

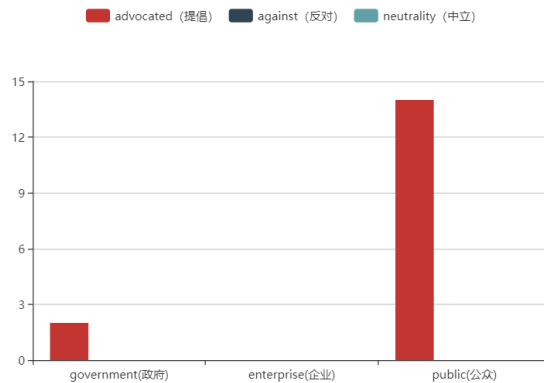
减盐-新闻

Salt Reduction - News

今日 (2018-11-12) 共监测到16条资讯。请点击标题查看原文。

There are 16 articles monitored today 2018-11-12. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				
没有相关文章!				
No such articles!				
心血管健康 Cardiovascular health				
没有相关文章!				
No such articles!				
综合健康信息 Comprehensive Health Information				
1. 泰安祝阳镇开展“关爱留守家庭健康进万家”活动				
		来源: 山东新闻网	主体: 政府	态度: 提倡
		来源: 山东新闻网	Subject: government	Attitude: advocate
				时间: 13:24:26
为进一步加强做好流动人口卫生计生服务工作,提升流动人口健康教育水平,11月6号——8号祝阳镇卫计办协同镇卫生院开展一次“关怀关爱留守家庭 健康进万家”免费查体活动。在查体工作中,医务人员为留守老人和家庭成员测量血压、心电图、血脂、血糖、肝功能等,所有体检项目完成后有医院主检医师出具健康指导报告,指导意见、健康知识以及关于高血压糖尿病的诊断依据和有关低盐饮食,防治高血压的常识及时的反馈给本人。同时为他们建立了健康档案,并询问大家的健康需求。通过健康查体让流动人口在外安心,呼吁全社会关怀关爱流动人口留守老人、妇女、留守儿童,本次体检活动受到群众和留守家庭成员的欢迎,让他们感觉到大家庭的温暖。				
In order to further strengthen the health and family planning services of the floating population and improve the health education level of the floating population, Zhuyang Town Health Planning Office, on November 6-8, launched a free physical examination with the Town Health Hospital "caring for the health of Left-behind families into ten thousand homes".In physical examination, medical staff measure blood pressure, electrocardiogram, blood lipid, blood sugar and liver function for the left-behind elderly and family members. After the completion of all physical examination items, the chief physician of the hospital will issue a health guidance report, guidance, health knowledge and the diagnostic basis of hypertension and diabetes, as well as related low-salt diet and prevention. Knowledge of hypertension is timely feedback to me. At the same time, they set up health records for them and asked about your health needs.Through health check-up, the floating population can rest at ease, and appeal to the whole society to care for the elderly, women and children left behind. The physical examination is welcomed by the masses and members of the left-behind families, so that they can feel the warmth of the extended family.				
决心工程 Resolve To Save Lives				
没有相关文章!				
No such articles!				

河南

Henan

食物中的钠 Sodium in food				
没有相关文章!				
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高血压 Hypertension				
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心血管健康 Cardiovascular health				

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综合健康信息 Comprehensive Health Information
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决心工程 Resolve To Save Lives
没有相关文章!
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安徽
Anhui

食物中的钠 Sodium in food
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决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江
Zhejiang

食物中的钠 Sodium in food
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决心工程 Resolve To Save Lives
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其他省份
Other Provinces

食物中的钠 Sodium in food				
1. 戒口! 五类食物催人老 Quit mouth!Five kind of food people old	来源: 人民网 来源: 人民网	主体: 公众 Subject: public	态度: 提倡 Attitude: advocate	时间: 10:16:54 Time: 10:16:54
吃得好不好，不仅关乎营养，还会影响衰老速度。美国《读者文摘》近期梳理了5类可能催人老的食物。 烘焙食品。烘焙食品包装上往往写着含有氢化植物油，而植物油在氢化过程中会产生反式脂肪				

