

Yog koj muaj ntshav siab, tsim ib txoj kev los ntsuas koj cov ntshav siab hauv tsev thiab nyob rau lwm qhov chaw uas koj nquag mus. Kev ntsuas ntshav siab nrog koj tus kheej, ua ke nrog kev pab ntawm kws kho mob, yuav txhawb tau kev saib xyuas kom zoo dua tuaj, pab kom koj noj tshuaj raws sijhawm, thiab thaum kawg yuav txo tau kev muaj mob lossis muaj lwm yam teeb meem loj rau lub plawv.

Kev muaj ntshav siab lossis hu ib lub npe ua hypertension, ua rau koj muaj feem ntau heev rau kev muaj mob nkeeg loj xws li mob plawv nres, mob stroke, thiab mob raum. Kev tswj xyuas ntshav siab pom tau hais tias pab txo kev yuav muaj mob nkeeg loj, suav nrog rau txo kev puas paj hlwb (dementia) thiab. Hais tau hais tias, yam uas zoo rau lub plawv ces yeej zoo rau lub hlwb thiab.



## Nrhiav ib qhov chaw uas nyob tau ntsiag to hauv koj lub tsev los mus ua qhov chaw rau koj ntsuas ntshav siab.

- ✓ Txo tej yam cuam tshuam kom tsawg.
- ✓ Yog koj dim zis ces mus tso zis ua ntej.
- ✓ Tsis txhob haus tej dej ua muaj caffeine xws lis kasfes, thiab tsis txhob tawm dag zog ua dab tsi (evxawsxais) ua ntej koj yuav ntsuas ntshav siab.



## Kawm kom paub kev zaum kom raug thiaj li ntsuas tau meej.

- ✓ Zaum ib lub tog uas muaj qhov koj tso nraub qaum pheb tau thiab muaj qhov chaw tiag koj txhais npab kom nyob sib txig zos nrog koj lub plawv. Tso ob txhais ko taws kom npuab nkaus rau hauv av, thiab txhob qhaib ko taw.
- ✓ Muab daim ntaub ntsuas ntshav siab (cuff) qhwv ntawm txhais npab sab saum toj lub luj tshib, npuab nkaus txheej tawv.
- ✓ Tso txhais npab thiab lub cev kom muag nthas.



## So kom puv 5 feeb tso, koj mam li ntsuas koj cov ntsha siab.

- ✓ Tsis txhob cia kom muaj lwm yam los cuam tshuam xws li tham lus nrog lwm tus lossis siv tej twj fai fab.
- ✓ Ua ob zaug ntsuas, uas tos 1 feeb tso mam rov ntsuas dua.
- ✓ Sau cia cov lej uas ntsuas tau.
- ✓ Muab cov lej ntsuas tau coj mus qhia rau koj cov kws kho mob paub.

## Kuv yuav tsum muaj yam dab tsi nyob rau tom tsev kuv thiaj ntsuas tau kuv cov ntsha siab?

- Ib daim ntaub qhwv npab ntsuas ntshav siab (cuff) uas tau raug lees paub thiab pom zoo uas haum koj txhais caj npab.
- Ib qho chaw nyob ntsiag to, txhob muaj lwm yam cuam tshuam rau koj zaum kom tau li 10 feeb toj ib hnub.
- Ib lub tog zaum uas muaj qhov koj tso nraub qaum pheeb tau thiab muaj qhov chaw rau koj tso txhais npab kom nyob sib txig nrog koj lub plawv.

## Kuv yuav muab cov lej ntshav siab koj mus ua li cas?

- Koom tes nrog cov kws saib xyuas koj los tsim ib qho tswv yim soj ntsuam koj cov ntshav siab.
- Saib seb puas muaj tej yam nquag tshwm sim uas yuav pab rau koj to taub koj cov lej ntshav siab.
- Qhia koj cov lej ntshav siab thiab koj li kev xav rau cov kws saib xyuas koj.
- Tsim kom muaj ib lub hom phiaj rau kev tswj koj qhov ntshav siab.

Muaj ntau yam nquag ua yuam kev tau uas ua rau kev ntsuas ntshav siab tshwm tsis meej. Piv txwv li, kev ntsuas yuav tsis raug yog tias koj tab tom hais lus thaum ntsuas, yog siv daim ntaub qhwv (cuff) uas me dhau rau koj txhais npab, yog muab daim ntaub qhwv tshooj khaub ncaws, yog ntsuas thaum koj txhais npab tsis muaj dab tsi tiag lossis tsis nyob rau theem siab kom sib txig nrog lub plawv, lossis yog ntsuas thaum koj lub zais zis puv, ob txhais ceg sib qhaib, lossis nraub qaum tsis muaj chaw pheeb.

Koom tes nrog koj tus kws kho mob, tus kws muab tshuaj, thiab lwm tus kws saib xyuas, kawm txog kev zaum tso cev kom raug.

## KEV PAB NTXIV

- How to Measure Blood Pressure at Home - American Medical Association (<https://map.ama-assn.org/resources/how-measure-blood-pressure-home>)
- Everyday Actions to Address Hypertension - Mayo Clinic ([www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974](http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974))
- Home Blood Pressure Monitoring Tips - American Heart Association ([www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home](http://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home))
- Validated Blood Pressure Monitors
  - Validated Device Listing - American Medical Association ([www.validatebp.org](http://www.validatebp.org))
  - Validated Blood Pressure Monitors - Stride BP ([www.stridebp.org/bp-monitors/](http://www.stridebp.org/bp-monitors/))
- Seven-Step Self-Measured Blood Pressure Quick Guide for Clinics - American Medical Association (<https://map.ama-assn.org/resources/7-step-smbp-quick-guide>)