

# 高血压



## 高血压是什么？

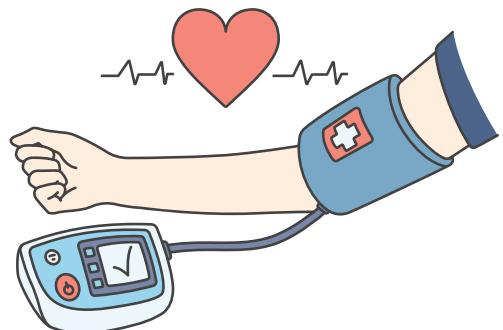
- 长期的高血压对健康不利
- 由于血管堵塞，为了血液循环，您的心必须跳动得更激烈。

## 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  |

# 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

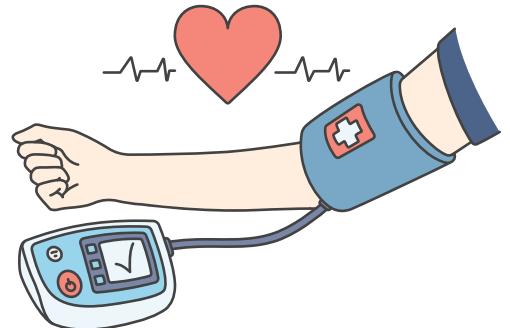
**High Blood Pressure Cad Lead to Health Problems.**

### What Can You Do?

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



## How is Blood Pressure Measured?



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

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