Treatments for Hypertension 高血壓的治療

A healthy lifestyle is helpful for the prevention and treatment of hypertension. It can also prevent or delay a variety of complications, especially cardiovascular and renal diseases.

健康的生活方式是預防和治療高血壓的最佳方案，並可預防或延緩多種併發症，特別是心血管和腎臟疾病。

Improve your lifestyle 改善生活習慣

For patients with mild hypertension and those who do not need to take blood pressure medications, a healthy lifestyle can stabilize blood pressure:

+ Maintain a balanced diet
+ Exercise regularly
+ Quit smoking
+ Attend regular checkups
+ Control your weight
+ Relieve stress
+ Avoid alcohol

如果情況只屬輕微，尤其是暫時不需要服用降血壓藥，可透過健康的生活模式來穩定血壓：

+ 維持均衡飲食
+ 保持適量運動
+ 戒煙
+ 定期覆診
+ 控制體重
+ 紓緩壓力
+ 避免飲酒

Medication 藥物治療

If necessary, doctors will recommend appropriate treatments and medications according to the patient's medical condition. Patients should take the prescribed medication as advised by the doctor and attend checkups regularly. Consult a doctor immediately if the medication is causing any discomfort.

如有需要，醫生會根據病情建議合適的治療或藥物，病人宜充份合作，定時服藥和按時覆診檢查。如初次服藥後有任何不適，應立即諮詢醫生。



Your Healthcare Professional Team 您的專業醫護團隊

Hypertension usually shows no obvious symptoms in the early stages, but it is a chronic, life-threatening disease. If you suspect you may have high blood pressure, seek medical attention as soon as possible.

Our Lifestyle Medicine Clinic and the Lifestyle Management Center's NEWSTART® program aim to help people in need improve their health and quality of life. Participants of the program learn to alleviate symptoms of a variety of modern health conditions such as hypertension, diabetes, obesity, high cholesterol, heart disease, and stress through adopting a new, healthier lifestyle.

高血壓在初期往往沒有明顯病徵，卻是一種能危害生命的慢性疾病。若有懷疑，應盡快求醫，以保障身體健康。

本院特設生活型態醫學診所，並由健康生活促進中心推出「新起點健康實踐計劃」，旨在幫助參加者通過良好的生活模式，強健體魄，改善糖尿病、肥胖、高血脂、心臟病和壓力等都市病。

Appointment & Enquiries 預約及查詢

For further information, please contact our Lifestyle Management Center, or visit our website.

如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

Hong Kong Adventist Hospital – Stubbs Road
香港港安醫院—司徒拔道
Lifestyle Management Center 健康生活促進中心
Lifestyle Medicine Clinic 生活型態醫學診所
(852) 2835 0555 lmc@hkah.org.hk www.hkah.org.hk

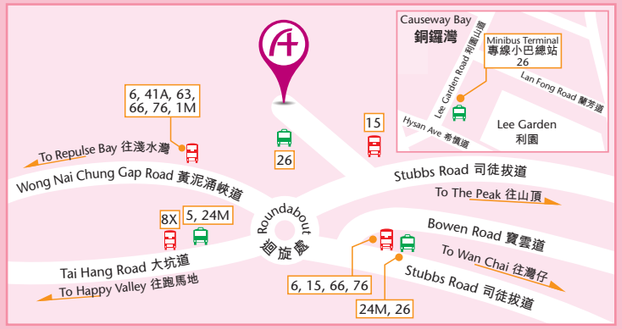
Hong Kong Adventist Hospital – Tsuen Wan
香港港安醫院—荃灣
Lifestyle Management Center 健康生活促進中心
NEWSTART® program 新起點健康實踐計劃
(852) 2275 6338 lmc@twah.org.hk www.twah.org.hk

This material is provided for informational purposes only and is not a substitute for medical examinations, diagnosis, treatment, or advice provided by a physician or other medical practitioners. Should you have any enquiries, please contact your doctor or medical practitioner.

