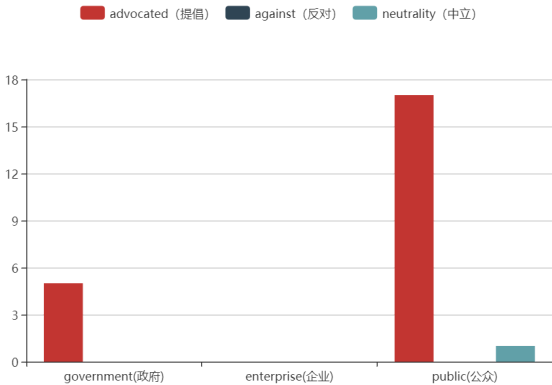


# 减盐-新闻

## Salt Reduction - News

今日 (2018-10-10) 共监测到23条资讯。请点击标题查看原文。  
There are 23 articles monitored today 2018-10-10. 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				
1. <a href="#">临沂市:费县开展2018年“全国高血压日”和“世界精神卫生日”宣传...</a>	来源: 中国科学网	类别: 高血压	态度: 提倡	时间: 20:07
<a href="#">Linyi city: fei county to carry out the "national high blood pressure, 2018" and "world mental health day" propaganda...</a>	来源: 中国科学网	Category: hypertension	Attitude: advocate	Time: 20:07
10月8日, 费县卫计局在自由路西段举行了以“知晓您的血压”和“健康心理, 快乐人生”为主题的“全国高血压日”和“世界精神卫生日”宣传咨询活动。活动中, 县相关医疗机构通过设立咨询台、悬挂横幅标语、摆放移动展板及发放宣传单、控油壶、限盐勺等方式, 向广大群众耐心细致地宣传高血压疾病和心理疾病的相关知识, 并倡导坚持运动、限制食盐摄入、多吃蔬菜水果、戒烟限酒、心情愉快的生活方式。同时, 医护人员现场为群众免费进行血压、血糖检测和心理咨询服务。各乡镇卫生院(社区卫生服务中心)在宣传日前后也组织开展了现场咨询活动, 并对现场检测到的高血压患者提供健康指导, 建立居民健康档案, 纳入规范化管理。通过宣传活动, 将有力提高高血压早期发现率以及心理疾病患者的自我管理知识, 有助于降低高血压病的发生风险, 减少和延缓心理问题的发生, 对居民提高健康生活意识起到了积极作用				
On October 8, the Feixian Bureau of Health and Planning held publicity and consultation activities on National Hypertension Day and World Mental Health Day with the theme of "Knowing Your Blood Pressure" and "Healthy Mental Health, Happy Life" in the western section of Free Road. During the campaign, the county-level medical institutions set up consulting desks, hung banners, placed mobile exhibition boards, handed out leaflets, oil kettles and salt spoons to disseminate patiently and meticulously the knowledge of hypertension and mental illness to the masses, and advocated persistent exercise, salt restriction and eating more vegetables and fruits. Quit smoking, limit alcohol and a happy lifestyle. At the same time, doctors and nurses on-site free blood pressure, blood sugar testing and psychological counseling services for the masses. Township health centers (community health service centers) also organized on-the-spot consultation activities before and after the publicity day, and provided health guidance to the hypertensive patients detected on-the-spot, established residential health records, and put them into standardized management. Through propaganda activities, it will effectively improve the early detection rate of hypertension and the knowledge of self-management of patients with mental illness, help to reduce the risk of hypertension, reduce and delay the occurrence of psychological problems, and play a positive role in improving residents' awareness of healthy life.				
2. <a href="#">永修县疾控中心开展2018年“全国高血压日”宣传活动</a>	来源: 海都资讯网	类别: 高血压	态度: 提倡	时间: 06:11:28
<a href="#">Yongxiu county CDC in 2018 "national hypertension day" campaign</a>	来源: 海都资讯网	Category: hypertension	Attitude: advocate	Time: 06:11:28
九江新闻网讯 2018年10月8日是第21个全国高血压日, 今年的宣传主题是“知晓您的血压”。为加强健康知识宣传教育工作, 提高人民群众自我防护能力, 营造人人参与维护健康血压的社会氛围, 永修县疾控中心开展了一系列的宣传活动。在单位楼前摆放宣传板, 在电子显示屏上播放宣传主题, 向居民宣传关于防治高血压宣传知识, 发放各种宣传材料, 为居民免费测量血压。同时工作人员提醒广大居民: 定期测量血压 (正常成年人, 建议至少每2年测量1次血压; 35岁上的首诊患者应测量血压; 高血压易患人群, 建议每半年测量1次血压; 血压未达标活不稳定者, 则增加自测血压的次数); 积极预防高血压 (坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟)。此次宣传活动发放宣传材料700份 (高血压防治知识宣传册200份、高血压防治知识宣传折页200份、控烟宣传折页100份、控烟知识手册100本、健康教育宣传手册100本), 发放控盐勺等受益群众达600人, 从而提高广大居民的健康素养水平				
Jiujiang News Network News October 8, 2018 is the 21st National Hypertension Day, this year's publicity theme is "Know Your Blood Pressure". In order to strengthen the propaganda and education of health knowledge, improve the people's ability of self-protection, and create a social atmosphere in which everyone participates in maintaining healthy blood pressure, Yongxiu CDC launched a series of publicity activities. Publicity boards are placed in front of the unit building, and publicity themes are displayed on the electronic display screen. Publicity knowledge on prevention and treatment of hypertension is disseminated to the residents, and various publicity materials are distributed to measure their blood pressure free of charge. At the same time, staff reminded residents: regular measurement of blood pressure (normal adults, recommended at least every two years to measure blood pressure; 35-year-old patients should measure blood pressure first visit; high blood pressure susceptible groups, suggested to measure blood pressure once every six months; blood pressure did not meet the standard live unstable, increased the number of self-test blood pressure); active prevention; Hypertension (exercise, salt restriction, eating more vegetables and fruits, eating less fast food, drinking restrictions, quitting smoking). 700 propaganda materials (200 propaganda leaflets on prevention and control of hypertension, 200 folders on prevention and control of hypertension, 100 folders on tobacco control, 100 knowledge Handbooks on tobacco control, 100 health education brochures) were distributed to 600 beneficiaries, including salt spoons, so as to improve the health literacy of the general population. level				
3. <a href="#">知晓血压, 防控高血压全面迎接第21届全国高血压日</a>	来源: 深圳政府在线	类别: 高血压	态度: 提倡	时间: 18:01
<a href="#">Know the blood pressure, control of high blood pressure, fully meet the 21st session of the national high blood pressure</a>	来源: 深圳政府在线	Category: hypertension	Attitude: advocate	Time: 18:01
2018年10月8日是第21届“全国高血压日”, 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, 由深圳市卫生和计划生育委员会、广东省预防医学会承办, 深圳市慢性病防治中心承办, 罗湖区卫生与计划生育局、罗湖区慢性病防治院、广东省疾病预防控制中心、广东省卫生记者协会、广东省盐业集团有限公司、广东省盐业集团深圳分公司、罗湖区东门街道办事处协办的第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。今年的宣传主题是“知晓您的血压”, 现场活动主要包括专家义诊、咨询, 免费测量血压、心率、血糖、身高、体重、血脂、骨密度以及发放高血压防控知识小册子等。本次宣传除了罗湖区的主会场活动外, 各辖区、各社区健康服务中心也会开展高血压科学防控系列宣传活动, 提高我市居民的高血压知晓率、治疗率和控制率。市慢性病防治中心健康管理科徐健主任提醒市民, 知晓自己的血压, 其实代表三层含义: 第一, 知晓自己的血压值; 第二, 知晓不同血压值代表的意义; 第三, 知晓自己血压值的变化趋势。如何知晓自己的血压值, 需要定期测量血压, 并且把每一次血压测量值记录下来, 以便了解自己血压值的变化趋势				
October 8, 2018 is the 21st National Hypertension Day. In order to popularize the scientific knowledge of hypertension and raise people's awareness of self-prevention and control of hypertension, Shenzhen Health and Family Planning Commission, Guangdong Provincial Preventive Medicine Association, Shenzhen Chronic Disease Prevention and Control Center, Luohu District Health and Family Planning Bureau, The 21th National Hypertension Day was held in Dongmen Cultural Square of Luohu District, which was co-sponsored by Luohu District Chronic Disease Prevention and Control Hospital, Guangdong Disease Prevention and Control Center, Guangdong Health Journalists Association, Guangdong Salt Industry Group Co., Ltd., Shenzhen Branch of Guangdong Salt Industry Group and Dongmen Street Office of Luohu District. The theme of this year's publicity is "Know Your Blood Pressure." On-the-spot activities include free blood pressure, heart rate, blood glucose, height, weight, blood lipids, bone mineral density and the issuance of brochures on hypertension prevention and control. In addition to the main venue activities in Luohu District, the various jurisdictions and community health service centers will also carry out a series of publicity activities on scientific prevention and control of hypertension to improve the awareness rate, treatment rate and control rate of hypertension in our city residents. Director Xu Jian, Department of Health Management, City Center for Chronic Disease Prevention and Treatment, reminded the public that knowing their own blood pressure actually represents three meanings: first, knowing their own blood pressure values; second, knowing the significance of different blood pressure values; third, knowing the				

changing trend of their own blood pressure values. How to know your own blood pressure requires regular blood pressure measurements, and each blood pressure measurement recorded in order to understand their own blood pressure changes in the trend.

4. <a href="#">中原区卫生计生委开展全国高血压日宣传活动</a>	来源：郑州市人民政府门户	类别：高血压	态度：提倡	时间：13:32
<a href="#">Zhongyuan district health and family planning commission to carry out the national hypertension day campaign</a>	来源：郑州市人民政府门户	Category: hypertension	Attitude: advocate	Time: 13:32

2018年10月8日是第21个全国高血压日，中原区卫生计生委组织辖区医疗卫生单位在五一公园开展集中宣传活动。活动现场共设立咨询台15个，参与医务人员71名，为群众免费测量血压，并针对目前我国高血压的防治形势，围绕高血压的预防措施、生活饮食调理、自我管理等内容制作了宣传单，向群众免费发放，普及高血压防治知识。本次集中宣传共悬挂宣传条幅和宣传展板30余块，宣传页4000余份。辖区各医疗卫生单位利用LED显示屏，制作宣传栏等形式协同做好宣传。据统计，我国高血压患者人数已突破3.5亿，随着生活水平的提高，工作压力的增加，运动减少，肥胖增加，饮食习惯的改变，高血压的患病呈现年轻化的趋势

October 8, 2018 is the 21st National Day of Hypertension, the Central Plains District Health Planning Commission organized the medical and health units to carry out centralized publicity activities in the May 1 Park. A total of 15 consulting stations and 71 medical staff were set up to measure blood pressure free of charge. In view of the current situation of hypertension prevention and control in China, leaflets were made around the prevention measures of hypertension, diet and self-management, which were distributed free of charge to the masses and popularized the knowledge of hypertension prevention and control. The publicity and publicity panels and publicity boards were more than 30, with more than 4000 publicity pages. The various medical and health units in the area shall make good use of LED display screen and make propaganda columns.According to statistics, the number of hypertensive patients in China has exceeded 350 million. With the improvement of living standards, the increase of work pressure, the decrease of exercise, the increase of obesity, the change of dietary habits, the prevalence of hypertensive blood shows a younger trend.

5. <a href="#">淄博市张店区开展“全国高血压日”宣传活动-新华网山东频道</a>	来源：新华网山东站	类别：高血压	态度：提倡	时间：16:19
<a href="#">Zibo city is to carry out the "national hypertension day" campaign - shandong xinhua channel</a>	来源：新华网山东站	Category: hypertension	Attitude: advocate	Time: 16:19

10月8日，淄博市张店区疾控中心联合南定镇卫生院在南定镇崔军大集组织开展第21个“全国高血压日”宣传活动。活动现场，工作人员围绕“全国高血压日”宣传要点和“知晓您的血压”宣传主题，结合“一评二控三减四健”专项行动，倡导健康生活方式，强化个人健康意识和责任，对高血压基本防治知识进行了宣讲，免费给群众测量血压并让每位群众清楚自己的血压情况。本次活动发放高血压防治手册和折页6000份、“三减四健”手册和折页800份、控盐勺900个、控油壶150个、慢病防治环境购物袋300个，免费血压测量70余人。第21个“全国高血压日”宣传活动的开展，进一步提高了群众防治高血压等慢性病的意识和能力，倡导了“每个人是自己健康第一责任人”理念,广泛宣传了健康生活方式相关知识，利于进一步提高公众健康素养水平，进一步改变公众不正确的生活习惯，以实际行动推进健康中国建设。（王晓萍 池建民 刘宝）（完）

On October 8, the Center for Disease Control and Prevention of Zhangdian District of Zibo City, together with the Nanding Town Hospital of Health, organized a propaganda campaign for the 21st National Hypertension Day at the Cui Jun Fair in Nanding Town.On the spot of the activity, the staff around the "National Hypertension Day" promotional points and "Know Your Blood Pressure" promotional theme, combined with the "one assessment, two control, three reduction, four health" special action, advocate a healthy lifestyle, strengthen personal health awareness and responsibility, the basic prevention and treatment of hypertension knowledge were preached, free blood measurements for the masses Pressure and let everyone know their blood pressure. The event handed out 600 copies of hypertension prevention manual and folder, 800 copies of "three subtractions and four health care" manual and folder, 900 salt spoons, 150 oil kettles, 300 shopping bags for chronic disease prevention and control environment, and more than 70 people were given free blood pressure measurements.The propaganda activities of the 21st National Hypertension Day have further enhanced the awareness and ability of the masses to prevent and treat chronic diseases such as hypertension, advocated the idea that everyone is the first person responsible for his or her own health, and widely disseminated the knowledge of healthy lifestyle, which is conducive to further improving public health literacy and further improving it. Changing the habits of the public and promoting the construction of healthy China with practical actions. (Wang Xiaoping, Chi Jianmin, Liu Bao) (end)

企业 Industry				
没有相关文章!				
No such articles!				
公众 Public				
1. <a href="#">“第一村医”殷晓玲为山区老人的健康奔忙 山东卫生新闻网-山东省...</a>	来源：山东卫生新闻网	类别：健康中心	态度：提倡	时间：11:01:30
<a href="#">"No medical xiao-ling Yin:" the old man's health and moving in the mountain areas _shandong health news - shandong province...</a>	来源：山东卫生新闻网	Category: health and wellness centers	Attitude: advocate	Time: 11:01:30

“第一村医”殷晓玲：为山区老人的健康奔忙 蜿蜒崎岖的山路伸向远方，一个瘦小的身影在小路上艰难前行，身上背的药箱上的红十字格外醒目.....这是一位年轻女医生驻村半年以来日常工作的真实写照。“村民们愿意把健康托付给我，我就要竭尽全力为他们负责！”这是由淄博市卫计委派驻的第二批“第一村医”殷晓玲对自己提出的工作要求。为了这份沉甸甸的责任，入驻淄川区洪山镇小田庄村半年来，殷晓玲结合村里高龄老人多、常见病等实际特点，把田间地头、村委大院当作组织科普宣教、义诊、健康指导活动的课堂，从宣传戒烟、减盐等日常生活指导，到高血压、糖尿病、腰腿疼等疾病防控，成为村民们日常生活离不开的保健医生。小田庄村位于淄川区洪山镇东侧，是个有名的贫困山村，村里环境优美宜人，年轻人大都外出打工，留在村里的多为老年人，交通不便成为老人们的一大难题。驻村后，在一次查体过程中，一位老人的查体结果引起了殷晓玲的注意：刘奶奶今年76岁，血红蛋白只有35g/L，属于重度贫血

Yin Xiaoling, "the first village doctor": rushing for the health of the elderly in Mountainous AreasThe winding and rugged mountain road stretches far away, and a thin figure struggles along the path. The Red Cross on the medicine box on his back is especially striking. This is a true portrayal of the daily work of a young female doctor in the village for half a year."If the villagers are willing to entrust their health to me, I will do my best to be responsible for them." This is the second batch of "first village doctors" appointed by Zibo Health Plan Yin Xiaoling's requirements for her work. In order to fulfill this heavy responsibility, Yin Xiaoling has been stationed in Xiaotianzhuang Village, Hongshan Town, Zichuan District for half a year. In the light of the actual characteristics of the village, such as the large number of elderly people and common diseases, Yin Xiaoling has taken the fields and the courtyards of village committees as classrooms for organizing popular science education, free clinics and health guidance activities, ranging from propaganda and daily life guidance such as smoking cessation and salt reduction to Gao. Blood pressure, diabetes, waist and leg pain and other diseases prevention and control, become the villagers'daily life can not be separated from the health care doctor.Xiaotianzhuang Village is located on the east side of Hongshan Town in Zichuan District. It is a famous poverty-stricken village with beautiful and pleasant environment. Most of the young people go out to work. Most of the old people stay in the village. The traffic is not convenient for the old people. After stationed in the village, in the course of a physical examination, an old man's physical examination results attracted Yin Xiaoling's attention: Grandma Liu is 76 years old, hemoglobin only 35g / L, belongs to severe anemia

2. <a href="#">患了高血压切忌自己做医生 随意停药比不吃药还危险</a>	来源：浙江在线	类别：高血压	态度：提倡	时间：10:01:30
<a href="#">Suffering from high blood pressure, avoid by all means do the doctor himself Optional withdrawal is more dangerous than not to take medicine</a>	来源：浙江在线	Category: hypertension	Attitude: advocate	Time: 10:01:30

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，医学专家介绍，高血压可防可控，知晓并监测自己的血压尤其重要。绍兴市中心医院大内科主任王翔告诉记者，近几年来，柯桥区的惠民福利越来越好，不管退休人员还是农民，都有健康体检。要知道，不少人都是因为体检才被确诊为高血压。所以，他建议大家一定要重视体检以及体检报告，一旦发现高血压要及时治疗，否则容易引起并发症，给自己和家人带来沉重负担

October 8th is the twenty-first National Hypertension Day. Hypertension is one of the most common chronic diseases, medical experts introduced that hypertension can be prevented and controlled, to know and monitor their own blood pressure is particularly important.Shaoxing Central Hospital Director of the Department of Internal Medicine Wang Xiang told reporters that in recent years, the welfare of the people in Keqiao District is getting better and better, whether retirees or farmers, have a health check-up. You know, many people are diagnosed with hypertension because of physical examination. Therefore, he suggested that we must pay attention to physical examination and physical examination report, once found to be timely treatment of hypertension, otherwise easy to cause complications, bring heavy burden to themselves and their families.

