

High Blood Pressure (Hypertension): What You Need To Know

High Blood Pressure

You may have high blood pressure and not even know it. High blood pressure puts stress on your blood vessel walls. There are usually no signs or symptoms.

This silent condition (known as hypertension) can lead to:

- heart attack
- heart failure
- stroke
- kidney disease.

You should have your blood pressure checked often. Your blood pressure is checked with two numbers. The top number (systolic) shows the pressure in your arteries when your heart beats. The bottom number (diastolic) shows the pressure in your arteries when your heart rests.

You have normal blood pressure if you usually have a top number lower than 120 and a bottom number lower than 80.

See the chart at right for general guidelines. Ask your health care provider about what is right for you.

Ntshav Siab (Hypertension): Koj Yuav Tsum Paub Dab Tsi

Ntshav Siab

Tej zaum koj muaj ntshav siab thiab koj yeej tsis paub li. Cov ntshav siab ua rau tej phab ntsa ntawm tej leeg ntshav ceev ceev. Feem ntau tsis muaj dab tsi uas qhia tias yuav muaj no.

Qhov kev mob uas tsis hnov no (kuj hu ua ntshav siab) uas tau rau yus:

- mob plawv
- lub plawv khiav tsis zoo
- lub paj hlwb cov leeg ntshav daig los sis tawg
- ob lub raum khiav tsis zoo.

Koj yuav tau kuaj seb koj cov ntshav hov siab ntau ntau zaus. Thaum kuaj seb koj cov ntshav hov siab yuav muaj ob tug naj npawb. Tus naj npawb sab saum (systolic) qhia tias koj tej leeg ntshav ceev npaum li cas thaum lub plawv dhia. Tus naj npawb sab hauv (diastolic) qhia tias koj tej leeg ntshav ceev npaum li cas thaum lub plawv so.

Feem ntau koj muaj ntshav siab yog tias tus naj npawb sab saum siab tshaj 120 thiab tus naj npawb sab hauv siab tshaj 80.

Nug koj tus kws kho mob saib yam twg yuav zoo dua rau koj.

General Guidelines for Adults

	Top number (systolic)		Bottom number (diastolic)	Follow-up instructions
Normal	less than 120	and	less than 80	Recheck your blood pressure once a year.
Elevated	120 to 129	and	less than 80	Talk with your health care provider about lifestyle changes.
High blood pressure (stage 1)	130 to 139	or	80 to 89	See your health care provider soon to talk about treatment.
High blood pressure (stage 2)	140 or higher	or	90 or higher	Call your health care provider today.

* If you have heart disease, your blood pressure goal is less than 130/80. If you have diabetes, your blood pressure goal is less than 139/89.

Kev Ntsuas Saib cov Ntshav Khiav Zoo Li Cas rau cov Neeg Laus: Kev Qhia rau Sawv Daws

	Tus naj npawb sab saud (systolic)		Tus naj npawb sab haud (diastolic)	Cov lus qhia soj qab
Zoo xws luag tej	qis tshaj 120	thiab	qis tshaj 80	Rov qab tuaj kuaj seb koj ntshav hov siab ib zaug txhua xyoo.
Siab	120 mus rau 129	thiab	qis tshaj 80	Nrog koj tus kws kho mob tham txog koj tej kev pauv rau koj lub neej.
Ntshav siab (theem 1)	130 mus rau 139	los sis	80 mus rau 89	Mus ntsib koj tus kws kho mob tsiv ntev tom ntej no es nrog nws tham txog kev kho mob no.
Ntshav siab (theem 2)	140 los sis siab tshaj ntawd	los sis	90 los sis siab tshaj ntawd	Hnub no cia li hu mus nrog koj tus kws kho mob tham.

*Yog koj muaj mob plawv, lub hom phiaj rau koj qhov ntshav siab yuav tsum nyob qis tshaj 130/80. Yog koj muaj ntshav qab zib, lub hom phiaj rau koj qhov ntshav siab yuav tsum nyob qis tshaj 139/89.

Who is at Risk

You are at high risk for high blood pressure if you:

- have close relatives who have high blood pressure
- are older than age 35
- are overweight
- are African-American
- eat too much salt
- drink too much alcohol
- are a woman who takes birth control pills, is pregnant, or has gone through menopause
- do not exercise
- have diabetes.

What You Can Do

You need to have your high blood pressure treated. If not, you could have a heart attack or stroke. You can control your high blood pressure with lifestyle changes and/or with medicine.

- Lose weight if needed.
- Eat a healthful diet low in fat and salt. Salt makes your body hold extra fluid. This puts a strain on your heart.
- Drink no more than two alcoholic drinks each day.
- Be more active. A walk or bicycle ride every day can help lower your weight and blood pressure.
- Talk with your health care provider about taking a medicine to help lower your blood pressure.
- Know what your blood pressure should be and how to keep it there.

Leej Twg thiaj Raug Tau

Koj haj yam raug tau ntshav siab yog tias koj:

- kwv tij txheeb ze uas muaj ntshav siab
- muaj hnub nyoog laus tshaj 35 xyoo
- hnyav heev
- yog neeg Amelikas-Dub
- noj ntsev ntau dhau
- haus dej cawv ntau dhau
- yog ib tug poj niam uas noj cov tshuaj tiv thaiv tsis pub muaj me nyuam, xeeb tub lawm, los sis laus lawm es tsis koj khaub ncaws ntxiv
- tsis ua zog ua es xaw xais li
- muaj ntshav qab zib.

