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健康生活

1. 戒烟限酒

烟草烟雾中含有4000多种化学物质，其中许多是有毒有害物质。这些物质可随烟草烟雾到达肺泡深部，迅速被人体吸收并危害健康。吸烟和被动吸烟会导致癌症、心血管疾病、呼吸系统疾病等多种疾病。与不吸烟者相比，吸烟者死于肺癌的风险升高了6-13倍，死于膀胱癌的风险高了1倍，死于食管癌的风险升高了3倍，死于冠心病的风险为非吸烟者的2倍，被动吸烟可使患冠心病的风险上升30%。

戒烟越早越好，什么时候戒烟都为时不晚。



2. 低盐饮食



心血管疾病、高脂血症、高血压、肥胖症和癌症等都与摄入高脂肪、高盐食品有关。正常人每天食盐量应控制在6克以内。已患有高血压的人，以4克左右为宜。



海南省疾病预防控制中心 宣