

Treating High Blood Pressure in People with Diabetes

治療糖尿病患者的高血壓

Toolkit No. 16 健康手冊（十六）

An important part of taking care of yourself is keeping your blood pressure under control. High blood pressure—also called hypertension—raises your risk for heart attack, stroke, eye problems, and kidney disease. As many as 2 out of 3 adults with diabetes have high blood pressure.

Having your blood pressure checked regularly and taking action to reach your blood pressure target can prevent or delay diabetes problems.

在糖尿病照護中，很重要的一點是必須控制血壓。高血壓會增加心臟病發作、中風、眼疾及腎臟病的風險。在患有糖尿病的成人當中，每3人就有2人有高血壓。定期測量血壓並想辦法讓血壓維持在目標值，將可預防或延緩糖尿病的病症。

What is high blood pressure?

什麼是高血壓？

Blood pressure is the force of blood flow inside your blood vessels. When your health care team checks your blood pressure, they record two numbers, such as 130/80 mmHg. You'll hear them say this as "130 over 80." Both numbers are important:

血壓是指血流在血管內所施壓的力量。醫

護人員在檢查血壓時，會記錄兩個數值，例如 130/80 mmHg。一般會說成“130 over 80”（130 比 80）。這兩個數值都很重要：

- The first number is the pressure as your heart beats and pushes blood through the blood vessels. Health care providers call this the “systolic” pressure.
- The second number is the pressure when the vessels relax between heartbeats. It's called the “diastolic” pressure.
- 第一個數值是代表心臟跳動時，經血管推送血液的壓力。醫師會將此稱為「收縮壓」。
- 第二個數值則是代表兩次心跳間隔期間，血管放鬆時的壓力。這稱為「舒張壓」。

When your blood moves through your vessels with too much force, you have high blood pressure. Your heart has to work harder when blood pressure is high, and your risk for diabetes problems goes up. High blood pressure is a problem that won't go away without treatment.

當血液流經血管時帶來太大的壓力，就會有高血壓。當血壓高時，心臟必須更費力維持功能，而發生糖尿病病症的風險也隨

之升高。高血壓不會自動消失，而必須加以治療。



Choosing foods wisely, being physically active, and taking medications are all part of treating high blood pressure.

慎選食物、增加運動量和服用藥物，都是治療高血壓的方法之一。

What is the recommended target for blood pressure?

血壓的建議目標值為何？

Both diabetes and high blood pressure increase your risk of heart attack, stroke, and eye and kidney disease. Because of this, people with diabetes have a lower blood pressure target than the general public. The American Diabetes Association (ADA) and the National Institutes of Health recommend a target blood pressure of less than 130/80 mmHg for people with diabetes. When you keep your blood pressure below 130/80 mmHg, you'll be lowering your risk for diabetes problems.

糖尿病和高血壓都會增加心臟病發作、中風、眼疾和腎臟病的風險。因此，糖尿病患者的血壓目標值應低於一般人。美國糖尿病協會 (ADA) 與美國國家衛生研究院 (National Institutes of Health) 建議，糖尿

病患者的目標血壓應低於 130/80 mmHg。當您將血壓維持在 130/80 mmHg 以下時，就能降低糖尿病病症的風險。

How will I know if I have high blood pressure?

我要如何知道自己是否有高血壓？

High blood pressure is a silent problem—you won't know you have it unless your health care provider checks your blood pressure. The ADA recommends that you have your blood pressure checked at every office visit, or at least two to four times a year. Keep track of your blood pressure by recording the results of your checkups here.

高血壓並沒有症狀，因此要等到醫師幫您測量血壓後，才會知道自己是否有高血壓。ADA 建議您在每次門診時測量血壓，或一年至少檢查二至四次。為追蹤血壓，請將測量結果記錄在下面。

ADA blood pressure target: Below 130/80 mmHg

Office Visit	My Results	My Target
Date:		
Date:		
Date:		
Date:		

ADA 血壓目標：低於 130/80 mmHg

門診	測量結果	我的目標
日期:		
日期:		
日期:		
日期:		

What treatments are recommended?

建議的治療有哪些？

Both lifestyle changes and medication help control blood pressure. Treatment differs from one person to the next. Work with your health care provider to find a treatment that's right for you.

改變生活習慣和服用藥物都有助於控制血壓。不過，治療會因人而異。請向醫師諮詢，找出適合自己的治療方式。

Lifestyle changes

改變生活習慣

Lifestyle changes can help control your blood pressure as well as your blood glucose (sugar) and blood lipid (cholesterol and triglyceride) levels. Place a check mark next to steps you're willing to try.