本單張資料只供參考，不能代替醫生或醫療專業人士的醫學檢查、診斷或治療。如有任何健康問題，應諮詢醫生及醫療專業人士。

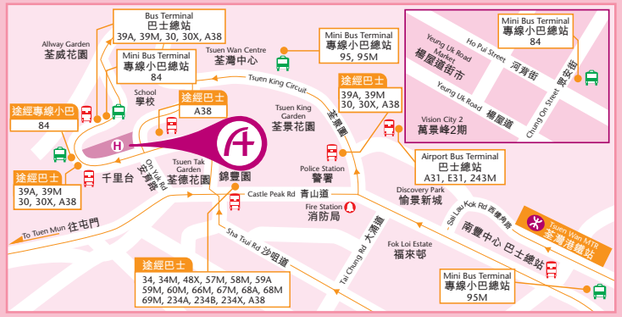
Blood Pressure

Map 路線圖



Hong Kong Adventist Hospital – Stubbs Road
香港港安醫院—司徒拔道

Address 地址 : 40 Stubbs Road, Hong Kong 香港司徒拔道 40號
Telephone 電話 : (852) 3651 8888 Website 網站 : www.hkah.org.hk
Email 電郵 : hkahinfo@hkah.org.hk



Hong Kong Adventist Hospital – Tsuen Wan
香港港安醫院—荃灣

Address 地址 : 199 Tsuen King Circuit, Tsuen Wan, N.T. 新界荃灣荃景圍199號
Telephone 電話 : (852) 2275 6688 Website 網站 : www.twah.org.hk
Fax 傳真 : (852) 2275 6767

Hong Kong Adventist Hospital reserves the right to update the fee schedule, brochure, terms and conditions. Any change of fee schedule will be announced and notices will be published in advance, in accordance with the statutory notice period. Any other changes except the fee schedule may be made at any time as it sees fit without prior notice, you are advised to check the latest information before using our services.
For the latest information, please visit our website at www.twah.org.hk
香港港安醫院保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊。
如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

2026/10 Revised 修訂

Adventist 港安 Health
Hong Kong Adventist Hospital
香港港安醫院

Blood Pressure
認識血壓



Blood Pressure 認識血壓

The heart pumps to circulate blood around the body. Blood pressure is the pressure the blood vessel walls experience when the heart pumps blood into the blood vessels. Systolic, also known as "the top number", refers to the pressure on the vessel walls when the heart muscle contracts. Diastolic, also known as "the bottom number", refers to the pressure that is exerted on the vessel walls when the heart is relaxed. In general, blood pressure is measured in millimeters of mercury (mmHg).

心臟推動血液運行全身，心臟將血液泵進血管時，血管壁所受到壓力稱為「血壓」。「收縮壓」(又稱「上壓」) 指心臟收縮時加諸血管壁的壓力；「舒張壓」(又稱「下壓」) 指心臟放鬆時血管壁承受的壓力。量度血壓一般以毫米水銀柱 (mmHg) 為單位。

What is Hypertension? 甚麼是高血壓？

Hypertension is a very common condition in Hong Kong. If it is not under effective control, the risks of heart failure, coronary heart disease, kidney failure, and stroke increase. The World Health Organization defines hypertension as:

"A resting blood pressure higher than 140 (systolic)/90 (diastolic) mmHg, with repeated measurements."

高血壓在香港是相當普遍的疾病。如未能有效控制，會增加患上心臟衰竭、冠心病、腎衰竭和中風的風險。世界衛生組織對高血壓的定義是：

「高血壓指人體在休息的狀態下，經多次量度，血壓高於140 (上壓) / 90 (下壓) 毫米水銀柱。」



Table 表1：Blood Pressure Category 血壓水平分類

Blood pressure categories 血壓分類	Systolic blood pressure 收縮壓	Diastolic blood pressure 舒張壓	Recommendations 建議
Optimal 理想血壓	< 120	< 80	Recheck in 2 years (Once a year for people aged over 75) 兩年內再次檢查 (75歲以上的人士，每年檢查一次)
Normal 正常血壓	120-129	80-84	Recheck in 1 year 每年檢查一次
High normal 正常高值血壓	130-139	85-89	Recheck in 6 months 六個月檢查一次
Hypertension 高血壓	≥ 140	≥ 90	Consult your family doctor as soon as possible for advice 盡快約見你的家庭醫生聽取建議

Reference 資料來源:
Hong Kong Reference Framework for Hypertension Care for Adults in Primary Care Settings(2022)
香港高血壓參考概覽成年高血壓患者在基層醫療的護理【病友篇】(2022)

Causes of Hypertension 高血壓的成因

Based on its causes, hypertension is classified into two types: primary and secondary.

