<p>October 8th is the twenty-first National Hypertension Day. The theme of this year's publicity is "know your blood pressure". Experts from Hefei CDC warned that hypertension can be prevented and controlled, and it is particularly important to know and monitor your own blood pressure; do not blindly believe in small advertisements or pseudo-scientific propaganda; do not use health products, health care physiotherapy or dietary therapy instead of antihypertensive drugs. At the same time, encourage hypertension patients to carry out self-test blood pressure and self-management in the family.Restricting salt intake, eating less fast food, restricting alcohol consumption and smoking cessation are very helpful for controlling blood pressure.Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. According to experts from Hefei CDC, hypertension is preventable and controllable, and it is particularly important to know and monitor your own blood pressure.</p>				
9. 为啥年纪轻轻就得了高血压? 带你了解致病原因与控制方式	来源: 北晚新视觉	类别: 高血压	态度: 提倡	时间: 11:19:24
Why the young have high blood pressure?Take you understand the causes and control mode of the disease	来源: 北晚新视觉	Category: hypertension	Attitude: advocate	Time: 11:19:24
<p>今天是“中国高血压日”，记者了解到，目前我国人群高血压的患病率仍呈升高趋势。近年来，我国高血压患者的知晓率、治疗率和控制率有了明显的提高，但总体上仍处于较低水平，分别为51.5%、46.1%和16.9%。高钠、低钾膳食、超重和肥胖是我国人群重要的高血压危险因素。发现不良生活方式致病 近年来，北京积水潭医院心内科主任孙华毅在诊室里见到的高血压患者越来越年轻。孙华毅说，很多高血压患者认为没有症状，血压高了也没事儿</p>				
<p>Today is the "China High Blood Pressure Day". The reporter learned that the prevalence of hypertension in China is still on the rise. In recent years, the awareness rate, treatment rate and control rate of hypertension patients in China have been significantly improved, but they are still at a low level overall, 51.5%, 46.1% and 16.9% respectively. High sodium, low potassium diet, overweight and obesity are important risk factors for hypertension in our population. Found a bad lifestyle In recent years, Sun Huayi, director of the Department of Cardiology at Beijing Jishuitan Hospital, is getting younger and younger in the clinic. Sun Huayi said that many people with hypertension think that there are no symptoms, and blood pressure is high.</p>				
10. 爱吃洋快餐、喝碳酸饮料 15岁男孩患上高血压	来源: 凤凰网江苏站	类别: 高血压	态度: 提倡	时间: 12:19:30
Love to eat western fast food drink carbonic acid beverage, 15-year-old boy suffering from high blood pressure	来源: 凤凰网江苏站	Category: hypertension	Attitude: advocate	Time: 12:19:30
<p>15岁初三男孩乐乐（化名）最近半年来总感觉头晕，去医院一查血压竟170/110mmHg，家族中没有高血压病史，如此年纪怎么会高血压找上门？原来都是肥胖惹的祸。10月8日是全国高血压日，东南大学附属中大医院心血管内科戴启明主任医师指出，近年来，号称“无形杀手”的高血压呈现高发率且年轻化趋势，这个趋势和生活方式不健康、自身健康意识不足有关。案例：15岁男孩体重180斤 初三学生乐乐今年15岁，身高1米7，体重却有180斤。半年前，乐乐出现头晕不适的感觉，家人一直以为是课业负担重，孩子熬夜、劳累所致，并未太在意</p>				
<p>The 15-year-old junior boy Lele (a pseudonym) has always felt dizzy in the past six months. He went to the hospital to check the blood pressure of 170/110mmHg. There is no history of hypertension in the family. How can high blood pressure come to the door? It turned out to be a curse of obesity. On October 8th, the National Hypertension Day, Dai Qiming, chief physician of Cardiovascular Department of the Zhongda Hospital affiliated to Southeast University, pointed out that in recent years, the high blood pressure and younger trend of high blood pressure known as "invisible killer" has become a trend and lifestyle. Unhealthy, lack of awareness of their own health. Case: 15-year-old boy weighs 180 pounds The third grade student Lele is 15 years old this year, with a height of 1 meter and a weight of 180 pounds. Half a year ago, Lele felt dizzy and uncomfortable. The family always thought that it was a heavy burden on the schoolwork. The children stayed up late and tired, not too concerned.</p>				
11. 每五人就有一人高血压！专家建议限盐减重动起来	来源: 新华网	类别: 高血压	态度: 提倡	时间: 03:21:12
Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight	来源: 新华网	Category: hypertension	Attitude: advocate	Time: 03:21:12
<p>新华社北京10月8日电（记者田晓航、王秉阳）10月8日是第21个全国高血压日，各地开展宣传活动提高人们对高血压危害性的认识和防治意识。心血管病专家认为，对高血压患者应在生活方式干预同时启动药物治疗，正确的生活方式干预也是合理有效的治疗手段。国家心血管病中心主任助理、中国医学科学院阜外医院副院长蒋立新介绍，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%。包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高，给患者家庭和社会带来沉重负担。不过，专家指出，高血压可控可防</p>				
<p>Xinhua News Agency, Beijing, Oct. 8 (Reporter Tian Xiaohang, Wang Bingyang) Oct. 8 is the 21st National Hypertension Day. Publicity activities have been carried out around the country to raise awareness of the dangers of hypertension and awareness of prevention and treatment. Cardiovascular disease experts believe that hypertension patients should be lifestyle intervention and start drug treatment, the correct lifestyle intervention is also a reasonable and effective treatment.Jiang Lixin, assistant director of the National Cardiovascular Disease Center and vice president of Fuwai Hospital, Chinese Academy of Medical Sciences, said that the number of hypertension patients in China is 270 million, and the direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Hypertension, including stroke, coronary heart disease, heart failure, kidney disease, and other serious complications of high disability and mortality rate, to the family and society of patients with a heavy burden.However, experts point out that hypertension is controllable and preventable.</p>				
12. 全国高血压日 知晓您的血压，让“隐形杀手”无所遁形	来源: 搜狐	类别: 高血压	态度: 提倡	时间: 01:40:47
National hypertension day know your blood pressure, give an "invisible killer" to hide something	来源: 搜狐	Category: hypertension	Attitude: advocate	Time: 01:40:47
<p>原标题：全国高血压日，知晓您的血压，让“隐形杀手”无所遁形 有一种病被称为“安静的杀手”，患病后可能没有症状，而且患者通常不会主动寻求检测与治疗。但它正剥夺着越来越多人的健康——它就是：“高血压”。据全国统计资料显示，我国高血压患者已突破3.3亿，每年200万人的死亡与高血压有关。虽然高血压的发病率较高，但它的知晓率、治疗率和控制达标率都令人担忧。为提高广大群众对高血压危害健康严重性的认识</p>				
<p>Original title: National Hypertension Day, you know your blood pressure, so that "invisible killer" no escape.Pay attention to usIntroduction PrefaceItThere is a disease called a quiet killer, which may be asymptomatic, and patients usually do not actively seek testing and treatment. But it is depriving more and more people of their health -- that is, "hypertension".According to national statistics, the number of hypertensive patients in China has exceeded 330 million, and 2 million deaths are related to hypertension every year. Although the incidence of hypertension is high, its awareness rate, treatment rate and control rate are worrying.In order to raise the general public's awareness of the seriousness of health hazards caused by hypertension</p>				
13. 高血压发病年轻化趋势明显 医生:减盐 均衡饮食 积极运动	来源: 新浪新闻	类别: 高血压	态度: 提倡	时间: 17:51
Hypertension incidence trend of getting younger over the obvious Doctor: salt eat a balanced diet active	来源: 新浪新闻	Category: hypertension	Attitude: advocate	Time: 17:51
<p>西部网讯（陕西广播电视台《第一新闻》记者 秦钦）高血压，相信大伙都不陌生。10月8日，是第21个全国高血压日。高血压是最常见的慢性病之一，同时也是心脑血管疾病的主要危险因素。那么，在日常生活中，怎样才能有效防控高血压呢？据了解，非同日三次血压测量，均高于140/90毫米汞柱，即可诊断为高血压。目前，高血压还不能根治，作为一种慢性疾病，如何有效预防和控制，就显得尤为重要</p>				
<p>Western Network News (Shaanxi Radio and TV Station "First News" reporter Qin Qin) hypertension, I believe we are all familiar. In October 8th, it was the twenty-first National Hypertension Day. Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. Then, how can we effectively prevent and control hypertension in our daily life?It is understood that three times of blood pressure measurement is higher than 140/90 mmHg on the same day, and can be diagnosed as hypertension. At present, hypertension can not be cured, as a chronic disease, how to effectively prevent and control, it is particularly important.</p>				
14. 预防控制高血压 岳程街道开展宣传义诊活动	来源: 菏泽大众网	类别: 高血压	态度: 提倡	时间: 19:38
Prevention and control of high blood pressure YueCheng street conduct propaganda yizhen activities	来源: 菏泽大众网	Category: hypertension	Attitude: advocate	Time: 19:38
<p>医护人员为居民测量血压 医护人员向居民讲解相关知识 大众网菏泽10月8日讯（见习记者 邢瑞纹）今天是第21个“全国高血压日”，宣传主题为“知晓您的血压”。为普及高血压防治知识，增强社区居民自我保健意识，菏泽市开发区岳程社区卫生服务中心组织开展了宣传义诊活动。活动中，医护人员为居民免费测量血压，讲解高血压防治的相关知识，同时告诉大家要改变不良生活方式，养成健康保健行为来预防高血压、控制高血压，并建议居民从控盐限油入手，控制体重，减轻心脏负担，定期检测血压。本次活动通过悬挂条幅、发放健康教育手册、发放控油控烟壶等方式进行健康宣传教育，使居民进一步了解了高血压的防治常识，强化了群众的高血压防范意识。</p>				
<p>Medical staff measure blood pressure for residentsMedical staff explain relevant knowledge to residents.Heze, Oct. 8 (Internship reporter Xing Ruiwen) Today is the 21st National Hypertension Day, the publicity theme is "Know Your Blood Pressure". In order to popularize the knowledge of hypertension prevention and control and enhance the self-care</p>				

