

我的心臟 我的責任

今天我要：



按醫生的處方服用降壓藥。



去藥店或者在家測量我的血壓。



如果我有關於血壓或降血壓藥的問題，
諮詢藥劑師或醫生。



每週至少做2小時30分鐘的運動。



採用低鈉飲食，吃大量全麥食物，
低脂乳製品，以及至少五份水果蔬菜。



www.med.nyu.edu/asian-health/research/reachfar

The Million Hearts® word and logo marks, and the Be One in a Million Hearts® slogan and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.

Supported in part by the Centers for Disease Control and Prevention under award numbers U58DP005621 and U48DP005008 and the National Institutes of Health - National Institute on Minority Health and Health Disparities under award number P60MD000538. The content is solely the responsibility of the authors and does not necessarily represent the official views of the Centers for Disease Control and Prevention.