3. <a href="#">菏泽开发区佃户屯街道开展“全国高血压日”宣传活动</a>	来源：中国视窗	类别：高血压	态度：提倡	时间：10:01:31
<a href="#">Heze development zone tenants tuen streets to carry out the "national hypertension day" campaign</a>	来源：中国视窗	Category: hypertension	Attitude: advocate	Time: 10:01:31

10月8日，为了加快创建省级慢性病示范区建设进度，有效预防和控制高血压，提高广大群众对高血压病的认识和重视，菏泽市开发区佃户屯街道办事处和佃户屯社区卫生服务中心以“全国高血压日”为契机，到辖区龙山社区开展2018年第21个“全国高血压日”健康宣传及大型义诊活动。活动现场，来自省派业务院长市中医院内科专家徐瑞琴，佃户屯社区服务中心内、外科2名专家，为群众进行免费血压测量、听心肺等检查，并为群众进行坐诊及健康咨询，建议血压高的群众合理饮食、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。不仅如此，佃户屯社区服务中心医护人员为过往群众发放高血压知识宣传资料、控油壶和减盐勺，工作人员详细讲解控油壶和减盐勺的使用方法，帮助附近居民了解关于防治高血压宣传知识，提醒广大群众：一是定期测量血压，正常成年人，建议至少每2年测量1次血压;35岁以上的首诊患者应测量血压；高血压易患人群，建议每半年测量1次血压；血压未达标不稳定者，则增加自测血压的次数；二是高血压的预防要坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟。活动共为群众免费量血压100余人，发放健康宣传资料300余份，受到群众的一致好评。通过此次义诊与宣传活动，在一定程度上提高了社区居民对高血压的认知水平和防治意识，增强了自我保健意识，形成主动测量并定期监测血压的健康理念，提升了相关人群对高血压的知晓率、服药率和控制率，促进了佃户屯街道办事处的高血压病规范化管理，对预防高血压的发生、减少高血压的并发症，维护群众的身心健康起到积极的作用

On October 8, in order to speed up the construction of provincial-level chronic disease demonstration areas, effectively prevent and control hypertension, and raise the public's awareness and attention to hypertension, the tenant village sub-district office of Heze Development Zone and the tenant village community health service center took the opportunity of "National Hypertension Day" to open in Longshan community. The twenty-first National Hypertension Day 2018 health promotion and large-scale free clinic activities were held.On the spot of the activity, Xu Ruiqin, an expert in internal medicine from the Provincial Hospital of Traditional Chinese Medicine, was sent by the President of the Provincial Department of Business. Two experts from the community service center of Tenhutun and the surgical department conducted free blood pressure measurements,

auditory cardiopulmonary examinations, sitting examinations and health counseling for the masses. They suggested that the people with high blood pressure should have a reasonable diet, give up smoking and alcohol restriction, exercise properly and ensure their health. Psychological balance, early morning blood pressure management, family blood pressure management and hypertension management. In addition, the medical staff of the TENGHUTUN Community Service Center distributes propaganda materials, oil-control kettles and salt-reducing spoons for the people in the past. The staff explains in detail the use of oil-control kettles and salt-reducing spoons, and helps the nearby residents to understand the propaganda knowledge about the prevention and treatment of hypertension. They remind the masses that the first is to measure blood pressure regularly. For normal adults, it is recommended to measure blood pressure at least once every two years; for first-visit patients over 35 years old, blood pressure should be measured once every six months; for those who are susceptible to hypertension, blood pressure should be measured once every six months; for those whose blood pressure is not up to the standard, the number of self-measured blood pressure should be increased; for the prevention of hypertension, it is necessary to adhere to exercise, limit salt intake, eat more vegetables and vegetables. Fruit, eat less fast food, limit alcohol consumption and quit smoking. More than 100 people took blood pressure measurements free of charge, and more than 300 health publicity materials were distributed, which were well received by the masses. Through this free clinic and publicity campaign, to a certain extent, the community residents' awareness of hypertension and prevention and treatment has been improved, the awareness of self-health care has been enhanced, the health concept of initiative measurement and regular monitoring of blood pressure has been formed, and the awareness rate, medication rate and control rate of hypertension among the relevant population have been improved, and the tenants have been promoted. The standardized management of hypertension in subdistrict offices plays an active role in preventing the occurrence of hypertension, reducing the complications of hypertension and maintaining the physical and mental health of the people.

4. <a href="#">这些专坑中国人的“养生建议”，你肯定都听说过!还可能一直在做</a>	来源：搜狐体育	类别：健康中心	态度：中立	时间：11:02:00
<a href="#">The pit "health advice" of the Chinese people, you must have heard of it!May also have been doing</a>	来源：搜狐体育	Category: health and wellness centers	Attitude: neutrality	Time: 11:02:00

这些专坑中国人的“养生建议”，你肯定都听说过! 还可能一直在做 到了一定年纪，为了身体健康，很多人会开始养生，比如每天多健走，泡枸杞水，少熬夜等，都是有助身体长寿的做法。但是也存在很多健康误区，会引发更多疾病。那些坑骗中国人的养生建议，并不能让你身体变好，你却一直在坚持吗？坑骗养生建议1：晨起锻炼 晨起锻炼要分人，高血压人群早起后血压容易飙升，这是做锻炼容易让引发高血压，加重病情。所以高血压人群的运动最佳时间不是早上，而是下午，更有利于维持血压的稳定。坑骗养生建议2：不吃油盐降三高 中老年人容易患上高血压，平时需要戒掉重口味、重盐油食物

You must have heard of the "health advice" of these Chinese pits. It may still be done. At a certain age, in order to be healthy, many people will start to keep fit, such as walking more every day, soaking Lycium barbarum water, less staying up late and so on, are conducive to long life practices. But there are also many health misunderstandings, which can lead to more diseases. Those health advice that deceives the Chinese does not make your body better. Have you been sticking to it? 1 advice: morning exercise Morning exercise should be divided into people, hypertensive people get up early after blood pressure is easy to soar, this is to do exercise easy to cause hypertension, aggravate the condition. So the best time for high blood pressure people to exercise is not in the morning, but in the afternoon, more conducive to maintaining blood pressure stability. Recommendation 2: do not eat oil and salt to reduce the three high Middle aged and elderly people are prone to hypertension. They usually need to give up heavy food and heavy salt oil.

5. <a href="#">每5人就有1人高血压!专家建议限盐减重动起来</a>	来源：大洋网	类别：高血压	态度：提倡	时间：16:32
<a href="#">Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight</a>	来源：大洋网	Category: hypertension	Attitude: advocate	Time: 16:32

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

Oct. 8 is the 21st National Hypertension Day. Publicity campaigns have been carried out to raise people's awareness of the dangers and prevention of hypertension. 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.

6. <a href="#">每5人就有1人高血压 生活提示 正北方网</a>	来源：正北方网	类别：高血压	态度：提倡	时间：15:44
<a href="#">Have one in every five people hypertension prompt __ life net is the north</a>	来源：正北方网	Category: hypertension	Attitude: advocate	Time: 15:44

10月8日是第21个全国高血压日，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。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症致残和致死率高。专家指出，除了药物治疗，采取正确的生活方式干预也可明显降低血压。最新版高血压防控指南显示，高血压患者每日食盐摄入量不超过6克并注意咸菜、鸡精、酱油等食物中“隐性盐”的摄入，可以让收缩压下降2~8毫米汞柱；体重超标的高血压患者每减重10千克可以让收缩压下降5~20毫米汞柱。根据这份指南，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

October 8 is the 21st National Hypertension Day. Cardiovascular disease experts believe that lifestyle intervention should be initiated and medication should be initiated for patients with hypertension. Correct lifestyle intervention is also a reasonable and effective treatment. At present, the number of hypertension patients in China is 270 million, including stroke, coronary heart disease, heart failure, kidney disease and other serious complications of hypertension disability and mortality rate is high. Experts pointed out that in addition to drug treatment, the right lifestyle intervention can also significantly reduce blood pressure. The latest version of hypertension prevention and control guidelines show that a person with hypertension daily salt intake of not more than 6 grams and pay attention to pickles, chicken essence, soy sauce and other foods in the "hidden salt" intake, systolic blood pressure can be reduced by 2 to 8 mm Hg column; weight loss of 10 kg in hypertensive patients can reduce systolic blood pressure by 5 to 20 mm Hg column. According to the guidelines, patients with confirmed hypertension should be promptly initiated and long-term adherence to lifestyle interventions, namely the "Healthy Lifestyle Hexalogy": Limiting Salt, Weight Loss and Exercise, Quitting Smoking and Limiting Alcohol

7. <a href="#">汶川县银杏乡卫生院开展全国高血压日宣传活动</a>	来源：中国汶川	类别：高血压	态度：提倡	时间：15:54
<a href="#">Wenchuan county YinXing Township institutes to carry out the national hypertension day campaign</a>	来源：中国汶川	Category: hypertension	Attitude: advocate	Time: 15:54

今年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”。为进一步普及高血压防治知识，提高汶川县银杏乡村民高血压防治知识知晓率，促进居民心脑血管健康，有效防治心脑血管疾病，倡导健康的生活方式。10月8日上午我院在辖区内开展了主题宣传活动。活动现场设立宣传咨询点1个，LED滚动播放宣传主题，发放全民健康生活方式行动系列宣传资料“高血压防治知识”、“心血管病防治知识篇”等相关宣传资料200余份，免费测血压30人，发放限盐勺、控油壶50余个。

This October 8th is the twenty-first National Hypertension Day in China. The theme is "know your blood pressure". To further popularize the knowledge of hypertension prevention and control, and improve the prevention of hypertension in Ginkgo township of Wenchuan County Knowledge awareness rate, promote cardiovascular and cerebrovascular health of residents, effective prevention and treatment of cardiovascular and cerebrovascular diseases, advocate a healthy lifestyle. One publicity and consultation point was set up at the event site, and the theme of LED rolling broadcast was given. More than 200 publicity materials were distributed, including "Knowledge of Hypertension Prevention and Treatment" and "Knowledge of Cardiovascular Disease Prevention and Treatment". 30 people were given free blood pressure measurements, and more than 50 salt spoons and kettles were distributed.

8. <a href="#">“每逢佳节胖三斤”节后“刮油”三大误区要注意!</a>	来源：四川新闻网	类别：健康中心	态度：提倡	时间：15:59
<a href="#">"Every season three catties fat" after "scraping" three big mistake should pay attention to!</a>	来源：四川新闻网	Category: health and wellness centers	Attitude: advocate	Time: 15:59

四川新闻网成都10月10日讯（记者 刘佩佩）“每逢佳节胖三斤”，国庆大假结束后看着体重秤上飙升的数字，减肥刮油自然成了头等大事。全素餐、水果餐、粗粮餐.....能想到的无油膩食物通通端上桌，还得配上一场说就来就来的疯狂运动。10月10日，四川新闻网记者从成都市三医院获悉，大假过后咨询排毒、减肥的市民特别多，但如果方法不恰当反而容易造成伤害。该院临床营养科营养师张懿表示，运动和饮食合理才是有效方式，单靠某一类食物实现减肥排毒没有科学依据。其中受年轻群体喜好的水果餐减肥更是不可取，因为水果含有一定的糖分，长期过多进食可导致血糖、血脂升高，甚至诱发肥胖

Chengdu, Sichuan News Network, October 10 (Reporter Liu Peipei) "Every Festival fat three jin", after the National Day holiday to watch the number of scales soaring, weight loss and oil scraping has naturally become a top priority. Full vegetarian meal, fruit meal, coarse grain meal... The greasy food that can be thought of is served on the table, and it must be accompanied by a crazy movement. On October 10, a reporter from Sichuan News Network learned from the Third Hospital of Chengdu that after the holidays, more people consult detoxification and weight loss, but if the method is not appropriate, it is easy to cause harm. Zhang Junyi, a nutritionist in the Clinical Nutrition Department of the hospital, said that exercise and a reasonable diet are the effective ways to achieve weight loss and detoxification only by a certain kind of food without scientific basis. Among them, the fruit diet favored by young people is even less desirable, because fruits contain a certain amount of sugar, long-term overeating can lead to high blood sugar, blood lipids, and even induce obesity

9. <a href="#">这6个习惯是最好的抗癌药和最天然的长寿药</a>	来源：中国医药网	类别：健康中心	态度：提倡	时间：23:27:08
<a href="#">The six habits is the best of anticancer drugs and the natural longevity medicine</a>	来源：中国医药网	Category: health and wellness centers	Attitude: advocate	Time: 23:27:08

在水中加一种东西，喝了可以让你年轻10岁，想知道它是什么吗？关注微信号 39减肥健身学院（长按可复制），回复 年轻 就可以查看帮助我们越活越年轻的秘诀，还能学习各种保持身材方法！现在人们的生活条件提高后，对于长寿的需求也越来越大。然而想要长寿并不是那么简单的事情，需要从身边一点一滴的小事开始做起。那么，长寿的人都有什么习惯呢？一起来看看长寿的秘诀。长寿的人都有什么习惯？1、乐观的心态 心理 更加 健康，不会总是颓废着，积极乐观的心态，可以避免很多因为不健康的心理因素产生的一些生理疾病。保持乐观的心态还可以让人身体的衰老变慢，身体更加健康

Adding a drink in water can make you 10 years younger. Do you want to know what it is? Focus on Micro-Signal 39 Weight Loss Fitness Institute (long click replicable), reply young



to see the secret to help us live younger, but also learn a variety of ways to keep fit!Now people's living conditions have improved, and the demand for longevity has also increased. But it's not that easy to live long. You need to start with the little things around you. So what are the habits of long-lived people? Let's take a look at the secret of longevity.What are the habits of long-lived people?1, optimistic attitudeMental health, not always decadent, positive and optimistic attitude, can avoid a lot of unhealthy psychological factors caused by some physiological diseases. Keeping an optimistic attitude can also slow down the aging of your body and make your body healthier.

10. <a href="#">秋季心脑血管疾病高发中老年人这样应对</a>	来源：新华网辽宁频道	类别：心血管疾病	态度：提倡	时间：22:27:54
<a href="#">The elderly in a high incidence of disease of heart head blood-vessel of autumn that response</a>	来源：新华网辽宁频道	Category: None	Attitude: advocate	Time: 22:27:54

寒露已至，正式进入深秋季节。天气越来越冷，此时正是心脑血管疾病的发病高峰期。季节转换，容易引发心脑血管的突然收缩，导致血管流畅不通，各种疾病多发。近期，各大医院的急诊室中因为心悸、气短以及高血压等心脑血管疾病而就诊的患者也明显增多。气温下降会引起哪些身体变化？随着气温的下降，心脑血管也极易出现收缩，血压控制不好，会诱发或加重心脑血管疾病

Cold dew has arrived, officially entered the late autumn season. The weather is getting colder and colder. This is the peak period of cardiovascular and cerebrovascular diseases. Seasonal change, easy to trigger sudden contraction of cardiovascular and cerebrovascular, resulting in blockage of blood vessels, a variety of diseases. Recently, the number of patients visiting emergency rooms of major hospitals due to heart palpitations, shortness of breath and hypertension and other cardiovascular and cerebrovascular diseases has also increased significantly.What physical changes will be caused by the drop in temperature?With the decrease of temperature, cardio-cerebrovascular contractions are also very easy to occur, blood pressure control is not good, will induce or increase the focus of cerebrovascular disease

11. <a href="#">高盐饮食可加重骨骼中钙质的流失</a>	来源：中国新闻网	类别：健康中心	态度：提倡	时间：05:31:30
<a href="#">High salt diet can increase the loss of calcium in bone</a>	来源：中国新闻网	Category: health and wellness centers	Attitude: advocate	Time: 05:31:30

您相信抬腿、抖被子、坐公交车颠簸，甚至走路时都会发生骨折吗？中山大学附属第三医院骨科主治医师庞卯表示，这些情况在严重骨质疏松的老年人群中并不少见。别让这些贼偷走你的钙 庞卯介绍，老年人容易发生骨质疏松，主要是因为体内性激素水平降低，尤其是雌激素对骨骼的影响更为明显，因而老年女性更易患病。以及钙的摄入量减少、维生素D不足、身体运动量减少，和不良饮食习惯有关。“餐桌上的小偷”：庞卯介绍，高盐饮食、腌制食物，如榨菜、腊味食品、罐头食品等，可加重骨骼中钙质的流失，应当尽量少吃这些食物，同时避免嗜烟、酗酒、过量摄入咖啡因和高磷饮料。可适量进食蛋白质及含钙丰富的食物、蔬菜和水果，如牛奶、鱼、豆制品；以橙、柑、柚、猕猴桃等富含维生素C的水果为主；“懒出来的小偷”：很多骨质疏松的老人都有各种各样的疼痛问题，越是痛就越不想动

Do you believe in leg lifting, shaking the quilt, bumping by bus, or even walking when you walk? Pang Mao, an orthopaedic doctor in the Third Affiliated Hospital of Sun Yat-sen University, said these conditions were not uncommon among elderly people with severe osteoporosis.Don't let these thieves steal your calcium.Pang Mao introduced that the elderly are prone to osteoporosis, mainly because the level of sex hormones in the body is reduced, especially estrogen on the bone is more obvious, so the elderly women are more vulnerable to disease. And decreased calcium intake, vitamin D deficiency, reduced physical activity, and poor dietary habits."Thieves on the table": Pang Mao introduced that high-salt diet, pickled food, such as mustard, wax food, canned food, etc., can aggravate the loss of calcium in the bones, should try to eat less of these foods, while avoiding smoking, alcoholism, excessive intake of caffeine and high phosphorus drinks.Can eat protein and calcium-rich foods, vegetables and fruits, such as milk, fish, soybean products; orange, citrus, grapefruit, kiwifruit and other fruits rich in vitamin C mainly;"Lazy Thieves": Many elderly people with osteoporosis have a variety of pain problems, the more pain they feel, the less they want to move

12. <a href="#">大假加气温“过山车” 急诊人数增多以老年群体为主</a>	来源：四川新闻网-攀枝花日报	类别：心血管疾病	态度：提倡	时间：04:45:15
<a href="#">Big fake plus temperature "roller coaster" with the increased number of emergency is given priority to with the elderly</a>	来源：四川新闻网-攀枝花日报	Category: None	Attitude: advocate	Time: 04:45:15

四川新闻网成都10月10日讯（记者 刘佩佩）国庆大假刚变完，有人就进了医院.....10月10日，四川新闻网记者从成都市三医院获悉，国庆期间及大假结束后患者都很多，跟气温变化较大和假期时的不良饮食、生活都有一定关系。据该院急诊科主任项涛介绍，近日该院急诊日收诊量约300人，较此前接诊上涨近30%。其中，主要以呼吸道及心血管疾病为主，老年群体为主要人群。呼吸道疾病 秋季天气变化较为剧烈，气候干燥，都是呼吸系统疾病的发病“温床”。此外，不少市民在放假期间出游不注重衣服增减、不规律作息、过多在人员密集场所逗留等原因，让此类疾病更容易发生

Sichuan News Network, Chengdu, October 10 (Reporter Liu Peipei) National Day holiday just played, some people went to the hospital... October 10, Sichuan News Network reporters from the Chengdu Third Hospital learned that during the National Day and after the end of the big holiday patients are very many, with the temperature changes and holiday bad diet, life has a certain relationship. According to Xiang Tao, the director of the emergency department of the hospital, about 300 people were admitted to the hospital in recent days, an increase of nearly 30% compared with previous visits. Among them, mainly respiratory and cardiovascular diseases, the elderly population as the main group.respiratory diseaseIn autumn, the weather changes more drastically, and the climate is dry. It is the "hotbed" for the pathogenesis of respiratory diseases. In addition, many citizens do not pay attention to the increase or decrease of clothes, irregular work and rest, too much staying in crowded places and other reasons, so that such diseases are more likely to occur.

