



Managing Hypertension 高血压管理

life  beats

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- There is a growing evidence that the *good health of your heart* and circulation will help you to *age more successfully*.
有越来越多的证据表明，越是健康的的心脏和循环系统会越显得年轻

A man is as old as his arteries...

人的年龄是与他（她）的动脉状况决定的

Thomas Sydenham, MD (1624 -1689)

- Many of the *factors* that affect your blood pressure are *within your control*. This presentation can help you learn more about how to manage your circulatory health.
- 许多影响血压的因素是可以人为控制的。这个演示可以帮助你了解更多关于如何管理循环系统的健康



What is Blood Pressure?什么是血压

Blood pressure is the measurement of force applied to artery walls as your heart pumps blood to your body.

血压是衡量心脏将血液泵出时作用在动脉血管上压力的指标

- Uncontrollable factors that can affect it are:
非受控的影响因素
 - Family History, Age, Gender, Race家族史, 年龄, 性别, 人种
- Blood pressure can also be affected by:
血压也受下列因素影响
 - Body Weight, Smoking, Exercise Levels, Stress
体重, 是否吸烟, 锻炼水平, 压力
- Blood Pressure is Measured in Two Numbers:
衡量血压的两个数据
 - Systolic Pressure (the higher or top number)
收缩压 (较高或顶数)
 - It measures the pressure when your heart contracts
它衡量 心脏收缩时压力
 - Diastolic Pressure (the lower or bottom number)
舒张压 (下部或底部数)
 - It measures the pressure when you heart relaxes
它衡量, 心脏放松时的压力

Goal: Below 120/80 mm Hg
目标: 低于120/80MMHg



What is High Blood Pressure?什么是高血压?

What are the Consequences?有什么后果?

- High blood pressure is when the force of the blood against the artery walls is too great.
高血压是当对动脉壁的血液的作用力太大了。
- High blood pressure occurs when blood vessels become narrow or rigid, forcing the heart to pump harder to push blood through the body.
当血管变得狭窄或硬化时，迫使心脏更难推动血液在体内发生高血压。
- When blood pressure remains high, it puts an unnecessary strain on the heart and blood vessels and can lead to:
当血压仍一直很高，会对心脏和血管施加不必要的压力，并可能导致：
 - Stroke心搏;心绞痛
 - Blood Vessel Damage血管损伤
 - Heart Attack心脏攻击
 - Heart Disease心脏疾病
 - Kidney Disease肾病
 - Eye Damage眼损伤



Evaluation and Monitoring of Blood Pressure

评价和血压监测

Typically, high blood pressure has *no symptoms*, so it is sometimes called the “Silent Killer”.

通常情况下，高血压没有症状，所以有时也被称为“无声杀手”。

- ***In order to evaluate your blood pressure, your physician may need these tests or ask questions about:***

为了评估你的血压，医生可能会对你进行测试或询问有关问题：

- Personal and Family Health History 个人和家庭健康史
- Co-existing Conditions such as Diabetes 共存的疾病，如糖尿病
- Physical Examination 身体检查
- Blood Tests 验血
- EKG (Electrocardiogram) EKG (心电图)
- Ultrasound of the Heart 心脏超声

- ***When monitoring your own blood pressure, you should:***

- 监测自己的血压时，你应该：
 - Check your monitor's accuracy. 检查显示器的精度
 - Don't measure your blood pressure right after you wake up. 不要在刚睡醒的时候测量您的血压。
 - Avoid food, caffeine, tobacco and alcohol for 30 minutes. 避免在吃饭，咖啡因，烟草和酒精30分钟之内。
 - Sit quietly before measuring your blood pressure. 测量血压前静坐。
 - Make sure your arm is positioned properly when measuring. 确保测量时，你的手臂被正确定位。
 - Don't talk while taking your blood pressure. 同时考虑测血压时不要说话。

Stage	收缩压	舒张压
正常	<120 mmHG	< 80 mmHG
偏高	120 – 139 mmHG	80 – 89 mmHG
一期	140 – 159 mmHG	90 – 99 mmHG
二期	≥160 mmHG	≥100 mmHG

What is your Stage?
你在什么阶段

How Can You Maintain a Healthy Blood Pressure?

