今天我要:

1. 按医生的处方服用降血压药。
2. 去药店或者在家测量我的血压。
3. 如果我有关于血压或降血压药的问题，咨询药剂师或医生。
4. 每周至少做2小时30分钟的运动。
5. 接受低钠饮食，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

My Heart My Responsibility
Chinese Translation Date: March 2019

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