

心臟病發作

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.

心臟病發作也稱為心肌梗塞或 MI。它發生於向心肌供氧的血管堵塞，使血液無法流到心臟的某個部位。如不立刻治療，部份心肌就會壞死。您越早求助，對心臟造成的損害就越小。

血管堵塞可能由以下原因造成：

- 稱為斑塊的脂肪積聚物
- 血栓
- 血管痙攣

心臟病發作症狀

- 您胸部、手臂、下巴、肩或頸部疼痛、感到緊縮、沉重、有壓迫感、擠壓感或灼痛感
 - 在活動和休息時都會發生
 - 持續超過 5 分鐘或反覆發作
- 出汗
- 呼吸急促
- 噁心或嘔吐
- 胃痛或燒心
- 感到非常疲勞、眩暈或頭暈
- 感到恐懼或恐慌

如有任何這些症狀，請立刻撥打 911。坐著或躺下，直到急救隊到達。不要駕車去醫院或因打電話給您的醫生而拖延。

有些人，特別是女性，可能不會發生胸痛，或者症狀非常輕微。症狀越多，心臟病發作的可能性越大。

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.

如果有心臟病發作史，則第二次發作時的症狀可能不同。切勿忽視自己的症狀。要迅速打電話求助，以減小對心臟的損傷。

醫院醫療護理

將進行檢查，以確定您是否有心臟病發作以及您的心臟是否已遭到損傷。您可能需要在醫院住幾天。可能需要開始服用藥物和接受治療，以改進流向心臟的血流。

出院後護理

- 去醫生處作後續就診。
- 諮詢有關參加心臟康復計劃的訊息，以幫助您增強力量並變得更加活躍。
- 限制活動4至6個星期。
 - 每天要休息。餐後休息1小時。例如洗澡、淋浴或刮鬍等活動後至少休息30分鐘。
 - 逐漸增加活動。
 - 減少爬樓梯。爬樓梯時要慢。
 - 避免提起超過 10 磅或 4.5 公斤重的東西。不要吸塵、除草、耙東西或用鏟子。您可以做輕微的家務事。
 - 詢問您的醫生您何時能駕車，何時能返工。
 - 如果計劃出門旅行，須向醫生瞭解是否有任何限制。
 - 當您能夠順利走上 20 層樓梯時，可以重新開始性生活。
- 依照您的醫生和營養師的建議進食。請吃低脂肪物。避免太鹹的食物。

- **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.

- 每天給自己秤體重以檢查液體積聚情況。過多的液體加重您的心臟負荷。如果您一夜之間體重增加 2 至 3 磅或 1 公斤，請打電話給您的醫生。
- 避免溫度過高或過低。不要泡熱水澡、洗溫泉或泡按摩浴缸。在潮濕的天氣或高溫（高於華氏 80 度或攝氏 27 度）或低溫（低於華氏 30 度或攝氏 1 度）期間留在戶內。
- 注意情緒變化。許多人心臟病發作後感覺非常悲傷或情緒出現變化。如果這種情況惡化或幾個星期內不消退，請打電話給醫生。

您的醫生可能會給您其他醫囑。

增強心臟健康

您可採取一些措施來改善心臟的健康狀況。

- 不要吸煙或使用煙草製品，避免吸二手煙。
- 如患有高血壓，要接受治療。
- 每天至少鍛煉 30 分鐘。
- 健康飲食，減少脂肪、鹽和糖的攝取量。
- 將體重保持在正常範圍內。
- 如患有糖尿病，則須控制血糖。
- 定期到醫生那裡檢查身體，遵醫囑服藥。

如果您有任何疑問或關注事項，請告知您的醫生或護士。