Primary: Most hypertension cases are classified as primary as there is no identifiable cause of high blood pressure. It is generally associated with genetics, personality, mental stress, obesity, or lifestyle habits (such as smoking, unhealthy diet, excessive salt intake, and lack of exercise).

Secondary: This type of hypertension is mainly caused by other medical conditions or physical changes, such as kidney disease, endocrine disease (such as diseases of the adrenal glands), aortic stenosis (hardened), etc. Once the underlying condition is treated, the patient's blood pressure may return to normal.

根據成因，高血壓可分為原發性和繼發性兩大類。

原發性： 大多數高血壓屬此類，其成因不明，一般與遺傳、性格、精神緊張、肥胖、生活習慣 (如吸煙、飲食不節制、食鹽過量、缺乏運動) 有關。

繼發性： 主要由其他疾病或身體變化引起，如腎病、內分泌病 (如腎上腺)、主動脈狹窄 (硬化) 等。若能治癒病因，患者的血壓可回復正常水平。

Risk Factors for Hypertension 高血壓的風險因素

Age: Risk increases with age due to natural vascular degeneration

Genetics: Higher risk if immediate family members have suffered from the disease

Weight: Being overweight or obese

Diet: Long-term consumption of foods high in salt (sodium)

Lifestyle: Smoking, consumption of alcohol, lack of exercise, and high levels of stress

年齡： 血管隨着年齡增長而自然退化

遺傳： 若直系家屬患過此病，患上的機會較高

體重： 過重或肥胖

飲食： 長期進食高鹽份 (鈉) 食物

生活習慣： 吸煙、嗜酒、缺乏運動、精神緊張

Symptoms of Hypertension 高血壓的徵狀

Hypertension has no obvious symptoms. Most patients are diagnosed after their blood pressure is measured during a routine physical examination, though some patients may experience dizziness, headache, fatigue, and other symptoms. Since hypertension is difficult to detect, regular annual physical examinations are recommended for adults so that the condition may be diagnosed and treated as early as possible.

高血壓沒有明顯病徵，患者多在例行身體檢查量度血壓後，方發現原來已患上高血壓。小部份人會有頭暈、頭痛、疲倦等徵狀。由於高血壓不容易察覺，建議成年人每年檢查身體一次，以便及早發現問題所在。

Complications of Hypertension 高血壓的併發症

Uncontrolled hypertension is a risk factor of many diseases, such as stroke, myocardial infarction, heart failure, coronary artery disease, aneurysm (such as aortic aneurysm), and peripheral arterial disease. It is also a cause of chronic kidney disease.

不受控制的高血壓是不少疾病的風險因素，如中風、心肌梗塞、心衰竭、冠心病、動脈瘤 (如主動脈瘤) 和外周動脈疾病，也是慢性腎病的病因之一。

How to Diagnose Hypertension Early 如何及早識別高血壓

First and foremost, it is important to measure blood pressure on a regular basis. If hypertension is diagnosed, doctors will arrange further examinations, such as blood tests, ECG, chest X-ray, urine tests, and dilated fundus examination (DFE) to determine the cause of hypertension and assess the extent of damage to other organs.

