



Hypertension 高血壓(英文)

WHAT IS HYPERTENSION?

For most adults, when their blood pressure level reaches or exceeds 140/90 mmHg, they are considered hypertension.

WHAT ARE THE SYMPTOMS?

There are no explicit symptoms for high blood pressure and for years, a person may live without recognizing this health condition; only through health check-up can a person discover such a disease. Here are some symptoms to notice: (minor or severe or migraine?) headache, dizziness, fatigue, and vision changes...etc.

SUGGESTIONS FOR HYPERTENSION?

To prevent long-term problems triggered by high blood pressure, we would like to recommend you to:

1. Keep a diary of your blood pressure level.
2. Take medication regularly once diagnosed with hypertension.
3. Maintain a healthy lifestyle via adequate physical activities. A minimum of 30 minutes work-out on a daily basis, like brisk walking, dancing, bike riding, garden maintaining, or house cleaning is highly recommended.
4. Keep a healthy dietary plan and intake limited amount of sodium, fat, and caffeine; sausage, cheese, canned food, egg yolk, coffee, tea, and coke are under those categories.
5. Stop smoking.
6. Sustain an appropriate weight for your height.

7. Release your stress when necessary and manage to ask for help when problems occur.
8. Sleep soundly with enough hours.
9. Stay warm during winter time.

若有任何疑問，請不吝與我們聯絡
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