Koj Ua Tau Dab Tsi

Koj yuav tau mus kho koj qhov ntshav siab. Yog tias koj tsis ua li ntawd, tej zaum koj yuav mob plawv los sis lub paj hlwb cov leeg ntshav yuav daig los sis tawg. Koj tswj kav tau koj qhov ntshav siab.

- Cia li poob phaus yog tias koj toob kas. Yog tias koj hnyav hnyav ces koj lub plawv yuav tau haj yam siv zog khiav.
- Cia li noj tej yam zaub mob uas tsis tshua muaj roj thiab ntsev. Ntsev uas rau koj lub cev ceev dej ntxiv. Nov ua rau koj lub plawv haj yam siv zog khiav.
- Tsis txhob haus ntau tshaj ob khob dej cawv (zoo li dej cawv txiv hmab los sis npias) tauj ibhnub.
- Haj yam ua ub ua no. Taug kev los sis caij lub luv thij pab tau koj poob phaus thiab ua rau cov ntshav qis mus.
- Cia li nrog koj tus kws kho mob tham txog kev noj tshuaj uas pab koj tsis muaj ntshav siab.
- Noj koj cov tshuaj ntshav siab raws li kws kho mob hais.
- Yuav tsum paub koj cov ntshav yuav tsum siab npaum li cas thiab yuav ua li cas kom nyob ntawd.

Blood Pressure Medicines

Your health care provider may decide that you need to take medicine to control high blood pressure.

- Beta blockers, ACE inhibitors or calcium channel blockers open your narrow blood vessels. They improve your blood flow and lower the pressure inside your arteries.
- Diuretics prevent your body from holding too much salt or water.

Your health care provider will find the right medicine(s) for you.

Important reminders about taking high blood pressure medicine:

- Take your medicine(s) as prescribed at the same time each day.
- Take your medicine(s) even if you feel well.
- Do not stop taking your medicine(s) unless your health care provider tells you to.
- Use a weekly pill box or have family members or friends help you remember to take your medicine(s).

High blood pressure medicine has side effects. They may include leg cramps, change in heartbeat, skin rash, and headaches, among others.

Talk with your health care provider about possible side effects before you start taking or change your high blood pressure medicine(s).

Cov Tshuaj Rau Ntshav Siab

Tej zaum koj tus kws kho mob yuav txiav txim tias koj yuav tsum pib noj tshuaj uas pab tswj kav ntshav siab.

- Qhov beta blockers, ACE inhibitors los sis calcium channel blockers qhib cov leeg ntshavkom loj zog. Tej no pab cov ntshav khiav zoo dua thiab ua rau cov leeg ntshav tsis siab npaum yav tas los.
- Cov diuretics tiv thaiv tsis pub koj lub cev ceev ntsev los sis dej ntau dhau.

Koj tus kws kho mob yuav nrhiav cov tshuaj uas zoo rau koj siv.

Cov lus qhia tseem ceeb rau txoj kev noj cov tshuaj rau ntshav siab:

- Txhua txhua hnuv koj yuav tau noj koj cov tshuaj tib lub sij hawm.
- Koj yuav tsum noj koj cov tshuaj tab txawm koj xis nyob.
- Tsis txhob tsum tsis noj koj cov tshuaj tsuas yog koj tus kws kho mob hais kom ua li ntawd.
- Siv ib lub thawv ntim koj cov tshuaj rau ib lis piam los sis hais kom koj tsev neeg los sis cov phooj ywg pab koj nco noj koj cov tshuaj.

Cov tshuaj rau ntshav siab muaj tau tej kev phiv. Tej zaum yuav muaj tej yam zoo li tu leeg, lub plawv dhia tsis thwj, sawv pob khaus, thiab mob taub haus.

Nrog koj tus kws kho mob tham txog tej kev phiv ua ntej koj pib noj los sis pauv koj cov tshuaj rau ntshav siab.

Your Blood Pressure Today

Your blood pressure:

- was checked on _____ (date)
- number was _____ / _____
- was taken on your:
 - ☐ right arm
 - ☐ left arm
- follow-up instructions:

Some of this information is adapted from the American Heart Association and the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC VII).

Hnub No Koj Ntshav Siab Npaum Li Cas

Koj cov ntshav:

- tau kuaj thaum _____ (hnub tim)
- tus naj npawb yog _____ / _____
- tau kuaj ntawm koj:
 - ☐ sab caj npab xis
 - ☐ sab caj npab laug
- tej lus qhia seb yuav kuaj li cas ntxiv:

Tej yam hauv cov ntawv no raug muab kho los ntawm Amelikas Lub Koom Haum Rau Lub Plawv cov ntawv thiab daim thib Xya los ntawm lub Teb Chaws Lub Rooj Tsav Xwm rau Kev Tiv Thaiv, kuaj tau, Ntsuam Xyuas thiab kev kho Ntshav Siab (JNC VII).