

Hypertension

In normal circumstances, a regular blood pressure is required to push blood through the body so that oxygen and nutrients can reach the tissues. When the pressure in the arteries is constantly high, it results in a condition called hypertension. Hypertension does not have obvious symptoms, so many people are not aware that they have the condition. Therefore, regular check ups and early detection are very important.



According to the Population Health Survey 2014/15 conducted by the Department of Health, the total prevalence of hypertension combining self-reported cases or detected during health examination was 27.7% among persons aged 15-84, with 47.5% of them being undiagnosed before the survey.

Measuring blood pressure

Healthcare professionals measure blood pressure by using an inflatable cuff connected to an automated device. There are two readings:

- Systolic pressure (the upper reading) is the pressure produced in the arteries when the heart pumps (at the time of a heart beat).
- Diastolic pressure (the lower reading) refers to the pressure in the arteries during the relaxation of the heart between beats.

Blood pressure readings are recorded as the systolic pressure over the diastolic pressure eg. 120/80.

The range of blood pressure readings are categorized to help healthcare workers assess and define associated risks:

Normal blood pressure – less than 120/80

Prehypertension – 120 to 139 / 80 to 89

Hypertension – greater than 140/90

Blood pressure is not static. It is relatively lower when a person is at rest and higher when a person is under stress or doing exercise. Due to these variable factors, several readings over a period of time will be required before a diagnosis can be made. Usually older people have higher blood pressure than younger people. People with prehypertension are at an increased risk of developing high blood pressure and cardiovascular complications.

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References:

UpToDate health information source
Department of Health, HK

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Causes

90% of all hypertensive cases are of unknown causes and are called "Primary hypertension". They may be related to stress, obesity, unbalanced dietary intake with excessive salt, heavy drinking, and smoking. All of these risk factors can be reversed. A family history of high blood pressure is also a risk factor.

The remaining 10% are called "Secondary hypertension" and can be due to specific conditions such as endocrine disorders, kidney inflammation, kidney cancer and thyroid disorders. Blood pressure will return normal if the underlying diseases are being treated.

Management

Lifestyle changes – Treatment of hypertension usually begins with lifestyle changes:

- Reducing the amount of sodium (e.g. salt, soy sauce and processed food) in the diet
- Losing weight if overweight or obese
- Restricting alcohol intake
- Stopping smoking
- Managing stress
- Exercising at least 150 minutes of moderate intensity aerobic activity throughout the week

Medicine – Using medicine to lower blood pressure may be recommended if the blood pressure is consistently at or above 140/90. Modern treatment of hypertension has few or no side effects and is often taken once daily. Treatment with medicine aims to prevent the onset of health risks and the treatment itself will not cure the hypertension. Lifestyle changes are always important in managing high blood pressure.

To receive more information on high blood pressure management and lifestyle changes, please consult your doctor or a dietitian.

Scan the QR code to obtain information of our medical centre or clinic downtown



高血壓



一般的情況下，血壓會幫助血液傳送氧份及營養到身體各組織。高血壓是指動脈血壓持續處於高水平的疾病，一般沒有明顯症狀。很多人不自覺患上高血壓，因此定期檢查與及早發現問題乃十分重要。

根據衛生署進行的2014/15年度人口健康調查顯示，15-84歲人士從自述或在身體檢查時量度發現患有高血壓的總患病率為27.7%，其中47.5%在人口健康調查前未被確診。

量度血壓

量度血壓時，醫護人員會使用一個連接至電子儀器的充氣臂帶，量度結果以兩組數字表達：

- 上壓量度心臟收縮泵出血液時血管內的壓力
- 下壓量度心跳之間，心臟放鬆時血管內的壓力

血壓以上下的數字（上壓 / 下壓）標示，如120 / 80。

血壓度數可劃分以下三類，幫助醫護人員評估及界定相關風險：

正常血壓 - 120 / 80以下

前期高血壓 - 120至139 / 80至89

高血壓 - 140 / 90以上

血壓隨著不同因素而變化。休息時，血壓會相對較低；承受壓力時或做運動時，血壓則相對較高。有鑑於眾多因素的影響，醫護人員有可能在一段時間內量度血壓數次，才能作出診斷。較年長人士的血壓度數通常較年輕人為高，而患有前期高血壓的人士其後患上高血壓或心血管疾病的風險也會較高。

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參考資料：

UpToDate 網站
衛生署

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成因

九成高血壓個案成因不明，屬於「原發性高血壓」，這或與壓力、肥胖、飲食不均衡及過度攝取鹽份、酗酒和吸煙等因素有關。這些風險因素均可改善。另外，高血壓或與家族病史有關連。

餘下一成個案為「繼發性高血壓」，可歸因於一些身體狀況如內分泌失調、腎炎、腎癌和甲狀腺疾病。患者接受治療後，血壓便會回復正常。

預防及控制高血壓

改變生活模式 - 治療高血壓一般由改變生活習慣開始，當中包括：

- 減少飲食中鈉質（如鹽、醃質食物、豉油等）的攝取量
- 若過重或肥胖，應減輕體重
- 控制飲用的酒量
- 戒煙
- 壓力管理
- 每星期進行至少150分鐘中度劇烈的帶氧運動

藥物治療 - 如血壓長期維持140/90 或以上的水平，醫生會建議患者服用藥物降低血壓，一般只須每天服用一次，患者只會感到少許或完全不感到副作用。藥物治療的目的旨在預防身體出現其他毛病，並不是根治高血壓。改變生活習慣對於控制血壓亦很重要。

如欲了解更多有關控制血壓及如何改變生活習慣的資訊，請向醫生或營養師查詢。

掃描以下QR Code，
查閱醫院位於市區的
醫療中心或診所資料

