

# 我的心脏 我的责任

## 今天我要：



按医生的处方服用降压药。



去药店或者在家测量我的血压。



如果我有关于血压或降血压药的问题，  
咨询药剂师或医生。



每周至少做2小时30分钟的运动。



采用低钠饮食，吃大量全麦食物，  
低脂乳制品，以及至少五份水果蔬菜。



[www.med.nyu.edu/asian-health/research/reachfar](http://www.med.nyu.edu/asian-health/research/reachfar)

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