

# 心脏病发作

## Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that provides the heart muscle with oxygen becomes blocked, stopping blood flow to a part of the heart. If treatment is not done right away, part of the heart muscle dies. The sooner you get help, the less damage you will have to your heart.

Blockage in the blood vessel may occur from:

- Fatty deposits called plaque
- A blood clot
- A spasm in the blood vessel

### Signs of a Heart Attack

- Pain, pressure, tightness, heaviness, squeezing or burning in your chest, arm, jaw, shoulders or neck
  - Occurs both during activity and at rest
  - Lasts for more than 5 minutes or goes away then comes back
- Sweating
- Shortness of breath
- Nausea or vomiting
- Stomach pain or heartburn
- Feeling very tired, dizzy or faint
- Feeling scared or panicked

Call 911 right away if you have any of these signs. Sit or lie down until the emergency team arrives. Do not drive to the hospital or delay by calling your doctor.

Some people, especially women, may not have chest pain, or they may have very mild signs. The more signs you have, the more likely you are having a heart attack.

心脏病发作也称为心肌梗塞或 MI。发生这种情况是因为向心肌提供氧气的血管阻塞，导致血液无法流向心脏的某一部分。如果不立即进行治疗，会导致部分心肌坏死。越早获得帮助，对心脏的损害就越小。

血管堵塞可能由以下原因引起：

- 被称为斑块的脂肪沉积
- 血液结块
- 血管痉挛

### 心脏病发作的症状

- 胸部、手臂、下颌、肩部或颈部的疼痛、压力、紧绷、沉重、挤压或灼痛
  - 在运动中和休息时均会产生这种痛感
  - 持续超过 5 分钟，或消失后再次出现
- 出汗
- 呼吸急促
- 恶心或呕吐
- 胃痛或胃灼热
- 感到非常疲倦、头晕或昏厥
- 感到害怕或惊慌

如果出现任何这些症状，立即致电 911。坐下或躺下，等待紧急人员抵达。切勿驾车前往医院或致电医生而耽误时间。

有些人（尤其是女性）可能不会胸痛，或者症状非常轻微。症状越多，心脏病发作的可能性就越大。

If you had a heart attack before, you may have different signs with a second heart attack. Do not ignore your signs. Call for help quickly to limit damage to your heart.

## Your Care at the Hospital

Tests will be done to see if you had a heart attack and if there was damage to your heart. You may be in the hospital for a few days. You may be started on medicines and have treatments to improve the blood flow to your heart.

## After Leaving the Hospital

- **Go to your follow-up doctor's appointments.**
- **Ask about getting into a cardiac rehab program** to help you gain strength and get more active.
- **Limit your activity for 4 to 6 weeks.**
  - Rest each day. Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering or shaving.
  - Increase your activity over time.
  - Limit stair climbing. Take the stairs slowly.
  - Avoid lifting more than 10 pounds or 4.5 kilograms. Do not vacuum, mow grass, rake or shovel. You may do light housework.
  - Ask your doctor when you can drive and when you can return to work.
  - Talk to your doctor about any limits if you plan to travel.
  - Sexual activity can be started again when you are able to walk up 20 stairs without any problems.
- **Follow the diet your doctor and dietitian suggest.** Eat foods that are low in fat. Avoid salty foods.

如果您之前曾经历过心脏病发作，第二次心脏病发作时可能会出现不同的症状。切勿忽视任何症状。迅速寻求帮助，减少心脏的伤害。

## 医院护理

医院将对您进行检查，查看您是否患有心脏病以及心脏是否受损。您可能需要留院观察几天。您可能会开始服用药物，通过治疗改善流向心脏的血流状况。

## 出院后

- 定期预约随访医生，到医院进行检查。
- 询问有关参加心脏康复计划的信息，帮助增强力量，加大活动的幅度。
- 手术后4至6周内，限制活动。
  - 每天休息。进餐后休息1小时，在洗澡、淋浴或剃须等活动后至少休息30分钟。
  - 随时间慢慢增加活动的幅度。
  - 限制爬楼活动。缓慢上楼梯。
  - 不要举起10磅或4.5公斤以上的重量。切勿进行吸尘、割草、铲地或耙地等活动。可以做些轻松的家务。
  - 询问医生何时可以驾车或恢复工作。
  - 如果您打算旅行，请与咨询医生是否存在任何限制。
  - 当您能够顺利走上20层楼梯时，可以恢复性生活。
- 遵循医生和营养师建议的饮食。吃低脂食物。避免过咸的食物。

- **Weigh yourself each day** to check for fluid build-up. Extra fluid makes your heart work harder. Call your doctor if you gain 2 to 3 pounds or 1 kilogram overnight.
- **Avoid temperatures that are very hot or very cold.** Do not use a hot tub, spa or whirlpool. Stay indoors during humid weather or very hot (higher than 80° F or 27° C) or cold (lower than 30° F or 1° C) temperatures.
- **Watch your emotions.** Many people feel very sad or have changes in emotions after a heart attack. Call your doctor if this gets worse or does not go away in a few weeks.

Your doctor may give you other instructions.

## Improve Your Heart Health

There are things you can do to improve your heart health.

- Do not smoke or use tobacco products and avoid other people's tobacco smoke.
- Treat high blood pressure if you have it.
- Exercise at least 30 minutes each day.
- Eat a healthy diet that has less fat, salt and sugars.
- Keep your weight in a normal range.
- Control your blood sugar if you have diabetes.
- See your doctor for regular check ups and take your medicines as ordered.

Talk to your doctor or nurse if you have any question or concerns.

- **每天称重**，检查是否存在体内积水问题。多余体液会加重心脏负担。如果您在一夜之间增加 2 至 3 磅或 1 公斤，请致电医生。
- **避免体温过高或过低。** 请勿进行热水浴、水疗或使用冲浪浴缸。如果天气潮湿、炎热（高于 80°F 或 27°C）或寒冷（低于 30°F 或 1°C），请留在室内。
- **注意情绪。** 心脏病发作后，许多人会感到非常难过或情绪变化。如果情绪持续恶化或几周后仍未消失，请致电医生。

医生可能会给您其他指示。

## 改善心脏健康

有一些方法可以改善心脏健康问题。

- 请勿吸烟或使用烟草产品，避免吸入二手烟。
- 如有高血压，请进行治疗。
- 每天运动至少 30 分钟。
- 食用低脂、低盐和低糖的健康饮食。
- 体重保持在正常范围内。
- 如果您有糖尿病，请控制血糖。
- 定期就医，按医嘱服用药物。

如果有任何疑问或担心，请咨询医生或护士。