13. <a href="#">牟平姜格庄街道社区卫生服务中心开展高血压防治宣教工作</a>	来源：水母网	类别：高血压	态度：提倡	时间：03:56:51
<a href="#">MouPing Jiang Gezhuang street community health service center in hypertension prevention and treatment of missionary work</a>	来源：水母网	Category: hypertension	Attitude: advocate	Time: 03:56:51

牟平姜格庄街道社区卫生服务中心开展高血压防治宣教工作 水母网10月10日讯（通讯员 林浩）10月8日是全国高血压日，姜格庄街道社区卫生服务中心积极响应国家卫健委基层卫生司的号召，深入农村，组织医务工作者，积极开展高血压病的预防，治疗等日常工作。积极宣教健康生活理念。低盐，低糖，低脂饮食，积极锻炼身体，保持标准体重，预防三高。为姜格庄社区群众提供优良的医疗服务。

Muping Jiang Ge Zhuang Street community health service center to carry out hypertension prevention and education workJellyfish Network, October 10 (correspondent Lin Hao) October 8 is the National Hypertension Day, Jianggezhuang Street Community Health Service Center actively responds to the call of the State Health and Construction Commission's Department of Grass-roots Health, goes deep into the countryside, organizes medical workers, actively carries out the daily work of prevention and treatment of hypertension. Actively advocate the concept of healthy life. Low salt, low sugar, low fat diet, active exercise, maintain standard weight, prevent three high. It provides excellent medical services for the masses in Jiang Ge Zhuang community.

14. <a href="#">“知晓您的血压”——我院开展高血压日义诊宣传、专题讲座活动</a>	来源：新华网	类别：高血压	态度：提倡	时间：14:54
<a href="#">"Know your blood pressure," in our day yizhen propaganda, seminar to develop high blood pressure</a>	来源：新华网	Category: hypertension	Attitude: advocate	Time: 14:54

为普及高血压防治知识，提高医护人员宣教水平，倡导居民健康生活方式，改善居民健康水平，10月8日，我院举办了以“知晓您的血压”为主题的第21个“全国高血压日”义诊宣传、专题讲座等活动。上午，医院组织内科医护人员在门诊外科楼大厅前进行义诊宣传活动，虽然天气有点清凉，但前来咨询的人络绎不绝，医务人员一边给过往群众测量血压，一边结合宣传日主题，讲解高血压防治知识。现场结合群众血压值，指导群众正确服药，引导群众增强健康意识，改善不良生活方式和行为习惯，建议群众从控盐限油入手，控制体重、定期测量血压、坚持体育运动，最大程度地减少高血压的发生。宣传活动共发放宣传材料200余份，接受群众咨询180人次。下午，我院有幸邀请到了甘肃省医师协会高血压专业委员会主任委员、兰大二院心内科余静主任，甘肃省人民医院心内科谢萍主任，兰大一院心内科吴颖主任，兰州军区总院心内科陈永清主任等进行专题授课，会议由医院心内科主任彭小伟主持，副院长李瑞致欢迎词

In order to popularize the knowledge of prevention and treatment of hypertension, improve the level of propaganda and education of medical staff, advocate the healthy lifestyle of residents and improve the health level of residents, the 21st National Hypertension Day was held on October 8 with the theme of "Knowing Your Blood Pressure".In the morning, the hospital organized a propaganda campaign for free clinic in front of the hall of the outpatient surgery building. Although the weather was a bit cool, there was an endless stream of consultants. Medical staff measured the blood pressure of the people in the past while explaining the knowledge of prevention and treatment of hypertension in combination with the theme of the propaganda day. Combining with the blood pressure value of the masses, we should guide the masses to take medicine correctly, guide the masses to enhance their health awareness, improve their unhealthy lifestyle and behavior habits, and suggest that the masses control their weight, regularly measure their blood pressure, and persist in sports so as to minimize the occurrence of hypertension. More than 200 publicity materials were distributed and 180 people were consulted.In the afternoon, we had the honor to invite the chairman of the Hypertension Committee of Gansu Medical Association, the director of the Department of Cardiology of Landa Second Hospital, Xie Ping, the director of the Department of Cardiology of Gansu People's Hospital, Wu Zengying, the director of the Department of Cardiology of Lanzhou First Hospital, and Chen Yongqing, the director of the Department of Cardiology of Lanzhou Military Region General Hospital to give special lectures. Peng Xiaowei, director of internal medicine, presided over the speech by Vice President Li Ruizhi.

15. <a href="#">襄阳市第一人民医院走进社区开展“全国高血压日”义诊</a>	来源：荆楚网	类别：高血压	态度：提倡	时间：16:17
<a href="#">Xiangyang city first people's hospital into the community to carry out the "national hypertension day" free clinic</a>	来源：荆楚网	Category: hypertension	Attitude: advocate	Time: 16:17

荆楚网消息(通讯员 张瑞、叶依轩)今年10月8日，是第21个“全国高血压日”主题：“知晓您的血压”。当日上午，襄阳市第一人民医院心血管内科主任刘福元教授，带领医护人员走进樊城立业路社区开展义诊及健康教育活动，向居民普及高血压防治知识。高血压，是危害人们健康的慢性疾病之一，高血压及其严重并发症给患者造成沉重的健康和经济负担。因此，知晓自己的血压及防治知识，培养低盐膳食等健康生活方式有着极其重要的意义，特别是早期预防、及时治疗尤为重要

Jingchu news (correspondents Zhang Rui, Ye Yixuan) October 8 this year, is the 21st "National Hypertension Day" theme: "Know your blood pressure. On the morning of the same day, Professor Liu Fuyuan, Director of Cardiovascular Medicine of Xiangyang First People's Hospital, led the medical staff into the community of Liye Road in Fancheng City to carry out free clinic and health education activities to popularize the knowledge of hypertension prevention and treatment to the residents. Hypertension is one of the chronic diseases that endanger people's health. Hypertension and its serious complications cause heavy health and economic burden to patients. Therefore, it is of great significance to know one's own knowledge of blood pressure, prevention and treatment, and to cultivate a healthy lifestyle such as a low-salt diet, especially early prevention and timely treatment.

16. <a href="#">高血压发病年轻化明显 这七个饮食习惯请牢记</a>	来源：红网	类别：高血压	态度：提倡	时间：20:43
---	-------	--------	-------	----------

高血压发病年轻化明显 这七个饮食习惯请牢记 红网时刻长沙10月10日讯（通讯员 黄丽芝 李永飞 记者 贺卫玲）《中国心血管病报告》显示，我国高血压患者大约2.7亿，每年与高血压有关的死亡人数达200万例。近日，长沙市岳麓区“全国高血压日”健康知识讲座在桔子洲街道举办，长沙市四医院专家教授为大家提供健康知识讲座和就医咨询，街道200余人参加活动。“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。”长沙市四医院心血管内科主任医师戴朝晖介绍，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。有效控制血压，健康的生活方式是基础，合理用药是血压达标的关键

The incidence of hypertension is significantly younger. These seven eating habits should be kept in mind.Changsha, October 10, Red Net Time (correspondent Huang Lizhi Li Yongfei reporter He Weiling) "China Cardiovascular Disease Report" shows that China's hypertension patients about 270 million, the annual number of hypertension-related deaths reached 2 million. Recently, a lecture on "National Hypertension Day" in Yuelu District of Changsha City was held in Orange Island Street. Professors from four hospitals in Changsha provided lectures and consultation on health knowledge. More than 200 people participated in the activity."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." Dai Chaohui, Director of Cardiovascular Department of Four Hospitals in Changsha, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on. Effective control of blood pressure, healthy lifestyle is the foundation, rational drug use is the key to achieving blood pressure.

17. 盐的摄入并非越多越好	来源：中国新闻网	类别：健康中心	态度：提倡	时间：06:05:40
Salt intake is not the more the better	来源：中国新闻网	Category: health and wellness centers	Attitude: advocate	Time: 06:05:40

中医认为，“肾为先天之本”，影响人的身体强弱与健康状况。如今，人们越来越注重保持肾脏健康，关于养肾和护肾的方法也层出不穷。其实，除了养肾，还应该注意避免伤肾，而在诸多伤肾习惯中，不良饮食习惯“罪大恶极”。那么，都有哪些饮食习惯会伤肾呢？盐和高蛋白食物摄入过多。据《生命时报》报道，高蛋白食物的摄入并非越多越好，长期高蛋白饮食会使肾脏处于“超负荷”状态

Traditional Chinese medicine holds that "kidney is the natural origin", which affects people's health and health. Nowadays, people pay more and more attention to maintaining kidney health, and the methods of nourishing kidney and protecting kidney are endless. In fact, in addition to nourishing the kidney, we should also pay attention to avoid injuring the kidney, and in many kidney-injuring habits, bad eating habits "extremely evil". So what kind of eating habits will hurt the kidneys?Excessive intake of salt and high protein foods. According to the Life Times, high-protein diets are not always better. Long-term high-protein diets can cause kidneys to be "overloaded."

18. 大假要完这些群体要注意.....	来源：四川在线	类别：健康中心	态度：提倡	时间：19:05:45
Big fake play these groups should pay attention to..	来源：四川在线	Category: health and wellness centers	Attitude: advocate	Time: 19:05:45

国庆大假刚要完，有人就进了医院!“国庆期间及大假结束后患者都很多，跟气温变化较大和假期时的不良饮食、生活都有一定关系。”成都市三医院急诊科主任项涛介绍，近日急诊日收诊量约300人，较此前接诊上涨近30%。其中，主要以呼吸道及心血管疾病为主，老年群体为主要人群。 呼吸道疾病 秋季天气变化较为剧烈，气候干燥，都是呼吸系统疾病的发病“温床”。此外，不少市民在放假期间出游不注意重衣服增减、不规律作息、过多在人员密集场所逗留等原因，让此类疾病更容易发生

No sooner had the National Day holidays been over than some people went to the hospital. Xiang Tao, director of the emergency department of Chengdu Third Hospital, said that the number of emergency visits in recent days was about 300, up nearly 30% from previous visits. Among them, mainly respiratory and cardiovascular diseases, the elderly population as the main group.respiratory diseaseln autumn, the weather changes more drastically, and the climate is dry. It is the "hotbed" for the pathogenesis of respiratory diseases. In addition, many citizens do not pay attention to the increase or decrease of clothes, irregular work and rest, too much staying in crowded places and other reasons, so that such diseases are more likely to occur.

## 内容分类

### Classification of Content

食物中的钠 Sodium in food				
没有相关文章!				
No such articles!				
高血压 Hypertension				

1. 患了高血压切忌自己做医生 随意停药比不吃药还危险	来源：浙江在线	类别：高血压	态度：提倡	时间：10:01:30
Suffering from high blood pressure, avoid by all means do the doctor himself Optional withdrawal is more dangerous than not to take medicine	来源：浙江在线	Category: hypertension	Attitude: advocate	Time: 10:01:30

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，医学专家介绍，高血压可防可控，知晓并监测自己的血压尤其重要。绍兴市中心医院大内科主任王翔告诉记者，近几年来，柯桥区的惠民福利越来越好，不管退休人员还是农民，都有健康体检。要知道，不少人都是因为体检才被确诊为高血压。所以，他建议大家一定要重视体检以及体检报告，一旦发现高血压要及时治疗，否则容易引起并发症，给自己和家人带来沉重负担

October 8th is the twenty-first National Hypertension Day. Hypertension is one of the most common chronic diseases, medical experts introduced that hypertension can be prevented and controlled, to know and monitor their own blood pressure is particularly important.Shaoxing Central Hospital Director of the Department of Internal Medicine Wang Xiang told reporters that in recent years, the welfare of the people in Keqiao District is getting better and better, whether retirees or farmers, have a health check-up. You know, many people are diagnosed with hypertension because of physical examination. Therefore, he suggested that we must pay attention to physical examination and physical examination report, once found to be timely treatment of hypertension, otherwise easy to cause complications, bring heavy burden to themselves and their families.

2. 菏泽开发区佃户屯街道开展“全国高血压日”宣传活动	来源：中国视窗	类别：高血压	态度：提倡	时间：10:01:31
Heze development zone tenants tuen streets to carry out the "national hypertension day" campaign	来源：中国视窗	Category: hypertension	Attitude: advocate	Time: 10:01:31

10月8日，为了加快创建省级慢性病示范区建设进度，有效预防和控制高血压，提高广大群众对高血压病的认识和重视，菏泽市开发区佃户屯街道办事处和佃户屯社区卫生服务中心以“全国高血压日”为契机，到辖区龙山社区开展2018年第21个“全国高血压日”健康宣传及大型义诊活动。活动现场，来自省派业务院长市中医院内科专家徐瑞琴，佃户屯社区卫生服务中心内、外科2名专家，为群众进行免费血压测量、听心肺等检查，并为群众进行坐诊及健康咨询，建议血压高的群众合理饮食、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。不仅如此，佃户屯社区服务中心医护人员为过往群众发放高血压知识宣传资料、控油壶和减盐勺，工作人员详细讲解控油壶和减盐勺的使用方法，帮助附近居民了解关于防治高血压宣传知识，提醒广大群众：一是定期测量血压，正常成年人，建议至少每2年测量1次血压;35岁以上的首诊患者应测量血压；高血压易患人群，建议每半年测量1次血压；血压未达标不稳定者，则增加自测血压的次数；二是高血压的预防要坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟。活动共为群众免费量血压100余人，发放健康宣传资料300余份，受到群众的一致好评。通过此次义诊与宣传活动，在一定程度上提高了社区居民对高血压的认知水平和防治意识，增强了自我保健意识，形成主动测量并定期监测血压的健康理念，提升了相关人群对高血压的知晓率、服药率和控制率，促进了佃户屯街道办事处的高血压病规范化管理，对预防高血压的发生、减少高血压的并发症，维护群众的身心健康起到积极的作用

On October 8, in order to speed up the construction of provincial-level chronic disease demonstration areas, effectively prevent and control hypertension, and raise the public's awareness and attention to hypertension, the tenant village sub-district office of Heze Development Zone and the tenant village community health service center took the opportunity of "National Hypertension Day" to open in Longshan community. The twenty-first National Hypertension Day 2018 health promotion and large-scale free clinic activities were held.On the spot of the activity, Xu Ruigin, an expert in internal medicine from the Provincial Hospital of Traditional Chinese Medicine, was sent by the President of the Provincial Department of Business. Two experts from the community service center of Tenhutun and the surgical department conducted free blood pressure measurements, auditory cardiopulmonary examinations, sitting examinations and health counseling for the masses. They suggested that the people with high blood pressure should have a reasonable diet, give up smoking and alcohol restriction, exercise properly and ensure their health. Psychological balance, early morning blood pressure management, family blood pressure management and hypertension management. In addition, the medical staff of the Tenghutun Community Service Center distributes propaganda materials, oil-control kettles and salt-reducing spoons for the people in the past. The staff explains in detail the use of oil-control kettles and salt-reducing spoons, and helps the nearby residents to understand the propaganda knowledge about the prevention and treatment of hypertension. They remind the masses that the first is to measure blood pressure regularly. For normal adults, it is recommended to measure blood pressure at least once every two years; for first-visit patients over 35 years old, blood pressure should be measured once every six months; for those who are susceptible to hypertension, blood pressure should be measured once every six months; for those whose blood pressure is not up to the standard, the number of self-measured blood pressure should be increased; for the prevention of hypertension, it is necessary to adhere to exercise, limit salt intake, eat more vegetables and vegetables. Fruit, eat less fast food, limit alcohol consumption and quit smoking. More than 100 people took blood pressure measurements free of charge, and more than 300 health publicity materials were distributed, which were well received by the masses.Through this free clinic and publicity campaign, to a certain extent, the community residents'awareness of hypertension and prevention and treatment has been improved, the awareness of self-health care has been enhanced, the health concept of initiative measurement and regular monitoring of blood pressure has been formed, and the awareness rate, medication rate and control rate of hypertension among the relevant population have been improved, and the tenants have been promoted. The standardized management of hypertension in subdistrict offices plays an active role in preventing the occurrence of hypertension, reducing the complications of hypertension and maintaining the physical and mental health of the people.

3. <a href="#">每五人就有一人高血压!专家建议限盐减重动起来</a>	来源: 大洋网	类别: 高血压	态度: 提倡	时间: 16:32
<a href="#">Every five people had had a high blood pressure!Experts recommend limiting salt move to lose weight</a>	来源: 大洋网	Category: hypertension	Attitude: advocate	Time: 16:32

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

Oct. 8 is the 21st National Hypertension Day. Publicity campaigns have been carried out to raise people's awareness of the dangers and prevention of hypertension. 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.

4. <a href="#">每5人就有1人高血压 生活提示_正北方网</a>	来源: 正北方网	类别: 高血压	态度: 提倡	时间: 15:44
<a href="#">Have one in every five people hypertension prompt__life net is the north</a>	来源: 正北方网	Category: hypertension	Attitude: advocate	Time: 15:44

10月8日是第21个全国高血压日，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。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症致残和致死率高。专家指出，除了药物治疗，采取正确的生活方式干预也可明显降低血压。最新版高血压防控指南显示，高血压患者每人每日食盐摄入量不超过6克并注意咸菜、鸡精、酱油等食物中“隐性盐”的摄入，可以让收缩压下降2~8毫米汞柱；体重超标的高血压患者每减重10千克可以让收缩压下降5~20毫米汞柱。根据这份指南，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“健康生活六部曲”：限盐减重多运动，戒烟限酒心态平

October 8 is the 21st National Hypertension Day. Cardiovascular disease experts believe that lifestyle intervention should be initiated and medication should be initiated for patients with hypertension. Correct lifestyle intervention is also a reasonable and effective treatment.At present, the number of hypertension patients in China is 270 million, including stroke, coronary heart disease, heart failure, kidney disease and other serious complications of hypertension disability and mortality rate is high. Experts pointed out that in addition to drug treatment, the right lifestyle intervention can also significantly reduce blood pressure. The latest version of hypertension prevention and control guidelines show that a person with hypertension daily salt intake of not more than 6 grams and pay attention to pickles, chicken essence, soy sauce and other foods in the "hidden salt" intake, systolic blood pressure can be reduced by 2 to 8 mm Hg column; weight loss of 10 kg in hypertensive patients can reduce systolic blood pressure by 5 to 20 mm Hg column .According to the guidelines, patients with confirmed hypertension should be promptly initiated and long-term adherence to lifestyle interventions, namely the "Healthy Lifestyle Hexalogy": Limiting Salt, Weight Loss and Exercise, Quitting Smoking and Limiting Alcohol

5. <a href="#">临沂市:费县开展2018年“全国高血压日”和“世界精神卫生日”宣传...</a>	来源: 中国科学网	类别: 高血压	态度: 提倡	时间: 20:07
<a href="#">Linyi city: fei county to carry out the "national high blood pressure, 2018" and "world mental health day" propaganda...</a>	来源: 中国科学网	Category: hypertension	Attitude: advocate	Time: 20:07

10月8日，费县卫计局在自由路西段举行了以“知晓您的血压”和“健康心理，快乐人生”为主题的“全国高血压日”和“世界精神卫生日”宣传咨询活动。活动中，县相关医疗机构通过设立咨询台、悬挂横幅标语、摆放移动展板及发放宣传单、控油壶、限盐勺等方式，向广大群众耐心细致地宣传高血压疾病和心理疾病的相关知识，并倡导坚持运动、限制食盐摄入、多吃蔬菜水果、戒烟限酒、心情愉快的生活方式。同时，医护人员现场为群众免费进行血压、血糖检测和心理咨询服务。各乡镇卫生院(社区卫生服务中心)在宣传日前后也组织开展了现场咨询活动，并对现场检测到的高血压患者提供健康指导，建立居民健康档案，纳入规范化管理。通过宣传活动，将有力提高高血压早期发现率以及心理疾病患者的自我管理知识，有助于降低高血压病的发生风险，减少和延缓心理问题的发生，对居民提高健康生活意识起到了积极作用

On October 8, the Feixian Bureau of Health and Planning held publicity and consultation activities on National Hypertension Day and World Mental Health Day with the theme of "Knowing Your Blood Pressure" and "Healthy Mental Health, Happy Life" in the western section of Free Road.During the campaign, the county-level medical institutions set up consulting desks, hung banners, placed mobile exhibition boards, handed out leaflets, oil kettles and salt spoons to disseminate patiently and meticulously the knowledge of hypertension and mental illness to the masses, and advocated persistent exercise, salt restriction and eating more vegetables and fruits. Quit smoking, limit alcohol and a happy lifestyle. At the same time, doctors and nurses on-site free blood pressure, blood sugar testing and psychological counseling services for the masses. Township health centers (community health service centers) also organized on-the-spot consultation activities before and after the publicity day, and provided health guidance to the hypertensive patients detected on-the-spot, established residential health records, and put them into standardized management.Through propaganda activities, it will effectively improve the early detection rate of hypertension and the knowledge of self-management of patients with mental illness, help to reduce the risk of hypertension, reduce and delay the occurrence of psychological problems, and play a positive role in improving residents'awareness of healthy life.