consciousness of community residents, the Yuecheng Community Health Service Center of Heze Development Zone organized the publicity free clinic activities.During the activity, the medical staff measured the blood pressure for the residents free of charge, explained the related knowledge of hypertension prevention and treatment, and told everyone to change the unhealthy lifestyle, develop health care behavior to prevent hypertension and control hypertension, and suggested that residents start from controlling salt and limiting oil, control weight, reduce the burden on the heart, and regularly test blood pressure.The activity through hanging banners, health education manuals, issued oil control and smoking pots and other means of health education publicity, so that residents further understand the prevention and control of hypertension, and strengthen the people's awareness of hypertension prevention.				
15. 西南中心卫生院:举行“全国高血压日”主题义诊活动 - 滕州市卫生... Xi-gang central hospitals: "national hypertension day" theme yizhen activities - su health...	来源: 中国滕州网 来源: 中国滕州网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 18:01 Time: 18:01
2018年10月8日是我国第21个“全国高血压日”，主题是“知晓您的血压”。为有效预防和控制高血压，提高群众对高血压病的认识，10月8日，西南中心卫生院组织医务人员开展了“全国高血压日”主题义诊活动。活动中，该院通过悬挂宣传横幅、发放宣传资料和减盐限油套件、测量血压、健康咨询等形式进行宣传。医护人员耐心向过往群众讲解了高血压疾病的防控措施，并呼吁群众积极参加“H型高血压”筛查，重视自己的血压水平，形成主动测量并定期监测血压的健康理念，医务人员建议群众合理饮食、戒烟限酒、适当锻炼、保持心理平衡、管理清晨血压，提倡家庭自测血压、管理高血压等对防治高血压具有重要意义。西南中心卫生院“H型高血压”管理办公室负责人介绍说，如今，高血压已经成为危害人类健康的最主要的慢性疾病，它涉及面广，危害性重				
October 8, 2018 is the twenty-first National Hypertension Day in China. The theme is "know your blood pressure". In order to effectively prevent and control hypertension and raise people's awareness of hypertension, on October 8, Xigang Central Hospital of Health organized medical staff to carry out the theme of "National Hypertension Day" free clinic activities.During the activities, the hospital carried out propaganda by hanging propaganda banners, distributing propaganda materials, reducing salt and limiting oil kits, measuring blood pressure, health counseling and other forms. The medical staff patiently explained the prevention and control measures of hypertension to the past masses, and appealed to the masses to actively participate in the "H-type hypertension" screening, pay attention to their own blood pressure level, and form a healthy concept of active measurement and regular monitoring of blood pressure. The medical staff suggested the masses to eat reasonably, stop smoking and alcohol restriction, exercise properly, and maintain psychology. Balance, management of early morning blood pressure, advocating self-test blood pressure at home, management of hypertension are of great significance to the prevention and treatment of hypertension.The person in charge of the "H-type hypertension" Management Office of Xigang Central Health Hospital said that hypertension has become the most important chronic disease endangering human health, which involves a wide range of hazards.				
16. 高血压发病年轻化明显 医生喊你回家吃饭 Hypertension incidence of younger obvious doctor shout you go home for dinner	来源: 西安区县新闻网 来源: 西安区县新闻网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 13:06 Time: 13:06
最近，38岁的高先生总感觉莫名其妙的头晕，到医院一检查，被确诊为高血压，必须长期服药，从此进入慢性病人群。10月8日是第21个全国高血压日，主题为“知晓您的血压”。专家提醒，高血压的发病率逐年提升，全国4人中有1人是高血压，而作为北方省份，由于吃盐量高，陕西发病率还高于这一数字，因此，一定要进行自我血压监测。每个家庭都应自备血压计“高血压发病年轻化非常明显，门诊上三四十岁的高血压患者很常见，还有20多岁的。”陕西省人民医院心内科主任王军奎说，高血压发病是综合因素，与年龄、体重、生活习惯、精神压力等有关，从年龄上说，男性45岁以上、女性55岁以上，血压呈显著上升趋势				
Recently, 38-year-old Mr. Gao always felt puzzled dizziness, to a hospital check-up, was diagnosed with high blood pressure, must take long-term medication, from then on into the chronic patients.October 8th is the twenty-first National Hypertension Day. The theme is "know your blood pressure". Experts reminded that the incidence of hypertension increased year by year, four people in the country, one person is hypertension, and as a northern province, because of high salt intake, the incidence of Shaanxi is still higher than this number, therefore, we must carry out self-monitoring of blood pressure.Every family should have their own sphygmomanometer."The younger age of hypertension is very obvious. Hypertensive patients in their 30s and 40s are very common in outpatient clinics, and they are in their 20s." Wang Junkui, director of the Department of Cardiology, Shaanxi Provincial People's Hospital, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on.				
17. 你的血压正常吗?每五个深圳成年人就有一个高血压 Your blood pressure normal?Every five adults in shenzhen have a high blood pressure	来源: 南方网 来源: 南方网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 15:54 Time: 15:54
南方网讯（全媒体记者/向雨航 通讯员/周速敏）10月8日是第21届“全国高血压日”，你知道你的血压是多少吗？相关调查数据显示，深圳18岁以上居民高血压患病率达20.9%，患者近200万。血压知晓率仅60%，虽然好于全国大城市水平，但是还有四成高血压患者不知自己血压，不知自己患有高血压。而心血管疾病也已成为深圳市居民的头号“健康杀手”，大家都需要防控自己的血压。至少每半年测量一次血压 今年“全国高血压日”的主题是“知晓您的血压”。近日，第21届“全国高血压日”主题宣传活动在罗湖东门文化广场举行				
Southern Network News (full media reporter / Xiangyuhang correspondent / Zhou Xumin) October 8 is the 21st National Hypertension Day. Do you know what your blood pressure is?According to the relevant survey data, the prevalence rate of hypertension in Shenzhen residents above 18 years old is 20.9% and nearly 2 million. Blood pressure awareness rate is only 60%, although better than the national level of big cities, but there are 40% of hypertension patients do not know their own blood pressure, do not know that they have hypertension. Cardiovascular disease has become the number one "health killer" in Shenzhen residents, and everyone needs to prevent and control their own blood pressure.Measure blood pressure at least half a year.The theme of this year's "National Hypertension Day" is "know your blood pressure". Recently, the twenty-first national day of hypertension was held in Dongmen Cultural Square, Luohu.				
18. 全国第21个高血压日 省卫计委提醒公众7招预防高血压 A high blood pressure.21 provinces who planning commission 7 for alerting the public to prevent high blood pressure	来源: 每日甘肃网 来源: 每日甘肃网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 21:48 Time: 21:48
每日甘肃网讯（记者金奉乾）10月8日是第21个全国高血压日，今年的主题为“知晓您的血压”。甘肃省卫生计生委提醒公众，高血压的发病率逐年提升，全国4人中有1人是高血压，因此教您管好调皮的血压，别再让血压坐“过山车”。关于高血压，您需要知道以下信息：一、高血压诊断标准 非同日三次血压测量。血压≥140/90mmHg，即可诊断为高血压。提倡使用上臂式全自动电子血压计进行有规律的家庭血压测量				
Daily Gansu Network News (reporter Jin Fengqian) October 8 is the 21st National Hypertension Day, this year's theme is "Know Your Blood Pressure". Gansu Provincial Health and Family Planning Commission reminds the public that the incidence of hypertension is increasing year by year, one of the four people in the country is hypertension, so teach you to manage naughty blood pressure, do not let blood pressure ride the roller coaster.For hypertension, you need to know the following information:Diagnostic criteria for hypertensionThree blood pressure measurements were made on the same day. Blood pressure above 140/90mmHg can be diagnosed as hypertension. Advocate the use of upper arm automatic electronic sphygmomanometer for regular family blood pressure measurement.				
19. 年纪轻轻怎得了高血压? How had high blood pressure at a young age?	来源: 北京晚报 来源: 北京晚报	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 13:58 Time: 13:58
来源: 北京晚报 2018年10月08日 版次: 26 作者: 今天是“中国高血压日”，记者了解到，目前我国人群高血压的患病率仍呈升高趋势。近年来，我国高血压患者的知晓率、治疗率和控制率有了明显的提高，但总体上仍处于较低水平，分别为51.5%、46.1%和16.9%。高钠、低钾膳食、超重和肥胖是我国人群重要的高血压危险因素。发现 患者越来越年轻 近年来，北京积水潭医院心内科主任孙华毅在诊室里见到的高血压患者越来越年轻。很多高血压患者认为没有症状，血压高了也没事儿				
Source: Beijing evening news October 2018 08 edition: 26 Author:Today is the "China Hypertension Day," the reporter learned that the prevalence of hypertension in China's population is still on the rise. In recent years, the awareness rate, treatment rate and control rate of hypertension patients in China have been significantly improved, but the overall level is still at a low level, 51.5%, 46.1% and 16.9% respectively. High sodium, low potassium diet, overweight and obesity are important risk factors for hypertension in Chinese population.The patient is getting younger and younger.In recent years, Sun Huayi, director of Cardiology at Beijing Jishuitan Hospital, has seen more and more young patients with hypertension in the clinic. Many people with high blood pressure do not feel like symptoms, and their blood pressure is high.				
20. 预防高血压怎么做?低盐低脂多运动 Prevention of high blood pressure do?Low salt low fat exercise more	来源: 东莞阳光网 来源: 东莞阳光网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 17:56 Time: 17:56
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21. 全国高血压日 义诊科普活动进虎门社区 The national high blood pressure, Free clinic science popularization activities into the humen community	来源: 东莞阳光网 来源: 东莞阳光网	类别: 高血压 Category: hypertension	态度: 提倡 Attitude: advocate	时间: 15:52 Time: 15:52
东莞阳光网讯 今年10月8日是第21个全国高血压日。为推进高血压防治工作，进一步提升居民健康素养水平，今天上午，虎门镇2018年“全国高血压日”宣传服务活动举行。由东莞市科学技术协会主办，虎门镇卫计局、社区卫生服务中心协办的全国高血压日东莞市医师协会科普活动进社区活动在执信公园举行。现场设有卫生健康政策宣传区、高血压预防宣传义诊区、中医服务区 and 家庭医生签约区等。同时，向市民宣传高血压发病的危险因素、高血压患者必须养成的良好生活习惯以及控油限盐等高血压相关知识				

Dongguan Sunshine Network October 8th this year is the twenty-first National Hypertension Day. In order to promote the prevention and treatment of hypertension and further enhance the level of health literacy of residents, this morning, Humen Town, 2018 "National Hypertension Day" publicity and service activities were held.Sponsored by Dongguan Science and Technology Association and co-sponsored by Humen Town Health Planning Bureau and Community Health Service Center, the National Hypertension Day Science Popularization Activities of Dongguan Physicians Association were held in Shixin Park. There are health policy publicity area, hypertension prevention free clinic area, TCM service area and family doctor signing area. At the same time, the public should be publicized about the risk factors of hypertension, the good living habits of hypertension patients and the knowledge of hypertension such as controlling oil and limiting salt.

22. 河北省三成多高血压患者不知情	来源：中国新闻网河北新闻	类别：高血压	态度：提倡	时间：14:39
In hebei province more than thirty percent of the patients with high blood pressure	来源：中国新闻网河北新闻	Category: hypertension	Attitude: advocate	Time: 14:39

10月8日是全国高血压日，其宣传主题“知晓您的血压”。记者从省疾控中心获悉，根据有关调查，河北省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。高血压是最常见的慢性病之一，也是心脑血管疾病的主要危险因素。目前，我国成人高血压患病率达25.2%，患者人数约2.7亿，每年200万人死亡与高血压有关。我国每年因心脑血管病导致的死亡占国民总死亡的40%以上，其中约70%的脑卒中死亡和约50%心肌梗死与高血压密切相关

October 8th is the national day of hypertension. Its theme is "know your blood pressure". The reporter learned from the provincial CDC that according to the relevant survey, the awareness rate, treatment rate and control rate of hypertension in Hebei residents were 68.4%, 47.8% and 31.3% respectively.Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. At present, the prevalence rate of adult hypertension in China is 25.2%, and the number of patients is about 270 million. Two million deaths are related to hypertension every year. Cardiovascular and cerebrovascular diseases account for more than 40% of all deaths in China every year. About 70% of stroke deaths and 50% of myocardial infarction are closely related to hypertension.