酸。大量试验及证据表明，反式脂肪酸可能诱发心血管疾病、糖尿病等老年常见慢性病，全球每年有超过50万人因此死亡				
Eating well is not only related to nutrition, but also affects the aging rate. Reader's Digest has recently combed 5 types of food that may be aging.Baked goods. Baked food packages often contain hydrogenated vegetable oils, which produce trans fatty acids during hydrogenation. A large number of experiments and evidence show that trans fatty acids may induce cardiovascular diseases, diabetes and other common chronic diseases in the elderly, resulting in more than 500,000 deaths worldwide each year.				
2. 早餐吃油饼和咸菜，对身体有坏处？几个错误早餐选择，劝你别吃了	来源：搜狐	主体：公众	态度：提倡	时间：12:17:00
Cake for breakfast and pickles is bad to the body?Several errors breakfast choice, told you not to eat	来源：搜狐	Subject: public	Attitude: advocate	Time: 12:17:00
早餐吃油饼和咸菜，对身体有坏处？几个错误早餐选择，劝你别吃了。生活中常常会听到有人说不吃早餐很不健康，然后就有很多人会强行要求自己早起后吃点东西。可惜却没有几个人能意识到一点：怎么吃早餐，可能比不吃早餐更加的重要。其实不吃早饭会得胆结石、会变笨等传言，根本就没有确切的证据，所以不必为此担忧。而如果你早餐吃错了，选择了以下这5种错误的早餐，是必然对健康不利的				
Eating oil cakes and pickles for breakfast is bad for your health. A few erroneous breakfast choices, advise you not to eat.It is often heard in life that it is unhealthy not to eat breakfast, and then many people will force themselves to eat something after getting up early. Unfortunately, few people realize that how to eat breakfast may be more important than not having breakfast.In fact, no breakfast will lead to gallstones, will become dumb and other rumors, there is no definite evidence, so there is no need to worry about this. And if you eat the wrong breakfast, the following 5 kinds of wrong breakfast are definitely bad for your health.				
3. 小心七种原因让双眼变“肿泡”	来源：中国经济网	主体：公众	态度：提倡	时间：11:17:18
Be careful seven reasons make eyes swollen bubble	来源：中国经济网	Subject: public	Attitude: advocate	Time: 11:17:18
很多人在早上起床后，眼睛会特别的浮肿，往往要经过很长时间才能慢慢消下去，那么，如何才能避免出现眼睛浮肿的情况呢？下面，经济日报-中国经济网健康频道为您总结整理导致眼睛浮肿的原因。睡前喝太多水。睡前喝的水越多，水肿的情况就越严重。这是因为人体一般在晚上十一点钟之后代谢会变缓慢，如果睡得晚又喝了大量的水，会导致吸收不了，从而引起水肿，其中最明显的部位就是眼睛浮肿。				
Many people get up in the morning, the eyes will be particularly swollen, often take a long time to slowly disappear, then, how can we avoid the occurrence of eye edema? Below, economic daily - China Economic Network Health Channel summarizes and collate the cause of eye edema.Drink too much water before going to bed.The more water I drink before going to bed, the more serious the edema will be. This is because the body usually metabolizes slowly after eleven o'clock in the evening. If you sleep late and drink a lot of water, you will not be able to absorb it, which will cause edema, the most obvious part of which is eye edema.				
<div>高血压</div> <div>Hypertension</div>				
1. 每天吃点这些让你大脑长青思维灵敏	来源：多维新闻网	主体：公众	态度：提倡	时间：14:06:44
Every day to eat these make you sensitive evergreen brain thinking	来源：多维新闻网	Subject: public	Attitude: advocate	Time: 14:06:44
日本钻石在线网站11月10日发表文章介绍了人类大脑的疲劳老化。细胞的老化从染色体最末端的端粒的长度来判断，越衰老就越短。从饮食方面来说，对端粒有好处的食品有：纤维素、新鲜蔬果、豆类、海产品、绿茶和咖啡。它们包含黄酮类化合物、胡萝卜素，能够帮助身体抵御氧化，减小胰岛素抵抗。另外是欧米茄3脂肪酸，鲑鱼、金枪鱼等都含有这种成分				
Japan's diamond online website published an article on the fatigue of the human brain in November 10th. The aging of cells is judged by the length of the telomere at the end of the chromosome.Dietary benefits for telomeres include cellulose, fresh fruits and vegetables, beans, seafood, green tea and coffee. They contain flavonoids and carotenes, which help the body resist oxidation and reduce insulin resistance. In addition, OMEGA 3 fatty acids, salmon, tuna and so on all contain this component.				
2. 长期服用高血压药，可能有3个副作用，“老病号”要知道	来源：搜狐	主体：公众	态度：提倡	时间：14:06:47
High blood pressure drugs for a long time, there may be three side effects, "the old and the sick" want to know	来源：搜狐	Subject: public	Attitude: advocate	Time: 14:06:47
长期服用高血压药，可能有3个副作用，“老病号”要知道。高血压是现如今的一个非常棘手的慢性病，一旦确诊了，就要终生服药，与糖尿病一样是现代富贵病。但是高血压药物的副作用你可了解？特别是需要联合用药的患者，单靠一种药物，估计控制效果不好，因此你需要了解下高血压药物的副作用以及应对方法。高血压副作用：俗语也有说，是药三分毒，高血压药也不例外，但是高血压的具体表现在什么地方呢？如果你不知道，不妨看看下面的内容。				
Long term use of high blood pressure drugs may have 3 side effects.Hypertension is a very difficult chronic disease nowadays. Once diagnosed, it is necessary to take medicine for life. Like diabetes, it is a modern disease of wealth and wealth. But can you understand the side effects of high blood pressure drugs? Especially for patients who need combination therapy, it is estimated that the control effect is not good by one drug alone, so you need to understand the side effects of hypertension drugs and coping methods.Side effects of hypertension:As the saying goes, there are three poisonous drugs, hypertension drugs are no exception, but where is the specific manifestation of hypertension? If you don't know, take a look at the following.				
3. 富含钾的食物可降低血压	来源：人民网	主体：公众	态度：提倡	时间：09:23:53
Foods rich in potassium can lower blood pressure	来源：人民网	Subject: public	Attitude: advocate	Time: 09:23:53
富含钾的食物可降低血压。一项新的研究又一次佐证了一句俗语，即一天一个苹果可远离疾病！美国南加州大学凯克医学院的研究人员发现，富含钾的食物，包括许多水果和蔬菜，可能是降低血压的关键。发表在最近出版的《美国生理学》期刊上的这项研究称，高血压是一种影响全球超过10亿人的疾病。世界卫生组织估计，高血压是导致51%的中风死亡和45%的心脏病死亡的主要因素。在该研究中，研究人员调查了血压与食用钠、钾之间的关系，以及钠钾比值之间的关系				
Potassium rich foods can lower blood pressure.A new study has once again proved a common saying that an apple a day keeps the disease away.Researchers at the University of Southern California's Keck School of Medicine have found that potassium-rich foods, including many fruits and vegetables, may be key to lowering blood pressure.The study, published recently in the American Journal of Physiology, says that hypertension is a disease affecting more than one billion people worldwide. The World Health Organization estimates that hypertension is the leading cause of 51% of stroke deaths and 45% of heart disease deaths. In this study, researchers investigated the relationship between blood pressure and sodium and potassium consumption, as well as the relationship between sodium and potassium ratios.				
<div>心血管健康</div> <div>Cardiovascular health</div>				
没有相关文章！				
No such articles!				
<div>综合健康信息</div> <div>Comprehensive Health Information</div>				
1. 三分练七分吃，减脂堪比整容！	来源：汉丰网	主体：公众	态度：提倡	时间：21:06:27
Practice seven points, three points reduced fat comparable to facial plastic surgery!	来源：汉丰网	Subject: public	Attitude: advocate	Time: 21:06:27
三分练七分吃，减脂堪比整容！01，一天至少要有一餐吃得健康。▼你不需要顿顿都健康，只需要一餐，吃到5分饱，自己下厨，少放一些油盐，有一些瘦肉，多点蔬菜，少少的主食，再喝一大杯水，就是健康。02 把水变成你主要的“饮料”。▼这一个月只喝水，不管是汽水、咖啡、果汁等等都以水来替代，如果受不了光喝水没味道，可以加点水果增加味道，你渐渐就会习惯以喝水为主，而且对你的消化系统也有帮助。03 一天吃3份绿色蔬菜				
Three points, seven points to eat, fat reduction is comparable to cosmetic surgery!01, eat at least one meal a day.ItYou don't need a healthy meal, you just need a meal, eat five full meals, cook by yourself, put less oil and salt, have some lean meat, more vegetables, less staple food, and drink a large glass of water, which is healthy.02Turn water into your main beverage.ItDrinking only water this month, whether soda, coffee, fruit juice, etc. are replaced by water. If you can't stand drinking water without taste, you can add some fruit to increase the taste. You will gradually become accustomed to drinking mainly water, and it is also helpful to your digestive system.03Eat 3 portions of green vegetables a day.				
2. 卫生惠民力度大百姓看病不费劲	来源：东北网	主体：政府	态度：提倡	时间：11:06:30
The doctor takes no account of difficult health huimin strength big people	来源：东北网	Subject: government	Attitude: advocate	Time: 11:06:30
全市卫生惠民工程纪实。萝北县中医院在为百姓进行义诊。岭北人民医院到居民家中进行义诊。曾几何时，“看病难、看病贵”的现象，一度成为老百姓心里的一个痛点。如何让这个痛点不再痛？如何破解群众看病中的诸多难题？多年来，围绕这一群众关心的热点，市委、市政府始终不遗余力，发力推进解决				
The city's health and benefit projects are on record.Luobei County Hospital of traditional Chinese medicine is giving free consultation to the people.The people's Hospital of Ling Bei went to the residents' home for a free visit.Once upon a time, the phenomenon of "seeing a doctor hard and expensive" was once a pain point in the hearts of ordinary people. How to make this pain spot no longer painful? How to solve many problems in mass medical treatment?Over the years, the Municipal Party Committee and the Municipal Government have spared no effort to promote the solution of this hot spot of public concern.				
3. 哈市第一医院“试餐会”教糖尿病患者如何吃出健康	来源：新华报业网	主体：公众	态度：提倡	时间：17:07:29
Harbin city "dinner" teaching the first hospital diabetes patients how to eat healthy	来源：新华报业网	Subject: public	Attitude: advocate	Time: 17:07:29

