

# 高血压



## 高血压是什么？

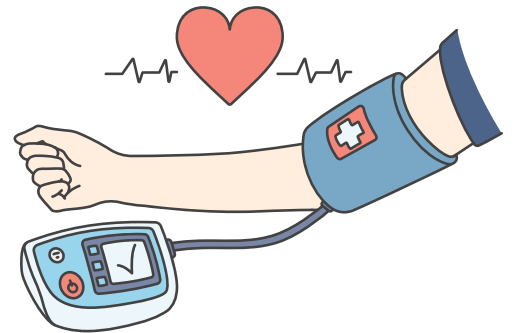
- 长期的高血压对健康不利
- 由于血管堵塞，为了血液循环，您的心必须跳动得更激烈。

## 高血压可以导致健康问题。您能做些什么？

- 经常运动
- 对心脏有益的饮食
- 少吸烟、喝酒



## 如何量血压？



**120**

**收缩压**

**80**

**舒张压**

正常	偏高	高血压
<120 mmHg	120-129 mmHg	>130 mmHg
<80 mmHg	80-89 mmHg	>90 mmHg



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# Hypertension

(high blood pressure)



## What is Hypertension?

- A long term condition of high blood pressure.
- Your heart has to pump harder to get blood to flow through your body because there is too much resistance

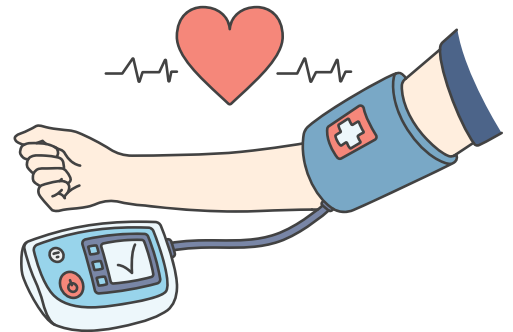
## High Blood Pressure Can Lead to Health Problems.

### What Can You Do?

- Get Regular Physical Activity
- Eat a Heart Healthy Diet
- Limit Alcohol and Smoking



## How is Blood Pressure Measured?



**120** Systolic  
**80** Dystolic

Normal	Elevated	Hypertension
<120 mmHg	120-129 mmHg	>130 mmHg
<80 mmHg	80-89 mmHg	>90 mmHg



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