

# 心房顫動(心律失調)和中風的風險

## Atrial Fibrillation and the Risk of Stroke

### 常見資源 General Resources

### 心房顫動的危險因素 Risk Factors for Atrial Fibrillation

年齡增長 Advancing age	男性 Male	其他心臟病 Other heart conditions	甲狀腺疾病 Thyroid disease	高血壓 High blood pressure
糖尿病 Diabetes	慢性腎病 Chronic kidney disease	酗酒 Heavy alcohol use	肥胖 Obesity	睡眠窒息症 Obstructive sleep apnea

### 心房顫動的診斷 Diagnosis of atrial fibrillation

醫療保健提供者可建議一項或多項的健康檢查:

- 脈搏觸診
  - 手腕 (徑向脈衝)
  - 頸部 (頸動脈脈動)
- 檢查時聽診
- 心電圖
- 動態心電圖監測儀
- 其他節律監測設備
- 超聲心動圖評估心臟泵和左心房

Your health care provider can send you for one or more tests:

- Pulse palpation
  - Wrist (radial pulse)
  - Neck (carotid pulse)
- Auscultation on exam (e.g. use of a stethoscope)
- Electrocardiogram (ECG)
- Holter Monitor
- Other rhythm monitoring devices
- Echocardiogram to assess heart pump and left atrium

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### 3個治療的基礎 3 cornerstones of therapy

#### 心率控制

- 目標：每分鐘 <100 次
- 無藥物
- $\beta$ 受體阻滯劑
- 鈣通道阻滯劑
- 地高辛

#### Heart Rate Control

- Target: <100 beats per minute. This may require taking medications.
- No medications
- Beta blocker
- Calcium channel blocker
- Digoxin

#### 節奏控制

- 速率控制藥物
- 抗心律失常藥物
- 消融

#### Rhythm control

- Rate controlling medications
- Anti-arrhythmics medications
- Ablation procedure

#### 中風預防

- 心房顫動會增加中風的風險。
- 如果年齡>65歲或有一個或多個危險因素 (透過 CHADS2測試), 則需要使用血液稀釋劑。
- 血液稀釋劑可將中風幾率降低67% (例如 華法林 (俗稱「薄血丸」), DOAC (直接口服抗凝劑), 阿哌沙班, 利伐沙班, 達比加群, 艾多沙班)

#### Stroke Prevention

- Atrial fibrillation increases your risk for stroke.
- **Blood thinner** is required for age >65 or stroke risk factors (measured by CHADS2)
- Blood thinners reduce the chance of a stroke by 67% (e.g. Warfarin, DOAC (direct oral anticoagulant), Apixaban, Rivaroxaban, Dabigatran, Edoxaban)