哈市第一医院“试餐会”教糖尿病患者如何吃出健康。12日, 哈尔滨市第一医院内分泌二科举行了一场别开生面的“试餐会”, 配合今年联合国糖尿病日提出“家庭与糖尿病”这一主题, 让更多患者的家庭共同参与到糖尿病患者管理、治疗和预防当中。“试餐会”选在午餐期间, 根据内分泌专家指导的热量食谱, 医院营养科协助定制了午餐, 免费提供给内分泌二科住院的患者。午餐的热卡分2000卡和1800卡, 米饭配四个菜, 荤素搭配合理, 适合不同体重的患者。内分泌二科徐滨华主任介绍, 其实“试餐”的饮食热卡, 已经是患者所需热量的最高上线, 就是想让患者直观地感受到“标准饮食”的数量和品种				
Harbin First Hospital "trial dinner" to teach diabetic patients how to eat healthy.On December 12th, the Department of Endocrinology of Harbin First Hospital held a unique "trial dinner" to promote the theme of "family and diabetes" on this year's United Nations Diabetes Day, so that more families of patients can participate in the management, treatment and prevention of diabetes.During the lunch period, according to the calorie recipe guided by endocrinologists, the Nutrition Department of the hospital assisted in customizing the lunch and provided it to the patients in the second Department of Endocrinology free of charge. Lunch calories are 2000 calories and 1800 calories, rice with four dishes, buckwheat with reasonable, suitable for patients of different weight. Director Xu Binhua, Department of Endocrinology, introduced that in fact, the "trial meal" calorie has been the highest calorie requirement for patients, which is to let patients intuitively feel the quantity and variety of "standard diet".				
4. “糖友”控糖保心同样重要	来源: 新华网北京频道	主体: 公众	态度: 提倡	时间: 11:09:07
"Friend" sugar sugar control protect heart are equally important	来源: 新华网北京频道	Subject: public	Attitude: advocate	Time: 11:09:07
“糖友”控糖保心同样重要。11月14日是联合国糖尿病日。糖尿病本身并不可怕, 糖尿病引起的并发症才可怕。中国工程院院士宁光教授提醒糖尿病患者, 要警惕糖尿病心脑血管并发症这一“无声杀手”。相关数据显示, 大约有一半的糖尿病患者死于心血管疾病, 超过三分之一的糖尿病患者会发生视网膜病变, 其中约三成会丧失部分或全部视力。宁光指出, 糖尿病患者要严控控糖固然重要, 对于糖尿病引起的心血管病变以及视网膜病变也不能轻视, 一定要做好糖尿病的早筛、早防、早诊				
Sugar and sugar control is also important.November 14th is the United Nations diabetes day. Diabetes itself is not terrible. The complications caused by diabetes are terrible. Professor Ning Guang, academician of the Chinese Academy of Engineering, reminded diabetic patients to be alert to the "silent killer" of diabetic cardiovascular complications.Relevant data show that about half of diabetic patients die from cardiovascular diseases, more than one third of them suffer from retinopathy, and about 30% of them lose part or all of their vision. Ning Guang pointed out that it is important for diabetic patients to strictly control sugar. They should not underestimate the cardiovascular disease and retinopathy caused by diabetes mellitus. Early screening, prevention and diagnosis of diabetes mellitus must be done well.				
5. 年过30不想猝死, 少碰3物, 拒绝1个恶习, 让健康不离不弃	来源: 汉书网	主体: 公众	态度: 提倡	时间: 18:16:41
Over 30 don't want to sudden death, little touch 3, refused to a habit, make health	来源: 汉书网	Subject: public	Attitude: advocate	Time: 18:16:41
年过30不想猝死, 少碰3物, 拒绝1个恶习, 让健康不离不弃。年纪大了, 身体抵抗力开始下降, 疾病开始增多。很多人由于过劳、熬夜导致心血管出现问题, 进而出现心脏疾病等问题, 八成以上的人是由于心脏疾病导致的猝死。猝死是有征兆的, 比如过劳的人突然出现胸闷, 呼吸气短, 头晕等情况, 心脏的血流循环不足, 导致缺氧, 有可能引发猝死。过了30岁, 疾病容易缠身				
30 years later do not want to sudden death, less touching 3 things, refusing 1 habits, so that health does not abandon.As we get older, our body resistance begins to drop, and diseases begin to increase. Many people suffer from cardiovascular problems caused by overwork and staying up late, which lead to heart diseases. More than 80% of them died of sudden cardiac diseases.Sudden death is symptomatic, such as sudden chest tightness, shortness of breath, dizziness and other conditions in overworked people, insufficient blood circulation in the heart, leading to hypoxia, which may lead to sudden death.After 30 years of age, disease is easy to get entangled.				
6. 孕期这样做长胎不长肉	来源: 新浪网	主体: 公众	态度: 提倡	时间: 09:16:43
Long pregnancy do not long flesh	来源: 新浪网	Subject: public	Attitude: advocate	Time: 09:16:43
提到“孕期长胎不长肉”这个话题, 很多正在备孕的准妈妈可能在脑海中会想到某些明星辣妈, 人家可是在孕期就保持了高颜值和好身材, 甚至因此被怀疑怀了个“假孕”。营养科专家认为, 其实只要怀孕之后不开启吃货模式, 掌握诀窍, 控制得比较好的话, 只长胎不长肉并非只是个传说, 但无论如何, 最重要的是母婴平安。广医二院营养科主任医师邓宇虹认为, 想要做一个“长胎不长肉”的孕妈并没有大家想象中的那么难, 关键是要控制好饮食, 不要过多进补。建议孕妇在整个妊娠期增加的最佳体重是12公斤左右。过多进补, 胎儿不一定长得快, 反而让孕妇身体脂肪堆积, 导致生育困难, 增加患妊娠糖尿病、妊高症的风险				
When it comes to the topic of "long pregnancies without long flesh", many expectant mothers who are pregnant may think of some star hot mothers in their minds. However, they have maintained a high appearance and good figure during pregnancy, and are even suspected of having a "false pregnancy".Nutrition experts believe that as long as you don't start eating mode after pregnancy, master the knack, and control well, it's not just a legend to have a long fetus without meat, but in any case, the most important thing is the safety of mothers and babies.Deng Yuhong, director of Nutrition Department of Guangzhou Medical College, believes that it is not as difficult as everyone imagines to be a pregnant woman with "long fetus but no flesh". The key is to control her diet and not to make up too much. It is suggested that the best weight gain for pregnant women during pregnancy is about 12 kg. Too much supplement, the fetus does not necessarily grow fast, but let the body fat accumulation of pregnant women, resulting in fertility difficulties, increase the risk of gestational diabetes mellitus, pregnancy induced hypertension				
