

何為高血壓？

根據世界衛生組織的界定，高血壓是指在靜止的狀態下，血壓長期處於或高於：

140 (收縮壓簡稱「上壓」)
90 (舒張壓簡稱「下壓」)
毫米水銀柱(mmHg)

高血壓的成因

超過百分之九十的病例都是原因不明，這些稱為「原發性」高血壓，它們通常與肥胖、進食過量鹽份、壓力或家族遺傳有關。

餘下的百分之十的高血壓患者是由其他疾病引致的，例如：腎病、內分泌疾病、甲狀腺疾病、睡眠窒息等，但當病愈後，血壓便會回復正常。

*本港一個社區的研究報告顯示，每十位男士及每九位女士當中便有一位的血壓在 160/95mmHg 或以上；而每十二位男士及十六位女士當中便有一位的血壓介乎 140-159 / 90-94 mmHg。

病徵及有關之併發症

輕度至中度的高血壓一般沒有特別可察覺的病徵，大部份人士都是透過定期身體檢查才發現到，但一些嚴重高血壓的人士便會出現以下的病徵例如暈眩、視野模糊、頭痛、疲倦及面部潮紅。

高血壓病人特別是並未接受治療的病人相對患上一些疾病的機會較大，包括腦血管病及心臟病（香港的第二及第三號致命殺手）、腎衰竭、周邊血管病、視網膜血管病變及糖尿病。

預防及治療

生活習慣的改變

- 不要吸煙
- 不要酗酒
- 保持理想體重
- 保持定時及適量的運動
- 避免進食太鹹及高膽固醇的食物
- 充足的休息
- 多吃蔬菜水果

藥物治療

- 按照醫生指示準時服用降血壓藥物
- 按照醫生指示服用指定的劑量
- 使用其他藥物前應請示醫生

*以上內容乃引述自香港衛生防護中心之網站資訊。



聯合醫務
UMP Medical Services

查詢電話

3110 2785

網址：www.ump.com.hk

高血壓 HYPERTENSION



What is Hypertension?

According to the definition given by WHO, hypertension is defined as persistent blood pressure at rest equal to or greater than:

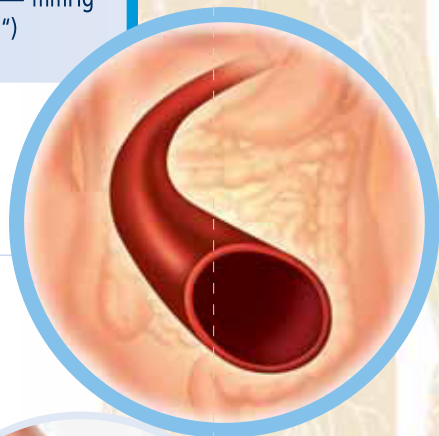
140 (Systolic commonly called "Upper Pressure")
 90 (Diastolic commonly called "Lower Pressure") mmHg

Factors Causing Hypertension

Over 90% of cases have no specific cause can be identified. They are called "primary" hypertension. They may be associated with factors like obesity, high salt intake, stress or family inheritance.

The remaining 10% may be identified with more specific causes such as renal diseases, endocrine disease, thyroid disorder, obstructive sleep apnea, etc. Blood pressure in these cases will return to normal if the underlying condition are removed or treated.

*A community study has shown that there is about 1 in 10 men and 1 in 9 women having blood pressure at or greater than 160/95 mmHg while 1 in 12 men and 1 in 16 women having blood pressure of 140-159 / 90-94 mmHg.



Symptoms and Complications

Mild to moderate hypertension does not have symptoms. Most people with hypertensive condition are only found out after regular physical examination. However, some patients with very high blood pressure may experience symptoms like dizziness, visual disturbance, headache, fatigue and facial flushing.

Hypertensive patients in particular the untreated ones are exposed to higher risk of cerebrovascular and heart disease (second and third commonest causes of death in HK), renal failure, peripheral vascular disease, retinopathy and diabetes mellitus.

Prevention and Treatment

Lifestyle changes

- Quit smoking
- Avoid alcoholism
- Maintain an optimal body weight
- Have regular and appropriate exercise
- Avoid high salt and cholesterol content food
- Adequate rest
- Increase vegetable and fruit intake

Medication

- Taking antihypertensive medication prescribed by doctor on time and regularly
- Follow the prescribed dosage under the doctor instruction
- Consult your doctor before taking other medication

* Information obtained from Centre for Health Protection website



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For enquiry, please call

3110 2785

website: www.ump.com.hk