

English	Chinese
<p data-bbox="186 268 787 384">The top 10 risk factors for high blood pressure include:</p> <p data-bbox="186 422 643 464">Being overweight or obese</p> <p data-bbox="186 499 821 722">The more you weigh the more blood flow you need to supply oxygen and nutrients to your tissues. As the volume of blood circulated through your blood vessels increases, so does the pressure inside your arteries.</p> <p data-bbox="186 762 795 804">Too much salt (sodium) in your diet</p> <p data-bbox="186 840 795 989">Too much sodium in your diet can cause your body to retain fluid, and also causes the arteries in your body to constrict. Both factors increase blood pressure.</p> <p data-bbox="186 1029 730 1071">Too little potassium in your diet</p> <p data-bbox="186 1106 816 1255">Potassium helps balance the amount of sodium in your cells. Potassium causes the smooth muscle cells in your arteries to relax, which lowers blood pressure.</p> <p data-bbox="186 1295 646 1337">Not being physically active</p> <p data-bbox="186 1373 816 1596">Exercise increases blood flow through all arteries of the body, which leads to release of natural hormones and cytokines that relax blood vessels, which in turn lowers blood pressure. Lack of physical activity also increases the risk of being overweight.</p> <p data-bbox="186 1635 633 1677">Drinking too much alcohol</p> <p data-bbox="186 1713 812 1894">Having more than two drinks per day can cause hypertension, probably by activating your adrenergic nervous system, causing constriction of blood vessels and simultaneous increase in blood flow and</p>	<p data-bbox="852 268 1372 384">高血壓的十大危險因素包括：</p> <p data-bbox="852 422 1055 464">超重或肥胖</p> <p data-bbox="852 499 1377 674">體重越重，為組織提供氧氣和營養所需的血流量就越多。增加在血管中循環的血液量，而動脈內的血壓也隨之增加。</p> <p data-bbox="852 762 1258 804">飲食中的鹽（鈉）過多</p> <p data-bbox="852 840 1377 968">飲食中的鈉過多會導致您的身體滯留水分，還會使您的動脈收縮。這兩個因素都會增加血壓。</p> <p data-bbox="852 1024 1136 1066">飲食中的鉀太少</p> <p data-bbox="852 1106 1401 1234">鉀有助於平衡細胞中的鈉含量。鉀會使動脈中的平滑肌細胞鬆弛，從而降低血壓。</p> <p data-bbox="852 1276 1015 1318">沒有運動</p> <p data-bbox="852 1373 1401 1535">運動會增加人體所有動脈中血液的循環，導致放出天然激素和細胞因子，從而使血管鬆弛而令血壓降低。缺乏體育和運動鍛煉也會增加超重的風險。</p> <p data-bbox="852 1625 1015 1667">喝酒過多</p> <p data-bbox="852 1724 1401 1885">每天喝兩杯以上的酒可能會引起高血壓，可能是因為激活您的腎上腺素的神經系統，引起血管收縮並同時增加血流量和心率。</p>

heart rate.

Stress

High levels of stress can lead to a temporary, but dramatic, increase in blood pressure. If you try to relax by eating more, using tobacco or drinking alcohol, you may only exacerbate problems with high blood pressure. Relaxation and meditation techniques effectively lower blood pressure.

Non-steroidal Anti-inflammatory Drugs (NSAIDs)

Ibuprofen (Advil, Motrin, Ibuprofen) can cause marked worsening of existing hypertension or development of new high blood pressure. It can also cause damage to the kidneys, worsening of heart failure, and even heart attack or stroke. Ibuprofen is a member of the class of drugs called NSAIDs, which includes naproxen (Aleve, Naprosyn and Anaprox), sulindac (Clinoril), diclofenac (Voltaren), piroxicam (Feldene), indomethacin (Indocin), Mobic, Lodine and celecoxib (Celebrex).

Cough and Cold Medications (Sudafed and other brands that contain pseudoephedrine and

壓力

壓力過大會導致血壓性暫急劇升高。如果嘗試吃很多食物，吸煙或喝酒來放鬆身心，可能只會加劇高血壓問題。放鬆和冥想技巧可有效地降低血壓。

非類固醇抗炎藥 (NSAIDs)

布洛芬 (或名為 Advil , Motrin , Ibuprofen) 可引起現有高血壓的明顯惡化或引起新的高血壓。它還可能導致腎臟受損，心力衰竭甚至心臟病發作或中風。布洛芬是被稱為 NSAIDs 的藥物類其中的一隻藥，其它包括萘普生 (Aleve , Naprosyn 和 Anaprox) ，舒林酸 (克利諾利) ，雙氯芬酸 (Voltaren) ，吡羅昔康 (Feldene) ，消炎痛 (Indocin) ， Mobic , Lodine 和 celecoxib (Celebrex) 。

止咳藥和感冒藥 (Sudafed 和其他含有偽麻黃鹼和去氧腎上腺素的品類)

phenylephrine)

Cough and cold medicines frequently contain decongestants such as pseudoephedrine and phenylephrine. These medications cause your blood pressure and heart rate to rise, by constricting all your arteries, not just those in your nose.

Certain chronic conditions

Certain chronic conditions, including diabetes, kidney disease and sleep apnea, also may increase your risk of high blood pressure.

A diet low in vitamin D

It's uncertain if having too little vitamin D in your diet can lead to high blood pressure. Researchers think that vitamin D may affect an enzyme produced by your kidneys that affects your blood pressure. More studies are necessary to determine vitamin D's exact role in high blood pressure. However, talk to your doctor about whether you may benefit from taking a vitamin D supplement.

UCSF Health medical specialists have reviewed this information. It is for educational purposes only and is not intended to replace the advice of your

止咳藥和感冒藥經常含有去除鼻塞藥，例如偽麻黃鹼和去氧腎上腺素。這些藥物會收縮所有動脈，而不僅僅是收縮鼻子中的動脈，從而導致血壓和心率升高。

某些慢性病

某些慢性疾病，包括糖尿病，腎臟疾病和睡眠打鼾呼吸暫停，也可能增加高血壓的風險。

低維生素 D 飲食

現在尚不能確定飲食中維生素 D 過低是否會導致高血壓。研究人員認為維生素 D 可能會影響腎臟產生的酶，從而影響血壓。為了確定維生素 D 在高血壓中的確切角色，還需要進行更多的研究。但是，請您諮詢醫生您是否可以從服用維生素 D 補充劑中受益。

UCSF 健康醫學專家已審查了此信息。它僅用於教育目的，無意取代您的醫生或其他醫務人員的建議。我們鼓勵您與您的醫務人員討論任何問題或疑慮。

doctor or other health care provider. We encourage you to discuss any questions or concerns you may have with your provider.