

WHY YOU SHOULD GET A BLOOD PRESSURE METER

您为什么需要一个
电子血压机



Your Tools to Good Health
为您提供对身体健康的资讯



Polyclinics
SingHealth

WHAT IS HYPERTENSION?

Hypertension or high blood pressure is a **silent killer**.

Most often it can be high without causing symptoms like headaches or dizziness. However, it can still damage your internal organs.

WHY IS IT IMPORTANT TO MEASURE MY BLOOD PRESSURE AT HOME?

Your blood pressure may be higher at the clinic than at home. This could be due to:

- Lack of sleep
- Nervousness or restlessness at the clinic



It is recommended that you measure your blood pressure at home regularly although it was measured in the clinic.

This will enable the doctor and yourself to be more confident of your true blood pressure.

WHAT ARE THE BENEFITS OF MEASURING MY BLOOD PRESSURE AT HOME?

Measuring your blood pressure at home helps you understand what affects your blood pressure and helps you control your blood pressure.

For example, when you are stressed or have been on high salt diet, you may notice your blood pressure going up.

This lets you appreciate the importance of having a healthy lifestyle.

If your home blood pressure is lower than measured at the clinic, you may be able to avoid taking unnecessary medication, saving on medication costs.

Better control of your high blood pressure will mean lower risk of medical complications and lower medical expenses in the future.



Categories of Blood Pressure (BP) Levels in Adults Age 18 Years and Above		
Blood Pressure	Upper Reading (systolic) mmHg	Lower Reading (diastolic) mmHg
Normal	< 130	< 80
Slightly High	130 – 139	80 – 89
High	140 – 159	90 – 99
Very high	≥ 160	≥ 100

Source: MOH Clinical Practice Guidelines 2/2005

DIGITAL BP MACHINE IS EASY TO USE

All you need to do is to wrap the cuff around your arm and press the 'Start' button. The machine will do the rest for you. Even if you are alone at home, measuring your blood pressure is easy. It takes only a minute to do this. Rest for about 5 minutes before taking the measurement. Record this down to show your doctor or nurse.

DIGITAL BP MACHINE IS AFFORDABLE

SingHealth Polyclinics has a model sold at our pharmacy at a price lower than you would normally find in the retail shops.



➡ **Speak to your doctor, pharmacist or nurse in the polyclinic to learn more about measuring your home blood pressure using the digital BP machine.**

✉ **Alternatively, you may email us at SingHealthPolyclinics@singhealth.com.sg**

高血压是什么?

高血压，也叫“隐形杀手”。

很多时候高血压不一定会引起头晕，头痛等症状，但其实已对您的内脏器官造成损害。

在家测量血压对我很重要吗?

您在诊所的血压可能比在家里的高。

一些会影响您的血压的因素包括：

- 缺乏睡眠
- 在诊所时焦躁不安或是感到紧张



因此虽然您已经在诊所测定了血压，我们建议您在家中也经常测量血压。这能够使医生及您自己对您的血压的准确性更有信心。

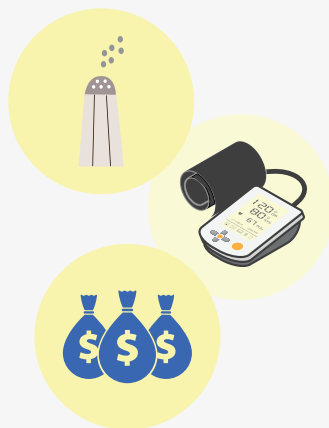
在家测量我的血压有哪些好处?

您在家里测量血压也会帮助您了解您的高血压的根源，因此更好的帮助您控制您的血压。

例如，当您感受压力时或者服食高盐饮食时，您可以看到您的血压的上升。这样一来，您便能体会到拥有健康的生活方式的重要性。

如果您在家测量的血压确实低于诊所测量的血压，您也许可以避免服用不必要的药物与节省不必要的医药费。

如果您在家测量的血压也确实高，那意味着您真的需要接受治疗。更好的控制您的高血压也意味着降低并发症的风险，因而避免未来更高的医药支出。



成人年龄18岁及以上的血压（BP）水平分类

血压	收缩压 mmHg	舒张压 mmHg
正常	< 130	< 80
偏高	130 – 139	80 – 89
高	140 – 159	90 – 99
非常高	≥ 160	≥ 100

Source: MOH Clinical Practice Guidelines 2/2005

电子血压机使用方便

您只需把血压袖带缠绕在手臂上，按下“开始”按钮，血压机就会自动进行测量。即使您是独自在家，测量自己的血压也很容易。这只需花您一分钟的时间。休息5分钟后再测量。把血压记录下来让您的医生或护士看。

电子血压机的价格合理

我们的诊所药房所提供的一款电子血压机，价格低于零售商店平常的售价。



➡ 现在就向您的医生，药剂师或护士了解如何能帮助您开始使用电子血压机来测量您在家里的血压。

✉ 另外，您也能电邮至 SingHealthPolyclinics@singhealth.com.sg 与我们联系。

A member of SingHealth



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