

心臟病概覽、風險以及如何預防併發症

An overview of heart disease, its risk factors, and how to prevent complications

常見資源 General Resources

冠狀動脈疾病的風險症狀 Symptoms of Coronary artery disease

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| <ul style="list-style-type: none">• 胸部不適或壓迫感• 手臂、背部、頸部、下顎和腹部刺痛• 呼吸急促• 在體力消耗時更容易出現症狀 | <ul style="list-style-type: none">• Chest discomfort or pressure• Tingling in arms, back, neck, jaw, stomach• Shortness of breath• During physical exertion, symptoms happen more often |
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如何辨識冠狀動脈疾病症狀 Diagnosis of coronary artery disease

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| 心電圖(ECG)、壓力測試、超音波心臟檢查、心臟導管插入術 | ECG, stress test, echocardiogram, cardiac catheterization |
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甚麼是心臟衰竭? What is heart failure?

當心臟泵血功能不佳時，血液會在體內倒流，器官得不到足夠的血液應。

症狀:

- 腳、腳踝、腿和腹部腫脹
- 呼吸困難
- 疲勞、頭暈
- 即使在休息時也心跳加速

When the heart does not pump well, blood backs up in the body, and organs do not get enough blood.

Symptoms:

- Swelling in feet, ankles, legs, belly
- Difficulty breathing
- Fatigue, lightheaded
- Racing heartbeat even when resting

心臟衰竭是如何產生的? What are the causes of heart failure?

原因有很多，但最常見的是其他心臟疾病:

- 冠狀動脈（缺血性）心臟病
- 特發性擴張型心肌病變
- 高血壓
- 心臟瓣膜疾病

There are many causes but most common are other heart conditions.

- Coronary (ischemic) heart disease
- Idiopathic dilated cardiomyopathy
- Hypertension
- Valvular disease

心臟病風險因素的慢性病

Chronic Conditions that are a Risk Factor for Heart Disease

代謝症候群

(例如: 糖尿病、高血壓、超重)

Metabolic syndrome

(diabetes, hypertension and being overweight)