

## 認識高血壓

### Understanding High Blood Pressure

#### What is high blood pressure?

According to the standard issued by the US National United Conference Report

| Classification                                 | Systolic blood pressure<br>(mmHg) |     | diastolic blood pressure<br>(mmHg) |
|------------------------------------------------|-----------------------------------|-----|------------------------------------|
| Normal                                         | < 120                             | and | < 80                               |
| Prehypertension                                | 120~139                           | or  | 80~89                              |
| The first stage of hypertension (mild)         | 140~159                           | or  | 90~99                              |
| The second level of hypertension<br>(moderate) | 160                               | or  | 100                                |

#### Is high blood pressure a disease?

1. High blood pressure is a condition, not disease.
2. When sympathetic nerves in normal people are affected, such as: Happiness, anger, sadness, joy, cold, and blood pressure is also affected.
3. Therefore, upon measuring blood pressure as high just once and thinking it as high blood pressure is incorrect. Usually, it is only when measuring over 3 times in a period of time with abnormal blood pressure, before considering treatment.

#### What are feelings associated with high blood pressure?

High blood pressure is an invisible killer. The patient may feel headache, sore neck, or lack of clarity. When it rises too much suddenly, conditions such as nausea and blurred vision may occur.

#### Complications of hypertension

1. Atherosclerosis. stroke. Lower extremity vascular obstruction, and in severe cases, amputation.
2. Aortic dissection. Left ventricular hypertrophy, myocardial ischemia, myocardial infarction, heart failure.
3. Eye damage, blindness in severe cases. Kidney dysfunction, kidney failure.



## **Treatment**

1. Control diet: Take less sodium, supplement food with potassium, calcium, magnesium, lower cholesterol level, high fiber food.
2. Lifestyle: Reduce stress, plenty of sleep, exercise regularly, control cigarettes & alcohol, normal weight.
3. Drug treatment: Must consider quality of life and convenience for long term use.
4. Sudden stopping medicine: Easy to lead to angina or heart damage, and even sudden death.
5. Long-term medication: You should not self-adjust the dosage, and don't decide whether to take the medication or not according to your blood pressure.