

“高血压是以体循环动脉压增高为主要表现的临床综合征，是最常见的心血管疾病。据 2002 年全国居民营养和健康状况调查结果显示，我国成人高血压患病率达 18.8%，估计全国现有高血压患者 1.7 亿。据 JNC7 提示，高血压影响了美国 5000 万和全球 10 亿人口。持续血压升高导致的心、脑、肾、心血管等靶器官的损害，严重危害人们的健康和生活方式，具有极强的致残性和致死性。研究表明，有效地控制血压的持续升高，对防止高血压的靶器官损害、提高患者的生活质量具有重要的意义。”

Hypertension is a kind of clinical syndrome with the major manifestation of increased systemic arterial pressure, which is the most common cardiovascular disease. 2002 China National Nutrition and Health Survey showed the prevalence of adult hypertension reached 18.8%. It is estimated that there were 170 million patients with hypertension. JNC7 showed hypertension influenced 50 million people in America and 1 billion people in the world. Sustained elevation of blood pressure causes injury to the target organs, such as heart, brain, kidney, cardiovascular and so on and seriously endangers health and the quality of life of patients. Thus, the sustained elevation of blood pressure is of great disability and fatality. Research shows the effective control of the sustained elevation of blood pressure is of great importance to prevent the injury of hypertension to target organs and enhance the quality of life of patients.