23. 控制血压 健康生活	来源：腾讯网	类别：高血压	态度：提倡	时间：17:49
Control of blood pressure a healthy life	来源：腾讯网	Category: hypertension	Attitude: advocate	Time: 17:49

高血压是指以体循环动脉血压（收缩压和/或舒张压）增高（收缩压≥140毫米汞柱、舒张压≥90毫米汞柱）为主要特征，可伴有心、脑、肾等器官的功能或器质性损害的临床综合征。血压及高血压的分类 目前，我国高血压的诊断采用《中国高血压防治指南(2005年修订版)》建议的标准。（见下表）临床上高血压可分为两类，一是原发性高血压，二是继发性高血压。与高血压发病有关的主要因素：1、遗传因素 高血压具有明显的家族聚集性，父母均患有高血压病，其子女发病概率可高达46%，高血压病患者人群中约有60%都有高血压家族史。2、饮食因素 不同地区人群高血压水平和高血压患病率与钠盐平均摄入量显著正相关，但同一地区人群中，个体间血压水平与摄盐量并不相关，摄盐过多导致血压升高现象主要见于盐敏感的人群

Hypertension is a clinical syndrome characterized by elevated systolic and/or diastolic arterial blood pressure (systolic and/or diastolic blood pressure) (systolic pressure (> 140 mm Hg) and diastolic pressure (> 90 mm Hg) which may be accompanied by functional or organic damage to the heart, brain, kidney and other organs.Classification of blood pressure and hypertensionAt present, the diagnosis of hypertension in China is based on the criteria recommended in the Chinese Guidelines for the Prevention and Treatment of Hypertension (2005 Revision). (see table below)Clinically, hypertension can be divided into two categories, one is essential hypertension, the other is secondary hypertension. Two.The main factors associated with hypertension are:1. Genetic factorsHypertension has obvious familial aggregation, both parents have hypertension, and the incidence of children can be as high as 46%. About 60% of hypertension patients have family history of hypertension.2. dietary factorsThe level of hypertension and the prevalence of hypertension were positively correlated with the average intake of sodium salt in different areas. However, in the same area, the level of blood pressure was not correlated with the intake of salt. The phenomenon of hypertension caused by excessive salt intake was mainly found in salt-sensitive people.

24. 全国高血压日:别再让血压坐过山车了!	来源：江苏网络广播电视台	类别：高血压	态度：提倡	时间：16:48
National hypertension day: don't let blood pressure on a roller coaster!	来源：江苏网络广播电视台	Category: hypertension	Attitude: advocate	Time: 16:48

七成患者不知道自己血压高 今天（10月8日）是第21个“全国高血压日”，主题是“知晓您的血压”。根据调查显示，我国成人高血压患病人数达2.45亿。也就是说，每4个成人中就有1人高血压，而高血压人群中有近7成不知道自己患有高血压。 今年68岁的张先生血压一直不稳定，不过，只有出现头痛症状的时候，他才会吃一片降压药。然而两天前，他在家突然晕倒了

70% patients do not know their blood pressure is high.Today (October 8th) is the twenty-first National Hypertension Day. The theme is "know your blood pressure". According to the survey, the number of hypertension patients in China is 245 million. In other words, one in four adults has high blood pressure, and nearly 70 percent of people with high blood pressure do not know they have high blood pressure.Mr. Zhang, 68, has an unstable blood pressure, but only takes a pill when he has headache symptoms. Two days ago, however, he collapsed at home.

25. 研究发现血压新基因区域 解释基因高度遗传性问题	来源：健康一线	类别：高血压	态度：提倡	时间：13:48
The study found that blood pressure area to explain new genes highly genetic problems	来源：健康一线	Category: hypertension	Attitude: advocate	Time: 13:48

高血压是中风和心脏病的主要危险因素。除了肥胖、吸烟、酗酒和高盐摄入等生活方式上的风险因素之外，基因高度遗传性也是导致高血压的重要因素。然而，目前我们对血压的遗传结构并不清楚。上月，《Nature Genetics》杂志一项涉及100多万参与者的研究发现了500多个影响血压的新基因区域，解释了近三分之一的血压遗传问题，为未来药物开发带来新启示。 DOI: <https://doi.org/10.1038/s41588-018-0205-x> 这项研究以 "Genetic analysis of over 1 million people identifies 535 new loci associated with blood pressure traits" 为题发表在《自然遗传学》杂志上

Hypertension is a major risk factor for stroke and heart disease. In addition to lifestyle risk factors such as obesity, smoking, alcoholism and high salt intake, high genetic inheritance is also an important contributor to hypertension. However, we do not know the genetic structure of blood pressure at present. Last month, a study in the Journal Nature Genetics involving more than a million participants found more than 500 new genetic regions that affect blood pressure, explaining nearly a third of the inheritance of blood pressure and providing new insights into future drug development.DOI:<https://doi.org/10.1038/s41588-018-0205-x>The study was published in the Journal Nature Genetics under the title "Genetic analysis of over 1 million people identifies 535 new loci associated with blood pressure traits"

26. 关于高血压的诊治,你是否存在这10个疑问? 10.8全国高血压日	来源：医脉通	类别：高血压	态度：提倡	时间：16:54
About the diagnosis and treatment of high blood pressure, you whether there is the 10 questions? 10.8 national high blood pressure	来源：医脉通	Category: hypertension	Attitude: advocate	Time: 16:54

今天是第21个“全国高血压日”，主题为“知晓您的血压”。我国有2.7亿高血压患者，也就是说，全国大概每4~5个成年人中就有一人患高血压。高血压的诊疗是心内科医生乃至其他科室医生无法回避的临床问题。我们总结了10个临床常见问题的解答，希望对您有所帮助。1. 血压多高可以诊断为高血压？根据《中国高血压防治指南2018年修订版（征求意见稿）》，在未使用降压药物的情况下，诊室SBP≥140 mmHg和（或）DBP≥90 mmHg，为高血压；SBP 120~139 mmHg和（或）DBP≥80~89 mmHg为正常高值

Today is the twenty-first "National Hypertension Day". The theme is "know your blood pressure". There are 270 million hypertensive patients in China, that is to say, one in every 4-5 adults in the country suffers from hypertension. The diagnosis and treatment of hypertension is a clinical problem that physicians and other doctors can not avoid. We summarize the answers to 10 common clinical questions and hope to help you.1. how high blood pressure can be diagnosed as hypertension?According to the revised edition of the Chinese Guidelines for the Prevention and Treatment of Hypertension (Draft for Consultation) in 2018, in the absence of antihypertensive drugs, SBP (> 140 mmHg) and (or) DBP (> 90 mmHg) in the clinic were hypertension, and SBP (> 120 ~ 139 mmHg) and (or) DBP (> 80 ~ 89mmHg) were normal high values.

27. 民乐县社区卫生服务中心举行全国高血压日宣传活动	来源：中国张掖网	类别：高血压	态度：提倡	时间：15:30
Minle county community health service center held a national hypertension day campaign	来源：中国张掖网	Category: hypertension	Attitude: advocate	Time: 15:30

中国张掖网民乐讯 10月8日民乐县社区卫生服务中心在嘉园广场开展了以“控制高血压 享受健康生活”为主题的健康知识宣传咨询活动，活动中共发放宣传资料336余份，提供咨询和测量血压112余人次，受到了居民的一致好评。通过为居民测量血压和发放高血压防治知识的宣传资料等方式，向居民宣传高血压的防治知识，提高他们健康饮食的意识，调整合理的饮食结构，低盐限油，控制体重，增强体质锻炼，提高生活质量，远离高血压。通过此次活动，增强了居民对高血压相关知识的了解和高血压的防治知识，提高了居民的健康意识和健康水平，推进高血压建档管理，降低了高血压的发生风险，提高了高血压患者的自我管理技能，从而降低了并发症的发生率。

China's Zhangye Netizen Music News On October 8th, Minle County Community Health Service Center launched a health knowledge publicity and consultation activity on Jiayuan Square with the theme of "Controlling High Blood Pressure and Healthy Living". More than 336 promotional materials were distributed during the event to provide consultation. And measuring blood pressure more than 112 people, has been well received by the residents. Through the measurement of blood pressure and the dissemination of knowledge on prevention and treatment of hypertension, residents will be informed about the prevention and treatment of hypertension, improve their awareness of healthy eating, adjust the reasonable diet structure, reduce salt and limit oil, control body weight, and enhance physical exercise. To improve the quality of life and stay away from high blood pressure. Through this activity, residents' knowledge of hypertension related knowledge and prevention knowledge of hypertension were enhanced, health awareness and health level of residents were improved, hypertension management was promoted, and the risk of hypertension was lowered and the risk was increased. The self-management skills of blood pressure patients reduce the incidence of complications.

28. 临汾市第二人民医院开展“高血压日”现场义诊活动	来源：黄河新闻网	类别：高血压	态度：提倡	时间：18:12
Linfen city second people's hospital to carry out the "high blood pressure." yizhen activities at the scene	来源：黄河新闻网	Category: hypertension	Attitude: advocate	Time: 18:12

黄河新闻网临汾讯（记者 张建峰）10月8日是第21个“全国高血压日”。为推进高血压防治工作，进一步提升居民健康素养水平，近日，临汾市第二人民医院积极组织医护人员开展现场义诊活动，为患者解惑答疑。活动现场，医护人员悬挂主题宣传条幅“知晓您的血压”，设立咨询台，接受群众关于高血压疾病相关知识咨询，免费为居民测量血压，发放宣传资料，为群众讲解控制食盐摄入，戒烟限酒，树立健康的生活方式等高血压防治知识。通过此次宣传活动，使广大群众进一步了解了高血压的防治知识，强化了群众的高血压防治意识，提高了对高血压的科学认识水平。广大医务人员积极倡导合理营养、健康饮食、保持理想体重等健康的理念，有效加强了群众对高血压的正确认识，增强健康血压观念和自我保健的意识，使高血压防治知晓率、治疗率和控制率不断提高，收到了良好的社会效益