6. <a href="#">汶川县银杏乡卫生院开展全国高血压日宣传活动</a>	来源: 中国汶川	类别: 高血压	态度: 提倡	时间: 15:54
<a href="#">Wenchuan county YinXing Township institutes to carry out the national hypertension day campaign</a>	来源: 中国汶川	Category: hypertension	Attitude: advocate	Time: 15:54

今年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”。为进一步普及高血压防治知识，提高汶川县银杏乡村民高血压防知识知晓率，促进居民心脑血管健康，有效防治心脑血管疾病，倡导健康的生活方式。10月8日上午我院在辖区内开展了主题宣传活动。活动现场设立宣传咨询点1个，LED滚动播放宣传主题，发放全民健康生活方式行动系列宣传资料“高血压防治知识”、“心血管病防治知识篇”等相关宣传资料200余份，免费测血压30人，发放限盐勺、控油壶50余个。

This October 8th is the twenty-first National Hypertension Day in China. The theme is "know your blood pressure". To further popularize the knowledge of hypertension prevention and control, and improve the prevention of hypertension in Ginkgo township of Wenchuan CountyKnowledge awareness rate, promote cardiovascular and cerebrovascular health of residents, effective prevention and treatment of cardiovascular and cerebrovascular diseases, advocate a healthy lifestyle.One publicity and consultation point was set up at the event site, and the theme of LED rolling broadcast was given. More than 200 publicity materials were distributed, including "Knowledge of Hypertension Prevention and Treatment" and "Knowledge of Cardiovascular Disease Prevention and Treatment". 30 people were given free blood pressure measurements, and more than 50 salt spoons and kettles were distributed.

7. <a href="#">永修县疾控中心开展2018年“全国高血压日”宣传活动</a>	来源: 海都资讯网	类别: 高血压	态度: 提倡	时间: 06:11:28
<a href="#">Yong xiu county CDC in 2018 "national hypertension day" campaign</a>	来源: 海都资讯网	Category: hypertension	Attitude: advocate	Time: 06:11:28

九江新闻网讯 2018年10月8日是第21个全国高血压日，今年的宣传主题是“知晓您的血压”。为加强健康知识宣传教育工作，提高人民群众自我防护能力，营造人人参与维护健康血压的社会氛围，永修县疾控中心开展了一系列的宣传活动。在单位楼前摆放宣传板，在电子显示屏上播放宣传主题，向居民宣传关于防治高血压宣传知识，发放各种宣传材料，为居民免费测量血压。同时工作人员提醒广大居民：定期测量血压（正常成年人，建议至少每2年测量1次血压；35岁以上的首诊患者应测量血压；高血压易患人群，建议每半年测量1次血压；血压未达标活不稳定者，则增加自测血压的次数）；积极预防高血压（坚持运动、限制食盐摄入、多吃蔬菜和水果、少吃快餐、限制饮酒、戒烟）。此次宣传活动发放宣传材料700份（高血压防治知识宣传单200份、高血压防治知识宣传折页200份、控烟宣传折页100份、控烟知识手册100本、健康教育宣传手册100本），发放控油勺等受益群众达600人，从而提高广大居民的健康素养水平

Jiujiang News Network News October 8, 2018 is the 21st National Hypertension Day, this year's publicity theme is "Know Your Blood Pressure". In order to strengthen the propaganda and education of health knowledge, improve the people's ability of self-protection, and create a social atmosphere in which everyone participates in maintaining healthy blood pressure, Yongxiu CDC launched a series of publicity activities. Publicity boards are placed in front of the unit building, and publicity themes are displayed on the electronic display screen. Publicity knowledge on prevention and treatment of hypertension is disseminated to the residents, and various publicity materials are distributed to measure their blood pressure free of charge.At the same time, staff reminded residents: regular measurement of blood pressure (normal adults, recommended at least every two years to measure blood pressure; 35-year-old patients should measure blood pressure first visit; high blood pressure susceptible groups, suggested to measure blood pressure once every six months; blood pressure did not meet the standard live unstable, increased the number of self-test blood pressure); active prevention; Hypertension (exercise, salt restriction, eating more vegetables and fruits, eating less fast food, drinking restrictions, quitting smoking).700 propaganda materials (200 propaganda leaflets on prevention and control of hypertension, 200 folders on prevention and control of hypertension, 100 folders on tobacco control, 100 knowledge Handbooks on tobacco control, 100 health education brochures) were distributed to 600 beneficiaries, including salt spoons, so as to improve the health literacy of the general population. level

8. <a href="#">牟平姜格庄街道社区卫生服务中心开展高血压防治宣教工作</a>	来源: 水母网	类别: 高血压	态度: 提倡	时间: 03:56:51
<a href="#">MouPing Jiang Gezhuang street community health service center in hypertension prevention and treatment of missionary work</a>	来源: 水母网	Category: hypertension	Attitude: advocate	Time: 03:56:51

牟平姜格庄街道社区卫生服务中心开展高血压防治宣教工作 水母网10月10日讯（通讯员 林浩）10月8日是全国高血压日，姜格庄街道社区卫生服务中心积极响应国家卫健委基层卫生司的号召，深入农村，组织医务工作者，积极开展高血压病的预防，治疗等日常工作。积极宣教健康生活理念。低盐，低糖，低脂饮食，积极锻炼身体，保持标准体重，预防三高。为姜格庄社区群众提供优良的医疗服务。

Muping Jiang Ge Zhuang Street community health service center to carry out hypertension prevention and education workJellyfish Network, October 10 (correspondent Lin Hao) October 8 is the National Hypertension Day, Jianggezhuang Street Community Health Service Center actively responds to the call of the State Health and Construction Commission's Department of Grass-roots Health, goes deep into the countryside, organizes medical workers, actively carries out the daily work of prevention and treatment of hypertension. Actively advocate the concept of healthy life. Low salt, low sugar, low fat diet, active exercise, maintain standard weight, prevent three high. It provides excellent medical services for the masses in Jiang Ge Zhuang community.

9. <a href="#">“知晓您的血压”——我院开展高血压日义诊宣传、专题讲座活动</a>	来源: 新华网	类别: 高血压	态度: 提倡	时间: 14:54
<a href="#">"Know your blood pressure," in our day yizhen propaganda, seminar to develop high blood pressure</a>	来源: 新华网	Category: hypertension	Attitude: advocate	Time: 14:54



为普及高血压防治知识，提高医护人员宣教水平，倡导居民健康生活方式，改善居民健康水平，10月8日，我院举办了以“知晓您的血压”为主题的第21个“全国高血压日”义诊宣传、专题讲座等活动。上午，医院组织心内科医护人员在门诊外科楼大厅前进行义诊宣传活动，虽然天气有点清凉，但前来咨询的人络绎不绝，医务人员一边给过往群众测量血压，一边结合宣传日主题，讲解高血压防治知识。现场结合群众血压值，指导群众正确服药，引导群众增强健康意识，改善不良生活方式和行为习惯，建议群众从控盐限油入手，控制体重、定期测量血压、坚持体育运动，最大程度地减少高血压的发生。宣传活动共发放宣传材料200余份，接受群众咨询180人次。下午，我院有幸邀请到了甘肃省医师协会高血压专业委员会主任委员、兰大二院心内科余静主任，甘肃省人民医院心内科谢萍主任，兰大一院心内科吴增颖主任，兰州军区总院心内科陈永清主任等进行专题授课，会议由医院心内科主任彭小伟主持，副院长李瑞致欢迎词

In order to popularize the knowledge of prevention and treatment of hypertension, improve the level of propaganda and education of medical staff, advocate the healthy lifestyle of residents and improve the health level of residents, the 21st National Hypertension Day was held on October 8 with the theme of "Knowing Your Blood Pressure".In the morning, the hospital organized a propaganda campaign for free clinic in front of the hall of the outpatient surgery building. Although the weather was a bit cool, there was an endless stream of consultants. Medical staff measured the blood pressure of the people in the past while explaining the knowledge of prevention and treatment of hypertension in combination with the theme of the propaganda day. Combining with the blood pressure value of the masses, we should guide the masses to take medicine correctly, guide the masses to enhance their health awareness, improve their unhealthy lifestyle and behavior habits, and suggest that the masses control their weight, regularly measure their blood pressure, and persist in sports so as to minimize the occurrence of hypertension. More than 200 publicity materials were distributed and 180 people were consulted.In the afternoon, we had the honor to invite the chairman of the Hypertension Committee of Gansu Medical Association, the director of the Department of Cardiology of Landa Second Hospital, Xie Ping, the director of the Department of Cardiology of Gansu People's Hospital, Wu Zengying, the director of the Department of Cardiology of Lanzhou First Hospital, and Chen Yongqing, the director of the Department of Cardiology of Lanzhou Military Region General Hospital to give special lectures. Peng Xiaowei, director of internal medicine, presided over the speech by Vice President Li Ruizhi.

10. <a href="#">知晓血压,防控高血压全面迎接第21届全国高血压日</a>	来源：深圳政府在线	类别：高血压	态度：提倡	时间：18:01
<a href="#">Know the blood pressure, control of high blood pressure, fully meet the 21st session of the national high blood pressure</a>	来源：深圳政府在线	Category: hypertension	Attitude: advocate	Time: 18:01

2018年10月8日是第21届“全国高血压日”，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，由深圳市卫生和计划生育委员会、广东省预防医学会承办主办，深圳市慢性病防治中心承办，罗湖区卫生与计划生育局、罗湖区慢性病防治院、广东省疾病预防控制中心、广东省卫生记者协会、广东省盐业集团有限公司、广东省盐业集团深圳分公司、罗湖区东门街道办事处协办的第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。今年的宣传主题是“知晓您的血压”，现场活动主要包括专家义诊、咨询，免费测量血压、心率、血糖、身高、体重、血脂、骨密度以及发放高血压防控知识小册子等。本次宣传除了罗湖区的主会场活动外，各辖区、各社区健康服务中心也会开展高血压科学防控系列宣传活动，提高我市居民的高血压知晓率、治疗率和控制率。市慢性病防治中心健康管理科徐健主任提醒市民，知晓自己的血压，其实代表三层含义：第一，知晓自己的血压值；第二，知晓不同血压值代表的意义；第三，知晓自己血压值的变化趋势。如何知晓自己的血压值，需要定期测量血压，并且把每一次血压测量值记录下来，以便了解自己的血压值的变化趋势

October 8, 2018 is the 21st National Hypertension Day. In order to popularize the scientific knowledge of hypertension and raise people's awareness of self-prevention and control of hypertension, Shenzhen Health and Family Planning Commission, Guangdong Provincial Preventive Medicine Association, Shenzhen Chronic Disease Prevention and Control Center, Luohu District Health and Family Planning Bureau, The 21th National Hypertension Day was held in Dongmen Cultural Square of Luohu District, which was co-sponsored by Luohu District Chronic Disease Prevention and Control Hospital, Guangdong Disease Prevention and Control Center, Guangdong Health Journalists Association, Guangdong Salt Industry Group Co., Ltd., Shenzhen Branch of Guangdong Salt Industry Group and Dongmen Street Office of Luohu District. The theme of this year's publicity is "Know Your Blood Pressure." On-the-spot activities include free blood pressure, heart rate, blood glucose, height, weight, blood lipids, bone mineral density and the issuance of brochures on hypertension prevention and control.In addition to the main venue activities in Luohu District, the various jurisdictions and community health service centers will also carry out a series of publicity activities on scientific prevention and control of hypertension to improve the awareness rate, treatment rate and control rate of hypertension in our city residents.Director Xu Jian, Department of Health Management, City Center for Chronic Disease Prevention and Treatment, reminded the public that knowing their own blood pressure actually represents three meanings: first, knowing their own blood pressure values; second, knowing the significance of different blood pressure values; third, knowing the changing trend of their own blood pressure values. How to know your own blood pressure requires regular blood pressure measurements, and each blood pressure measurement recorded in order to understand their own blood pressure changes in the trend.

11. <a href="#">襄阳市第一人民医院走进社区开展“全国高血压日”义诊</a>	来源：荆楚网	类别：高血压	态度：提倡	时间：16:17
<a href="#">Xiangyang city first people's hospital into the community to carry out the "national hypertension day" free clinic</a>	来源：荆楚网	Category: hypertension	Attitude: advocate	Time: 16:17

荆楚网消息(通讯员 张瑞、叶依轩)今年10月8日，是第21个“全国高血压日”主题：“知晓您的血压”。当日上午，襄阳市第一人民医院心血管内科主任刘福元教授，带领医护人员走进樊城立业路社区开展义诊及健康教育活动，向居民普及高血压防治知识。高血压，是危害人们健康的慢性疾病之一，高血压及其严重并发症给患者造成沉重的健康和经济负担。因此，知晓自己的血压及防治知识，培养低盐膳食等健康生活方式有着极其重要的意义，特别是早期预防、及时治疗尤为重要

Jingchu news (correspondents Zhang Rui, Ye Yixuan) October 8 this year, is the 21st "National Hypertension Day" theme: "Know your blood pressure. On the morning of the same day, Professor Liu Fuyuan, Director of Cardiovascular Medicine of Xiangyang First People's Hospital, led the medical staff into the community of Liye Road in Fancheng City to carry out free clinic and health education activities to popularize the knowledge of hypertension prevention and treatment to the residents. Hypertension is one of the chronic diseases that endanger people's health. Hypertension and its serious complications cause heavy health and economic burden to patients. Therefore, it is of great significance to know one's own knowledge of blood pressure, prevention and treatment, and to cultivate a healthy lifestyle such as a low-salt diet, especially early prevention and timely treatment.

12. <a href="#">高血压发病年轻化明显,这七个饮食习惯请牢记</a>	来源：红网	类别：高血压	态度：提倡	时间：20:43
<a href="#">Hypertension incidence of younger clearly remember these seven eating habits</a>	来源：红网	Category: hypertension	Attitude: advocate	Time: 20:43

高血压发病年轻化明显 这七个饮食习惯请牢记 红网时刻长沙10月10日讯（通讯员 黄丽芝 李永飞 记者 贺卫玲）《中国心血管病报告》显示，我国高血压患者大约2.7亿，每年与高血压有关的死亡人数达200万例。近日，长沙市岳麓区“全国高血压日”健康知识讲座在桔子洲街道举办，长沙市四医院专家教授为大家提供健康知识讲座和就医咨询，街道200余人参加活动。“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。”长沙市四医院心血管内科三科主任戴朝晖介绍，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。有效控制血压，健康的生活方式是基础，合理用药是血压达标的关键

The incidence of hypertension is significantly younger. These seven eating habits should be kept in mind.Changsha, October 10, Red Net Time (correspondent Huang Lizhi Li Yongfei reporter He Weiling) "China Cardiovascular Disease Report" shows that China's hypertension patients about 270 million, the annual number of hypertension-related deaths reached 2 million. Recently, a lecture on "National Hypertension Day" in Yuelu District of Changsha City was held in Orange Island Street. Professors from four hospitals in Changsha provided lectures and consultation on health knowledge. More than 200 people participated in the activity."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." Dai Chaohui, Director of Cardiovascular Department of Four Hospitals in Changsha, said that hypertension is a comprehensive factor related to age, weight, living habits, mental stress and so on. Effective control of blood pressure, healthy lifestyle is the foundation, rational drug use is the key to achieving blood pressure.

13. <a href="#">中原区卫生计生委开展全国高血压日宣传活动</a>	来源：郑州市人民政府门户	类别：高血压	态度：提倡	时间：13:32
<a href="#">Zhongyuan district health and family planning commission to carry out the national hypertension day campaign</a>	来源：郑州市人民政府门户	Category: hypertension	Attitude: advocate	Time: 13:32

2018年10月8日是第21个全国高血压日，中原区卫生计生委组织辖区医疗卫生单位在五一公园开展集中宣传活动。活动现场共设立咨询台15个，参与医务人员71名，为群众免费测量血压，并针对目前我国高血压的防治形势，围绕高血压的预防措施、生活饮食调理、自我管理等内容制作了宣传单，向群众免费发放，普及高血压防治知识。本次集中宣传共悬挂宣传条幅和宣传展板30余块，宣传页4000余份。辖区各医疗卫生单位利用LED显示屏，制作宣传栏等形式协同做好宣传。据统计，我国高血压患者人数已突破3.5亿，随着生活水平的提高，工作压力的增加，运动减少，肥胖增加，饮食习惯的改变，高血压的患病呈现年轻化的趋势

October 8, 2018 is the 21st National Day of Hypertension, the Central Plains District Health Planning Commission organized the medical and health units to carry out centralized publicity activities in the May 1 Park. A total of 15 consulting stations and 71 medical staff were set up to measure blood pressure free of charge. In view of the current situation of hypertension prevention and control in China, leaflets were made around the prevention measures of hypertension, diet and self-management, which were distributed free of charge to the masses and popularized the knowledge of hypertension prevention and control. The publicity and publicity panels and publicity boards were more than 30, with more than 4000 publicity pages. The various medical and health units in the area shall make good use of LED display screen and make propaganda columns.According to statistics, the number of hypertensive patients in China has exceeded 350 million. With the improvement of living standards, the increase of work pressure, the decrease of exercise, the increase of obesity, the change of dietary habits, the prevalence of hypertensive blood shows a younger trend.