7. 合理营养的5个黄金法则	来源: 黄河新闻网	主体: 公众	态度: 提倡	时间: 12:17:01
Reasonable nutrition five golden rules	来源: 黄河新闻网	Subject: public	Attitude: advocate	Time: 12:17:01
随着社会经济的发展, 人们的生活水平大幅度提高, 合理营养逐渐进入人们的视野, 成为大家关注的话题。但是面对纷繁复杂的信息, 人们又陷入了困境, 大家不知道哪些信息是正确的, 怎样才能做到合理营养。下面我将带领大家走入“合理营养”。合理营养是指全面而平衡的营养, “全面”是指摄取的营养素(六类营养物质和膳食纤维)种类要齐全; “平衡”是指摄取的各种营养素的量要合适(不多也不少, 比例适当), 与身体的需要保持平衡。那如何做到合理营养呢?				
With the development of social economy, people's living standards have been greatly improved. Rational nutrition has gradually entered people's vision and become a topic of concern. But in the face of complex information, people are in a dilemma again. We do not know what information is correct and how to achieve reasonable nutrition. Next I will lead you to "reasonable nutrition".Reasonable nutrition refers to comprehensive and balanced nutrition, "comprehensive" refers to the intake of nutrients (six types of nutrients and dietary fiber) to be complete; "balance" refers to the intake of various nutrients to be appropriate (no more, no less, appropriate proportion), and to maintain a balance with the needs of the body.How to make reasonable nutrition?				
8. 六个参数测试糖尿病是否伤“心”	来源: 新华网	主体: 公众	态度: 提倡	时间: 08:19:41
Six parameters test whether diabetes "heart"	来源: 新华网	Subject: public	Attitude: advocate	Time: 08:19:41
2005年, 小品演员高秀敏因糖尿病引发的心肌梗塞骤然离世, 年仅46岁。2006年, 相声艺术大师马季因糖尿病引发的心肌梗塞死亡.....实际上, 约半数糖友死于心血管疾病。比死亡更令人恐惧的还有失明。11月14日是“联合国糖尿病日”, 南方医科大学第三附属医院副院长、内分泌代谢科主任沈洁教授提醒, 糖尿病不可怕, 糖尿病的并发症才可怕, 我们应该警惕糖尿病心脑血管并发症这一“无声杀手”, 注意隐藏在冰山下的危害。日前, 由中国医师协会发起成立的国家标准化代谢性疾病管理中心(以下简称MMC), 在利用人工智能实现对糖尿病视网膜病变筛查的同时, 还推出了一套基于大数据的心血管病风险预测系统——中国代谢疾病健康指数, 以期实现对于糖尿病并发症的早筛早诊				
In 2005, Gao Xiumin, a comedian actress, died suddenly because of diabetes complicated by myocardial infarction. He was only 46 years old. In 2006, Ma Ji, a cross talk artist, died of myocardial infarction caused by diabetes. In fact, about half of the friends die from cardiovascular diseases. Even more frightening than death is the risk of blindness.November 14 is the United Nations Diabetes Day. Professor Shen Jie, Vice Dean of the Third Affiliated Hospital of Southern Medical University and Director of Endocrinology and Metabolism Department, reminded us that diabetes is not terrible. The complications of diabetes are terrible. We should be alert to the "silent killer" of diabetic cardiovascular complications and pay attention to the hazards hidden under the iceberg.Recently, the National Standardized Metabolic Disease Management Center (MMC) initiated by the Chinese Medical Association has launched a cardiovascular risk prediction system based on large data, China Metabolic Disease Health Index, while using artificial intelligence to screen diabetic retinopathy. Early screening and early diagnosis of diabetic complications				
9. 冬季心脏病高发如何护心	来源: 北方网	主体: 公众	态度: 提倡	时间: 09:25:39
Winter increased heart how to protect the heart	来源: 北方网	Subject: public	Attitude: advocate	Time: 09:25:39
天津北方网讯: 天一凉, 医院里呼吸科、心脏科的床位就紧张起来了, 有些患者每年都要在医院住好几次。胸科医院综合病房郭绪昆主任告诉记者, 很多平时心脏情况不太好的患者一到冬天都得到医院里呆上几次。为什么心脏病总是到了冬季就反复发作呢? 冬季心脏病高发三大原因: 1.到了冬季, 天气寒冷, 使得交感神经系统活性增加, 心率增快, 外周血管阻力增加, 进而导致血压、心脏负荷增加, 影响供血, 可能引起冠状动脉痉挛, 使得原有的冠脉疾病加重, 甚至出现动脉粥样硬化斑块破裂出血、血栓形成, 因而引起心绞痛发作或心肌梗死; 血管收缩, 血流相对缓慢, 容易形成血栓。有研究显示, 气温每下降10℃, 心脏病发病风险会上升7%。因此到了冬季应注意保暖, 密切监测血压变化, 及时就诊				
Tianjin Northern Network News: As soon as the weather is cool, the beds of respiratory and cardiology departments in hospitals become tense. Some patients live in hospitals several times a year. Director Guo Xukun, general ward of thoracic hospital, told reporters that many patients with poor heart condition at ordinary times had to stay in the hospital several times in winter. Why do heart attacks always happen in winter?There are three main causes of heart disease in winter:1. In winter, cold weather makes the activity of sympathetic nervous system increase, heart rate increase, peripheral vascular resistance increase, which leads to increased blood pressure and heart load, affects blood supply, may cause coronary artery spasm, aggravate the original coronary artery disease, even atherosclerotic plaque rupture, hemorrhage, thrombosis. As a result, angina pectoris or myocardial infarction can occur. Vasoconstriction, blood flow is relatively slow, and thrombosis is easy to form. Studies have shown that the risk of heart disease increases by 7% when the temperature drops by 10 degrees. Therefore, in winter, we should keep warm, monitor blood pressure closely and visit in time.				
<div>决心工程</div> <div>Resolve To Save Lives</div>				
没有相关文章!				
No such articles!				