<p>The Yellow River news network Linfen news (reporter Zhang Jianfeng) October 8th is the twenty-first "National Hypertension Day". In order to promote the prevention and treatment of hypertension and further improve the health literacy level of residents, recently, the Second People's Hospital of Linfen actively organized medical and nursing staff to carry out on-site free clinic activities for patients to answer questions.On the spot of the activity, the medical staff hang up the theme banner "Know Your Blood Pressure", set up a consulting desk, accept the public's knowledge about hypertension, measure the blood pressure for the residents free of charge, distribute propaganda materials, explain and control salt intake for the masses, stop smoking and limit alcohol, establish a healthy lifestyle and other hypertension prevention and treatment Knowledge.Through this publicity campaign, the broad masses of people have further understood the knowledge of hypertension prevention and treatment, strengthened the people's awareness of hypertension prevention and treatment, and improved the scientific level of understanding of hypertension.The majority of medical staff actively advocate the healthy concept of reasonable nutrition, healthy diet and ideal weight, effectively strengthen the people's correct understanding of hypertension, enhance the concept of healthy blood pressure and self-care awareness, so that the awareness rate of prevention and treatment of hypertension, treatment rate and control rate continue to improve, and received good social benefits.</p>				
29. 全国高血压日 爱心筹提醒您做好大病早期预防 The national high blood pressure, raise remind you love early prevention of a serious illness	来源: 洞察网	类别: 高血压	态度: 提倡	时间: 18:38
	来源: 洞察网	Category: hypertension	Attitude: advocate	Time: 18:38
<p>10月8日讯 全国高血压日如期而至, 据《中国心血管病报告》显示, 全国高血压患者大约2.7亿, 每年与高血压有关的死亡人数达200万例。高血压是引发心、脑血管和肾脏病变的主要危险因素, 可导致脑中风、心肌梗死和肾功能衰竭。 高血压是 最 常见的心血管病, 是全球范围内的重大公共卫生问题。高血压除本身的直接危害外, 更主要的是造成心、脑、肾等靶器官的损害, 严重威胁居民的健康。但同时, 积极有效地预防和控制高血压, 可有效预防与遏制心血管疾病流行</p>				
<p>Oct. 8 - National Hypertension Day comes on schedule. According to the China Cardiovascular Disease Report, about 270 million people with hypertension are living in the country. The number of deaths related to hypertension reaches 2 million every year. Hypertension is a major risk factor for cardiac, cerebrovascular and renal diseases, which can lead to stroke, myocardial infarction and renal failure.Hypertension is the most common cardiovascular disease. It is a major public health problem in the world. In addition to its direct harm, the main cause of hypertension is the damage of heart, brain, kidney and other target organs, seriously threatening the health of residents. At the same time, active and effective prevention and control of hypertension can effectively prevent and curb the prevalence of cardiovascular diseases.</p>				
30. 平均每四人就有一个有高血压!第21个高血压日齐鲁医院组织义诊 On average every four people have a high blood pressure!High blood pressure, qilu hospital organization 21 free clinic	来源: 齐鲁网	类别: 高血压	态度: 提倡	时间: 17:57
	来源: 齐鲁网	Category: hypertension	Attitude: advocate	Time: 17:57
<p>齐鲁网济南10月8日讯 “以前有高血压吗?” “有!” “降压药一直吃着吗?” “这段时间没吃, 还是有点高。” 今天是第21个高血压日, 高血压是我国的第一大病, 目前大概有3亿高血压患者, 而且随着生活水平的提高, 工作压力的增加, 运动减少, 肥胖的增加, 以及一些饮食的关系, 现在高血压的患病明显年轻化趋势。 山东大学齐鲁医院心内科副主任医师王颖介绍, 高血压一定要在安静清醒的状态下量三次, 都大于140/90, 这才叫高血压, 如果只有一次或者生气了以后量高血压, 不代表正常水平。 据了解, 目前高血压官方数据是18岁以上的成人发病率22.6%, 高血压人群达到2.7亿人, 平均每4个人就有一个有高血压。 高血压一旦发作的话, 主要症状是头疼, 头晕, 头重脚轻, 而且大多数发生在年龄大的情况下, 如果40岁以前发病, 大多考虑是家族遗传性的</p>				
<p>Qilu network Ji'nan October 8th, "did you have hypertension before?" "Yes!" "Has the antihypertensive drug been eaten?" "I haven't eaten this time, it's still a little high." Today is the 21st day of hypertension, hypertension is our country's first major disease, presently there are about 300 million people with hypertension, and with the improvement of living standards, increased work pressure, reduced exercise, increased obesity, and some dietary relationships, hypertension is now obviously mild trend in adulthood.Wang Ying, deputy director of cardiology, Qilu Hospital, Shandong University, said that hypertension must be measured three times in a quiet and awake state, all greater than 140/90, which is called hypertension, if only once or angry after the measurement of blood pressure, does not represent the normal level.It is understood that the current official figure for hypertension is 22.6% in adults over the age of 18, and the number of people with hypertension reaches 270 million. On average, one in four people has hypertension.When hypertension attacks, the main symptoms are headache, dizziness, heavy head and feet, and most occur in older cases, if the onset of disease before the age of 40, most considered to be familial inheritance.</p>				
31. 高血压发病年轻化趋势明显医生: 减盐均衡饮食积极运动 Hypertension incidence trend of getting younger over the apparent doctor: active salt eating a balanced diet	来源: 新浪网	类别: 高血压	态度: 提倡	时间: 08:10:59
	来源: 新浪网	Category: hypertension	Attitude: advocate	Time: 08:10:59
<p>西部网讯 (陕西广播电视台《第一新闻》记者 秦钦) 高血压, 相信大伙都不陌生。10月8日, 是第21个全国高血压日。高血压是最常见的慢性病之一, 同时也是心脑血管疾病的主要危险因素。那么, 在日常生活中, 怎样才能有效防控高血压呢? 据了解, 非同日三次血压测量, 均高于140/90毫米汞柱, 即可诊断为高血压。目前, 高血压还不能根治, 作为一种慢性疾病, 如何有效预防和控制, 就显得尤为重要</p>				
<p>Western Network News (Shaanxi Radio and TV Station "First News" reporter Qin Qin) hypertension, I believe we are all familiar. In October 8th, it was the twenty-first National Hypertension Day. Hypertension is one of the most common chronic diseases, and it is also a major risk factor for heart, brain and kidney diseases. Then, how can we effectively prevent and control hypertension in our daily life?It is understood that three times of blood pressure measurement is higher than 140/90 mmHg on the same day, and can be diagnosed as hypertension. At present, hypertension can not be cured, as a chronic disease, how to effectively prevent and control, it is particularly important.</p>				
32. 我区高血压患病率10.5% Our district hypertension prevalence rate was 10.5%	来源: 中国宁波网	类别: 高血压	态度: 提倡	时间: 22:20:41
	来源: 中国宁波网	Category: hypertension	Attitude: advocate	Time: 22:20:41
<p>昨天是第21个“全国高血压日”, 记者从区疾控中心获悉, 我区18岁及以上成人高血压患病率为10.5%, 高血压患病知晓率为45.8%。 目前, 全区纳入慢病管理系统的高血压患者有11余万人, 管理率达47.38%, 高于全省10.76%。 区疾控中心专家介绍, 高血压是最常见的慢性病之一, 是心脑血管疾病的主要危险因素。 “知晓并定期测量自己的血压十分重要。” 鄞州人民医院心内科主任医师鲍迎春告诉记者, 现在高血压患者年轻化趋势非常明显, 20多岁的患者也比较常见, 饮食、生活不规律、家族遗传和生活压力大等因素都是导致高血压年轻化的主要原因, 但许多年轻人自认为体质好, 对此重视程度并不高</p>				
<p>Yesterday was the 21st National Hypertension Day. The reporter learned from the District CDC that the prevalence rate of hypertension in adults aged 18 and over was 10.5% and the awareness rate of hypertension was 45.8%.At present, there are more than 110,000 hypertension patients who have been included in the management system of chronic diseases in the whole region. The management rate is 47.38%, which is higher than 10.76% in the whole province. Regional CDC experts introduced that hypertension is one of the most common chronic diseases, is a major risk factor for heart, brain and kidney disease. "Knowing and measuring your blood pressure regularly is very important." Bao Yingchun, chief physician of Cardiology in Yinzhou People's Hospital, told reporters that the younger trend of hypertension patients is very obvious, and patients in their twenties are more common. Factors such as diet, irregular life, family inheritance and high life pressure are the main reasons for the younger age of hypertension, but many young people think they are in good health. The degree of attention is not high.</p>				
<div><div>心血管健康</div><div>Cardiovascular health</div></div>				
没有相关文章!				
No such articles!				
<div><div>健康中心</div><div>Health and Wellness Centers</div></div>				
1. 说了很多年的少盐, 现在又有专家说 “多盐好”, 怎样才能好? Say less salt for many years, now has experts say "salt is good," how is good?	来源: 中华网	类别: 健康中心	态度: 中立	时间: 15:30
	来源: 中华网	Category: health and wellness centers	Attitude: neutrality	Time: 15:30
<p>“柴米油盐酱醋茶”是人们生活中的必需品。在“民以食为天”的中国, 饮食文化深深烙印在每个中国人心上, 尤其是“盐”的存在, 人们的饮食从“食之无味”到“食之有味”发生了转变。随着近年来健康理念的提高, 不是人提倡起了“少盐”的生活观念, 然而最近又有“多盐”言论出来, 针尖对麦芒, 那到底是怎么回事呢? 首先我们先来谈论一下盐对人体的影响。 盐对人体的好处 盐的主要成分是氯化钠, 是我们身体必备的营养素, 也是我们身体摄取钠的主要来源, 与钾一样属于电解质。盐在人体的主要作用是维持身体电解质的平衡、肌肉的兴奋性、电解质平衡、细胞内外物质交换等</p>				
<p>"Rice, oil, salt, sauce, vinegar and tea" is an essential commodity in people's life. In China, where the people live on food, food culture is deeply impressed on the hearts of every Chinese, especially the existence of salt. People's diet has changed from "tasteless" to "tasteless". With the improvement of health concept in recent years, people do not advocate the "less salt" concept of life, but recently there is "more salt" speech, the needle to the wheat awn, what is the matter?First, let's talk about the effect of salt on human body.The advantages of salt to human bodyThe main ingredient of salt is sodium chloride, which is a necessary nutrient for our body and a major source of sodium for our body. It is an electrolyte like potassium. The main functions of salt in the human body are to maintain the balance of electrolytes in the body, muscle excitability, electrolyte balance, intracellular and extracellular material exchange, etc.</p>				
2. 多款辣条抽检不合格宁波营养师提醒儿童常吃或有这些影响 Many spicy dry tofu ningbo dietitian to remind the child often eats the unqualified sampling or have these effects	来源: 中国宁波网	类别: 健康中心	态度: 提倡	时间: 06:28:09
	来源: 中国宁波网	Category: health and wellness centers	Attitude: advocate	Time: 06:28:09
<p>开学后, 街头小店里5毛一包的辣条再度成为孩子们青睐的零食。最近, 有关辣条被抽检不合格的消息频频曝光, 包括卫龙在内的多款辣条因为被检出添加剂超标, 登上包括宁波在内多地的食品安全黑榜。一时间, 生产企业和监管部门有关辣条的标准之争也闹得沸沸扬扬。 营养师建议, 就算辣条符合相关标准, 也一定要让孩子少吃。作为高盐分食品, 一包18克的辣条下肚, 就已经超出儿童全天所需盐分的70%以上, 长期吃可能带来包括肥胖、高血压等一系列问题</p>				

After the start of school, the hot strip of 5 hairs wrapped in the street shop became a favorite snack for children again. Recently, the news about the unqualified hot strips were repeatedly exposed, including Weilong, a number of hot strips were found to be excessive additives, including Ningbo, including food safety blacklist in many places. For a time, the controversy about standards of spicy strips in production enterprises and regulatory departments was also bubbling with excitement.Nutritionists suggest that even if the spicy bar meets the relevant standards, children must be allowed to eat less. As a high-salt food, a pack of 18 grams of spicy bars has more than 70% of the salt children need throughout the day. Long-term eating may bring a series of problems including obesity, hypertension and so on.

决心工程
Resolve To Save Lives

没有相关文章!

No such articles!

减盐-微信

Salt Reduction - WeChat

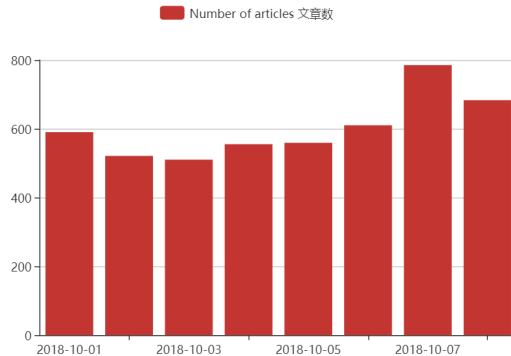
2018-10-08, 共监测到683篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 683 WeChat public articles were monitored in 2018-10-08. This page shows the top five articles by repeat number today.

由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles.

The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

1. 九大权威机构联合倡议: 推动食品行业“减盐、减油、减糖”, 共筑健康明天!

[Nine authoritative organs jointly proposed to promote the food industry to "reduce salt, oil, sugar" and build a healthy tomorrow!](#)

重复数: 4

日期: 2018-10-08

Repeat Number: 4

Data: 2018-10-08

为促进人民健康, 2017年4月, 原国家卫生计生委、全国总工会等五部门联合发布的《全民健康生活方式行动方案(2017-2025年)》中提出要深入开展“三减三健”(减盐、减油、减糖, 健康口腔、健康体重、健康骨骼)专项行动; 2017年6月, 国务院办公厅颁布的《国民营养计划(2017—2030年)》提出要积极推进全民健康生活方式行动, 广泛开展以“三减三健”为重点的专项行动, 并提出加快食品加工营养化转型、科学引导消费等, 以提高公众的营养健康状况。

In order to promote people's health, the former National Health and Family Planning Commission and the National Federation of Trade Unions and other five departments jointly issued the "National Healthy Lifestyle Action Plan (2017-2025)" in April 2017 which proposed to carry out the special action of "three reductions and three health"(reducing salt, reducing oil, reducing sugar, healthy mouth, healthy weight, and healthy bones).In June 2017, the National Nutrition Plan (2017-2030) promulgated by the General Office of the State Council proposed to actively promote the healthy lifestyle of the whole people, and carry out a special campaign focusing on "three reductions and three health" and proposed to speed up processing nutrient transformation of food and scientifically guiding consumption to improve the public's health.

