



如何預防高血壓(英文)

How to Prevent Hypertension

一、高血壓的影響

Influence from hypertension

高血壓是指人體在平靜的狀態下測量血壓，需測量血壓兩次以上，以求其平均血壓值，並且兩次測量間至少需間隔一分鐘以上，長期血壓偏高容易發生嚴重的併發症，例如腦中風、短暫性腦缺血發作、心肌梗塞、心絞痛我心室肥大、心衰竭、腎臟病變、腎衰竭等，輕者半身不遂，器官功能喪失，重者危害性命，故不可不謹慎。

Hypertension is defined as a blood pressure measured under static condition, which should be measured at least twice to acquire an average level of blood pressure, with an interval of more than one minute. Long-term elevation of blood pressure is liable to suffer from severe complications such as stroke, transient ischemic attack, myocardial infarction, angina pectoris or ventricular hypertrophy, cardiac failure, nephropathy and kidney failure, which should be taken care because mild cases may result in hemiplegia or loss of organ function, and severe cases are even life-threatening.

二、如何預防高血壓

How to prevent hypertension

- (一) 定期接受健康檢查及測量血壓：配合衛生福利部健康署成人健檢規定，40~65歲成人，每3年1次健康檢查；65歲以上老人每年1次健康檢查；家族有高血壓病史者應定期接受門診追蹤；18歲以上民眾應每年至少要量一次血壓，並維持血壓低於120/80 mmHg，在早上起床且尚未進食及活動前測量血壓，並隨時注意血壓的變化。

Regularly receive physical examinations and measuring blood pressure: according to the regulations for adults' physical examination by the Health Promotion Administration, Ministry of Health and Welfare, 1 physical examination every 3 years is required for adults 40 to 65 years of age; 1 physical examination every year is required for elders over 65 years of age; regular follow-up visit at outpatient clinic shall be performed for those with family hypertension history; measuring blood pressure at least once every year for those who are over 18 years of age, keeping the blood pressure lower than 120/80 mmHg, personally monitoring the blood pressure at home, measuring blood pressure after getting out of bed prior to any meal

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or activity in the morning and paying attention to the variation of blood pressure.

(二) 建立健康生活型態

Establishing a healthy lifestyle

1. 充分睡眠與休息，避免過度疲勞。
Sufficient sleep and rest, avoiding extreme fatigue.
2. 常保持愉快的心情。
Always keep a pleasant mood.
3. 不要用太冷或太熱的水洗澡或浸泡過久。
Avoid to take a bath using too cold or too hot water or soaking for a much longer time.
4. 隨天氣增加衣服，注意保暖。
Wear more clothing depending on the weather, keeping warm.
5. 保持排便通暢，預防便秘。
Keep smooth bowel movement, preventing constipation.
6. 控制體重、適合的運動。可以選擇讓你感覺稍為吃力、不能唱歌、但仍可以說話的運動強度，如慢跑、游泳、騎腳踏車、健身操、快走、爬樓梯等。沒有運動習慣的人：從運動 15 分鐘開始，再慢慢增加到 30 分鐘，運動時間充足才有控制血壓的功用。有運動習慣的人：至少每次要維持 30 分鐘。每週至少運動 3 次，然後漸漸養成每天都有運動的習慣。
Apply body weight control, doing appropriate exercises. You can choose the exercise intensity making you slightly feel the strain, in which you can talk but not sing during the activity, including jogging, swimming, riding a bike, gymnastic, brisk walking, and walking up stairs. For those who do not have exercise habits: start with exercises for 15 minutes, gradually increasing to 30 minutes, only sufficient exercise time can achieve the effect of blood pressure control. For those who have exercise habits: maintain for at least 30 minutes each time. Do exercises at least 3 times a week, gradually developing a habit of doing exercises every day.
7. 不吸菸或戒菸，節制飲酒。
Do not smoke or quit smoking, restricting alcohol use.
8. 飲食控制：維持均衡飲食，採「三少二多」的原則
Diet control: keep balanced diet, applying the principle of “three-less and two-more”:

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(1) 多蔬果：多食用各式水果及蔬菜。

More vegetable and fruit: frequently eat various fruits and vegetables.