减盐-微信 Salt Reduction - WeChat

2018-11-12，共监测到599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 599 WeChat public articles were monitored in 2018-11-12. 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.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. 央视曝光! 不吃味精, 鸡精的人都看看吧...

重复数: 26

日期: 2018-11-12

[CCTV exposed it! People who don't eat MSG or chicken should pay attention to it...](#)

Repeat Number: 26

Data: 2018-11-12

与食盐一样，味精中的主要成分谷氨酸钠中含有钠元素，而过量摄入钠则会导致高血压等心脑血管疾病。因此，要像控制食盐摄入量一样控制味精。我国居民膳食指南提倡每人每日食盐量应少于6克。但是实际摄入量普遍达到10克左右。如果再加上味精中的钠，就会更多。

Like salt, sodium glutamate, the main ingredient in MSG, contains sodium. Excessive intake of sodium can lead to cardiovascular and cerebrovascular diseases such as high blood pressure. Therefore, it is necessary to control MSG as well as controlling salt intake. The dietary guidelines for residents in China advocate that the amount of salt per person per day should be less than 6 grams. However, the actual intake generally reaches about 10 grams. If the sodium intake in MSG is added, it will be more.

2. 协和医院:三高不用愁, 只用一个“字”全搞定, 40岁以后都需要!

重复数: 16

日期: 2018-11-12

[Concord Hospital: People with three highs don't have to worry about it. Only one "word" is used to solve it and people over the age of 40 need it!](#)

Repeat Number: 16

Data: 2018-11-12

降血压的第一点就是要少吃盐，食盐中的“钠”能引起水钠潴留，导致外周血管阻力增大，引起血压升高。世界上对盐与高血压已研究了100多年，发现高盐摄入可引起血压升高。流行病学调查结果发现：居住在北极的爱斯基摩人摄盐量较低，血压也低，多在140 / 90毫米汞柱以下。

The first point of lowering blood pressure is to eat less salt. "Sodium" in salt can cause sodium retention, leading to increased peripheral vascular resistance and elevated blood pressure. The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise. Epidemiological surveys found that Eskimos living in the Arctic had lower salt intake and lower blood pressure, mostly below 140/90 mm Hg.

3. 协和医院:三高不用愁, 一个“字”搞定, 40岁以后都需要

重复数: 4

日期: 2018-11-12

[Concord Hospital: People with three highs don't have to worry about it. Only one "word" is used to solve it and people over the age of 40 need it!](#)

Repeat Number: 4

Data: 2018-11-12

世界上对盐与高血压已研究了100多年，发现高盐摄入可引起血压升高。流行病学调查结果发现：居住在北极的爱斯基摩人摄盐量较低，血压也低，多在140 / 90毫米汞柱以下。世卫组织建议：正常人每日食盐量为6-8克，就是一小啤酒瓶盖。高血压患者4克以下。

The world has been studying salt and hypertension for more than 100 years and found that high salt intake can cause blood pressure to rise. Epidemiological surveys found that Eskimos living in the Arctic had lower salt intake and lower blood pressure, mostly below 140/90 mm Hg. WHO recommends that normal people have 6-8 grams of salt per day, which is a small beer bottle cap. Hypertensive patients should consume less than 4 grams of salt per day.

4. 50%的高血压因高盐或高钠引起, 如何科学减盐?

重复数: 3

日期: 2018-11-12

[50% of hypertension caused by high salt or high sodium, how to reduce salt scientifically?](#)

Repeat Number: 3

Data: 2018-11-12

对现在的人来说，盐可能仅仅是一个调味品。但在历史漫长的发展中，盐曾经是决定一个国家的生死和富强的关键。当然，随着经济条件的不断提升，人们如今不再缺盐，反而开始担心过多的盐所带来的健康隐患。减盐成为产学研界的共识，如何科学减盐则更需要探讨。

For the people of today, salt may be just a condiment. But in the long history of development, salt was once the key to determining the life, death, and prosperity of a country. Of course, with the continuous improvement of economic conditions, people no longer lack salt, but instead start to worry about the health risks caused by excessive salt. Salt reduction has become the consensus of industry, academia and research circles, and how to reduce salt scientifically needs to be explored.

5. 得甲状腺疾病, 跟吃盐有关吗? 天天吃盐, 其实很多人都吃错了

重复数: 3

日期: 2018-11-12

[Is thyroid disease related to salt? As for eating salt, many people are actually eating wrong.](#)

Repeat Number: 3

Data: 2018-11-12

我国人普遍都存在食盐摄入过量的问题。而这样最直接的后果就是会升高血压，一旦血压升高，就会增加中风、心脏病、眼病的发病几率。此外，大家都知道肾病患者需要严格控盐，这是因为钠需要从肾脏排出，吃盐太多会加重肾脏的负担。

The problem of excessive intake of salt is common in Chinese people. The most direct consequence of this is that it will raise blood pressure. Once the blood pressure rises, it will increase the incidence of stroke, heart disease and eye disease. In addition, everyone knows that patients with kidney disease need strict salt control because sodium needs to be excreted from the kidneys. Eating too much salt can increase the burden on the kidneys.

减盐-微博 Salt Reduction - Weibo

2018-11-12, 共检测到1805条与“减盐”相关的微博。

本页面列出转发量超过50的微博。

点击微博内容可查看微博原文。

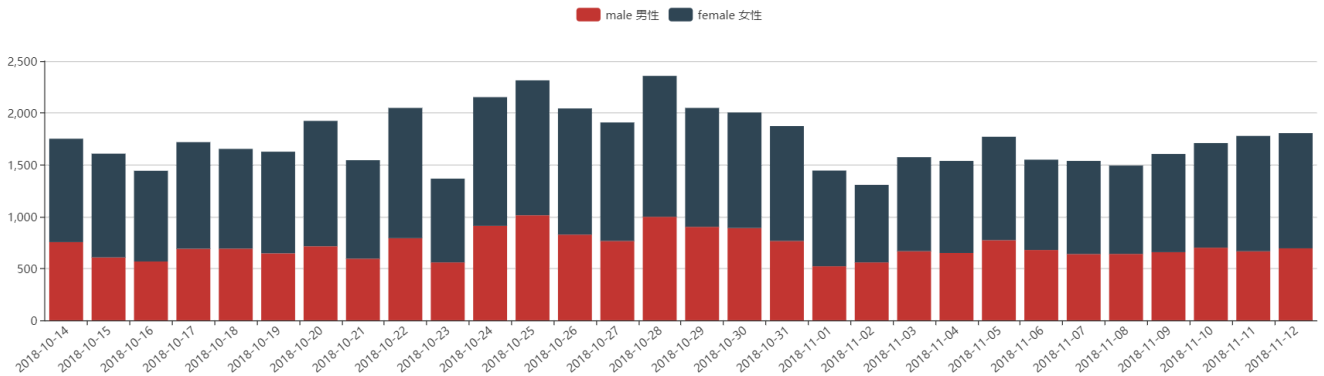
There are 1805 weibos about salt reduction monitored on 2018-11-12.

