

Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that feeds the heart muscle becomes blocked. Blood flow stops to a part of the heart. If treatment is not done right away, this part of the heart muscle dies. A scar forms in this part of your heart.

Blockage may occur from:

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

Signs of a Heart Attack

- Pain or pressure in the middle of your chest, arm, jaw, shoulders, neck or stomach. It may spread from one place to another.
 - Feeling of tightness, crushing, aching, choking, squeezing, burning or heartburn
 - Occurs both during activity and at rest
 - Lasts for more than 15 minutes
- Sweating
- Shortness of breath
- Weakness
- Nausea or vomiting
- Feeling scared
- Dizziness

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

Discharge Instructions After a Heart Attack

The heart takes several months to heal.

- Go to your follow-up doctor's appointment.
- Ask about getting into a cardiac rehab program.
- Limit your activity for 4-6 weeks.
 - Rest each day.

心脏病发作

心脏病发作也称为心肌梗塞或 MI。它发生于供给心肌的血管堵塞之时。通往心脏一部份的血流量停止。如不立刻治疗，这部分心肌就会坏死，在您心脏的这一部位形成疤痕。

堵塞可能由以下原因发生：

- 称为斑块的脂肪积聚物
- 血管痉挛
- 血栓

心脏病发作症状

- 来自您胸部中央、手臂、下巴、肩、颈或胃部的疼痛或压迫感。
可能感觉会从一处扩散到另一处。
 - 感到气闷、压碎感、疼痛、窒息、挤迫、高热或心灼痛
 - 在活动和休息时都会发生
 - 持续超过 15 分钟
- 出汗
- 呼吸急促
- 虚弱
- 恶心或呕吐
- 感到恐惧
- 头晕

如有任何这些症状，请**立刻**拨打 911。坐着或躺下，直到急救队到达。不要驾车去医院或打电话给您的医生而拖延。

心脏病发作之后的出院医嘱

心脏要好几个月才能痊愈。

- 去医生处作后续诊访。
- 询问有关加入心脏康复计划事宜。
- 限制活动 4-6 个星期。
 - 每天要休息。

Heart Attack. Simplified Chinese.

- Increase your activity over time.
- Rest for 1 hour after eating meals and at least 30 minutes after activities such as bathing, showering, or shaving.
- 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. You may ride in a car short distances.
- Sexual activity can be resumed when you are able to walk up 20 stairs without problems.
- Follow the diet your doctor and dietitian suggest.
 - Eat foods that are low in fat.
 - Avoid salty foods.
- Weigh yourself each day to check for fluid build-up. Extra fluid makes your heart work harder.
 - Call your doctor if you gain 2-3 pounds or 1 kilogram overnight.
- Avoid temperatures that are very hot or very cold.
 - Do not take hot or cold showers.
 - 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.

Your doctor may give you other instructions.

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

- 逐渐增加活动。
- 餐后休息 1 小时，活动后，例如洗澡、淋浴或剃毛等，至少休息 30 分钟。
- 限制爬楼梯。行走楼梯要慢。
- 避免提起 10 磅或 4.5 公斤重的东西。
- 不要吸尘、除草、耙东西或用铲子。您可以做轻微的家事。
- 询问您的医生您何时能驾车，何时能返工。您不妨短距离乘车。
- 当您能够走 20 级楼梯没有问题时，可以恢复性活动。
- 依照您的医生和营养师的建议进食。
 - 请吃低脂肪食物。
 - 避免太咸的食物。
- 每天给自己秤体重以检查液体积聚情况。 多余的液体加重您的心脏负荷。
 - 如果您一夜体重增加 2-3 磅或 1 公斤，请打电话给您的医生。
- 避免高温或低温。
 - 不要用热水或冷水淋浴。
 - 不要使用热水池、温泉或漩涡池。
 - 在潮湿的天气或高温(高于华氏 80 度或摄氏 27 度)或低温(低于华氏 30 度或摄氏 1 度)期间留在户内。

您的医生可能会给您其它医嘱。

如果您有任何疑问或关注事宜，请告知您的医生或护士。

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