首要是定期量度血壓。一旦確診，醫生會安排有需要的患者作進一步檢查，如血液檢驗、心電圖、胸肺X光照片檢查、尿液檢驗、眼底檢查等，以找出其病因，及評估其對身體各器官可能做成的傷害。

A Healthy Lifestyle Helps Prevent Hypertension 培養良好生活習慣，有助預防高血壓

Weight control, reducing daily salt (sodium) intake, regular exercise, and diet control can help lower blood pressure while reducing the risk of cardiovascular disease. High-risk individuals and hypertensive patients should therefore maintain an ideal weight, reduce their intake of salt (sodium), quit smoking, relieve stress appropriately, and develop good lifestyle habits.

減輕體重，平日減少攝取鈉質，多做運動，飲食節制等，都有助降低血壓水平，同時減少患心血管疾病的風險。因此，高風險人士和高血壓患者宜保持理想體重，減少攝取鈉質，戒煙，適當紓緩壓力，並培養良好的生活習慣。

Managing Hypertension with a Low-Sodium Diet

Studies have shown that those with high sodium (salt) intake in their diet are at a higher risk of hypertension. The World Health Organization recommends that adults should not consume more than 2,000 mg of sodium per day, which is equivalent to about one teaspoon of table salt. Natural food actually already contains an adequate amount of salt that every human body needs, so it is best to maintain a low-sodium diet from an early age and to enjoy the natural flavor of food.

Reduce the consumption of the following high-sodium foods:

Preserved Foods	canned or pickled vegetables, such as mei gan cai (mei cai), pickled mustard greens, preserved vegetables (zha cai), dried cabbage, preserved olive vegetables, olives, salted and dried radish, pickled cabbage, pickled cucumbers in soy sauce, pickled cucumbers, kimchi, pickled canned beans, and tinned tomatoes; pickled eggs, such as salted eggs, preserved eggs, soy marinated eggs; marinated vegetarian foods, such as marinated wheat gluten
Condiments and Sauces	soy sauce, oyster sauce, monosodium glutamate, chicken powder, soup cubes, fish sauce, marinade, chu hou paste, curry, spiced salt, Worcestershire sauce, garlic salt, onion salt, celery salt, tomato chili sauce, refined mustard, peanut butter, cheese sauce, salad dressings, sandwich sauces, sha cha sauce, Sichuan chili bean paste, hoisin sauce, shrimp paste, barbecued pork sauce, barbecue sauce, tomato paste or tomato sauce, caviar, gravy, stew seasoning, mixed spices, sauce and dip mixes, miso, fermented black beans, fermented bean curd, fermented red bean curd, meat tenderizer, baking powder, baking soda
Processed or Marinated Meat	Chinese sausages, roasted meat, Chinese braised dishes, ham, smoked meat, bacon, sausages, hot dogs or German sausages, frozen meals, salted fish, beef jerky, pork jerky, salt-baked chicken, soy sauce chicken, canned sausages, lunch meat, corned beef, canned spiced pork cubes, canned fish with black beans, anchovies, canned fish in brine
Instant Processed Foods	cup noodles, instant noodles (sodium content of the soup powder is particularly high)
Dairy Products	cheese, processed cheese, farmer cheese, and other high-sodium cheeses
Breads, Desserts, Snacks, Dim sum, and Dried fruits	frozen pies or canned pie fillings, pizza, sausage buns, barbecued pork buns, cheeseburgers, chicken buns; various salted nuts; street foods containing large amounts of sauce, such as dumplings (shaomai), fish balls, skewers; dim sum such as turnip cake with Chinese sausage; snacks such as potato chips, prawn crackers, cheese rings, cream-filled biscuits, salted pretzels, crackers, toast, salted popcorn; preserved fruits such as salty dried plums, preserved seedless plums, dried tangerine peel, dried salted ginger, dried lemon
Food Additives	jelly powder, rice or spaghetti sauce mixes, readymade hot pot or casserole sauces or mixes, cake and cookie mixes, instant potato mixes
Drinks and Soups	daily soups from Hong Kong-style tea restaurants, consommés, canned or packaged soup, salted soup, bottled tomato juice or vegetable juice, mineral water

Recommendations for reducing dietary salt (sodium) intake:

+ Do not place salt or sauces with high salt content (such as soy sauce) on the dining table
+ Do not add salt when cooking foods such as pasta or vegetables
+ Keep salty snacks (such as pretzels, chips, and crackers) out of sight
+ Avoid foods high in salt when dining out
+ Read food labels on pre-packaged foods and be aware of the sodium content
+ Choose fresh foods instead of preserved foods
+ Select foods labeled as "low sodium", "sodium-free", or "no salt"
+ Discuss with your doctor about the use of salt substitutes

2026/10 Revised

Blood Pressure

A 高血壓之低鹽低鈉飲食篇

研究顯示，飲食中鈉攝取量高（高鹽份）的人患上高血壓的機會較高。世界衞生組織建議，成年人每天不宜攝取超過2,000毫克鈉質，即相當於大約一茶匙食鹽。其實，天然食物中已包含人體所需的鹽份，我們應從小培養清淡口味，享受食物的天然鮮味。

應減少進食以下含高鹽（鈉質）的食物：

醃製食品	罐頭或醃製蔬菜，如梅菜、鹹酸菜、榨菜、冬菜、欖菜、橄欖、菜莆、雪菜、醬瓜、醃黃瓜、泡菜、醃漬罐裝豆、罐裝番茄；醃製蛋類，如鹹蛋、皮蛋、鹵水蛋、齋鹵味等
調味品和醬料	豉油、蠔油、味精、雞粉、濃湯寶、魚露、醃汁、柱候醬、咖哩、淮鹽、醬汁、蒜鹽、洋蔥鹽、芹菜鹽、辣椒番茄醬、精製芥末、花生醬、芝士醬、沙律醬、三文治醬、沙茶醬、豆瓣醬、海鮮醬、蝦醬、叉燒醬、燒烤醬、茄膏或茄醬、魚子醬、肉汁、燉肉料、混合辛香料、醬汁和蘸汁混合料、面豉、豆豉、腐乳、南乳、鬆肉粉、發粉、常規烤焗粉和梳打粉等
加工醃製過的肉類	臘味、燒味、鹵味、火腿、煙燻肉、煙肉、香腸、熱狗腸或德國香腸、冷凍熟食食品、鹹魚、牛肉乾、豬肉乾、鹽焗雞、豉油雞、罐頭香腸、午餐肉、鹹牛肉、五香肉丁、豆豉鯪魚、鯷魚、鹽水浸魚
即食加工食品	杯麵、即食粉麵 （以湯包及調味粉的鈉含量尤其高）
奶產品	乳酪、加工乳酪、農家乳酪，和其他高鈉乳酪
麵包類、甜品、零食、點心、涼果	冷藏罐裝餡餅、意大利薄餅、香腸包、叉燒包、芝士包、雞包；各種鹽焗硬殼果；含大量醬料的街頭小吃，如燒賣、魚蛋、串燒；茶樓點心，如加臘味烹製的蘿蔔糕；薯片、蝦條、芝士圈、部份夾心餅、加鹽鹹脆捲餅、鹹餅乾、烤麵包片和加鹽爆谷；涼果類如話梅、加應子、陳皮、鹹薑、檸檬乾等
食品添加劑	咖喱粉、飯和意大利麵混合料、火鍋或砂鍋菜混合料、蛋糕及曲奇餅混合料、即食薯仔混合料等
飲品	例湯、清燉肉湯、一般罐裝或包裝湯、加鹽湯、瓶裝即飲番茄汁或蔬菜汁、礦泉水

減少飲食中鈉的建議：

+ 餐桌上不要擺放食鹽，鈉含量高的醬汁或豉油
+ 烹調食物過程中不要加鹽，例如煮意大利麵或蔬菜時
+ 不要讓自己看到含鹽的零食或小吃（例如鹹脆捲餅、薯片和鹹餅乾）
+ 出外用膳時，不要吃高鈉食品
+ 閱讀包裝上的食品標籤，瞭解鈉含量
+ 選擇新鮮食物而避免醃製食物
+ 選擇標有「低鈉」、「無鈉」或「無鹽」的食物
+ 與醫生討論使用代鹽產品



2026/10 修訂

認識血壓