Weibos whose repost number is greater than 50 are listed in this page.

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

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门微博 Hot Weibos

1. 没有相关微博!
No such weibos!

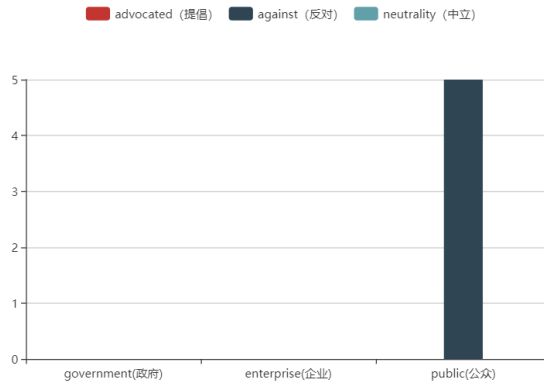
反式脂肪酸-新闻

Trans Fat - News

今日 (2018-11-12) 共监测到5条资讯。请点击标题查看原文。

There are 5 articles monitored today 2018-11-12. Please click the title to view full information.

The original article is in Chinese only.



山东

Shandong

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

河南

Henan

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

安徽

Anhui

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!
No such articles!

浙江

Zhejiang

反式脂肪酸 Trans fat
没有相关文章!
No such articles!
决心工程 Resolve To Save Lives
没有相关文章!

No such articles!

其他省份
Other Provinces

反式脂肪酸 Trans fat				
1. 糖人食堂 糖尿病会遗传和传染么? Long food inspection chamber diabetes can genetic and infectious?	来源: 手机网易网 来源: 手机网易网	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 14:38:38 Time: 14:38:38

大家期待已久的老糖问答终于来啦，每周我会从糖人食堂社群中选择5个问题，帮大家详细解答。糖友：别人老说喝咖啡会影响血糖，是真的不？老糖答疑：实际上，目前关于咖啡对健康影响的研究主要是针对不加糖、奶、植脂末等调味剂的黑咖啡。咖啡并不直接影响血糖，但是加了糖的咖啡会造成血糖上升，当然添加适量代糖——如木糖醇、赤藓糖醇的咖啡并不影响血糖。加奶的咖啡升不升血糖主要取决于患者的乳糖耐受程度，对于糖尿病患者来说如果要加奶，建议选择脱脂奶。多合一的速溶咖啡通常包含糖和植脂末，植脂末中的反式脂肪酸不利于心血管健康，建议不要选择，自制咖啡也不要添加伴侣

The long-awaited old sugar question and answer has finally arrived. Every week, I will choose five questions from the sugar lab community to help you answer in detail.Sugar friend: people always say that drinking coffee will affect blood sugar. Is it true?Old Sugar Answer: In fact, the current research on the health effects of coffee is mainly aimed at black coffee without sugar, milk, vegetable fat powder and other condiments. Coffee does not directly affect blood sugar, but sugar-added coffee can cause blood sugar to rise, of course, adding appropriate sugar substitutes - such as xylitol, erythritol coffee does not affect blood sugar.Coffee with milk does not raise blood sugar mainly depends on the patient's lactose tolerance. For diabetic patients, if milk is added, skimmed milk is recommended.Multi-in-one instant coffee usually contains sugar and phytolipid powder. Trans fatty acids in phytolipid powder are not conducive to cardiovascular health. It is recommended not to choose, nor to add partners to homemade coffee.

2. 如何健康过一天 How healthy for a day	来源: 东北网 来源: 东北网	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 12:39:08 Time: 12:39:08
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中国古代养生讲究“顺应自然”，现代生活中人体也有它最喜欢的节奏和规律。《生命时报》综合国内外专家观点，告诉你最健康的一天是什么样，每个人都可以参考，设计出最适合自己的健康节拍。5至6点：醒了也要多睡会儿。很多中老年人“睡不着，醒得早”，但美国注册营养师劳拉说，只有睡眠充足，大脑得到充分休息，才能保证你过上高质量的一天。如果你在清晨五六点就早早醒来，不妨尽量让自己多睡会儿，实在睡不着可以闭目养神，或躺在床上按摩腹部、揉搓双手，有助于保证一天精神百倍

In ancient China, health preservation emphasized "conforming to nature". In modern life, the human body also has its favorite rhythm and rules. Life Times integrates the views of experts at home and abroad to tell you what the healthiest day is like. Everyone can refer to it and design the most suitable health rhythm.5 to 6: wake up and sleep more.Many middle-aged and old people "can't sleep and wake up early", but Laura, a registered dietitian in the United States, says that only when you get enough sleep and your brain gets enough rest can you have a good day. If you wake up early at 5 or 6 in the morning, you may as well try to sleep a little more. If you can't sleep, you can keep your eyes closed, or lie in bed, massage your abdomen and rub your hands, which will help to ensure that you are energetic 100 times a day.

