

如何預防高血壓

How To Prevent High Blood Pressure

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高血壓影響全球超過10億人，而這數字還不斷上升。不受控的高血壓可導致嚴重的健康問題，如心臟病、中風和腎衰竭。以下是一些將血壓保持在健康範圍的小竅門，供讀者參考。

1. 得舒飲食法

得舒飲食法鼓勵減少鈉質攝取，並吃各種含高鎂、高鉀及高鈣、蛋白質和纖維的食物，以降低血壓。膳食中應多全穀食物、家禽、魚、果仁；少脂肪、少紅肉、少甜食及少添加糖飲品。



Picture source:

<http://diabeteslive99.blogspot.com/2018/03/dashdiet.html>

2. 定期運動

有氧運動如散步、慢跑、騎自行車、游泳或跳舞，可以令血壓降到安全水平。倘若停止運動，血壓可能會回升。因此，持之以恆的運動鍛煉(每週約150分鐘)是很重要的。另外，每星期最少兩日進行力量訓練，如舉重、俯臥撐和仰臥起坐等也可以降低血壓。



Picture source:

https://www.summitmedicalgroup.com/library/adult_health/sma_strength_training/

3. 戒煙戒酒

吸煙會引致高血壓和高心率，戒煙可以令血壓回復正常。酒精的熱量和糖分都很高，飲酒會增加血液中的脂肪含量，引起高血壓，因此，必須戒煙戒酒。



Picture source:

<http://zhoubao.minghui.org/mh/haizb/355/D03/13639/E5%A5%87%E8%BF%B9%E8%88%AC%E6%88%92%E7%83%9F%E6%88%92%E9%85%92.html>

High blood pressure affects more than a billion people worldwide and the number is rising. Uncontrolled high blood pressure can lead to serious health problems such as heart attack, stroke and kidney failure. Here are a few tips on how to keep your blood pressure in a healthy range.

1. Follow the DASH Eating Plan

The DASH eating plan encourages you to reduce the sodium in your diet and eat a variety of foods that are high in magnetism, potassium, calcium, protein and fibre to lower your blood pressure. Your diet should be high in whole grains, poultry, fish and nuts, low in fat, red meat, sweets and sugar-sweetened beverages.



Picture source:

<http://diabeteslive99.blogspot.com/2018/03/dashdiet.html>

2. Exercise regularly

Aerobic exercises such as walking, jogging, cycling, swimming and dancing can bring your blood pressure down to safer levels. It is important to be consistent and exercise regularly (about 150 minutes a week) because if you stop exercising, your blood pressure may rise again. Try to include strength training exercises such as weight lifting, push-ups and sit-ups at least two days a week. This can also help reduce blood pressure.



Picture source:

https://www.summitmedicalgroup.com/library/adult_health/sma_strength_training/

3. Quit smoking and drink less alcohol

Smoking cigarettes increases blood pressure and heart rate. Stop smoking helps your blood pressure return to normal. Alcohol is high in calories and sugar, consuming alcohol increases the amount of fat in bloodstream which can increase blood pressure. Therefore, if you have high blood pressure, you must quit smoking and drink less alcohol.



Picture source:

<http://zhoubao.minghui.org/mh/haizb/355/D03/13639/%E5%A5%87%E8%BF%B9%E8%88%AC%E6%88%92%E7%83%9F%E6%88%92%E9%85%92.html>