2. 2元一袋和10元一袋的盐到底差在哪? 终于清楚了...

[What is the difference between the salt of 2 yuan and the bag of 10 yuan? At last it is clear.](#)

重复数: 4

日期: 2018-10-08

Repeat Number: 4

Data: 2018-10-08

普通食盐的氯化钠含量为97%以上, 而低钠盐是用食盐、食用氯化钾或食用硫酸镁(食用氯化镁)为原料, 经科学合理配比加工而成的食盐, 其氯化钠含量为60%~80%。低钠盐不仅仅适合高血压、心脏病患者, 对健康人群也有预防保健作用。

The content of sodium chloride in common salt is more than 97%, and the content of sodium chloride in low sodium salt is 60%-80% when it is made from salt, potassium chloride or magnesium sulfate (magnesium chloride). Low sodium salt is not only suitable for patients with hypertension and heart disease, but also has preventive health function for healthy people.

3. 【涨姿势】不咸≠没盐, 注意食物中的“隐形盐”

[Not salty does not equals to no salt. Watch out for "invisible salt" in food.](#)

重复数: 3

日期: 2018-10-08

Repeat Number: 3

Data: 2018-10-08

盐是生活中不可缺少的调味料, 但是盐一旦摄取过多, 对健康会产生影响。盐无处不在, 它藏在您喜欢的饭菜、添加的调料、购买的零食中。盐一旦摄取过多, 可能会招来骨质疏松、高血压, 甚至心血管疾病。

Salt is an indispensable condiment in life. But once salt is overtaken, it will have an impact on health. Salt is everywhere. It's hidden in your favorite meals, condiments and snacks. Excessive intake of salt may lead to osteoporosis, hypertension and even cardiovascular diseases.

4. 【答疑解惑】2元一袋和10元一袋的盐到底差在哪? 终于清楚了...

[\[answer questions\] What is the difference between the salt of 2 yuan and the bag of 10 yuan? At last it is clear.](#)

重复数: 2

日期: 2018-10-08

Repeat Number: 2

Data: 2018-10-08

对普通人而言, 首要目标是减少盐的摄取, 少盐就是少钠。无论是吃低钠盐、强化营养盐或精盐, 都应该少吃为妙, 降低用盐量是首要原则。

For ordinary people, the primary goal is to reduce salt intake, and less salt is less sodium. Whether you eat low sodium salt, fortified nutrient salt or refined salt, you'd better to eat less. Reducing the amount of salt is the first principle.

5. 有些人平时看起来没啥事, 一量血压, 高了!

[Some people usually look healthy, but blood pressure is high after measuring blood pressure!](#)

重复数: 2

日期: 2018-10-08

Repeat Number: 2

Data: 2018-10-08

食盐的摄入量与高血压发病率、平均血压水平的关系密切。盐吃多了, 钠离子就摄入过量, 人体中钠离子多了, 经过细胞内外压力就有变化, 体液中的钠离子大量进入细胞体内, 细胞就会变臃肿, 动脉周围的细胞组织肿胀后血管就变窄了, 外周阻力增大, 于是血压就升高了。

The intake of salt is closely related to the incidence of hypertension and the average blood pressure level. When the salt is eaten too much, the sodium ion is ingested excessively. The sodium ion in the human body is increased. The pressure inside and outside the cell changes. The sodium ions in the body fluid enter the cell body, and the cells become swollen. The tissue around the artery is swollen. The blood vessels become narrower and the peripheral resistance increases, so the blood pressure rises.

减盐-微博

Salt Reduction - Weibo

2018-10-08, 共检测到1904条与“减盐”相关的微博。

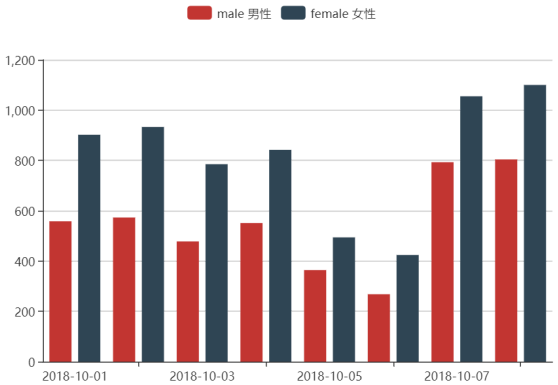
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1904 weibos about salt reduction monitored on 2018-10-08.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



最热原创微博-前10

Hottest original weibos - Top 10

1. 昵称: 新华网

性别: 男

地区: 北京

生日: 0001-00-00

认证: 机构

Nickname: 新华网

Sex: male

Area: Beijing

Birthday: 0001-00-00

Identity: Institution

时间: 2018-10-08 15:40

来自: 微博 weibo.com

转发数: 73

评论数: 12

点赞数: 48

Time: 2018-10-08 15:40

Source: 微博 weibo.com

Repost: 73

Comment: 12

Like: 48

【每五人就有一人高血压！专家建议限盐减重动起来】10月8日是第21个全国高血压日。目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%。包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高，给患者家庭和社会带来沉重负担。对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。此外，还需做到三点：保证充足睡眠，不熬夜，睡觉前避免进行剧烈的体力或脑力活动；自备血压计，定期监测血压并做好记录，每周至少测量1次；遵医嘱服药，切忌自行停药。

There is one hypertension per five people. Oct. 8 is the 21st National Day of Hypertension. At present, the number of hypertension patients in China is 270 million. The direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Hypertension, including stroke, coronary heart disease, heart failure, kidney disease, and other serious complications of high disability and mortality rate, to the family and society of patients with a heavy burden. For the patients diagnosed with hypertension, lifestyle intervention should be initiated immediately and adhered to for a long time, that is, the "healthy lifestyle hexalogy": limit salt and weight loss more exercise, quit smoking and limit alcohol mentality. In addition, there are three things to be done: ensure adequate sleep, do not stay up late, avoid strenuous physical or mental activity before going to bed; have a self-contained sphygmomanometer, and monitor your blood pressure and do a good record at least once a week; follow doctor's advice to take medicine, do not stop medicine.
2. 昵称: 每日医学资讯

性别: 男

地区: 北京

生日: 无

认证: 个人

Nickname: 每日医学资讯

Sex: male

Area: Beijing

Birthday: None

Identity: Person

时间: 2018-10-08 13:00

来自: 微博 weibo.com

转发数: 11

评论数: 1

点赞数: 15

Time: 2018-10-08 13:00

Source: 微博 weibo.com

Repost: 11

Comment: 1

Like: 15

【Nature子刊：“揪出”风险基因+健康生活方式，双管齐下防治高血压】高血压是中风和心脏病的主要危险因素。除了肥胖、吸烟、酗酒和高盐摄入等生活方式上的风险因素之外，基因高度遗传性也是导致高血压的重要因素。然而，目前我们对血压的遗传结构并不清楚。上月，《Nature Genetics》杂志一项涉及100多万参与者的研究发现了500多个影响血压的新基因区域，解释了近三分之一的血压遗传问题，为未来药物开发带来新启示。这项研究以“Genetic analysis of over 1 million people identifies 535 new loci associated with blood pressure traits”为题发表在《自然遗传学》杂志上。该研究报告，这些基因不仅在血管中，而且在肾脏上方的肾上腺和身体脂肪中也发挥了重要作用。

[Nature's sub-journal: "Seize" risk genes + healthy lifestyle, two-pronged prevention and treatment of hypertension] Hypertension is a major risk factor for stroke and heart disease. In addition to lifestyle risk factors such as obesity, smoking, alcoholism and high salt intake, high genetic inheritance is also an important contributor to hypertension. However, we do not know the genetic structure of blood pressure at present. Last month, a study in the Journal Nature Genetics involving more than a million participants found more than 500 new genetic regions that affect blood pressure, explaining nearly a third of the inheritance of blood pressure and providing new insights into future drug development. The study was published in the Journal Nature Genetics under the title "Genetic analysis of over 1 million people identifies 535 new loci associated with blood pressure traits". These genes play important roles not only in blood vessels, but also in the adrenal glands above the kidneys and body fat, the study reported.
3. 昵称: 河北日报

性别: 女

地区: 河北

生日: 0001-00-00

认证: 机构

Nickname: 河北日报

Sex: female

Area: Hebei

Birthday: 0001-00-00

Identity: Institution

时间: 2018-10-08 16:59

来自: 微博 weibo.com

转发数: 10

评论数: 1

点赞数: 2

Time: 2018-10-08 16:59

Source: 微博 weibo.com

Repost: 10

Comment: 1

Like: 2

【河北省三成多高血压患者不知情专家建议限盐减重动起来】今天是全国高血压日，从省疾控中心获悉，河北省居民高血压的知晓率、治疗率、控制率分别为68.4%、47.8%、31.3%。专家表示，减盐是预防和控制高血压的重要途径。一定要坚持运动，如快步走、游泳、家庭劳动等。此外，高血压是终身性疾病，绝大多数患者需要长期和规律服用降压药，不要盲目相信小广告或伪科学宣传。（张淑会）

[More than 30% of the hypertensive patients in Hebei Province were advised to limit salt and reduce weight by unknowingly experts] Today is the National Day of Hypertension. According to the provincial CDC, the awareness rate, treatment rate and control rate of hypertension in Hebei residents are 68.4%, 47.8% and 31.3% respectively. Experts say salt reduction is an important way to prevent and control hypertension. We must adhere to sports, such as brisk walking, swimming, family work and so on. In addition, hypertension is a lifelong disease, the vast majority of patients need long-term and regular use of antihypertensive drugs, do not blindly believe in small advertising or pseudo-scientific publicity. (Zhang Shuhui)
4. 昵称: 央广网

性别: 男

地区: 北京

生日: 1998-01-01

认证: 机构

Nickname: 央广网

Sex: male

Area: Beijing

Birthday: 1998-01-01

Identity: Institution

时间: 2018-10-08 16:28

来自: 微博 weibo.com

转发数: 5

评论数: 1

点赞数: 5

Time: 2018-10-08 16:28

Source: 微博 weibo.com

Repost: 5

Comment: 1

Like: 5

【每五人就有一人高血压！专家建议限盐减重动起来】10月8日是第21个全国高血压日，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%，包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发病致残和致死率高，给患者家庭和社会带来沉重负担。对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。此外，还需做到三点：保证充足睡眠，不熬夜，睡觉前避免进行剧烈的体力或脑力活动；自备血压计，定期监测血压并做好记录，每周至少测量1次；遵医嘱服药，切忌自行停药。（新华网）

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5. 昵称: 北京石景山健康教育

性别: 女

地区: 北京

生日: 0001-00-00

认证: 政务

Nickname: 北京石景山健康教育

Sex: female

Area: Beijing

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-08 10:52

来自: 微博 weibo.com

转发数: 6

评论数: 1

点赞数: 2

Time: 2018-10-08 10:52

Source: 微博 weibo.com

Repost: 6

Comment: 1

Like: 2

【高血压与饮食营养那点事儿——食盐】食盐与高血压有密切的相关性，我国居民高血压患病率北方高于南方，而食盐摄入量也是北方高于南方。食盐的主要成分是氯化钠，它给我们的味觉感受是“咸”。中国膳食中80%的钠来自烹调用盐、高盐调料（如酱油、黄酱）和盐腌的咸菜等。提示：食盐中的钠元素是人体不可缺少的一种化学元素，适量的钠盐摄入对人体是有益的，但是过量地摄入钠盐后，会引起水分在体内滞留，同时促使体内血容量相对增加。钠在体内蓄积还可使动脉壁增厚，引起动脉管径变小，导致心脏将血液注入血管的阻力增大，也可使血管的舒缩性发生改变，从而引发高血压。

Salt is closely related to hypertension. The prevalence of hypertension in the north is higher than that in the south, and the intake of salt is higher in the north than in the south. The main component of salt is sodium chloride, which gives us a salty taste. 80% of the sodium in Chinese diet comes from cooking salt, high-salt condiments (such as soy sauce, yellow sauce) and salted vegetables. It is suggested that sodium in table salt is an indispensable chemical element in human body. Appropriate intake of sodium salt is beneficial to human body, but excessive intake of sodium salt will cause water retention in human body, and promote the relative increase of blood volume. Sodium accumulation in the body can also thicken the arterial wall and cause arterial diameter. Smaller, leading to increased resistance of the heart to inject blood into the blood vessels, but also can make the vasomotor changes, thereby triggering hypertension.