3. 薏米食品领导品牌先天元薏米美饼，好吃方便营养深受市场青睐 Congenital yuan semen coicis semen coicis food leading brand beauty loaves of bread, delicious and convenient nutrition favored by the market	来源: 浏阳之窗 来源: 浏阳之窗	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 12:41:33 Time: 12:41:33
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立冬过后，寒湿之气愈盛，寒湿过重为万病之源，祛湿养生刻不容缓，中医经典中推荐的薏米是祛湿首选，被誉为“世界禾本科植物之王”，然而目前市场上流通的薏米良莠不齐，以假乱真、以次充好、硫磺熏等乱象让消费者深受其害，中国薏米食品领导品牌先天元响应国家大健康战略，顺应消费者对绿色食品的期待，推出的先天元薏米美饼因口感好、营养全、够方便深受市场青睐，连知名主持人李湘也盛情为其代言。药食同源薏米成祛湿首选。据悉，今年9月7日，《薏仁米产业蓝皮书：中国薏仁米产业发展报告NO.2(2018)》在北京发布。蓝皮书指出，薏仁米是我国传统的药食两用特色作物资源，营养价值高，且具有抗癌、抗肿瘤、抗炎、降血糖等多种药理特性和保健美容功效。据《本草纲目》中记载，薏米具有健脾益胃，补肺清热、祛风胜湿，养颜驻容、轻身延年之功效

After the beginning of winter, the more cold and damp, the more severe cold and damp is the source of all diseases, so it is urgent to remove dampness and keep healthy. Coix rice recommended in the classics of traditional Chinese medicine is the first choice for removing dampness and is known as "the king of Gramineae plants in the world". However, the current market of Coix rice is not uniform, so as to make consumers chaotic with false, sub-filling, sulfur fumigation and other chaotic phenomena. Deeply affected by this, China's leading brand of Coix rice food congenitally responded to the national health strategy, responded to consumers' expectations for green food, and launched the congenital Coix rice cake because of its good taste, complete nutrition and convenient enough to be favored by the market, even the well-known host Li Xiang also spoke for it.Medicine and food together with coix seed become the first choice for removing dampness.It is reported that on September 7 this year, the "Blue Book of Coijen Rice Industry: China's Coijen Rice Industry Development Report NO.2 (2018)" was released in Beijing. Blue paper points out that coix seed rice is a traditional dual-use characteristic crop resource with high nutritional value, and has many pharmacological properties such as anti-cancer, anti-cancer, anti-inflammatory, hypoglycemic and health and beauty effects. According to the Compendium of Materia Medica, Coix has the functions of invigorating the spleen and stomach, invigorating the lung, clearing heat, dispelling wind and conquering dampness, nourishing the face, standing in the face, lightening the body and prolonging the life.

4. 一张手绘地图带你逛遍上海老字号 Take you to walk Shanghai old a hand-drawn map	来源: 东方网 来源: 东方网	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 11:42:03 Time: 11:42:03
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一张手绘地图带你逛遍上海老字号。据乐游上海，你知道上海是拥有中华老字号品牌最多的地方吗？根据商务部公布的信息，上海共有两批共180个品牌被评为中华老字号，数量在全国首屈一指哦！这些老品牌分布在我们生活“吃穿住行”的各个领域。部分老字号商标。日前，上海市商务委、市旅游局制作了一套上海必游必吃必购必逛指南中，特别提供了一份老字号手绘地图（中英文），把上海大部分知名老字号都囊括其中，点击下方查看大图，或者点阅读原文收藏吧！老字号，每当念起这三个字，仿佛就会想起那些有韵味的旧时光。180家老字号品牌，你都知道吗？

A hand-painted map shows you around the old brand in Shanghai.According to Yue you Shanghai, do you know that Shanghai has the most famous brand in China? According to the information released by the Ministry of Commerce, there are two batches of 180 brands in Shanghai that have been rated as China's oldest brands, ranking first in the country. These old brands are distributed in every field of our lives.Some old brand names.Recently, the Shanghai Business Committee and the Municipal Tourism Bureau have produced a set of guides for Shanghai Biyou Biao Biao Biao Tour. In particular, they have provided a hand-drawn map of old brands (both in English and Chinese). They include most of the well-known old brands in Shanghai. Click below to see the big picture, or click on the original collection.When you read these three words, you will think of those old days with lingering charm. Do you know 180 old brand names?

5. 北京稻香村黄油起酥停产了，以后还能吃到吗? Crisp discontinued butter rice fragrant village, Beijing, later also can eat?	来源: 新浪网 来源: 新浪网	主体: 公众 Subject: public	态度: 反对 Attitude: against	时间: 20:42:08 Time: 20:42:08
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北京稻香村黄油起酥停产了，以后还能吃到吗？近期，有不少消费者发现北京稻香村门店已停售黄油起酥，一时间有关该产品停产、苏州稻香村商标起诉所致的猜测传出。对此，北京稻香村今日回应新京报记者称，该产品停售系生产线升级所致，与诉讼无关。“北京稻香村为什么不卖黄油起酥了？还有哪个门店可以买到吗？”“今天听到一个悲伤的消息，稻香村的起酥停产了，这是为什么！”近期，有越来越多的“铁粉儿”发现北京稻香村黄油起酥已在各门店停售。

Beijing rice fragrant village butter buttered and stopped, can we still eat it later?Recently, many consumers found that the Daoxiangcun store in Beijing had stopped selling butter to crisp. For a time, speculation was spread about the discontinuation of production of the product and the suit against the trademark of Daoxiangcun in Suzhou. In response to this, Beijing Daoxiangcun today responded to a reporter from the Beijing News that the suspension of the product was caused by the upgrading of the production line and had nothing to do with the lawsuit.Why doesn't Beijing rice fragrant village sell butter to become crisp? Is there any other store that can buy it? "Today, I heard a sad news. The rice and sweet village has been cut up and stopped. Why?" Recently, more and more "iron powder" found that Beijing rice fragrant village butter crisp has been stopped at all stores.

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

2018-11-12, 共监测到324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 324 WeChat public articles were monitored in 2018-11-12. This page shows the top five articles by repeat number today.

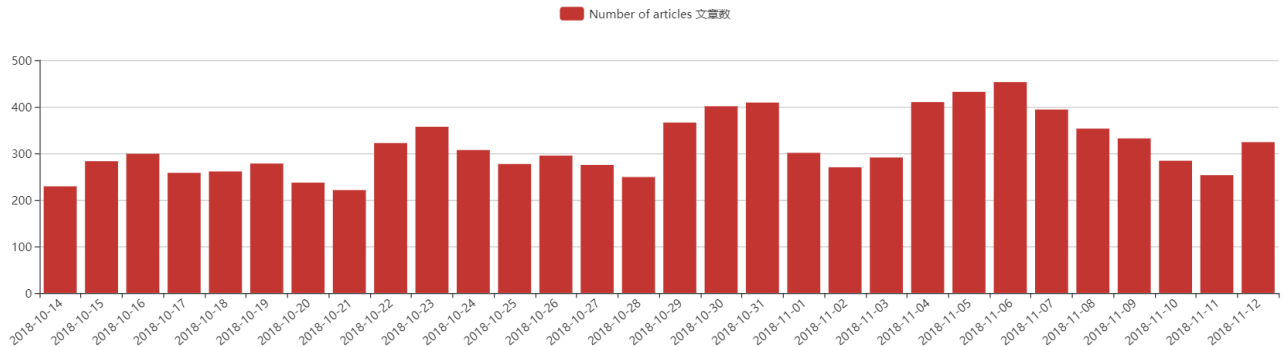
由于微信公众号文章没有固定的链接, 因而标题链接到的是根据文章标题进行检索的结果页面。

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.

