

The background is a traditional Chinese ink wash painting. It depicts a serene landscape with misty, layered mountains in shades of green and blue. A calm river flows through the center, with a small red boat carrying a person in the lower left. Several birds are shown in flight across the sky, and a large, bright red sun is positioned in the upper left corner. The overall style is soft and atmospheric.

中国高血压防治指南 (2018版)

汇报人：李老師

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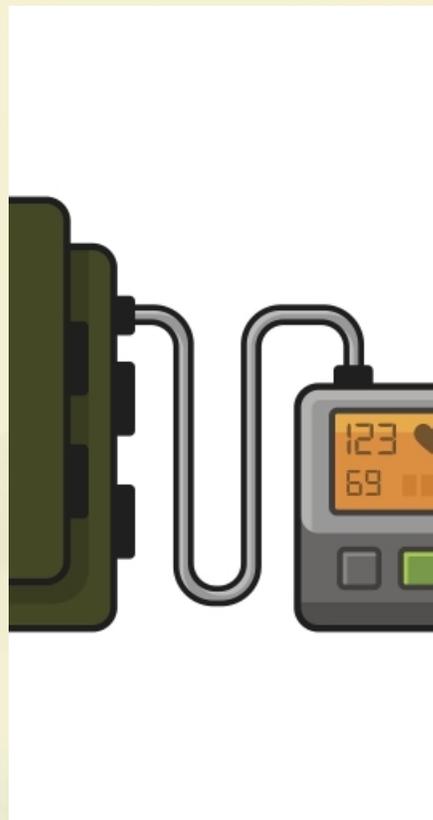
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The background is a traditional Chinese landscape painting. It features a large, vibrant red sun in the center, partially obscured by the text. The landscape consists of layered, misty mountains in shades of green and blue, with a body of water in the foreground. Several birds are depicted in flight, including a prominent white crane with black wings and a red beak in the upper left, and several smaller birds scattered across the sky. The overall style is soft and atmospheric, typical of traditional Chinese ink and wash painting.

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高血压概述与流行病学

高血压定义及分类



高血压定义

在未使用降压药物的情况下，非同日3次测量诊室血压，收缩压 ≥ 140 mmHg和（或）舒张压 ≥ 90 mmHg。



高血压分类

根据血压升高水平，将高血压分为1级、2级和3级。



国内外高血压流行趋势



国内高血压流行趋势

近年来，我国高血压患病率呈上升趋势，且随年龄增长而升高。

国外高血压流行趋势

全球范围内，高血压患病率也呈上升趋势，但不同国家和地区之间存在差异。

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