14. <a href="#">淄博市张店区开展“全国高血压日”宣传活动-新华网山东频道</a>	来源：新华网山东站	类别：高血压	态度：提倡	时间：16:19
<a href="#">Zibo city is to carry out the "national hypertension day" campaign - shandong xinhua channel</a>	来源：新华网山东站	Category: hypertension	Attitude: advocate	Time: 16:19

10月8日，淄博市张店区疾控中心联合南定镇卫生院在南定镇崔军大集组织开展第21个“全国高血压日”宣传活动。活动现场，工作人员围绕“全国高血压日”宣传要点和“知晓您的血压”宣传主题，结合“一评二控三减四健”专项行动，倡导健康生活方式，强化个人健康意识和责任，对高血压基本防治知识进行了宣讲，免费给群众测量血压并让每位群众清楚自己的血压情况。本次活动发放高血压防治手册和折页600份、“三减四健”手册和折页800份、控盐勺900个、控油壶150个、慢病防治环境购物袋300个，免费血压测量70余人。第21个“全国高血压日”宣传活动的开展，进一步提高了群众防治高血压等慢性病的意识和能力，倡导了“每个人是自己健康第一责任人”理念,广泛宣传了健康生活方式相关知识，利于进一步提高公众健康素养水平，进一步改变公众不正确的生活习惯，以实际行动推进健康中国建设。（王晓萍 池建民 刘宝）（完）

On October 8, the Center for Disease Control and Prevention of Zhangdian District of Zibo City, together with the Nanding Town Hospital of Health, organized a propaganda campaign for the 21st National Hypertension Day at the Cui Jun Fair in Nanding Town.On the spot of the activity, the staff around the "National Hypertension Day" promotional points and "Know Your Blood Pressure" promotional theme, combined with the "one assessment, two control, three reduction, four health" special action, advocate a healthy lifestyle, strengthen personal health awareness and responsibility, the basic prevention and treatment of hypertension knowledge were preached, free blood measurements for the

masses Pressure and let everyone know their blood pressure. The event handed out 600 copies of hypertension prevention manual and folder, 800 copies of "three subtractions and four health care" manual and folder, 900 salt spoons, 150 oil kettles, 300 shopping bags for chronic disease prevention and control environment, and more than 70 people were given free blood pressure measurements.The propaganda activities of the 21st National Hypertension Day have further enhanced the awareness and ability of the masses to prevent and treat chronic diseases such as hypertension, advocated the idea that everyone is the first person responsible for his or her own health, and widely disseminated the knowledge of healthy lifestyle, which is conducive to further improving public health literacy and further improving it. Changing the habits of the public and promoting the construction of healthy China with practical actions. (Wang Xiaoping, Chi Jianmin, Liu Bao) (end)

心血管健康  
Cardiovascular health

没有相关文章!

No such articles!

健康中心  
Health and Wellness Centers

1. [“第一村医”殷晓玲:为山区老人的健康奔忙 山东卫生新闻网-山东省...  
"No medical xiao-ling Yin." the old man's health and moving in the mountain areas \\_ shandong health news - shandong province...](#)

来源: 山东卫生新闻网

类别: 健康中心

态度: 提倡

时间: 11:01:30
- 来源: 山东卫生新闻网

Category: health and wellness centers

Attitude: advocate

Time: 11:01:30

“第一村医”殷晓玲：为山区老人的健康奔忙 蜿蜒崎岖的山路伸向远方，一个瘦小的身影在小路上艰难前行，身上背的药箱上的红十字格外醒目.....这是一位年轻女医生驻村半年以来日常工作的真实写照。“村民们愿意把健康托付给我，我就要竭尽全力为他们负责！”这是由淄博市卫计委派驻的第二批“第一村医”殷晓玲对自己提出的工作要求。为了这份沉甸甸的责任，入驻淄川区洪山镇小田庄村半年来，殷晓玲结合村里高龄老人多、常见病等实际特点，把田间地头、村委大院当作组织科普宣教、义诊、健康指导活动的课堂，从宣传戒烟、减盐等日常生活指导，到高血压、糖尿病、腰腿疼等疾病防控，成为村民们日常生活离不开的保健医生。小田庄村位于淄川区洪山镇东侧，是个有名的贫困山村，村里环境优美宜人，年轻人大都外出打工，留在村里的多为老年人，交通不便成为老人们的一大难题。驻村后，在一次查体过程中，一位老人的查体结果引起了殷晓玲的注意：刘奶奶今年76岁，血红蛋白只有35g/L，属于重度贫血

Yin Xiaoling, "the first village doctor": rushing for the health of the elderly in Mountainous AreasThe winding and rugged mountain road stretches far away, and a thin figure struggles along the path. The Red Cross on the medicine box on his back is especially striking. This is a true portrayal of the daily work of a young female doctor in the village for half a year."If the villagers are willing to entrust their health to me, I will do my best to be responsible for them." This is the second batch of "first village doctors" appointed by Zibo Health Plan Yin Xiaoling's requirements for her work. In order to fulfill this heavy responsibility, Yin Xiaoling has been stationed in Xiaotianzhuang Village, Hongshan Town, Zichuan District for half a year. In the light of the actual characteristics of the village, such as the large number of elderly people and common diseases, Yin Xiaoling has taken the fields and the courtyards of village committees as classrooms for organizing popular science education, free clinics and health guidance activities, ranging from propaganda and daily life guidance such as smoking cessation and salt reduction to Gao. Blood pressure, diabetes, waist and leg pain and other diseases prevention and control, become the villagers'daily life can not be separated from the health care doctor.Xiaotianzhuang Village is located on the east side of Hongshan Town in Zichuan District. It is a famous poverty-stricken village with beautiful and pleasant environment. Most of the young people go out to work. Most of the old people stay in the village. The traffic is not convenient for the old people. After stationed in the village, in the course of a physical examination, an old man's physical examination results attracted Yin Xiaoling's attention: Grandma Liu is 76 years old, hemoglobin only 35g / L, belongs to severe anemia

2. [这些专坑中国人的“养生建议”，你肯定都听说过还可能一直在做  
The pit "health advice" of the Chinese people, you must have heard of it!May also have been doing](#)

来源: 搜狐体育

类别: 健康中心

态度: 中立

时间: 11:02:00
- 来源: 搜狐体育

Category: health and wellness centers

Attitude: neutrality

Time: 11:02:00

这些专坑中国人的“养生建议”，你肯定都听说过！还可能一直在做 到了一定年纪，为了身体健康，很多人会开始养生，比如每天多健走，泡枸杞水，少熬夜等，都是有助身体长寿的做法。但是也存在很多健康误区，会引发更多疾病。那些坑骗中国人的养生建议，并不能让你身体变好，你却一直在坚持吗？坑骗养生建议1：晨起锻炼 晨起锻炼要分人，高血压人群早起后血压容易飙升，这是做锻炼容易让引发高血压，加重病情。 所以高血压人群的运动最佳时间不是早上，而是下午，更有利于维持血压的稳定。 坑骗养生建议2：不吃油盐降三高 中老年人容易患上高血压，平时需要戒掉重口味、重盐油食物

You must have heard of the "health advice" of these Chinese pits. It may still be done.At a certain age, in order to be healthy, many people will start to keep fit, such as walking more every day, soaking Lycium barbarum water, less staying up late and so on, are conducive to long life practices. But there are also many health misunderstandings, which can lead to more diseases. Those health advice that deceives the Chinese does not make your body better. Have you been sticking to it?1 advice: morning exerciseMorning exercise should be divided into people, hypertensive people get up early after blood pressure is easy to soar, this is to do exercise easy to cause hypertension, aggravate the condition.So the best time for high blood pressure people to exercise is not in the morning, but in the afternoon, more conducive to maintaining blood pressure stability.Recommendation 2: do not eat oil and salt to reduce the three highMiddle aged and elderly people are prone to hypertension. They usually need to give up heavy food and heavy salt oil.

3. [“每逢佳节胖三斤” 节后 “刮油” 三大误区要注意!  
"Every season three catties fat" after "scraping" three big mistake should pay attention to!](#)

来源: 四川新闻网

类别: 健康中心

态度: 提倡

时间: 15:59
- 来源: 四川新闻网

Category: health and wellness centers

Attitude: advocate

Time: 15:59

四川新闻网成都10月10日讯（记者 刘佩佩）“每逢佳节胖三斤”，国庆长假结束后看着体重秤上飙升的数字，减肥刮油自然成了头等大事。全素餐、水果餐、粗粮餐.....能想到的无油膩食物通通端上桌，还得配上一场说来就来的疯狂运动。10月10日，四川新闻网记者从成都市三医院获悉，大假过后咨询排毒、减肥的市民特别多，但如果方法不恰当反而容易造成伤害。该院临床营养科营养师张君懿表示，运动和饮食合理才是有效方式，单靠某一类食物实现减肥排毒没有科学依据。其中受年轻群体喜好的水果餐减肥更是不可取，因为水果含有一定的糖分，长期过多进食可导致血糖、血脂升高，甚至诱发肥胖

Chengdu, Sichuan News Network, October 10 (Reporter Liu Peipei) "Every Festival fat three jin", after the National Day holiday to watch the number of scales soaring, weight loss and oil scraping has naturally become a top priority. Full vegetarian meal, fruit meal, coarse grain meal... The greasy food that can be thought of is served on the table, and it must be accompanied by a crazy movement. On October 10, a reporter from Sichuan News Network learned from the Third Hospital of Chengdu that after the holidays, more people consult detoxification and weight loss, but if the method is not appropriate, it is easy to cause harm.Zhang Junyi, a nutritionist in the Clinical Nutrition Department of the hospital, said that exercise and a reasonable diet are the effective ways to achieve weight loss and detoxification only by a certain kind of food without scientific basis. Among them, the fruit diet favored by young people is even less desirable, because fruits contain a certain amount of sugar, long-term overeating can lead to high blood sugar, blood lipids, and even induce obesity

4. [这6个习惯是最好的抗癌药和最天然的长寿药  
The six habits is the best of anticancer drugs and the natural longevity medicine](#)

来源: 中国医药网

类别: 健康中心

态度: 提倡

时间: 23:27:08
- 来源: 中国医药网

Category: health and wellness centers

Attitude: advocate

Time: 23:27:08

在水中加一种东西，喝了可以让你年轻10岁，想知道它是什么吗？关注微信号 39减肥健身学院（长按可复制），回复 年轻 就可以查看帮助我们越活越年轻的秘诀，还能学习各种保持身材方法！现在人们的生活条件提高后，对于长寿的需求也越来越大。然而想要长寿并不是那么简单的事情，需要从身边一点一滴的小事开始做起。那么，长寿的人都有什么习惯呢？一起来看看长寿的秘诀。长寿的人都有什么习惯？ 1、乐观的心态 心理 更加 健康， 不会总是顾着发，积极乐观的心态，可以避免很多因为不健康的心理因素产生的一些生理疾病。保持乐观的心态还可以让人身体的衰老变慢，身体更加健康

Adding a drink in water can make you 10 years younger. Do you want to know what it is? Focus on Micro-Signal 39 Weight Loss Fitness Institute (long click replicable), reply young to see the secret to help us live younger, but also learn a variety of ways to keep fit!Now people's living conditions have improved, and the demand for longevity has also increased. But it's not that easy to live long. You need to start with the little things around you. So what are the habits of long-lived people? Let's take a look at the secret of longevity.What are the habits of long-lived people?1, optimistic attitudeMental health, not always decadent, positive and optimistic attitude, can avoid a lot of unhealthy psychological factors caused by some physiological diseases. Keeping an optimistic attitude can also slow down the aging of your body and make your body healthier.

5. [高盐饮食可加重骨骼中钙质的流失  
High salt diet can increase the loss of calcium in bone](#)

来源: 中国新闻网

类别: 健康中心

态度: 提倡

时间: 05:31:30
- 来源: 中国新闻网

Category: health and wellness centers

Attitude: advocate

Time: 05:31:30

您相信抬腿、抖抖坐、坐公交车颠簸，甚至走路时都会发生骨折吗？中山大学附属第三医院骨科主治医师庞卯表示，这些情况在严重骨质疏松的老年人群中并不少见。别让这些偷走你的钙 庞卯介绍，老年人容易发生骨质疏松，主要是因为体内性激素水平降低，尤其是雌激素对骨骼的影响更为明显，因而老年女性更易患病。以及钙的摄入量减少、维生素D不足、身体运动量减少，和不良饮食习惯有关。“餐桌上的小偷”：庞卯介绍，高盐饮食、腌制食物，如榨菜、腊味食品、罐头食品等，可加重骨骼中钙质的流失，应当尽量少吃这些食物，同时避免嗜烟、酗酒、过量摄入咖啡因和高磷饮料。 可适量进食蛋白质及含钙丰富的食物、蔬菜和水果，如牛奶、鱼、豆制品；以橙、柑、柚、猕猴桃等富含维生素C的水果为主； “懒出来的小偷”：很多骨质疏松的老人都有各种各样的疼痛问题，越是痛越不想动

Do you believe in leg lifting, shaking the quilt, bumping by bus, or even walking when you walk? Pang Mao, an orthopaedic doctor in the Third Affiliated Hospital of Sun Yat-sen University, said these conditions were not uncommon among elderly people with severe osteoporosis.Don't let these thieves steal your calcium.Pang Mao introduced that the elderly are prone to osteoporosis, mainly because the level of sex hormones in the body is reduced, especially estrogen on the bone is more obvious, so the elderly women are more vulnerable to disease. And decreased calcium intake, vitamin D deficiency, reduced physical activity, and poor dietary habits."Thieves on the table": Pang Mao introduced that high-salt diet, pickled food, such as mustard, wax food, canned food, etc., can aggravate the loss of calcium in the bones, should try to eat less of these foods, while avoiding smoking, alcoholism, excessive intake of caffeine and high phosphorus drinks.Can eat protein and calcium-rich foods, vegetables and fruits, such as milk, fish, soybean products; orange, citrus, grapefruit, kiwifruit and other fruits rich in vitamin C mainly;"Lazy Thieves": Many elderly people with osteoporosis have a variety of pain problems, the more pain they feel, the less they want to move



6. [盐的摄入并非越多越好](#)

来源：中国新闻网

类别：健康中心

态度：提倡

时间：06:05:40

[Salt intake is not the more the better](#)

来源：中国新闻网

Category: health and wellness centers

Attitude: advocate

Time: 06:05:40

中医认为，“肾为先天之本”，影响人的身体强弱与健康状况。如今，人们越来越注重保持肾脏健康，关于养肾和护肾的方法也层出不穷。其实，除了养肾，还应该注意避免伤肾，而在诸多伤肾习惯中，不良饮食习惯“罪大恶极”。那么，都有哪些饮食习惯会伤肾呢？盐和高蛋白食物摄入过多。据《生命时报》报道，高蛋白食物的摄入并非越多越好，长期高蛋白饮食会使肾脏处于“超负荷”状态

Traditional Chinese medicine holds that "kidney is the natural origin", which affects people's health and health. Nowadays, people pay more and more attention to maintaining kidney health, and the methods of nourishing kidney and protecting kidney are endless. In fact, in addition to nourishing the kidney, we should also pay attention to avoid injuring the kidney, and in many kidney-injuring habits, bad eating habits "extremely evil". So what kind of eating habits will hurt the kidneys?Excessive intake of salt and high protein foods. According to the Life Times, high-protein diets are not always better. Long-term high-protein diets can cause kidneys to be "overloaded."

7. [大假耍完这些群体要注意.....](#)

来源：四川在线

类别：健康中心

态度：提倡

时间：19:05:45

[Big fake play these groups should pay attention to...](#)

来源：四川在线

Category: health and wellness centers

Attitude: advocate

Time: 19:05:45

国庆大假刚耍完，有人就进了医院！“国庆期间及大假结束后患者都很多，跟气温变化较大和假期时的不良饮食、生活都有一定关系。”成都市三医院急诊科主任项涛介绍，近日急诊日收诊量约300人，较此前接诊上涨近30%。其中，主要以呼吸道及心血管疾病为主，老年群体为主要人群。呼吸道疾病 秋季天气变化较为剧烈，气候干燥，都是呼吸系统疾病的发病“温床”。此外，不少市民在放假期间出游不注重衣服增减、不规律作息、过多在人员密集场所逗留等原因，让此类疾病更容易发生

No sooner had the National Day holidays been over than some people went to the hospital. Xiang Tao, director of the emergency department of Chengdu Third Hospital, said that the number of emergency visits in recent days was about 300, up nearly 30% from previous visits. Among them, mainly respiratory and cardiovascular diseases, the elderly population as the main group.respiratory diseaseIn autumn, the weather changes more drastically, and the climate is dry. It is the "hotbed" for the pathogenesis of respiratory diseases. In addition, many citizens do not pay attention to the increase or decrease of clothes, irregular work and rest, too much staying in crowded places and other reasons, so that such diseases are more likely to occur.

决心工程

Resolve To Save Lives

没有相关文章!

No such articles!

## 减盐-微信 Salt Reduction - WeChat

2018-10-10, 共监测到626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 626 WeChat public articles were monitored in 2018-10-10. 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. [2元一袋和10元一袋的盐到底差在哪? 终于清楚了...](#)

重复数: 4

日期: 2018-10-10

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

Repeat Number: 4

Data: 2018-10-10

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 had better eat less. Reducing the amount of salt is the primary principle.

#### 2. [每五人就有一人高血压! 专家建议限盐减重动起来](#)

重复数: 3

日期: 2018-10-10

[Every five people have hypertension! Experts recommend people to reducing the intake of salt and losing weight.](#)

Repeat Number: 3

Data: 2018-10-10

国家心血管病中心发布的最新版国家基层高血压防治管理指南显示, 高血压患者每人每日食盐摄入量不超过6克并注意咸菜、鸡精、酱油等食物中“隐性盐”的摄入, 可以让收缩压下降2-8毫米汞柱; 体重超标的高血压患者每减重10千克可以让收缩压下降5-20毫米汞柱。

According to the latest edition of the guidelines issued by the National Cardiovascular Disease Center for the prevention and control of hypertension at the grass-roots level, the daily intake of salt per person with hypertension should no more than 6 grams and they should pay attention to the intake of "hidden salt" in pickles, chicken essence, soy sauce and other foods which can reduce systolic blood pressure by 2-8 mm Hg pillars. Weight loss of 1.0 kg can decrease the systolic pressure by 5-20 mmHg for those hypertensive patients with overweight.

#### 3. [三减三健, 迈向健康](#)

重复数: 2

日期: 2018-10-10

["Three reduction and three health" help us be healthy.](#)

Repeat Number: 2

Data: 2018-10-10

食盐摄入过多可使血压升高, 可增加胃病、骨质疏松、肥胖等疾病的患病风险。中国居民膳食指南推荐健康成年人每人每天食盐摄入量不超过6克, 2-3岁幼儿不超过2克, 4-6岁幼儿不超过3克, 7-10岁儿童不超过4克。65岁以上老年人应不超过5克。

Excessive salt intake can increase blood pressure and increase the risk of gastropathy, osteoporosis, obesity and other diseases. Chinese residents' dietary guidelines recommend that the salt intake per person per day should not exceed 6 grams for healthy adults, not exceed 2 grams for children aged 2-3, not exceed 3 grams for children aged 4-6, not exceed 4 grams for children aged 7-10, and not exceed 5 grams for the elderly over 65 years old.