6. 昵称: 锦绣青羊

性别: 男

地区: 四川

生日: 无

认证: 政务

Nickname: 锦绣青羊

Sex: male

Area: Sichuan

Birthday: None

Identity: Official

时间: 2018-10-08 15:52

来自: 360安全浏览器

转发数: 5

评论数: 1

点赞数: 0

Time: 2018-10-08 15:52

Source: 360安全浏览器

Repost: 5

Comment: 1

Like: 0

【每五人就有一人高血压！专家建议限盐减重动起来】10月8日是第21个全国高血压日，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%，包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发病致残和致死率高，给患者家庭和社会带来沉重负担。对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。此外，还需做到三点：保证充足睡眠，不熬夜，睡觉前避免进行剧烈的体力或脑力活动；自备血压计，定期监测血压并做好记录，每周至少测量1次；遵医嘱服药，切忌自行停药。

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7. 昵称: 抗癌公社

性别: 男

地区: 上海

生日: 01-01

认证: 机构

Nickname: 抗癌公社

Sex: male

Area: Beijing

Birthday: 01-01

Identity: Institution

时间: 2018-10-08 17:25

来自: 微博 weibo.com

转发数: 4

评论数: 1

点赞数: 1

Time: 2018-10-08 17:25

Source: 微博 weibo.com

Repost: 4

Comment: 1

Like: 1

【每5人就有一人高血压！专家建议限盐减重动起来】10月8日是第21个#全国高血压日#，目前我国高血压患病人数达2.7亿。包括#脑卒中#、#冠心病#、#心力衰竭#、#肾脏疾病#在内的高血压严重并发病致残和致死率高，给患者家庭和社会带来沉重负担。@康爱公社对确诊高血压的患者，应立即启动并长期坚持生活方式干预#抗癌#！

Every 5 people have hypertension! Oct. 8 is the 21st National Hypertension Day. The number of hypertension patients in China is 270 million, including stroke, coronary heart disease, heart failure and kidney disease. @康爱公社 should promptly initiate and persist in lifestyle intervention #anticancer# for patients with confirmed hypertension.

8. 昵称: 新时代舆情

性别: 男

地区: 北京

生日: 1975-12-26

认证: 个人

Nickname: 新时代舆情

Sex: male

Area: Beijing

Birthday: 1975-12-26

Identity: Person

时间: 2018-10-08 16:53

来自: 华为P9手机摄影再突破

转发数: 3

评论数: 1

点赞数: 2

Time: 2018-10-08 16:53

Source: 华为P9手机摄影再突破

Repost: 3

Comment: 1

Like: 2

【每五人就有一人高血压！专家建议限盐减重动起来】10月8日是第21个全国高血压日，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%，包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发病致残和致死率高，给患者家庭和社会带来沉重负担。对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。此外，还需做到三点：保证充足睡眠，不熬夜，睡觉前避免进行剧烈的体力或脑力活动；自备血压计，定期监测血压并做好记录，每周至少测量1次；遵医嘱服药，切忌自行停药。

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9. 昵称: 北京卫视

性别: 男

地区: 北京

生日: 0001-00-00

认证: 机构

Nickname: 北京卫视

Sex: male

Area: Beijing

Birthday: 0001-00-00

Identity: Institution

时间: 2018-10-08 13:30

来自: 微博 weibo.com

转发数: 3

评论数: 0

点赞数: 3

Time: 2018-10-08 13:30

Source: 微博 weibo.com

Repost: 3

Comment: 0

Like: 3

高血压人群最适合食用高钾低钠的食物，而在高钾低钠的食物中，有一个佼佼者，它不仅含钾量遥遥领先，而且富含优质蛋白质，是高血压人群最优质的食材选择，到底这个食材是什么？又应该怎样制作？接下来就走进金龙鱼1:1:1带来的《养生厨房》去学习一下吧！

Hypertensive people are most suitable to eat high potassium and low sodium food, and in high potassium and low sodium food, there is a leader, which is not only potassium content far ahead, but also rich in high-quality protein, it is the best choice of high-blood pressure people. What is this food? How should we make it? Next, walk into the "health kitchen" brought by 1:1:1.

10. 昵称: 密云区医院健康在线

性别: 女

地区: 北京

生日: 0001-00-00

认证: 无

Nickname: 密云区医院健康在线

Sex: female

Area: Beijing

Birthday: 0001-00-00

Identity: None

时间: 2018-10-08 15:24

来自: 360安全浏览器

转发数: 2

评论数: 0

点赞数: 0

Time: 2018-10-08 15:24

Source: 360安全浏览器

Repost: 2

Comment: 0

Like: 0

#2018年10月8日是第21个“全国高血压日”，今年的主题是“知晓您的血压”。高血压的预防：1. 坚持运动：经常性的身体活动可预防和控制高血压，如快步走、太极拳、游泳、家务劳动、园艺劳动等。2. 限制食盐摄入：高盐饮食显著增加高血压患病风险，成人每天食盐摄入量应≤6克。3. 多吃蔬菜和水果。4. 少吃快餐：尽量在家中就餐，可利于控制脂肪、盐和糖的摄入量。5. 限制饮酒：倡导成年人理性饮酒。6. 戒烟：吸烟有害健康，吸烟者应尽早戒烟。

#2018 October 8th is the twenty-first "National Hypertension Day". The theme in this year is "know your blood pressure". Prevention of hypertension: 1. Exercise: Regular physical activity can prevent and control hypertension, such as fast walking, taijiquan, swimming, housework, gardening and so on. 2. Restriction of salt intake: A high-salt diet significantly increases the risk of hypertension. Adults should eat less than 6 grams of salt per day. 3. Eat more vegetables and fruits. 4. Eat less fast food: try to eat at home, which helps control the intake of fat, salt and sugar. 5. Limit alcohol consumption: advocate rational drinking for adults. 6. Quit smoking: smoking is harmful to health. Smokers should quit smoking as soon as possible.

1.

没有相关微博！
No such weibos!

专业机构发布的微博

Weibos from Authorities

1.

昵称：乐山发布

Nickname: 乐山发布

时间：2018-10-08 14:55
Time: 2018-10-08 14:55

性别：男

Sex: male

来自：360安全浏览器
Source: 360安全浏览器

地区：四川

Area: Sichuan

转发数：0
Repost: 0

生日：2010-12-17

Birthday: 2010-12-17

评论数：0
Comment: 0

认证：政务

Identity: Official

点赞数：0
Like: 0

【乐山开展“全国高血压日”义诊宣传 警惕高血压医生建议控盐限油定期检查】10月8日是“全国高血压日”，为普及高血压防治知识，今天上午，市中区人民医院、市中区疾病预防控制中心和石碛儿社区卫生服务站在中心城区联合开展义诊宣传活动。O警惕高血压医生建议控盐限油定期检查

October 8 is National Hypertension Day. In order to popularize the knowledge of prevention and treatment of hypertension, this morning, the People's Hospital of the Central District of the City, the CDC of the Central District of the City and the Shiyan'er Community Health Service Station jointly launched the program. Publicity activities for free clinic. Doctors recommended to reduce salt, limit oil and do physical examination regularly.
2.

昵称：商洛发布

Nickname: 商洛发布

时间：2018-10-08 15:49
Time: 2018-10-08 15:49

性别：男

Sex: male

来自：UC浏览器电脑版
Source: UC浏览器电脑版

地区：陕西

Area: Shaanxi

转发数：1
Repost: 1

生日：2013-08-13

Birthday: 2013-08-13

评论数：0
Comment: 0

认证：政务

Identity: Official

点赞数：0
Like: 0

【每五人就有一人高血压！专家建议限盐减重动起来】10月8日是第21个全国高血压日，目前我国高血压患病人数达2.7亿，高血压直接经济负担占我国卫生总费用的6.6%，包括脑卒中、冠心病、心力衰竭、肾脏疾病在内的高血压严重并发症致残和致死率高，给患者家庭和社会带来沉重负担。对确诊高血压的患者，应立即启动并长期坚持生活方式干预，即“健康生活方式六部曲”：限盐减重多运动，戒烟限酒心态平。此外，还需做到三点：保证充足睡眠，不熬夜，睡觉前避免进行剧烈的体力或脑力活动；自备血压计，定期监测血压并做好记录，每周至少测量1次；遵医嘱服药，切忌自行停药。

There is one hypertension per five people. Oct. 8 is the 21st National Day of Hypertension. At present, the number of hypertension patients in China is 270 million. The direct economic burden of hypertension accounts for 6.6% of the total health expenditure in China. Hypertension, including stroke, coronary heart disease, heart failure, kidney disease, and other serious complications of high disability and mortality rate, to the family and society of patients with a heavy burden. For the patients diagnosed with hypertension, lifestyle intervention should be initiated immediately and adhered to for a long time, that is, the "healthy lifestyle hexalogy": limit salt and weight loss more exercise, quit smoking and limit alcohol mentality. In addition, there are three things to be done: ensure adequate sleep, do not stay up late, avoid strenuous physical or mental activity before going to bed; have a self-contained sphygmomanometer, and monitor your blood pressure and do a good record at least once a week; follow doctor's advice to take medicine, do not stop medicine.
3.

昵称：社旗发布

Nickname: 社旗发布

时间：2018-10-08 17:32
Time: 2018-10-08 17:32

性别：男

Sex: male

来自：iPhone客户端
Source: iPhone客户端

地区：河南

Area: Henan

转发数：0
Repost: 0

生日：1983-03-15

Birthday: 1983-03-15

评论数：0
Comment: 0

认证：政务

Identity: Official

点赞数：2
Like: 2

#社旗手机报#全国高血压日到来，六个细节帮你稳住血压10月8日是全国高血压日，专家提醒，以下几个生活细节，有助于保持血压健康。1.定期监测血压。55岁以上或更年期女性，有高血压家族史的人群应该每半年监测一次。2.清淡饮食。每天盐摄入量控制在6克以下，吃油量在25-30克之间。3.每天睡够7-8小时。睡眠质量很重要，常失眠早醒的人，应去睡眠科就诊。4.提防“隐形盐”。酱油、黄酱、腐乳等调味品含盐量高；腊肉、奶酪也都含盐。5.控制体重。体质指数BMI=体重(千克)/身高的平方(米的平方)尽可能保持在19-24之间。6.喝茶或咖啡。适量喝咖啡或每天喝一杯茶，有助于降血压。2南阳·验店镇

By the arrival of National Hypertension Day, six details of help you to stabilize blood pressure . October 8 is National Hypertension Day, experts suggest that the following life details can help you to maintain blood pressure health. 1. Monitor blood pressure regularly. People aged over 55 or climacteric women with family history of hypertension should be monitored every half a year. 2. Light diet. The daily intake of salt should be below 6 grams, and the oil consumption should be between 25-30 grams. 3. Sleep 7-8 hours a day. Sleep quality is very important. People who often wake up early should go to sleep department. 4. Watch out for "invisible salt". Soy sauce, yellow sauce, fermented bean curd and other condiments contain high salt content; bacon and cheese also contain salt. 5. control weight. Body mass index BMI= weight (kg) / height squared (the square of the meter) can be maintained as much as 19-24. 6. Have a cup of tea or coffee. A moderate amount of coffee or a cup of tea a day helps to lower blood pressure.
4.