(2) 多高纖：多食用糙米、大麥、燕麥、以及堅果類食物。

More high-fiber: frequently eat foods such as brown rice, barley, oats and nuts.

(3) 低油脂：減少使用動物油，如豬油、牛油，適量使用植物油，如芥籽油、橄欖油。烹調應多採清蒸、水煮、涼拌、清燉、白切、燒烤、燙、滷等方式。

Less fat: Reduced use of animal oil such as lard and butter, using appropriate amount of vegetable oil, including canola oil and olive oil. In cooking, frequently use measures such as steaming, boiling, cold and dressed with sauce, boiling or stewing without soy sauce, poaching, roast, blanching and boiling or stewing with soy sauce as seasoning.

(4) 少調味：除了少糖、少味素、少胡椒外，更要少鹽。食鹽、醬油和味精等調味料是鈉的主要來源，高血壓患者每天以不超過 1 茶匙食鹽（6 公克）為宜。善加利用少許原味（如魚貝類、藻類、蔬菜等）、酸味（如新鮮檸檬汁、鳳梨、蕃茄、柳橙汁等）及辛香料的自然調味料（如肉桂、花椒、月桂葉、蒔蘿草等）來取代一般調味品，可以讓你吃得更健康。

Less seasoning: In addition to less sugar, less gourmet powder, and less pepper, less salt is even more important. Seasonings such as salt, soybean sauce and gourmet powder are major sources of sodium, hypertension patients should not take more than 1 teaspoon of salt (6 g) a day. Make the best use of some original flavors (such as fish/shellfish, alga, and vegetable), sour (such as fresh lemon juice, pineapple, tomato, and orange juice) and natural seasonings of spices (such as cinnamon, Sichuan pepper, bay leaf, and dill) to substitute for general seasonings, which makes you eat healthily.

(5) 少加工食品：少吃罐頭及各種加工食品，如火腿、燻雞、香腸、醬菜等。

Less processed food: Eat less canned and various processed food, including ham, smoked chicken, sausage, and soy sauce pickles.

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(三) 遵照醫師指示服藥，勿隨便亂服藥及停藥，也不要隨意服用成藥。

Take medications complying with physician's instructions. Do not take medications alternatively or withdraw the drug, do not optionally take over-the-counter medicines neither.

參考資料 Reference

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護理指導評值 Nursing guidance evaluation :

◎是非題 True or false

- () 醫生說酒精對我身體不好，所以我要滴酒不沾。
I don't want to drink anything with alcohol because the physician told me alcohol is harmful to my health.
- () 醫生說抽菸對我身體不好，所以我要戒菸。
I would quit smoking because the physician told me smoking is harmful to my health.
- () 高血壓這種疾病，只要發作時看醫生，若血壓正常就可以不用看醫生了。
For hypertension, it is required to seek medical attention only upon episodes, no need to visit the doctor after blood pressure is normal.

◎選擇題 Multiple choice questions

- () 定期接受健康檢查，下列何者為正確？(1)40~65歲成人，每年1次健康檢查；(2)65歲以上老人，每年1次健康檢查；(3)18歲以上民眾，每年1次健康檢查。
Which of the follows are correct in regularly receiving physical

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examination?

(1) One physical examination every year is required for adults 40 to 65 years of age; (2) One physical examination every year for elders over 65 years of age; (3) One physical examination per year for those who are over 18 years of age.

5. () 正常人一週需要運動幾天? (1)1 天; (2)2-3 天; (3)3-4 天。

How many days of doing exercises are required for an ordinary person?

(1) 1 day; (2) 2 or 3 days; (3) 3 or 4 days.

6. () 每次運動至少多少分鐘有氧運動?(1)1 小時; (2) 2 小時; (3) 30 分鐘

How many minutes of aerobic exercise are minimally required in doing exercises each time?

(1) 1 hour; (2) 2 hours; (3) 30 minutes.

(答對5-6題⇒完全了解; 答對3-4題⇒部分了解; 答對1-2題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒ completely understood; correct in 3 or 4 questions ⇒ partially understood; correct in 1 or 2 questions ⇒ not understood at all)

1.(x) 2.(o) 3.(x) 4.(2) 5.(3) 6.(3)

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