#### 4. [2元一袋和10元一袋的盐到底差在哪?](#)

重复数: 2

日期: 2018-10-10

[What is the difference between the salt of 2 yuan a bag and the salt of 10 yuan a bag?](#)

Repeat Number: 2

Data: 2018-10-10

对普通人而言, 首要目标是减少盐的摄取, 少盐就是少钠。低钠盐虽然钠含量减少25%, 但咸味减少得并不多, 是比较理想的减盐方法。烹饪时等起锅时放盐, 多数还在菜的表面和汤汁中, 这样既能起到调味的作用, 又可以少摄入盐。

For ordinary people, the primary goal is to reduce salt intake, and less salt means that there is less sodium. Although low sodium salt reduces sodium content by 25%, salty taste is reduced less, which is an ideal salt reduction method. When salt is putting into the pot during cooking, most of them are still on the surface of the dishes and in the soup, which can not only play a role in seasoning, but also can eat less salt.

#### 5. [权威医学期刊证实: 高盐饮食伤肝又致癌! 医生教你合理控盐](#)

重复数: 2

日期: 2018-10-10

[Authoritative medical journal confirms: high salt diet hurts the liver and causes cancer. Doctors teach you to control salt reasonably.](#)

Repeat Number: 2

Data: 2018-10-10

流行病学调查表明, 盐摄入量和胃癌风险之间有正相关性。过多的盐分会降低胃中保护性黏液的粘度, 使它对胃壁的保护作用下降, 进而促进多种胃病的发生。

Epidemiological survey shows that there is a positive correlation between salt intake and risk of gastric cancer. Too much salt can reduce the viscosity of protective mucus in the stomach, which reduces its protective effect on the gastric wall, thereby promoting the occurrence of a variety of gastric diseases.

# 减盐-微博

## Salt Reduction - Weibo

2018-10-10，共检测到1988条与“减盐”相关的微博。

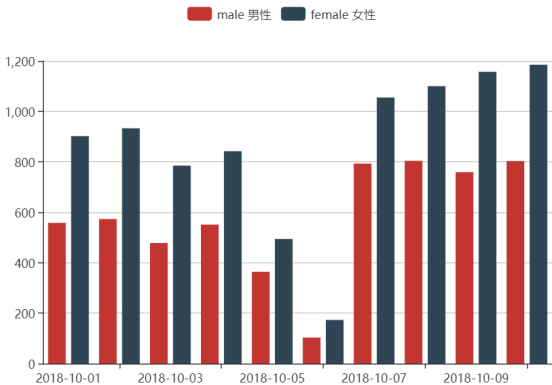
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 1988 weibos about salt reduction monitored on 2018-10-10.

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: 醉美贵州水长流

Nickname: 醉美贵州水长流

时间: 2018-10-10 05:05  
Time: 2018-10-10 05:05

来自: 金立M5 Plus  
Source: 金立M5 Plus

转发数: 24  
Repost: 24

评论数: 1  
Comment: 1

点赞数: 3  
Like: 3

性别: 男  
Sex: male

地区: 贵州  
Area: Guizhou

生日: 1964-12-18  
Birthday: 1964-12-18

认证: 个人  
Identity: Person

【高血压：限盐减重多运动，戒烟限酒心态平】10月9日的《新华每日电讯》报道《每五人就有一人高血压！专家建议限盐减重动起来》中说到：“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。除了药物治疗，采取正确的生活方式干预也可明显降低血压。高血压患者每人每天食盐摄入量不超过6克，并注意咸菜、鸡精、酱油等食物中‘隐性盐’的摄入。”“高血压患者‘健康生活方式六部曲’是：限盐、减重、多运动，戒烟、限酒、心态平。同时，还需要做到三点：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，每周至少测量一次；遵医嘱服药，切忌自行停药。”#醉美贵州水长流# #黔货出山·风行天下#

Hypertension: Limit the intake of salt, lose weight, do more exercises, quit smoking and limit alcohol! On October 9th, the Xinhua Daily Telegraph reported that one in five people has high blood pressure. Experts recommend limiting salt and losing weight, and it said that there are 270 million hypertension patients in China, and hypertension has accounted for the direct economic burden of China's total health expenditure of 6.6%. Hypertension, including stroke, coronary heart disease, heart failure, kidney disease, and other serious complications of disability and mortality rate is high, to the family and society of patients with a heavy burden. However, experts point out that hypertension is controllable and preventable. In addition to drug therapy, proper lifestyle intervention can also significantly reduce blood pressure. The daily salt intake of hypertension patients should not exceed than 6 grams per person, and attention should be paid to the intake of "hidden salt" in pickles, chicken essence, soy sauce and other foods. "Hypertensive patients' healthy lifestyle hexalogy" is: limit salt, loss weight, add more exercises, quit smoking, limit alcohol, and have a peace mind. At the same time, we also need to do three things: ensure adequate sleep, do not stay up late, avoid strenuous physical or mental activity before going to bed; self-contained sphygmomanometer, regular monitoring of blood pressure and do a good record, at least once a week to measure; follow the doctor's advice to take medicine, do not stop drugs by themselves. #Guizhou is full of water#
2.

昵称: 健身养生

Nickname: 健身养生

时间: 2018-10-10 20:01  
Time: 2018-10-10 20:01

来自: 皮皮时光机  
Source: 皮皮时光机

转发数: 10  
Repost: 10

评论数: 0  
Comment: 0

点赞数: 9  
Like: 9

性别: 女  
Sex: female

地区: 山东  
Area: Shandong

生日: 1989-08-19  
Birthday: 1989-08-19

认证: 个人  
Identity: Person

【请告诉高血压的父母】1.每天走路6000步；2.翻日记，看让人高兴的往事，保持血压平衡；3.保持每天吃4瓣大蒜；4.多吃芹菜；5.少喝含糖饮料；6.多吃土豆茄子补充钾；7.每天喝牛奶补钙；8.一定要戒烟戒酒；9.每天不超过5克盐；10.吃柠檬补充维生素c。爱爸妈就告诉他们！

Tell your parents with high blood pressure! 1. Walk 6,000 steps every day; 2. Read your diary to keep your blood pressure in balance; 3. Eat 4 cloves of garlic every day; 4. Eat more celery; 5. Drink less sugary beverage; 6. Eat more potatoes and eggplants; 7. Drink more milk every day; 8. Make sure to quit smoking and drinking; 9. Do not exceed 5 grams of salt every day; 10. Eat lemon to supplementing vitamin C. Love your parents and tell them!
3.

昵称: 营养师张琳琳

Nickname: 营养师张琳琳

时间: 2018-10-10 14:50  
Time: 2018-10-10 14:50

来自: 未夫营养说iPhone 6s Plus  
Source: 未夫营养说iPhone 6s Plus

转发数: 3  
Repost: 3

评论数: 0  
Comment: 0

点赞数: 11  
Like: 11

性别: 女  
Sex: female

地区: 陕西  
Area: Shaanxi

生日: 狮子座  
Birthday: Leo

认证: 个人  
Identity: Person

在生活中，高血压比较常见，所以治疗高血压，注意生活保养，比吃药打针，更为有效。张琳琳健康频道1、合理膳食，高血压患者，应该以低盐、低脂、低胆固醇、低热量的食物为主，尽量食用植物油，少吃动物油，减少含饱和脂肪酸的肥肉，或者肉类制品，少吃含胆固醇高的动物内脏，多进食含维生素的蔬菜、水果，忌饮咖啡、浓茶、酒等刺激性食物，只要日常生活多注意，完全可以把血压，控制在正常水平。2、进行适量的运动，研究显示，多做运动，可以有效的降低血压。需要注意的是，饥饿的时候，和刚刚吃过饭的时候，不要进行运动。运动起来，需要慢慢的停下来，不可以骤然停止，那样会对血压产生不利影响。如果运动中，有不适症状发生，需要立即停止，严重的，要立即就医。3、保持心态的平和，大喜大悲、紧张、易怒等都引起血压的升高，患者可以通过改善自己的行为方式，适应社会以及自然环境，保持心态的平和，这样血压就不会升高。4、要保持大便的通畅，高血压患者，应该尽量的避免出现便秘，人在排大便的时候，腹压出现了升高，就会影响到血压，如果是排便不舒畅的人，会更加的明显。

In life, hypertension is more common, so the treatment of it should be paid attention to life maintenance, than taking medicine injection, which is more effective. Zhang Linlin Health Channel 1, Reasonable diet, high blood pressure patients should have lower intake of salt, low fat, low cholesterol, low calorie food, and try to eat vegetable oil, less animal oil, reduce saturated fatty acid fat, or meat products, eat less cholesterol-rich animal viscera, eat more vitamin-containing vegetables and fruits, avoid coffee, strong tea, wine and other stimulating food, as long as paying more attention in the daily life, they can completely control blood pressure to normal levels. 2, Do a moderate amount of exercise. Research shows that more exercise can effectively reduce blood pressure. It should be noted that when you are hungry, do not exercise when you have just eaten. Exercise, need to stop slowly, cannot stop suddenly, which will have adverse effects on blood pressure. If there are inappropriate symptoms during exercise, it is necessary to



stop immediately. 3. Maintain peace of mind, great joy and sorrow, tension, irritability and so on all may cause the elevation of blood pressure. Patients can improve their behavior, adapt to social and natural environment, maintain a peaceful state of mind, so that blood pressure will not rise. 4. Keep the stool unobstructed, hypertension patients, should try to avoid constipation, when people defecate, abdominal pressure increased, will affect blood pressure, if it is not easy to defecate, it will be more obvious.

4.	昵称：宜昌市第一人民医院	性别：男	地区：湖北	生日：无	认证：政务
	Nickname：宜昌市第一人民医院	Sex：male	Area：Hubei	Birthday：None	Identity：Official
	时间：2018-10-10 08:38 Time：2018-10-10 08:38	来自：360安全浏览器 Source：360安全浏览器	转发数：4 Repost：4	评论数：3 Comment：3	点赞数：5 Like：5

#健康益起来##宜昌生活#【管理血压的方式：改善生活方式】①减轻并控制体重。肥胖的人，患高血压的危险增加，另外，男性腰围>85cm,女性腰围>80cm的人，患高血压的危险大大增加。②减少钠盐摄入。成人每天要少于6克食盐摄入。因为人体摄入的钠越多，会使血液钠浓度升高，从而引起血管收缩，血管壁水肿，血压增高。③补充钙和钾盐。④减少脂肪摄入。推荐低脂，高蛋白，高纤维的食物。⑤增加运动。比方说跑步，跳舞，打太极拳，游泳等等。⑥戒烟、限制饮酒。⑦减轻精神压力，保持心理平衡。#健康宜昌#@宜昌一医心内科@宜昌一医急诊科@宜昌一医心胸外科@宜昌一医合作部@宜昌一医药学部@宜昌一医综合科@宜昌一医神经内科@宜昌一医健康管理科@宜昌一医重症#Health benefits# Obese people have an increased risk of high blood pressure. In addition, men with waist circumference more than 85CM and women with waist circumference more than 80cm have a significantly increased risk of high blood pressure. 2. Reduce sodium intake. Adults consume less than 6 grams of salt every day because the more sodium the body consumes, the higher the concentration of sodium in the blood, which will cause vasoconstriction, wall edema, and increased blood pressure. Calcium and potassium salts are added. Reduce fat intake. Recommend low fat, high protein and high fiber foods. Add more exercises. For example, running, dancing, Taijiquan, swimming and so on. Quit smoking and limit drinking. Reduce mental stress and maintain psychological balance. #Health Yichang # @宜昌一医心内科@宜昌一医急诊科@宜昌一医心胸外科@宜昌一医合作部@宜昌一医药学部@宜昌一医综合科@宜昌一医神经内科@宜昌一医健康管理科@宜昌一医重症

5.	昵称：形体雕塑师-张琨	性别：男	地区：江苏	生日：1983-12-19	认证：个人
	Nickname：形体雕塑师-张琨	Sex：male	Area：Jiangsu	Birthday：1983-12-19	Identity：Person
	时间：2018-10-10 17:04 Time：2018-10-10 17:04	来自：iPhone X Source：iPhone X	转发数：1 Repost：1	评论数：2 Comment：2	点赞数：4 Like：4

#婚后发胖#婚后发胖，饮食不当。那减肥到底如何去吃？或者说怎么吃才不会胖呢？你只要把握好四个原则可以随便吃：1、早上吃好、中午吃饱、晚上吃少。2、尽量少油、少盐、不要甜、不要油炸、尽量偏清淡。3、高蛋白、低碳水、多吃蔬菜和水果。4、尽量少吃晚餐。主食的话必须要吃，早上中午吃一些控制好量，晚餐以蔬菜、水果、蛋白质为主，就尽量少吃或不吃主食了，每天感觉肚子会有点饿，但是还可以接受，这就是适合每一个人的减肥饮食的种类、方法和量。换句话说就是一日三餐正常吃，量控制一下，清淡一些就可以了。从一开始就让健身和饮食回归自然、回归家常、回归生活，当健身和饮食养成良好的习惯融入生活、接地气之后，那么身材和健康将不再是问题！After getting married, people become fat and become obese after eating. How to lose weight? Or how to eat without getting fat? As long as you grasp the four principles, you can eat at random: 1, eat well in the morning, eat enough at noon, and eat less at night. 2, as little as possible oil, salt, not sweet, do not fry, as far as possible. 3, high protein, low carbon water, eat more vegetables and fruits. 4, try to eat less and eat more. If staple food must be eaten, eat some good control in the morning at noon, dinner to vegetables, fruits, protein-based, eat as little or no staple food as possible, feeling a little hungry every day, but also acceptable, this is suitable for everyone's weight loss diet types, methods and quantities, in other words, having meal three times every day is normal, with controlled quantity. Let fitness and diet return to nature from the beginning, return to home, return to life, when fitness and diet develop good habits into life, grounding air, then the body and health will no longer be a problem.

6.	昵称：侨侨营养师	性别：女	地区：四川	生日：1989-02-02	认证：个人
	Nickname：侨侨营养师	Sex：female	Area：Sichuan	Birthday：1989-02-02	Identity：Person
	时间：2018-10-10 11:16 Time：2018-10-10 11:16	来自：iPhone 7 Plus Source：iPhone 7 Plus	转发数：2 Repost：2	评论数：1 Comment：1	点赞数：0 Like：0

@微博健康养生#饮食养生#为什么吃盐多的人更容易得高血压？吃盐和高血压的问题很复杂，不是所有的人吃盐都会导致血压高，导致血压高的这一类人称为盐敏感性高血压，中国人大概有六成（有的说占20%），但是高盐膳食已经是得高血压很重要的影响因素了，对于很多人来说摄入盐过量会加高血压风险。主要是钠离子的作用，造成体内水储留，血液中血液量增加，长期的会损坏血管导致高血压。对于很多人来说摄入盐过量会加高血压风险。高血压是以钠离子的作用为主。高钠摄入可导致血液高粘滞，表现为全血粘度、血浆粘度和血细胞积压面积明显增加，而细胞沉降率下降。高盐膳食还可以使血浆胆固醇升高，脂肪清除率降低及小血管脂质沉着等。由此可见，减少钠的摄入量对预防高血压有重要意义。2北京 闽龙陶瓷集散地@ micro-blog health regimen, diet, health care, why do people who eat more salt are more likely to get hypertension? The problem of salt and hypertension is very complicated, not all people eat salt can lead to high blood pressure, which is called salt-sensitive hypertension. About 60% of Chinese people (some say 20%) have salt-sensitive hypertension, but high-salt diet is a very important factor for hypertension. For many people, salt intake is excessive. It increases the risk of high blood pressure, mainly by sodium ions, resulting in water retention in the body, increased blood volume, and long-term damage to blood vessels leading to high blood pressure. For many people, excessive intake of salt can increase the risk of hypertension. Hypertension is mainly caused by sodium ions, high sodium intake can lead to high blood viscosity, the performance of whole blood viscosity, plasma viscosity and hematocrit area increased significantly, but the cell precipitation rate decreased. High salt diet can also increase plasma cholesterol, reduce fat clearance and lipid deposition in small vessels. It can be seen that reducing sodium intake is important for preventing hypertension. 2 Beijing min long ceramic distributing center

7.	昵称：平安好医生健康头条	性别：男	地区：上海	生日：2016-01-01	认证：机构
	Nickname：平安好医生健康头条	Sex：male	Area：Shanghai	Birthday：2016-01-01	Identity：Institution
	时间：2018-10-10 10:35 Time：2018-10-10 10:35	来自：微博 weibo.com Source：微博 weibo.com	转发数：1 Repost：1	评论数：2 Comment：2	点赞数：0 Like：0

【低盐饮食咋吃最能降压？1g盐=多少g酱油、味精、挂面？】#高血压#患者过多摄入钠会导致高血压飙升？钠=盐吗？平时很少摄入咸鱼、咸肉、咸蛋、咸菜（泡菜）、火腿等等腌制食品，以及盐、酱油等含钠高的调味品，为何还会因摄入钠过多而导致血压飙升？我们邀请了@爱肾网的营养师为大家解答钠与盐的“亲密关系”。请戳连接：O网页链接Low salt diet can reduce blood pressure? 1g salt equals to how much g soy sauce, MSG, noodles? Do hypertension patients suffer from hypertension? Sodium equals to salt? Normally little intake of salted fish, bacon, salted eggs, pickled vegetables (pickles), ham and other salted food, as well as salt, soy sauce and other high sodium condiments, why can you eat too much sodium and lead to blood pressure soaring? We invited the nutritionist of @爱肾网的营养师 to answer the intimate relationship between sodium and salt. Please poke connection: O webpage link

8.	昵称：营养师杨金平	性别：男	地区：河北	生日：无	认证：个人
	Nickname：营养师杨金平	Sex：male	Area：Hebei	Birthday：None	Identity：Person
	时间：2018-10-10 19:03 Time：2018-10-10 19:03	来自：杨金平OPPO R9s Source：杨金平OPPO R9s	转发数：2 Repost：2	评论数：0 Comment：0	点赞数：0 Like：0

【肾脏有“四怕”，占了一个都很危险】1、害怕“咸”几乎所有的肾病患者都需要低盐饮食，因为高盐分会给身体带来巨大危害，吃盐多会加速高钠血症，导致身体出现高血压，加重尿蛋白、肾衰竭的过程，最终引发尿毒症。《居民膳食指南》建议正常人每日盐的摄入量小于6克（一啤酒瓶盖）；而肾病患者食盐摄入量则为3-6克，以3克为最佳。除了食盐，像咸鸭蛋、卤制品、果脯、蜜饯等食物也要少吃。2、害怕“补”广东人喜欢喝汤大补，里面加入很多的食材，但是长期喝这种“老火汤”，反而会增加肾损伤。因为老火汤是长时间熬制，含有多营养成分的汤，食物中大量嘌呤会溶解在汤中，造成体内尿酸升高，损害肾脏。3、害怕“药”吃药伤肝也伤肾，药物中很多成分都会对肾脏造成一定伤害，比如常见的庆大霉素、卡那霉素、诺氟沙星、氧氟沙星等等。因此，在服药之前一定要谨遵医嘱，不要过量服用，以免引起药毒性，造成急性肾衰竭。4、害怕“渴”很多人总是等到口渴才想起来喝水，此时，身体细胞已经非常饥饿，达到了缺水状态。而肾脏是个喜水的器官，一旦喝水少，身体排出尿液也减少，肾脏主要通过尿液排除毒素，尿液减少就会使体内毒素增加，引起损伤。[Kidney has four fears, and they are very dangerous] 1. Almost all kidney disease patients need a low-salt diet, because a large amount of salt will bring great harm to the body, since salt will accelerate hypernatremia leading to high blood pressure, aggravate urinary protein, kidney failure process, and eventually lead to uremia. The Dietary Guidelines for Residents recommend that normal people consume less than 6 grams of salt a day (a beer bottle cap); while patients with kidney disease consume 3-6 grams of salt, with 3 grams being the best. Besides salt, eat less salty duck eggs, brine products, preserved fruits, preserves and other foods. 2. Kidney is afraid of "tonifying". Cantonese like to drink soup Dabu, which contains a lot of ingredients, but long-term drinking of this "old fire soup", but will aggravate kidney damage. Because Laohuo decoction is a long time boiled, containing a variety of nutrients soup, a large number of purines in food will dissolve in the soup, causing the body uric acid to rise, damage the kidneys. 3. Kidney is afraid of "medicine" to hurt the liver and kidney, many components of the drug will cause certain damage to the kidney, such as common gentamicin, kanamycin, norfloxacin, ofloxacin and so on. Therefore, before taking medicine must be careful to comply with the doctor's advice, do not overdose, lest cause drug toxicity, causing acute renal failure. 4. Kidney fear "thirst". Many people always wait until feeling thirsty to think of drinking water, at this time, the body cells have been very thirsty, reached a state of water shortage. And the kidney is a water-loving organ, once drinking less water, the body's urine is also reduced, the kidney is mainly through urine to remove toxins, urine will reduce the body's toxins increase causing damage.

