

《心血管疾病成为中国公民第一大杀手》

导读:据最近发布的报告表明，心血管疾病已经成为了对中国城市人口和农村人口生命来说的第一大杀手。



Cardiovascular diseases have been named the biggest killer of Chinese people in both urban and rural areas, according to a recently released report. Data in the report showed that 44.6 percent of deaths in rural areas and 42.51 percent of deaths in urban areas were caused by cardiovascular disease.

??44.6%????????????42.51%????????????????????????

Thanks to China's efforts to control hypertension, the number of deaths caused by hemorrhagic strokes has seen a decline, said Wang Wen, an expert from the National Center for Cardiovascular Diseases. However, the death rate from ischemic strokes continues to rise, which indicates a need for comprehensive intervention, as ischemic strokes are closely related to smoking and dyslipidemia.

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The report pointed out that hypertension is the most dangerous factor for cardiovascular disease. Wang said that the prevalence of hypertension among Chinese citizens over the age of 18 is currently 25.2 percent, five times higher than the figure back in 1959.

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China is now striving to reduce hypertension in order to safeguard against cardiovascular disease, Wang added.

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