如何保持健康的血压？

To lower or maintain a healthy blood pressure:

为了降低或维持健康血压

- Eat a Nutritious, Low Calorie, Low Sodium Diet
- 吃营养丰富，低热量，低钠饮食
- Maintain an Ideal Weight
- 维持理想体重
- Exercise Regularly
- 经常运动
- Reduce Stress Levels
- 降低压力水平
- Stop Smoking and Limit Alcohol Intake
- 停止吸烟和限制酒精摄入量
- Follow Your Doctor's Advice; Take Your Prescribed Medications
- 按照医生的建议;服用处方药



It is within your control!

Nutrition and Weight Management 营养和体重管理

- *Eating a well-balanced diet* low in sodium can help you *control your blood pressure* and maintain a healthy weight.
均衡饮食低钠可以帮助您控制您的血压和维持健康的体重。
 - Losing even 10 pounds can lower your blood pressure!即使失去10磅可以降低你的血压!
 - Losing weight has the biggest effect on those who are overweight and already have hypertension.减肥对那些超重，已经有高血压的影响最大。
 - Results vary person to person, but blood pressure can be reduced up to 1 mmHG for each pound lost!
 - 对于每一个各不相同的人，血压每减少1磅可降低至1毫米汞柱
- You may consider a diet formulated for blood pressure control like the [DASH diet](#) (Dietary Approaches to Stop Hypertension)
你可以考虑制定类似的DASH饮食血压控制计划（饮食疗法停止高血压）
- Benefits of a lower sodium diet include:低钠饮食的好处包括：
 - Lowered Blood Pressure, Risk of Stroke & Risk of Kidney Stones降低高血压，中风和患肾结石的风险的风险
- To reduce your sodium intake, eat fresh rather than processed foods when possible and read the [nutrition label](#) to make better choices.
- 为了减少您的钠摄入量，如果可能的话吃新鲜的，而不是加工过的食品和阅读营养标签，以做出更好的选择。○



Exercise and Stress Management 运动与压力管理

Exercise strengthens your heart. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure.

运动能增强你的心脏。一个强有力的心脏以较小的功率泵起更多的血液。如果你的心脏可以少工作，对你的动脉的力就会减小，降低你的血压。

- Exercise can:
- 运动可以
 - Lower your cholesterol降低胆固醇
 - Help keep your weight in check有助于保持你的体重
 - Decrease your risk of diabetes降低你患糖尿病的危险
- *Walking is the perfect exercise*散步是一个完美的运动！
 - Regularly walking 30-45 minutes daily can reduce blood pressure over time.
 - 经常步行30-45分钟随着时间的推移可降低血压。
- Always consult your physician before beginning an exercise program.
在开始锻炼计划之前，请务必咨询医师。

Managing your stress levels can also help keep your blood pressure in check. The December 2014 LifeBeats topic, [Dealing with Stress](#), has tips to manage stress but you may also try the following techniques.

管理你的压力水平，也可以帮助保持血压。在2014年12月LifeBeats主题，处理压力，有小技巧，以应对压力，但你也可以试试下面的方法。

- Relaxation Exercises放松练习
- Physical Activity体育活动
- Enough Sleep足够的睡眠
- Healthy Eating健康饮食
- Delegate Responsibility分派责任
- Support from Family来自家庭的支持
- Seek Professional Help when Needed需要时寻求专业帮助



Lifestyle Management生活方式管理

Smoking吸烟

Smoking causes damage to the blood vessels and that adds to the risk of high blood pressure.吸烟导致的血管损坏，增加了高血压的风险。

Alcohol酗酒

- Excessive alcohol consumption can increase your blood pressure. Limit your intake to “moderate” amounts if you drink.
- 过量饮酒会增加你的血压。限制你的摄入量，如果你要喝就要适量。
 - So, what is “moderate” intake?什么是适量？
 - 2 drinks a day for men 男人一天两次
 - 1 drink per day for women女人一天一次
 - 1 drink = 5oz. Wine, 12 oz. beer, 1.5oz. Distilled spirits 每次5OZ红酒，12OZ啤酒，1.5OZ白酒
- More alcohol than this can raise blood pressure and cause deterioration in the heart muscle
- 更多的酒精比这个量升高血压，导致心脏肌肉恶化

See the LifeBeats topic for next month, [Beating Addiction](#), for more on these topics.

看到LifeBeats下个月主题，以获得更多关于这些主题的信息。

Doctor's Orders! 医嘱!

