

女性與心臟病

Women and Heart Disease

常見資源 General Resources

女性特有的心血管風險因素

Gender-specific cardiovascular risk factors in women

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| <ul style="list-style-type: none">• 多囊性卵巢症候群• 妊娠糖尿病• 胎盤早期剝離• 早產• 死產• 更年期提早(≤ 40歲)• 乳癌治療 | <ul style="list-style-type: none">• Polycystic ovarian syndrome• Gestational diabetes• Placental abruption• Premature delivery• Stillbirth• Menopause• Early menopause (≤ age 40)• Breast cancer treatments |
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心血管心理風險因素

Cardiovascular psychological risk factors

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| <ul style="list-style-type: none">• 憂鬱和焦慮會使女性心臟病發的風險增加 50-70% | <ul style="list-style-type: none">• Depression and anxiety may increase a women's risk for a cardiac event by 50-70%. |
| <ul style="list-style-type: none">• 壓力過大會誘發心肌病變（心碎症候群），其中90% 發生在女性身上 | <ul style="list-style-type: none">• A very stressful event can cause a stress induced cardiomyopathy (Broken Heart Syndrome) and 90% of these occur in women. |

女性心臟病發作的跡象 Signs of heart attack in women

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| <ul style="list-style-type: none">• 流汗• 呼吸急速• 頭暈• 噁心• 胸部不適（壓力、擠壓、飽脹或疼痛、灼熱感或沈重感）• 上身不適（頸部、下巴、肩膀、手臂、背部） | <ul style="list-style-type: none">• Sweating• Shortness of breath• Light-headedness• Nausea• Chest discomfort (pressure, squeezing, fullness of pain, burning or heaviness)• Upper body discomfort (neck, jaw, shoulder, arms, back) |
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如何預防和管理心臟病 How to prevent and manage heart disease

| 預防措施 | Prevention |
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| <ul style="list-style-type: none">• 每週至少運動 5 次，每次30分鐘• 健康飲食: 多吃蔬菜、全穀類、植物性脂肪和水果。盡量減少紅肉並添加糖和鹽。• 壓力管理• 戒菸• 盡量少飲酒• 維持健康體重 | <ul style="list-style-type: none">• Exercise at least 5 times a week for 30 minutes• Healthy diet: eat vegetables, whole grains, plant-based fats, and fruits. Limit red meat and added sugar and salt.• Stress management• Stop smoking• Minimize alcohol intake• Maintain a health weight |

如何預防和管理心臟病（續）

How to prevent and manage heart disease (cont')

| 管理方法 | Management approach |
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| <ul style="list-style-type: none"> • 定期檢查血壓 • 定期驗血 • 定期看家庭醫生和/或專科醫生 • 心臟復健計劃 • 自我管理計劃 | <ul style="list-style-type: none"> • Check blood pressure regularly • Have regular blood tests done • Regular visits to family doctor and/or specialist • Cardiac rehabilitation program • Self-Management |
| 何時尋求幫助 | When to seek help |
| <ul style="list-style-type: none"> • 未能控制危險因素 • 家族有心臟病史 • 當有令人擔憂的症狀 | <ul style="list-style-type: none"> • Risk factors are not well controlled • Strong family history of heart disease • Worrisome symptoms |

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