9.	昵称：智信沈勇	性别：男	地区：广东	生日：无	认证：个人
	Nickname：智信沈勇	Sex：male	Area：Guangdong	Birthday：None	Identity：Person
	时间：2018-10-10 11:21 Time：2018-10-10 11:21	来自：360安全浏览器 Source：360安全浏览器	转发数：1 Repost：1	评论数：1 Comment：1	点赞数：0 Like：0

【黄金百香果的营养与功效】黄金百香果含有十七种生命必须的氨基酸，能够促进新陈代谢，清肠道降低胆固醇，净化血液，对于防治高血压有很好的效果。黄金百香果中所含的丁酸盐能强效抑制大肠菌和癌细胞生长，是保健防癌的理想水果，其还对咽喉炎，牙周炎，粉刺，胃病，痔疮等病症的康复有很好的促进作用。对喜欢喝酒的人来说更是高效的醒酒良饮。Nutrition and Function of Golden Passion Fruit The butyrate contained in the golden passion fruit can strongly inhibit the growth of coliform bacteria and cancer cells. It is an ideal fruit for health and cancer prevention. It can also promote the rehabilitation of laryngopharyngitis, periodontitis, acne, gastropathy, hemorrhoids and other diseases. It is also a highly effective sober drink for people who like drinking.

10. 昵称: 神池发布

性别: 男

地区: 山西

生日: 2014-07-24

认证: 政务

Nickname: 神池发布

Sex: male

Area: Shanxi

Birthday: 2014-07-24

Identity: Official

时间: 2018-10-10 09:16

来自: 人民微管家

转发数: 1

评论数: 1

点赞数: 0

Time: 2018-10-10 09:16

Source: 人民微管家

Repost: 1

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，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。

There is one hypertension per five people. Experts recommend limiting salt and reducing weight.) Oct. 8 is the 21st National Day of Hypertension. Publicity campaigns have been launched 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.

今日被转发最多的微博

The most widely reposted weibos today

1. 昵称: 法制晚报

性别: 男

地区: 北京

生日: 2005-05-18

认证: 机构

今日被转发数: 1

Nickname: 法制晚报

Sex: male

Area: Beijing

Birthday: 2005-05-18

Identity: Institution

Repost Today: 1

时间: 2018-08-27 13:29

来自: 微博 weibo.com

转发数: 75

评论数: 212

点赞数: 38

Time: 2018-08-27 13:29

Source: 微博 weibo.com

Repost: 75

Comment: 212

Like: 38

【食盐中亚铁氰化钾有毒？中盐公司辟谣】8月27日开始，网络上则一《盐里面加进了亚铁氰》的帖子在网络上流传，称食用这种添加了抗结剂（亚铁氰化钾）的食盐，会对人体的肝脏、肾脏造成危害。记者从盐业部门了解到，中盐集团已经通过新华社和央视进行辟谣。专家：亚铁氰化钾是一种合法的食品添加剂，国产食盐中的亚铁氰化钾长期食用并不会给人体带来伤害。O网页链接

Is potassium ferrocyanide poisonous in salt? China Salt Corp. dispelled a rumor.) Since August 27, a post on the Internet entitled "Adding ferrocyanide to salt" has been circulating on the Internet, saying that eating this salt with an anticoagulant (potassium ferrocyanide) can cause harm to the liver and kidneys of the human body. Reporters learned from the salt industry department, the salt group has passed the Xinhua news agency and CCTV rumor. Expert: Potassium ferrocyanide is a legal food additive, domestic salt in the potassium ferrocyanide long-term consumption will not bring harm to the human body. O Web links

2. 昵称: 北京怀柔汤河口健康教育

性别: 女

地区: 北京

生日: 0001-00-00

认证: 无

今日被转发数: 1

Nickname: 北京怀柔汤河口健康教育

Sex: female

Area: Beijing

Birthday: 0001-00-00

Identity: None

Repost Today: 1

时间: 2018-10-09 14:43

来自: 360安全浏览器

转发数: 1

评论数: 1

点赞数: 0

Time: 2018-10-09 14:43

Source: 360安全浏览器

Repost: 1

Comment: 1

Like: 0

1. 限制钠盐摄入，增加钾的摄入：中国人每天摄盐量约15克（2.5克食盐相当于1克钠），从防治高血压病角度来说，明显偏高。流行病学统计资料表明，每天吃15克食盐者，高血压发病率约为10%，如再增加食盐2克，则高血压发病率亦提高2倍。故高血压病患者每日摄入量以低于5-6克为宜。另外，高血压病人应适当增加钾的摄入量，以利于钠和水的排出。食谱中钾和钠的比例以1.5：1较为合适。象香蕉、橘子汁、花生、豆类及豆制品均为含钾丰富的食物。

1. Limit the intake of sodium and increase the intake of potassium: The daily salt intake of the Chinese people is about 15 grams (2.5 grams of salt equivalent to 1 gram of sodium), from the prevention and treatment of hypertension point of view, significantly higher. Epidemiological statistics show that the incidence of hypertension is about 10% in people who eat 15 grams of salt every day. If 2 grams of salt is added, the incidence of hypertension will also increase twice. Therefore, the daily intake of patients with hypertension is less than 5-6 grams. In addition, patients with hypertension should increase potassium intake to facilitate the discharge of sodium and water. The ratio of potassium to sodium in recipes is 1.5 to 1. Bananas, orange juice, peanuts, beans and soy products are all foods rich in potassium.

3. 昵称: 新华网

性别: 男

地区: 北京

生日: 0001-00-00

认证: 机构

今日被转发数: 1

Nickname: 新华网

Sex: male

Area: Beijing

Birthday: 0001-00-00

Identity: Institution

Repost Today: 1

时间: 2018-10月-08 15:40

来自: 微博 weibo.com

转发数: 81

评论数: 13

点赞数: 49

Time: 2018-10月-08 15:40

Source: 微博 weibo.com

Repost: 81

Comment: 13

Like: 49

【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; self-contained sphygmomanometer, regular monitoring of blood pressure and do a good record, at least once a week to measure; follow doctor's advice to take medicine, do not stop medicine.

专业机构发布的微博

Weibos from Authorities

1. 昵称: 宜昌市第一人民医院

性别: 男

地区: 湖北

生日: 无

认证: 政务

Nickname: 宜昌市第一人民医院

Sex: male

Area: Hubei

Birthday: None

Identity: Official

时间: 2018-10-10 08:38

来自: 360安全浏览器

转发数: 4

评论数: 3

点赞数: 5

Time: 2018-10-10 08:38

Source: 360安全浏览器

Repost: 4

Comment: 3

Like: 5

#健康益起来#宜昌生活#【管理血压的方式: 改善生活方式】①减轻并控制体重。肥胖的人，患高血压的危险增加，另外，男性腰围>85cm 女性腰围>80cm的人，患高血压的危险大大增加。②减少钠盐摄入。成人每天要少于6克的食盐摄入，因为人体摄入的钠越多，会使血液钠浓度升高，从而引起血管收缩，血管壁水肿，血压增高。③补充钙和钾盐。④减少脂肪摄入。推荐低脂，高蛋白，高纤维的食物。⑤增加运动。比方说跑步，跳舞，打太极拳，游泳等等。⑥戒烟，限制饮酒。⑦减轻精神压力，保持心理平衡。#健康宜昌#@宜昌一医心内科@宜昌一医急诊科@宜昌一医心胸外科@宜昌一医合作部@宜昌一医药学部@宜昌一医综合科@宜昌一医神经内科@宜昌一医神经内科学@宜昌一医健康管理科@宜昌一医重症

#Health benefits# Obese people have an increased risk of high blood pressure. In addition, men with waist circumference more than 85CM and women with waist circumference more than 80cm have a significantly increased risk of high blood pressure. 2. Reduce sodium intake. Adults consume less than 6 grams of salt every day because the more sodium the body consumes, the higher the concentration of sodium in the blood, which will cause vasoconstriction, wall edema, and increased blood pressure. Calcium and potassium salts are added. Reduce fat intake. Recommend low fat, high protein and high fiber foods. Add more exercises. For example, running, dancing, Taijiquan, swimming and so on. Quit smoking and limit drinking. Reduce mental stress and maintain psychological balance. #Health Yichang # @宜昌一医心内科@宜昌一医急诊科@宜昌一医心胸外科@宜昌一医合作部@宜昌一医药学部@宜昌一医综合科@宜昌一医神经内科@宜昌一医神经内科学@宜昌一医健康管理科@宜昌一医重症

2. 昵称: 北京房山健康教育

性别: 女

地区: 北京

生日: 0001-00-00

认证: 政务

Nickname: 北京房山健康教育

Sex: female

Area: Beijing

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-10 09:35

来自: 360安全浏览器

转发数: 1

评论数: 0

点赞数: 0

Time: 2018-10-10 09:35

Source: 360安全浏览器

Repost: 1

Comment: 0

Like: 0

【5种食物的热量，不低于肥肉】1、这种食物的热量真不低：花生以花生为代表的坚果营养非常丰富，但热量确实很高。花生的脂肪含量也达到40%以上。花生里的大量不饱和脂肪酸，虽然对心血管健康有一定的促进作用，但也会带来高热量。另外常规花生米的做法，盐炒花生米、油炸花生米，也属于高油高盐的不健康食物，同样会对减肥带来负面影响。

Five kinds of food calories, not less than fat meat) 1. this food calories really not low: peanuts represented by peanuts nutrients are very rich, but calories are really high, peanuts fat content also reached more than 40%. The large amount of unsaturated fatty acids in peanuts, although there is a certain role in promoting cardiovascular health, but also will bring high calories. In addition, the conventional practice of peanut rice, salt fried peanut rice, fried peanut rice, also belong to high oil and high salt unhealthy food, will also have a negative impact on weight loss.

3. 昵称: 集通铁路林东站

性别: 男

地区: 内蒙古

生日: 0001-00-00

认证: 政务

Nickname: 集通铁路林东站

Sex: male

Area: Inner Mongolia

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-10 22:24

来自: 微博 weibo.com

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-10 22:24

Source: 微博 weibo.com

Repost: 0

Comment: 0

Like: 0

#温馨提示#【经常化妆更年期会提前】美女们注意了！精致的妆容虽会让你暂时看上去年轻几岁，却会导致衰老提前到来。研究发现，化妆品中的邻苯二甲酸盐会干扰包括卵巢在内的女性生殖系统，导致更年期提前，增加中风、骨质疏松症等危险。因此，女性应尽量少化妆、少接触含有此类化学物质的商品。快转给你身边的她。  
The sweet and warm hints are often made before menopause. Fine makeup will make you look younger for a few years, but it will lead to premature aging. Studies have found that phthalates in cosmetics interfere with the female reproductive system, including the ovary, leading to premature menopause, increasing the risk of stroke and osteoporosis. Therefore, women should try to make less make-up and contact less with such chemicals. Transfer it to your friends.

4. 昵称: 道里发布

性别: 男

地区: 黑龙江

生日: 0001-00-00

认证: 政务

Nickname: 道里发布

Sex: male

Area: Heilongjiang

Birthday: 0001-00-00

Identity: Official

时间: 2018-10-10 17:45

来自: 政务直通车

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-10 17:45

Source: 政务直通车

Repost: 0

Comment: 0

Like: 0

【运动后吃香蕉】在运动的过程中身体会排出大量的汗液，很多矿物质随着汗水排出体外，特别是钾和钠。这两者中钠比较容易从食物中得到补充，但钾元素在体内含量较少，因此运动后补充含有丰富钾元素的食物非常必要。香蕉富含钾元素，是补充钾最理想的选择。  
[Eating bananas after exercise] During exercise, the body expels a lot of sweat, and many minerals are expelled from the body with sweat, especially potassium and sodium. Sodium in these two foods is easier to get from the supplement, but potassium content in the body is less, so after exercise to supplement food rich in potassium is very necessary. Bananas are rich in potassium, which is the best choice to supplement potassium.

5. 昵称: 神池发布

性别: 男

地区: 山西

生日: 2014-07-24

认证: 政务

Nickname: 神池发布

Sex: male

Area: Shanxi

Birthday: 2014-07-24

Identity: Official

时间: 2018-10-10 09:16

来自: 人民微管家

转发数: 1

评论数: 1

点赞数: 0

Time: 2018-10-10 09:16

Source: 人民微管家

Repost: 1

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，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。  
There is one hypertension per five people. Experts recommend limiting salt and reducing weight.) Oct. 8 is the 21st National Day of Hypertension. Publicity campaigns have been launched 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.

6. 昵称: 静乐发布

性别: 男

地区: 山西

生日: 1970-01-01

认证: 政务

Nickname: 静乐发布

Sex: male

Area: Shanxi

Birthday: 1970-01-01

Identity: Official

时间: 2018-10-10 15:48

来自: 人民微管家

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-10 15:48

Source: 人民微管家

Repost: 0

Comment: 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，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。  
There is one hypertension per five people. Experts recommend limiting salt and reducing weight.) Oct. 8 is the 21st National Day of Hypertension. Publicity campaigns have been launched 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.

7. 昵称: 热河路社区

性别: 女

地区: 江苏

生日: 2013-01-01

认证: 政务

Nickname: 热河路社区

Sex: female

Area: Jiangsu

Birthday: 2013-01-01

Identity: Official

时间: 2018-10-10 10:25

来自: iPhone客户端

转发数: 0

评论数: 0

点赞数: 0

Time: 2018-10-10 10:25

Source: iPhone客户端

Repost: 0

Comment: 0

Like: 0

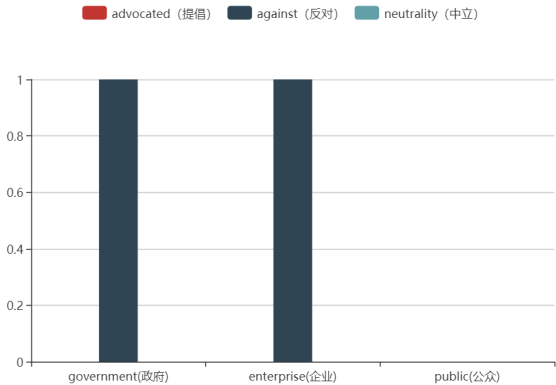
#小知识#方便面含盐约6克，而一个人一天食盐的摄取量以6克为宜，所以方便面含盐量明显偏高。经常吃方便面会因摄入食盐过多而易患高血压，且损害肾脏。  
Instant noodles contain about 6 grams of salt, and a person's daily intake of salt to 6 grams is appropriate, so the salt content of instant noodles is obviously on the high side. Regular consumption of instant noodles may cause high blood pressure and cause kidney damage because of excessive intake of salt.



# 反式脂肪酸-新闻

## Trans Fat - News

今日 (2018-10-10) 共监测到2条资讯。请点击标题查看原文。  
There are 2 articles monitored today 2018-10-10. 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				
1. <a href="#">婴幼儿奶粉未检出不合格</a> <a href="#">Infant milk powder did not check out the unqualified</a>	来源: 东方财富网 来源: 东方财富网	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 20:13:21 Time: 20:13:21
国家市场监督管理总局日前发布公告称, 近期抽检了饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。其中抽检涉及109家企业的259批次婴幼儿配方食品产品, 合格率达到100%, 包括伊利、澳优、君乐宝、美赞臣、多美滋等在内的中外资婴幼儿奶粉全部过关。业界观点认为, 我国婴幼儿奶粉已经可以媲美药品, 成为食品安全系数最高品类之一。高质量严抽查乳企牢守“命门”安全 市场监督管理总局公告介绍, 此次抽检的婴幼儿配方食品主要包括婴幼儿配方奶粉以及其他种类婴幼儿配方食品。记者梳理发现, 此次抽检涵盖了圣元、飞鹤、明一国际、伊利、澳优、君乐宝等一众知名品牌奶粉				
The State Administration of Market Supervision and Administration announced recently that 554 batches of samples of three kinds of food, including biscuits, infant formula food and edible agricultural products, have been sampled recently. Among them, 259 batches of infant formula food products from 109 enterprises were sampled, and the qualified rate reached 100%. All the infant formula products, including Yili, Aoyou, Junle Bao, Meizhen and Dumeizi, passed the customs. The view of the industry is that infant milk powder in China has become one of the highest safety factor categories in the food industry.High quality, strict spot checks, dairy enterprises firmly guard "life gate" safetyThe General Administration of Market Supervision and Administration announced that the sampling of infant formula food mainly includes infant formula milk powder and other types of infant formula food. Reporters found that the sampling covers Shengyuan, Feihe, Minghui International, Yili, Aoyou, Junlebao and other well-known brands of milk powder				
企业 Industry				
1. <a href="#">从生产基地到产品, 带你全方位了解安兴食品</a> <a href="#">From the production base to product, take you all know anxing food</a>	来源: 新华报业网 来源: 新华报业网	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 23:13:26 Time: 23:13:26
福建安兴食品有限公司落户于福建省武平县十方工业集中区, 背靠国家级自然保护区, 4A级旅游景区—梁野山, 全县森林覆盖率高达79.7%, 年平均气温17-19.6度, 年降雨量为1450-2200毫米, 雨量充沛, 夏长冬短, 无重工业污染, 土地肥沃, 有机质含量高, 水质、空气质量绝佳, 非常适合农作物种植及开办配套的食品加工企业。完善的基地建设 安兴食品备案出口食品原料种植基地9446亩。以“公司(龙头企业)+基地+ 贫困户”的精准扶贫模式, 带动了2千多名农民走向脱贫致富。在全国范围内建有直控标准化, 规模化出口蔬菜原料种植基地3000余亩, 出口食用菌原料大棚70余座, 溯源制度完善, 年产蔬菜10000余吨。 先进的生产设备 安兴食品占地约31000平方米, 新上果蔬加工生产线, 配套近20000立方米的低温储藏冷库				
Fujian Anxing Food Co., Ltd. settled in Shifang Industrial Concentration Zone, Wuping County, Fujian Province, backed by the national nature reserve, 4A level tourist scenic spot - Liangye Mountain, the county's forest coverage rate is as high as 79.7%, the annual average temperature is 17-19.6. Degree, annual rainfall is 1450-2200 mm, rainfall is abundant, summer is long and winter is short, no heavy industry pollution, fertile land, high organic matter content, excellent water quality and air quality, very suitable for crop planting and opening supporting food processing enterprises. Perfect base construction Anxing Foods has exported 9446 acres of food raw material planting base. With the precise poverty alleviation model of "company (leading enterprise) + base + poor households", more than 2,000 farmers have been driven to poverty alleviation. There are direct control standardization, large-scale export of vegetable raw material planting bases of more than 3,000 acres, and more than 70 edible fungi raw materials greenhouses. The traceability system is perfect, with an annual output of more than 10,000 tons of vegetables. Advanced production equipment Anxing Food covers an area of about 31,000 square meters, a new fruit and vegetable processing production line, supporting nearly 20,000 cubic meters of low-temperature storage cold storage				
公众 Public				
没有相关文章!				
No such articles!				