- If your numbers indicate that you are having trouble controlling your blood pressure, *consult your doctor for help*. If together, you can manage your blood pressure through lifestyle choices, great! If not, your doctor may prescribe medication to lower your blood pressure.

如果你的数据表明你的血压有问题，咨询你的医生寻求帮助。如果有可能，你可以通过生活方式的选择，管理您的血压，太棒了！如果没有，你的医生可能会开药，以降低你的血压

If medication is needed, there are a variety of options; your doctor will work with you to find what works best.

如果必须要用药物控制，也有各种各样的选择；你的医生会与您一起找出最适合的药物。

- Always take your medication as prescribed! Do not discontinue it without discussing it with your doctor first.
- 始终把你的药物当着处方！在与医生讨论决定之前不要停止服用。



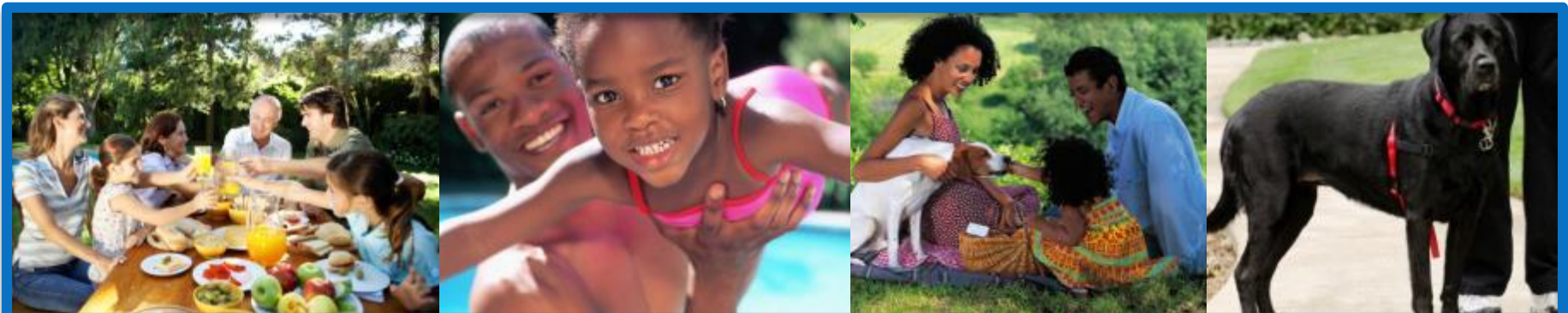
Why Manage Your Blood Pressure?为什么要管理你的血压?

Benefits of Lowering Pressure降低压力的好处

- High blood pressure can reduce your chances of aging well, and increase risk for kidney disease, diabetes, heart disease and stroke
- 高血压可以加重衰老，加大对肾脏病，糖尿病，心脏疾病和中风的风险
- Normal blood pressure levels:
正常的血压水平：
 - Reduce heart attack risk by 20-25% 降低20-25%心脏病发作的危险
 - Reduce heart failure risk by 50% 减少50%的心脏衰竭的风险
 - Reduce stroke risk by 35-40% 降低35-40%中风风险
- Successful treatment of high blood pressure in middle age can decrease the risk of reduced mental function later in life.
- 成功在中年治疗好高血压可以降低在以后的生活中 心脏功能衰竭的风险。

What or who is your reason for taking control?

- 什么或谁是你是你采取措施控制的动力?



Other Chronic Disease Management Resources 其他慢性疾病管理资源

High blood pressure isn't a problem that you can treat and ignore. It's a condition you need to manage for the rest of your life. Follow these links for additional resources.

血压高是否可以去治疗和直接忽视是一个问题。这是你需要管理你的后半生。按照相关链接寻求更多的资源。

- [WebMD](#)
- [American Heart Association](#)
- [Mayo Clinic](#)

Blood Pressure is only one factor that can affect your long-term health. Try these links to help manage/prevent other chronic diseases.

血压是唯一一个可以影响你的长期健康的因素。尝试这些链接来帮助管理/预防多种慢性疾病

- [Heart Disease \(EN, ES, ZH\)](#)
- [Diabetes \(EN\)](#)
- [Cancer \(EN\)](#)

You will also find resources on the LifeBeats [Focus Area Page](#).

HEALTHY AGING

It's in your hands!
Start **TODAY.**



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