下图展示了最近30天的数据获取量。

The following figure shows the amount of data acquired in the last 30 days.



热门文章-前五 Popular Articles - Top 5

1. [去超市购物, 先看懂这些再买! 没想到吃亏了这么多年](#)

重复数: 9

日期: 2018-11-12

[When shopping in the supermarket, first understands these and then decide wether to buy it! I didn't expect to lose so many years.](#)

Repeat Number: 9

Data: 2018-11-12

市场上售卖的面包, 有些含有人工色素、香料、氢化油 (含有大量反式脂肪酸) 以及防腐剂。大量的油脂、添加剂虽可提升食物的味道, 但会增加心血管疾病的发生风险。因此, 购买全麦面包时, 成分越简单越好。

Some breads sold on the market contain artificial colors, spices, hydrogenated oils (containing large amounts of trans fatty acids) and preservatives. Large amounts of oil and additives can enhance the taste of food, but increase the risk of cardiovascular disease. So when you buy wholemeal bread, the simpler the ingredients, the better.

2. [【涨知识】去超市购物, 先看懂这些再买!](#)

重复数: 3

日期: 2018-11-12

[\[knowledge\] When shopping in the supermarket, first understands these and then decide wether to buy it!](#)

Repeat Number: 3

Data: 2018-11-12

美国食药监局提示: 一包食品只要每份反式脂肪酸含量低于0.5克, 即可在食品标签上标注为“零反式脂肪酸”。世界卫生组织则表示: 人们每天不宜食用超过2克反式脂肪酸, 以免对心血管造成伤害。

The US Food and Drug Administration (FDA) has suggested that as long as the trans fatty acid content in a package of food is less than 0.5 g per serving, it can be labeled "zero trans fatty acid" on the food label. The World Health Organization says that people should not eat more than 2 grams of trans fatty acids a day to avoid cardiovascular damage.

3. [去超市购物, 这些你注意了没? 先看懂这些再买!](#)

重复数: 3

日期: 2018-11-12

[Do you pay attention to this when shopping at the supermarket? First understand these and then decide whether to buy!](#)

Repeat Number: 3

Data: 2018-11-12

有些标有“零反式脂肪酸”的食物, 其实可能含有少量反式脂肪酸的。此外, 配料表上有氢化油、氢化脂肪、起酥油、人造奶油、植脂末等字样, 含反式脂肪酸的可能性比较大, 也不宜选购。

Some foods labeled "zero trans fatty acids" may actually contain a small amount of trans fatty acids. The foods of which the ingredient list contains hydrogenated oil, hydrogenated fat, shortening, margarine, and non-fat cream are more likely to contain trans fatty acids and are not suitable for purchase.

4. [脸要穷养, 脚要富养; 心要穷养, 肺要富养, 养好身体才好!](#)

重复数: 3

日期: 2018-11-12

[Keep your face poor, your feet rich, your heart poor, your lungs rich and your body healthy.](#)

Repeat Number: 3

Data: 2018-11-12

心脏的一大杀手是反式脂肪酸, 尤其是人造的煎炸食物、各种“酥”, 都要少吃。少吃人造食品多吃天然食品。配料表中出现: 氢化、精炼、人造等字眼时要提高警惕, 可能是反式脂肪, 保持腰围, 心血管疾病的发病率也会下降。

One of the biggest killers of the heart is trans fatty acids, especially man-made fried foods and all kinds of "crisps," which should be eaten less. Maintenance points: eat less man-made food and eat more natural food. Beware of foods that contain hydrogenated, refined, artificial, and other ingredients in the ingredients list, which may be trans fats.

5. [糖友健康饮食应对胆固醇](#)

重复数: 2

日期: 2018-11-12

[Diabetic patients' healthy diet to deal with cholesterol](#)

Repeat Number: 2

Data: 2018-11-12

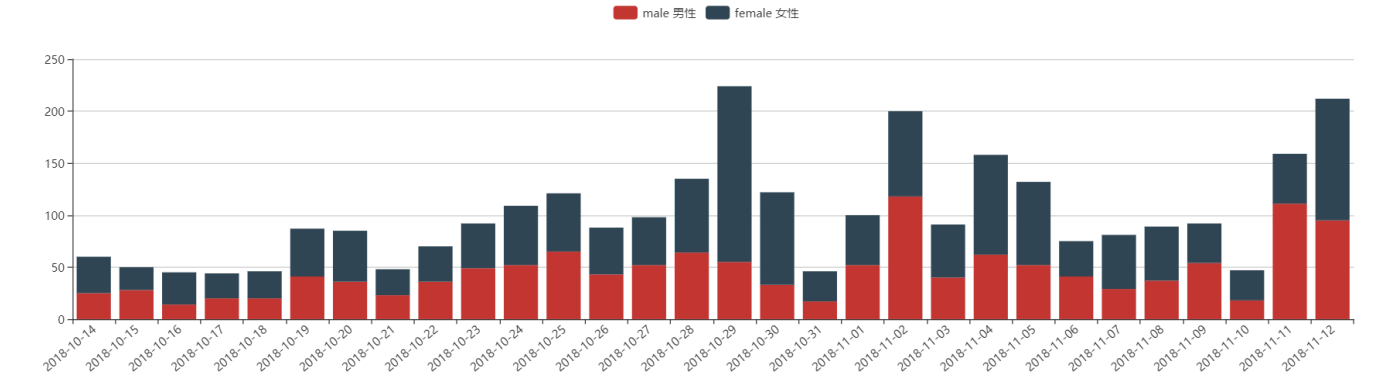
比饱和脂肪更不健康的, 就是反式脂肪。反式脂肪的主要来源包括氢化油, 而这是多数速食店至今仍用来炸薯条的油类。反式脂肪对你的胆固醇指数有双向害处, 因为它不仅能使你的LDL高增, 同时还降低你体内的HDL。

Trans fats are less healthy than saturated fats. The main sources of trans fats include hydrogenated oils, which are the oils that most fast food restaurants still use for French fries. Trans fat has a two-way effect on your cholesterol index because it not only increases your LDL but also lowers your body's HDL.

反式脂肪酸-微博

Transfat - Weibo

2018-11-12，共检测到212条与“反式脂肪酸”相关的微博。
本页面列出转发量超过50的微博。
点击微博内容可查看微博原文。
There are 212 weibos about transfat reduction monitored on 2018-11-12.
Weibos whose repost number is greater than 50 are listed in this page.
Click the content of each weibo, and you can see the detail information.
下图展示了最近30天的数据获取量。
The following figure shows the amount of data acquired in the last 30 days.



热门微博

Hot Weibos

1. 没有相关微博!
No such weibos!