### 内容分类

#### Classification of Content

反式脂肪酸 Trans fat				
1. <a href="#">婴幼儿奶粉未检出不合格</a> <a href="#">Infant milk powder did not check out the unqualified</a>	来源: 东方财富网 来源: 东方财富网	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 20:13:21 Time: 20:13:21
国家市场监督管理总局日前发布公告称, 近期抽检了饼干、婴幼儿配方食品和食用农产品等3类食品554批次样品。其中抽检涉及109家企业的259批次婴幼儿配方食品产品, 合格率达到100%, 包括伊利、澳优、君乐宝、美赞臣、多美滋等在内的中外资婴幼儿奶粉全部过关。业界观点认为, 我国婴幼儿奶粉已经可以媲美药品, 成为食品安全系数最高品类之一。高质量严抽查乳企牢守“命门”安全 市场监督管理总局公告介绍, 此次抽检的婴幼儿配方食品主要包括婴幼儿配方奶粉以及其他种类婴幼儿配方食品。记者梳理发现, 此次抽检涵盖了圣元、飞鹤、明一国际、伊利、澳优、君乐宝等一众知名品牌奶粉				
The State Administration of Market Supervision and Administration announced recently that 554 batches of samples of three kinds of food, including biscuits, infant formula food and edible agricultural products, have been sampled recently. Among them, 259 batches of infant formula food products from 109 enterprises were sampled, and the qualified rate reached 100%. All the infant formula products, including Yili, Aoyou, Junle Bao, Meizhen and Dumeizi, passed the customs. The view of the industry is that infant milk powder in China has become one of the highest safety factor categories in the food industry.High quality, strict spot checks, dairy enterprises firmly guard "life gate" safetyThe General Administration of Market Supervision and Administration announced that the sampling of infant formula food mainly includes infant formula milk powder and other types of infant formula food. Reporters found that the sampling covers Shengyuan, Feihe, Minghui International, Yili, Aoyou, Junlebao and other well-known brands of milk powder				
2. <a href="#">从生产基地到产品, 带你全方位了解安兴食品</a> <a href="#">From the production base to product, take you all know anxing food</a>	来源: 新华报业网 来源: 新华报业网	类别: 反式脂肪酸 Category: trans fat	态度: 反对 Attitude: against	时间: 23:13:26 Time: 23:13:26

福建安兴食品有限公司落户于福建省武平县十方工业集中区，背靠国家级自然保护区，4A级旅游景区—梁野山，全县森林覆盖率高达79.7%，年平均气温17-19.6度，年降雨量为1450-2200毫米，雨量充沛，夏长冬短，无重工业污染，土地肥沃，有机质含量高，水质、空气质量绝佳，非常适合农作物种植及开办配套的食品加工企业。完善的基地建设 安兴食品备案出口食品原料种植基地9446亩。以“公司(龙头企业)+基地+ 贫困户”的精准扶贫模式，带动了2千多名农民走向脱贫致富。在全国范围内建有直控标准化，规模化出口蔬菜原料种植基地3000余亩，出口食用菌原料大棚70余座，溯源制度完善，年产蔬菜10000余吨。先进的生产设备 安兴食品占地约31000平方米，新上果蔬加工生产线，配套近20000立方米的低温储藏冷库

Fujian Anxing Food Co., Ltd. settled in Shifang Industrial Concentration Zone, Wuping County, Fujian Province, backed by the national nature reserve, 4A level tourist scenic spot - Liangye Mountain, the county's forest coverage rate is as high as 79.7%, the annual average temperature is 17-19.6. Degree, annual rainfall is 1450-2200 mm, rainfall is abundant, summer is long and winter is short, no heavy industry pollution, fertile land, high organic matter content, excellent water quality and air quality, very suitable for crop planting and opening supporting food processing enterprises. Perfect base construction Anxing Foods has exported 9446 acres of food raw material planting base. With the precise poverty alleviation model of "company (leading enterprise) + base + poor households", more than 2,000 farmers have been driven to poverty alleviation. There are direct control standardization, large-scale export of vegetable raw material planting bases of more than 3,000 acres, and more than 70 edible fungi raw materials greenhouses. The traceability system is perfect, with an annual output of more than 10,000 tons of vegetables. Advanced production equipment Anxing Food covers an area of about 31,000 square meters, a new fruit and vegetable processing production line, supporting nearly 20,000 cubic meters of low-temperature storage cold storage

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

2018-10-10, 共监测到264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 264 WeChat public articles were monitored in 2018-10-10. 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. <a href="#">奶茶, 正在毁掉中国的三代人! 奶茶界黑幕!</a><br><a href="#">Milk tea is destroying three generations of China, which is the shady deal of milk tea.</a>   | 重复数: 2<br>Repeat Number: 2 | 日期: 2018-10-10<br>Data: 2018-10-10 |
| 反式脂肪酸, 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。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。  |                            |                                    |
| Trans fatty acids, known as "time bombs on the table," are 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. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease. |                            |                                    |
| 2. <a href="#">有害的反式脂肪--伤身伤心</a><br><a href="#">Harmful trans fat--bad for the health of both physical and mental</a>  | 重复数: 1<br>Repeat Number: 1 | 日期: 2018-10-10<br>Data: 2018-10-10 |
| 美国国家医学图书馆称, 富含反式脂肪的食物往往会增加糖和热量, 因此它们可以为体重增加和2型糖尿病铺平道路。   |                            |                                    |
| The National Library of Medicine says foods rich in trans fats tend to contain large amount of sugar and calories, so they can pave the way for gaining weight and type 2 diabetes.  |                            |                                    |
| 3. <a href="#">奶茶, 正在毁掉中国年轻人的健康.....</a><br><a href="#">Milk tea is destroying the health of young people in China.</a>  | 重复数: 1<br>Repeat Number: 1 | 日期: 2018-10-10<br>Data: 2018-10-10 |
| 反式脂肪酸, 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。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。  |                            |                                    |
| Trans fatty acids, known as "time bombs on the table," are 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. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease. |                            |                                    |
| 4. <a href="#">奶茶, 正在毁掉中国的第三代, 你的孩子还在喝吗?</a><br><a href="#">Milk tea is destroying the third generation of China. Is your child still drinking?</a>  | 重复数: 1<br>Repeat Number: 1 | 日期: 2018-10-10<br>Data: 2018-10-10 |
| 反式脂肪酸, 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。过多摄入反式脂肪酸可使血液胆固醇增高, 从而增加心血管疾病发生的风险。  |                            |                                    |
| Trans fatty acids, known as "time bombs on the table," are 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. Excessive intake of trans fatty acids can increase blood cholesterol, thereby increasing the risk of cardiovascular disease. |                            |                                    |
| 5. <a href="#">烘焙小讲堂--奶油的分类</a><br><a href="#">Small lecture hall of baking --Classification of cream</a>  | 重复数: 1<br>Repeat Number: 1 | 日期: 2018-10-10<br>Data: 2018-10-10 |
| 在我们平常吃到的巧克力、冰淇淋等食物中也会找到鲜奶油的影子。一般说来, 植物奶油都会含有大量的反式脂肪酸, 对人体危害很大。   |                            |                                    |
| The chocolate, ice cream and other foods we usually eat contain fresh cream. Generally speaking, vegetable butter contains a lot of trans fatty acids, which is very harmful to the human body.  |                            |                                    |



## 反式脂肪酸-微博 Transfat - Weibo

2018-10-10，共检测到73条与“反式脂肪酸”相关的微博。

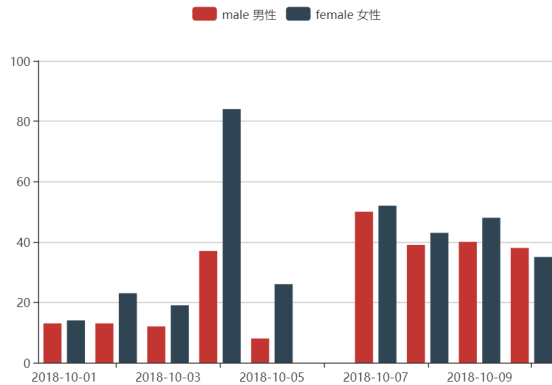
本页面只列出最多10条热度最高的原创微博、今日被转发最多的微博以及权威机构发布的微博。

点击微博内容可查看微博原文。

There are 73 weibos about transfat reduction monitored on 2018-10-10.

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 imformation.



### 最热原创微博-前10 Hottest original weibos - Top 10

- 昵称:** 智慧农业网官微 **性别:** 女 **地区:** 北京 **生日:** 1989-03-10 **认证:** 无  
**Nickname:** 智慧农业网官微 **Sex:** female **Area:** Beijing **Birthday:** 1989-03-10 **Identity:** None  
时间: 2018-10-10 14:38 来自: 农村超市 转发数: 0 评论数: 1 点赞数: 1  
Time: 2018-10-10 14:38 Source: 农村超市 Repost: 0 Comment: 1 Like: 1

□农村【种植技术:牛油果种植价值?牛油果该如何种植?】牛油果种仁富含脂肪,为重要食用油及重要的工矿用油,又可制人造黄油及肥皂。牛油果的果实是一种营养价值很高的水果,含多种维生素、丰富的脂肪酸和蛋白质和高含量的钠、钾、镁、钙等元素,营养价值可与奶油媲美,甚至有“森林奶油”的美称,一般作为生果食用,也可被制作作为菜肴和罐头。○种植技术:牛油果种植价值?牛油果该如何种植?

Planting technology in rural areas: What is the value of avocado planting? How to grow the avocado? The kernel of avocado is taht it's richness in fat, important edible oil, important industrial and mining oil, and can be used to make margarine and soap. The avocado fruit is a kind of fruit with high nutritional value. It contains many vitamins, rich fatty acids and proteins, and high content of sodium, potassium, magnesium, calcium and other elements. Its nutritional value can be comparable with butter, and even has the reputation of "forest butter". It is generally eaten as raw fruit, and can also be made into dishes and cans. ○ planting technology: the value of avocado planting? How to grow the avocado?

- 昵称:** 健康食疗养生堂 **性别:** 男 **地区:** 宁夏 **生日:** 1986-12-01 **认证:** 无  
**Nickname:** 健康食疗养生堂 **Sex:** male **Area:** Ningxia **Birthday:** 1986-12-01 **Identity:** None  
时间: 2018-10-10 10:31 来自: 皮皮时光机 转发数: 1 评论数: 0 点赞数: 0  
Time: 2018-10-10 10:31 Source: 皮皮时光机 Repost: 1 Comment: 0 Like: 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.

- 昵称:** 情事密语 **性别:** 女 **地区:** 浙江 **生日:** 0001-00-00 **认证:** 个人  
**Nickname:** 情事密语 **Sex:** female **Area:** Zhejiang **Birthday:** 0001-00-00 **Identity:** Person  
时间: 2018-10-10 19:35 来自: 微博 weibo.com 转发数: 0 评论数: 1 点赞数: 0  
Time: 2018-10-10 19:35 Source: 微博 weibo.com Repost: 0 Comment: 1 Like: 0

荷兰进口黄油500g烘焙原料煎牛排蛋糕【仅¥13.8】荷兰进口无盐烘焙黄油大包装,经济实惠,烘焙首选!适合做蛋糕,面包,牛轧糖,爆米花,冰淇淋,煎牛排等各类中西糕点,而且本产品不含氢化植物油,不含反式脂肪酸!健康食品放心食用

Dutch imported butter 500g baking raw material fried steak cake [only ¥13.8] Dutch imported salt-free baking butter with large package, economical, baking preferred! Suitable for making cake, bread, candy, popcorn, ice cream, fried steak and other Chinese and Western cakes, and this product does not contain hydrogenated vegetable oil, trans fatty acids! It's healthy food.

- 昵称:** 蘿丹na **性别:** 女 **地区:** 广东 **生日:** 1992-11-14 **认证:** 无  
**Nickname:** 蘿丹na **Sex:** female **Area:** Guangdong **Birthday:** 1992-11-14 **Identity:** None  
时间: 2018-10-10 12:19 来自: iPhone客户端 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-10 12:19 Source: iPhone客户端 Repost: 0 Comment: 0 Like: 0

教大家分辨:植物奶油与动物奶油[1]看颜色,植物奶油非常白,动物奶油淡黄色[2]看价格,动物奶油的价格可以买2倍以上的植物奶油,而植物奶油打发的量却是动物奶油的2倍以上[3]吃口感,动物奶油是纯牛奶提炼,加糖打发后清甜顺滑,植物奶油主要是氢化植物油添加辅料添加剂制作,还会产生大量反式脂肪酸,身体难以消化,口感油腻。2深圳·观澜街区

I'll Teach you to distinguish vegetable butter and animal Butter: 1. Look at color. Vegetable butter is very white, and animal butter pale yellow. 2. Look at the price. Animal butter can buy more than twice the price of vegetable butter, and the amount of vegetable butter is more than twice the amount of animal butter. 3. Taste them. animal butter is pure milk refined, plus Sweet and smooth after the sugar. vegetable butter is mainly made of hydrogenated vegetable oil with additives, will also produce a large number of trans fatty acids, the body is difficult to digest, taste greasy.

- 昵称:** 用户6707940159 **性别:** 男 **地区:** 天津 **生日:** 1999-09-01 **认证:** 无  
**Nickname:** 用户6707940159 **Sex:** male **Area:** Tianjin **Birthday:** 1999-09-01 **Identity:** None  
时间: 2018-10-10 21:26 来自: vivo X20全面屏手机 转发数: 0 评论数: 0 点赞数: 0  
Time: 2018-10-10 21:26 Source: vivo X20全面屏手机 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。  
[What kinds of food contains trans fat?]  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, which make 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 nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

6. 昵称：又想佳人珍

性别：男

地区：上海

生日：1992-08-24

认证：无

Nickname：又想佳人珍

Sex：male

Area：Shanghai

Birthday：1992-08-24

Identity：None

时间：2018-10-10 20:39

来自：前后2000万 OPPO R11

转发数：0

评论数：0

点赞数：0

Time：2018-10-10 20:39

Source：前后2000万 OPPO R11

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。  
[What kinds of food contains trans fat?]  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, which make 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 nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

7. 昵称：枪手面芭勒

性别：女

地区：吉林

生日：1982-07-12

认证：无

Nickname：枪手面芭勒

Sex：female

Area：Jilin

Birthday：1982-07-12

Identity：None

时间：2018-10-10 19:48

来自：小米5X 拍人更美

转发数：0

评论数：0

点赞数：0

Time：2018-10-10 19:48

Source：小米5X 拍人更美

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，都是反式脂肪酸代名词。  
[What kinds of food contains trans fat?]  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, which make 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 nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

8. 昵称：中行superman琳618

性别：男

地区：山东

生日：1999-07-19

认证：无

Nickname：中行superman琳618

Sex：male

Area：Shandong

Birthday：1999-07-19

Identity：None

时间：2018-10-10 18:08

来自：Android客户端

转发数：0

评论数：0

点赞数：0

Time：2018-10-10 18:08

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，都是反式脂肪酸代名词。  
[What kinds of food contains trans fat?]  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, which make 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 nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

9. 昵称：大盗国妈艳166

性别：男

地区：浙江

生日：1981-12-24

认证：无

Nickname：大盗国妈艳166

Sex：male

Area：Zhejiang

Birthday：1981-12-24

Identity：None

时间：2018-10-10 16:26

来自：小米MIX概念手机

转发数：0

评论数：0

点赞数：0

Time：2018-10-10 16:26

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。  
[What kinds of food contains trans fat?]  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, which make 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 nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

10. 昵称：Happy我国莉

性别：女

地区：新疆

生日：1983-12-20

认证：无

Nickname：Happy我国莉

Sex：female

Area：Xinjiang

Birthday：1983-12-20

Identity：None

时间：2018-10-10 15:45

来自：vivo X20全面屏手机

转发数：0

评论数：0

点赞数：0

Time：2018-10-10 15:45

Source：vivo X20全面屏手机

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，都是反式脂肪酸代名词。  
[What kinds of food contains trans fat?]  
Hydrogenated vegetable oils are more stable than ordinary vegetable oils, which make 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 nutrition labels before buying food. The names of vegetable shortening, cocoa butter substitute and hydrogenated vegetable oil are synonyms for trans fatty acids.

今日被转发最多的微博

The most widely reposted weibos today

1. 昵称：阿龚青

性别：男

地区：广东

生日：01-01

认证：无

今日被转发数：1

Nickname：阿龚青

Sex：male

Area：Guangdong

Birthday：01-01

Identity：None

Repost Today：1

时间：10月09日 19:05

来自：

转发数：2419

评论数：555

点赞数：1052

Time：10月09日 19:05

Source：

Repost：2419

Comment：555

Like：1052

黑糖→健康珍珠→（勉强算是）健康牛奶→超健康黑糖珍珠鲜奶→超级健康的养生饮品——thetruelie  
Black Sugar → Healthy Pearl → Healthy Milk → Super Healthy Black Sugar Pearl Fresh Milk → Super Healthy Health Drink --thetruelie

专业机构发布的微博

Weibos from Authorities

1. 没有相关微博！

No such weibos!