昵称：北京房山健康教育

Nickname: 北京房山健康教育

时间：2018-10-08 09:56
Time: 2018-10-08 09:56

性别：女

Sex: female

来自：360安全浏览器
Source: 360安全浏览器

地区：北京

Area: Beijing

转发数：2
Repost: 2

生日：0001-00-00

Birthday: 0001-00-00

评论数：0
Comment: 0

认证：政务

Identity: Official

点赞数：0
Like: 0

【远离高血压，首先要从饮食入手】一、控制油、盐的摄入过多的摄入油和盐是造成高血压的因素之一。因此，控制高血压首要要做到的就是减少油、盐的摄入，尽量避免食用高盐高油的食物。除此之外，在日常生活中，最好多选择一些橄榄油等植物油食用。

To stay away from high blood pressure, we should first start with diet. first, control the intake of oil and salt. Excessive intake of oil and salt is one of the factors causing high blood pressure. Therefore, the first thing to do to control hypertension is to reduce the intake of oil and salt, try to avoid eating high salt and high oil food. In addition, in daily life, it is best to choose more olive oil and other vegetable oils to eat.
5.

昵称：北京东城健康教育

Nickname: 北京东城健康教育

时间：2018-10-08 11:01
Time: 2018-10-08 11:01

性别：男

Sex: male

来自：微博 weibo.com
Source: 微博 weibo.com

地区：北京

Area: Beijing

转发数：0
Repost: 0

生日：0001-00-00

Birthday: 0001-00-00

评论数：0
Comment: 0

认证：政务

Identity: Official

点赞数：0
Like: 0

高血压的治疗方法：普通治疗注意劳逸结合，保持足够的睡眠，参加力所能及的工作、体力劳动和体育锻炼。注意饮食调节，以低盐、低动物脂肪饮食为宜，并避免进食富含胆固醇的食物。肥胖者适当控制食量和总热量，适当减轻体重，不吸烟。服用少量镇静剂可减轻精神紧张和部分症状。可选用：安定、溴化钾、苯巴比妥、利眠宁等。

Treatment of hypertension: general treatment attention to the combination of work and rest, to maintain adequate sleep, to participate in the work within their ability, physical labor and physical exercise. Pay attention to dietary adjustment. low salt, low animal fat diet is appropriate, and avoid eating food rich in cholesterol. Obese people should appropriately control food intake and total calories, appropriately reduce weight and not smoke. Taking a small amount of sedative can relieve mental tension and some symptoms, can choose: diazepam, potassium bromide, phenobarbital, such as Limianning.
6.

昵称：北京东城健康教育

Nickname: 北京东城健康教育

时间：2018-10-08 11:07
Time: 2018-10-08 11:07

性别：男

Sex: male

来自：微博 weibo.com
Source: 微博 weibo.com

地区：北京

Area: Beijing

转发数：0
Repost: 0

生日：0001-00-00

Birthday: 0001-00-00

评论数：0
Comment: 0

认证：政务

Identity: Official

点赞数：0
Like: 0

高血压的饮食，限制食盐量控制钠盐摄入量有利于降低和稳定血压，在饮食中应减少烹调用盐，每人每日以不超过6g为宜。多吃含钾、钙丰富而含钠低的食物，含钾丰富的食物有：土豆、芋头、茄子、莴笋、海带、冬瓜、西瓜、柑橘等。含钙丰富的食物有：牛奶、酸奶、虾皮、芝麻酱、绿色蔬菜等。

High blood pressure diet, limiting salt intake and control sodium salt intake is conducive to reducing and stabilizing blood pressure, we should reduce cooking salt in the diet, less than 6g per person per day is appropriate. Eat foods rich in potassium and calcium but low in sodium. Potassium-rich foods include potatoes, taro, eggplant, lettuce, kelp, wax gourd, watermelon, citrus, etc. Foods rich in calcium include milk, yogurt, dried shrimps, sesame paste, green vegetables and so on.
7.

昵称：东坡微健康

Nickname: 东坡微健康

时间：2018-10-08 16:24
Time: 2018-10-08 16:24

性别：女

Sex: female

来自：微博 weibo.com
Source: 微博 weibo.com

地区：四川

Area: Sichuan

转发数：1
Repost: 1

生日：2013-09-01

Birthday: 2013-09-01

评论数：1
Comment: 1

认证：政务

Identity: Official

点赞数：1
Like: 1

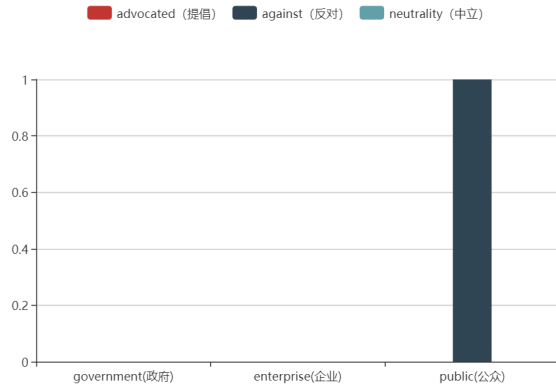
#健康东坡#【“减盐防控高血压”宣传进超市】10月8日是第21个“全国高血压日”，今年的宣传主题“知晓您的血压”。为有效预防和控制高血压，做好“减盐防控高血压”工作，倡导低盐膳食健康生活方式，东坡区疾控中心组织开展了以“低盐饮食预防控制高血压”为主题的宣传活动。与此同时，东坡区23个乡镇卫生院和3个社区卫生服务中心也分别在各自辖区开展“进超市，发盐勺”的高血压主题宣传活动，通过此次宣传活动，使广大群众进一步了解了高血压的防治知识，提高了群众的高血压防治意识。@健康中国@中国健康教育官方微博@健康四川官微@眉山疾病防控@微东坡@眉山网@眉山微闻

October 8 is the 21st National Hypertension Day. The theme in this year is "Know Your Blood Pressure". In order to effectively prevent and control hypertension, do a good job of "reducing salt, preventing and controlling hypertension" and advocate a healthy lifestyle of low salt diet, Dongpo CDC organized a publicity campaign on the theme of "low salt diet to prevent and control hypertension". At the same time, 23 township health centers and 3 community health service centers in Dongpo District also carried out "into the supermarket, salt spoon" theme publicity activities in their respective jurisdictions, through this publicity activities, so that the broad masses of people to further

反式脂肪酸-新闻

Trans Fat - News

今日 (2018-10-08) 共监测到1条资讯。请点击标题查看原文。
There are 1 articles monitored today 2018-10-08. Please click the title to view full information.
The original article is in Chinese only.



新闻主体分类

Classification of news subject

政府 Government	没有相关文章! No such articles!			
企业 Industry	没有相关文章! No such articles!			
公众 Public	1. 吃了这么多年油条配豆浆, 到底有没有营养? 为什么? Twisted dough-strips soya-bean milk, eating for so many years exactly have nutrition?Why is that?	来源: 搜狐 来源: 搜狐	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against
豆浆油条是我国传统早餐之一, 堪称早餐界的“黄金搭档”。但这种搭配究竟是否能够提供我们上午学习和工作所需的营养? 一顿营养充足的早餐应包括谷类、肉蛋类、奶豆类 and 蔬菜水果4类食物。豆浆和油条组合只能满足2类, 属于质量较差的早餐。油条中油脂的含量较高, 经常食用易导致能量过剩, 能量过剩导致的超重肥胖及相关疾病已成为我国居民的健康问题。高温油炸的烹饪方法会破坏食物中的营养素				
Soya bean fry is one of the traditional breakfast in China, which is called "golden partner" in the breakfast industry. But can this kind of collocation provide the nutrition we need to study and work in the morning?A nutritious breakfast should include 4 kinds of food, such as cereals, meat and eggs, milk beans and vegetables and fruits. The combination of soybean milk and fried bread sticks can only satisfy 2 kinds, which belong to the poor quality breakfast.The content of oil in oil sticks is high, and it is easy to lead to excess energy when eaten regularly. Overweight, obesity and related diseases caused by excess energy have become a health problem for Chinese residents. High temperature frying will destroy the nutrients in food.				

内容分类

Classification of Content

反式脂肪酸 Trans fat					
1. 吃了这么多年油条配豆浆, 到底有没有营养? 为什么?		来源: 搜狐	类别: 反式脂肪酸	态度: 反对	时间: 20:53:45
Twisted dough-strips soya-bean milk, eating for so many years exactly have nutrition?Why is that?		来源: 搜狐	Category: trans fat	Attitude: against	Time: 20:53:45
<p>豆浆油条是我国传统早餐之一, 堪称早餐界的“黄金搭档”, 但这种搭配究竟是否能够提供我们上午学习和工作所需的营养? 一顿营养充足的早餐应包括谷类、肉蛋类、奶豆类和蔬菜水果4类食物。豆浆和油条组合只能满足2类, 属于质量较差的早餐。油条中油脂的含量较高, 经常食用易导致能量过剩, 能量过剩导致的超重肥胖及相关疾病已成为我国居民的健康问题。高温油炸的烹饪方法会破坏食物中的营养素</p>					
<p>Soya bean fry is one of the traditional breakfast in China, which is called "golden partner" in the breakfast industry. But can this kind of collocation provide the nutrition we need to study and work in the morning?A nutritious breakfast should include 4 kinds of food, such as cereals, meat and eggs, milk beans and vegetables and fruits. The combination of soybean milk and fried bread sticks can only satisfy 2 kinds, which belong to the poor quality breakfast.The content of oil in oil sticks is high, and it is easy to lead to excess energy when eaten regularly. Overweight, obesity and related diseases caused by excess energy have become a health problem for Chinese residents. High temperature frying will destroy the nutrients in food.</p>					
决心工程 Resolve To Save Lives					
没有相关文章!					
No such articles!					

反式脂肪酸-微信 Transfat - WeChat

2018-10-08, 共监测到271篇微信公众号文章, 本页面显示当日重复发布数量排名前五的文章, 请点击标题搜索原文。

A total of 271 WeChat public articles were monitored in 2018-10-08. This page shows the top five articles by repeat number today. 由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

Because wechat articles don't have certain urls, the titles link to the websites that shows the result that searching with the titles. The original article is in Chinese only.



