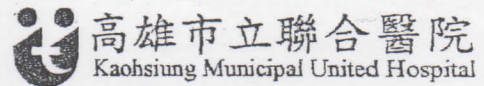


High Blood Pressure or Heart Disease Discharge Instructions

高血壓、心臟病病人返家後應注意事項(英文)

1. Regular medical checkups, visiting the same doctor is recommended.
2. Take the medicine as prescribed. Do not stop or change any treatment by yourself.
3. Get adequate sleep and rest everyday.
4. Maintain a state of equilibrium.
5. Keep your diet bland, choose food containing more fiber, and with less oil, bad cholesterol and salt.
6. Avoid using irritating materials, stimulants, such as tobacco, alcohol, coffee and tea.
7. To prevent constipation, drink enough water, exercise properly, and eat food with abundant fiber.
8. Get proper exercise everyday, 30 minutes each time; such as Tai-zee, gymnastics, dancing, a fast-paced walk.
9. Stay warm in cold weather. Use warm water for bathing/showering.
10. Check blood pressure regularly.



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I have been informed the High Blood Pressure or Heart Disease Discharge Instructions and fully understood it.

Signed _____ Date _____

病人資料黏貼紙

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