改變生活習慣有助於控制血壓、血糖及血脂（膽固醇與三酸甘油酯）濃度。下面有幾個步驟可幫助您，請在想嘗試的步驟旁邊打勾。

Make wise food choices

慎選食物

- I'll eat a serving of fruit at each meal.
- I'll eat one or two servings of vegetables at lunch and at dinner.
- I'll switch to low-fat or fat-free dairy products (such as low-fat cheese and skim milk).
- I'll eat whole-grain breads (such as whole-wheat bread) and cereals.
- I'll eat nuts or peanut butter sometimes.
- I'll choose lean meats and meat substitutes (such as chicken without the

skin, fish, lean beef such as flank steak or chuck roast, boiled ham, or pork tenderloin).

- I'll cook using low-fat methods such as baking, roasting, broiling, or grilling.
- I'll add little or no salt to my food at the table and during cooking.
- I'll try herbs and spices instead of salt.
- I'll check food labels and choose foods with less than 400 mg of sodium per serving.

- 每餐吃一份水果。
- 午餐和晚餐吃一或兩份蔬菜。
- 改吃低脂或無脂奶製品（例如低脂起司和脫脂牛奶）。
- 吃全穀類麵包（例如全麥麵包）和麥片。
- 有時吃些堅果或花生醬。
- 選擇瘦肉和肉類替代製品（例如去皮雞肉、魚類、腹脅肉或肩部厚肉塊等瘦牛肉、熟火腿或豬柳）。
- 用低脂烹調方式，例如烘烤、爐烤、炙烤或燒烤。
- 用餐及烹調時少加鹽或不加鹽。
- 試著以香草或香料代替鹽。
- 查看食物包裝標示，選擇每份量低於 400 mg 鈉的食物。

Lose weight or take steps to prevent weight gain

減重或想辦法避免增加體重

- I'll cut down on calories and fat.
- I'll try to be more physically active than I am now.

- 減少熱量與脂肪攝取。
- 試著增加現在的運動量。

Be physically active

多運動

- Before I start a new routine, I'll check with my doctor to find out which

activities will be safe for me.

- I'll try to do a total of about 30 minutes of aerobic exercise, such as brisk walking, most days of the week. If I'm just starting out, I'll begin with 5 minutes a day and gradually add more time.
- 在開始運動前，先向醫師諮詢，找出安全的運動。
- 盡量一週內每天試著做大約 30 分鐘像快走等有氧運動。如果才剛開始做運動，會從一天做 5 分鐘開始，再逐漸增加時間。

Be careful with alcohol

飲酒需適量

- I'll talk with my health care team about whether it's wise for me to have alcoholic beverages.
- If and when I drink alcoholic beverages, I'll limit myself to 1 serving a day (for women) or 2 servings a day (for men).
- 向醫護人員諮詢，確定自己是否適合喝含酒精的飲料。
- 飲酒時，最多一天 1 杯（女性）或一天 2 杯（男性）。

Quit smoking

戒煙

- I'll talk with my health care team about methods that can help.
- 詢問醫護人員，看是否有幫助我戒煙的方法。

Medications

藥物

Several types of medications are available. Not everyone takes the same blood pressure

medication, and many people take more than one kind. Which ones you take will depend on your blood pressure readings and other factors such as cost.

治療高血壓的藥物有幾類。但每個人所服用的抗高血壓藥物不一定相同，也有許多人服用一種以上的藥物。要服什麼藥物，需視血壓值以及其他像是成本等因素而定。

- **ACE inhibitors**—These medications lower blood pressure by keeping your blood vessels relaxed. ACE inhibitors prevent a hormone called angiotensin from forming in your body and narrowing your blood vessels. These medications also help protect your kidneys and reduce your risk of heart attack and stroke.
- **ARBs**—These medications keep the blood vessels open and relaxed to help lower blood pressure. Like ACE inhibitors, ARBs also protect your kidneys.
- **Beta blockers**—These medications help lower blood pressure and relax your heart by allowing it to beat slower and less forcefully. Beta blockers help prevent heart attack and stroke.
- **Calcium channel blockers**—These medications help the blood vessels relax by keeping calcium out of your blood vessels and heart.
- **Diuretics**—These medications, sometimes called “water pills,” help rid your body of extra water and sodium through urine.
- **ACE 抑制劑** — 這類藥物能幫助血管放鬆，達到降血壓的效果。ACE 抑制劑會抑制人體形成一種稱為血管收縮素的賀爾蒙，防止其緊縮血管。這類藥物也能保護腎臟，降低心臟病發作和中風的風險。

- **ARB** — 這類藥物能讓血管保持舒張和放鬆，藉此幫助降低血壓。ARB 跟 ACE 抑制劑一樣，也能保護腎臟。
- **乙型阻斷劑** — 這類藥物能讓心臟放緩跳動的速度和力量，藉此幫助降低血壓並使心臟放鬆。乙型阻斷劑有助於預防心臟病發作和中風。
- **鈣通道阻斷劑** — 這類藥物能避免鈣離子進入血管和心臟，幫助血管放鬆。
- **利尿劑** — 這類藥物有利排尿，可將體內多餘的水分和鈉排出體外。



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