热门文章-前五 Popular Articles - Top 5

- | | | |
|---|----------------------------|------------------------------------|
| 1. 吃素也要有技术含量, 吃的不对, 再素也白搭!
Vegetarians must also have a technical content. The method of eating is wrong, it is useless to eat light! | 重复数: 5
Repeat Number: 5 | 日期: 2018-10-08
Data: 2018-10-08 |
| 已经有多项研究证实, 这些产品中所含“反式脂肪酸”, 会大大增加人们罹患心血管疾病和糖尿病的风险, 还可能危害大脑的健康。
A number of studies have confirmed that trans fatty acids in these products can greatly increase the risk of cardiovascular disease and diabetes, and possibly harm the health of the brain. | | |
| 2. 减脂遇到瓶颈了吗? 知道这些还不算晚
Is there any bottleneck in reducing fat? It's not too late to know. | 重复数: 4
Repeat Number: 4 | 日期: 2018-10-08
Data: 2018-10-08 |
| 还有一点要注意的是反式脂肪酸, 一般常见于加工食品中, 常用词为氢化植物油、人造黄油等, 对心血管疾病是有很强威胁的。
It is also important to pay attention to trans fatty acids, which are commonly used in processed foods, commonly used terms for hydrogenated vegetable oil, margarine, and so on. It is a great threat to cardiovascular disease. | | |
| 3. 瘦肚子宝典
book of sliming belly. | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-08
Data: 2018-10-08 |
| 反式脂肪酸 (Trans fatty acids, TFA) 又名反式脂肪, 被誉为“餐桌上的定时炸弹”, 主要来源是部分氢化处理的植物油。部分氢化油具有耐高温、不易变质、存放久等优点, 在蛋糕、饼干、速冻比萨饼、薯条、爆米花等食品中使用比较普遍。
Trans fatty acids (TFA), also known as trans fats, which are known as "time bombs on the table," mainly derived from partially hydrogenated vegetable oils. Partial hydrogenated oil is widely used in cakes, biscuits, quick-frozen pizza, French fries, popcorn and other foods because of its high temperature resistance, non-deterioration and long storage. | | |
| 4. 做好“三减三健”, 筑牢健康基石!
Do a good job of "three minus three health" and build a healthy foundation | 重复数: 2
Repeat Number: 2 | 日期: 2018-10-08
Data: 2018-10-08 |
| 限制反式脂肪酸摄入: 少吃含“部分氢化植物油”、“起酥油”、“奶精”、“植脂末”或“人造奶油”的预包装食品。建议每日反式脂肪酸摄入量不超过2克。
Limit trans fatty acid intake: Eat less pre-packaged foods containing "partially hydrogenated vegetable oil", "shortening", "cream", "vegetable fat powder" or "margarine". It is recommended that the daily intake of trans fatty acids should not exceed 2 grams. | | |
| 5. 精子活力不够? 日常应该注意这几点!
Sperm motility is not enough? We should pay attention to these points everyday. | 重复数: 1
Repeat Number: 1 | 日期: 2018-10-08
Data: 2018-10-08 |
| 目前市面的珍珠奶茶多是用奶精、色素、香精和木薯粉(指奶茶中的珍珠)及自来水制成。而奶精主要成分氢化植物油, 是一种反式脂肪酸。反式脂肪酸会减少男性荷尔蒙的分泌, 对精子的活跃性产生负面影响, 中断精子在身体内的反应过程。
At present, pearl milk tea in the market is made of cream, pigment, essence and tapioca powder (pearl in milk tea) and tap water. The main component of the cream is hydrogenated vegetable oil, which is a trans fatty acid. Trans fatty acids reduce the secretion of male hormones and have a negative impact on sperm activity, interrupting sperm response in the body. | | |

反式脂肪酸-微博

Transfat - Weibo

2018-10-08, 共检测到82条与“反式脂肪酸”相关的微博。

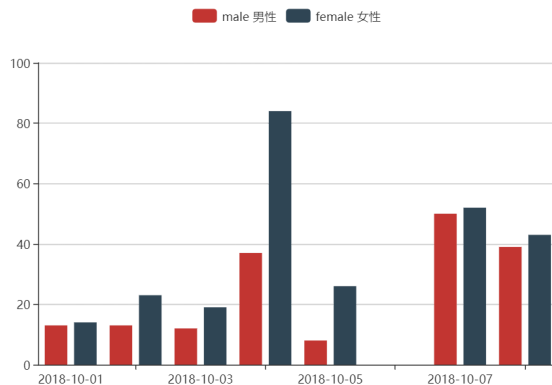
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 82 weibos about transfat reduction monitored on 2018-10-08.

There are only the 10 hottest original weibos at most, The most widely reposted weibos and weibos from authorities.

Click the content of each weibo, and you can see the detail information.



最热原创微博-前10

Hottest original weibos - Top 10

- 昵称:** 怎么才能瘦下来flute **性别:** 女 **地区:** 江苏 **生日:** 水瓶座 **认证:** 无

Nickname: 怎么才能瘦下来flute **Sex:** female **Area:** Jiangsu **Birthday:** Aquarius **Identity:** None

时间: 2018-10-08 17:08 来自: iPhone客户端 转发数: 24 评论数: 5 点赞数: 5
Time: 2018-10-08 17:08 Source: iPhone客户端 Repost: 24 Comment: 5 Like: 5

图一到图七都是反面案例,人造奶油,棕榈油,起酥油,就图九是可以吃的。感觉自己一下子蹲到食物链底端,可供选择的零食好少。@打呼噜的可爱谢谢可爱的实力科普贴。抄送@这里离家3个半小时车程@大魔王的大妹妹@胡子晶
Pictures 1 to 7 are all negative examples. Margarine, palm oil, butter, and so on are edible. I feel like I am jumping to the bottom of the food chain, and there are few snacks to choose from. @ snoring cute, thank you for your lovely strength. Copy @ @ 3.5 hours away from home. @ the great devil's big sister @ @ Hu Zijing.
- 昵称:** 嘿恰恰 **性别:** 女 **地区:** 浙江 **生日:** 1995-12-29 **认证:** 无

Nickname: 嘿恰恰 **Sex:** female **Area:** Zhejiang **Birthday:** 1995-12-29 **Identity:** None

时间: 2018-10-08 18:23 来自: 荣耀8 美得与众不同 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-08 18:23 Source: 荣耀8 美得与众不同 Repost: 0 Comment: 0 Like: 0

今天发现氢化植物油这种东西对人体是有害得
Today, hydrogenated vegetable oil is found to be harmful to the human body.
- 昵称:** 用户6723461483 **性别:** 男 **地区:** 湖南 **生日:** 1992-11-06 **认证:** 无

Nickname: 用户6723461483 **Sex:** male **Area:** Hunan **Birthday:** 1992-11-06 **Identity:** None

时间: 2018-10-08 19:57 来自: 小米MIX概念手机 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-08 19:57 Source: 小米MIX概念手机 Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定,可以使食品外观更好看,口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高,买食品前看配料表和营养标签,植物起酥油、代可可脂、氢化植物油这些名字,都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
- 昵称:** 只像万花筒艺2018 **性别:** 男 **地区:** 福建 **生日:** 1996-06-14 **认证:** 无

Nickname: 只像万花筒艺2018 **Sex:** male **Area:** Fujian **Birthday:** 1996-06-14 **Identity:** None

时间: 2018-10-08 18:31 来自: Android客户端 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-08 18:31 Source: Android客户端 Repost: 0 Comment: 0 Like: 0

【哪些食物暗藏反式脂肪】氢化植物油与普通植物油相比更加稳定,可以使食品外观更好看,口感松软。威化饼干、夹心饼干、奶油蛋糕、方便面等零食中的反式脂肪酸含量较高,买食品前看配料表和营养标签,植物起酥油、代可可脂、氢化植物油这些名字,都是反式脂肪酸的代名词。
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, making foods look better and feel soft. Vega biscuits, sandwich biscuits, cream cakes, instant noodles and other snacks contain high levels of trans fatty acids. Look at the ingredients list and nutritional labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.
- 昵称:** 手机用户2692253320_898 **性别:** 男 **地区:** 上海 **生日:** 无 **认证:** 无

Nickname: 手机用户2692253320_898 **Sex:** male **Area:** Shanghai **Birthday:** None **Identity:** None

时间: 2018-10-08 22:47 来自: iPhone 6 Plus 转发数: 0 评论数: 0 点赞数: 0
Time: 2018-10-08 22:47 Source: iPhone 6 Plus Repost: 0 Comment: 0 Like: 0

世卫组织计划五年内全球停用人造反式脂肪酸,植物奶油是重灾区! O网页链接#搜狐资讯#
The world health organization plans to suspend the use of artificial trans fatty acids in five years, and vegetable butter is the worst hit area. O webpage link Sohu
- 昵称:** 倩女行以妍 **性别:** 女 **地区:** 宁夏 **生日:** 1998-09-18 **认证:** 无

Nickname: 倩女行以妍 **Sex:** female **Area:** Ningxia **Birthday:** 1998-09-18 **Identity:** None

时间: 2018-10-08 22:47 来自: HUAWEI nova 青春版 转发数: 0 评论数: 0 点赞数: 0

【非油炸食品就健康吗】非油炸食物并非真正的低热量。只是从工艺上避免了高温油炸的种种弊端。相对油炸食物来说，非油炸食品相对健康一些。但是其中添加的各种植物油、棕榈油、人造奶油等也是高热量食物。所以在购买时，还是应该仔细查看食品的配料表，而不是被广告所蒙蔽。
Are non fried foods healthy? Non fried foods are not really low calorie. Only from the process to avoid the disadvantages of high-temperature frying, compared with fried food, non-fried food is relatively healthy. But all kinds of vegetable oils, palm oil, margarine and so on are also high calorie foods. So when buying, you should check the ingredients list carefully instead of being deceived by advertisements.

7.

昵称: 路学的春天纨

性别: 女

地区: 吉林

生日: 1991-12-22

认证: 无

Nickname: 路学的春天纨

Sex: female

Area: Jilin

Birthday: 1991-12-22

Identity: None

时间: 2018-10-08 22:35

来自: vivo X20全面屏手机

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-08 22:35

Source: vivo X20全面屏手机

Repost: 0

Comment: 0

Like: 0

【高血压患者要少食用或不用的食物】1.高钠食物：咸菜、榨菜、咸鱼、咸肉、火腿等含钠高的调味料等；2.高脂肪、高胆固醇食物：动物内脏、肥肉、蛋黄、油炸食品；3.高反式脂肪酸食物：人造奶油、起酥油的糕点和方便食品等；4.糖类、辛辣刺激类、浓咖啡、浓茶。
High-sodium food: pickles, pickles, salted fish, bacon, ham and other high-sodium condiments; 2. High-fat, high-cholesterol food: animal viscera, fat, egg yolk, fried food; 3. High-trans fatty acid food: margarine, pastry and instant food Products such as 4. sugar, spicy spicy, strong coffee, strong tea.

今日被转发最多的微博

The most widely reposted weibos today

1.

昵称: 范志红_原创营养信息

性别: 女

地区: 北京

生日: 无

认证: 个人

今日被转发数: 1

Nickname: 范志红_原创营
养信息

Sex: female

Area: Beijing

Birthday: None

Identity: Person

Repost Today: 1

时间: 2018-05-18 12:13

来自: 微博 weibo.com

转发数: 51

评论数: 40

点赞数: 240

Time: 2018-05-18 12:13

Source: 微博 weibo.com

Repost: 51

Comment: 40

Like: 240

自从我国要求所有含氢化植物油原料的食物标注反式脂肪酸含量之后，很多企业替换了原料。氢化油生产企业也改进了工艺。目前正规超市销售的产品中，含大量反式脂肪酸的食物非常少。调查也发现我国人均摄入量很低。但很多零食、糕点、甜食反式脂肪少，却含大量饱和脂肪和糖。零反式脂肪也不可以放心多吃！
Since China required all foods containing hydrogenated vegetable oils to be labeled with trans fatty acid content, many enterprises have replaced the raw materials, and hydrogenated oil manufacturers have improved the process. At present, the products sold in regular supermarkets contain very little food containing trans fatty acids. The survey also found that China's per capita intake was very low. But many snacks, cakes, and sweets have less trans fat, but they contain a lot of saturated fat and sugar, and zero trans fat can't be relieved to eat more.

专业机构发布的微博

Weibos from Authorities

1. 没有相关微博！
No such weibos!