

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.

心臟病發作

心臟病發作也稱為心肌梗塞或 MI。它發生於供給心肌的血管堵塞之時。通往心臟一部份的血流量停止。如不立刻治療，這部份心肌就會壞死。在您心臟的這一部位形成疤痕。

堵塞可能由以下原因發生：

- 稱為斑的脂肪積聚物
- 血管痙攣
- 血栓

心臟病發作症狀

- 來自您胸部中央、手臂、下巴、肩、頸或胃部的疼痛或壓迫感。可能感覺會從一處擴散到另一處。
 - 感到氣悶、壓碎感、疼痛、窒息、擠迫、高熱或心灼痛
 - 在活動和休息時都會發生
 - 持續超過 15 分鐘
- 出汗
- 呼吸急促
- 虛弱
- 噁心或嘔吐
- 感到恐懼
- 頭暈

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。不要駕車去醫院或打電話給您的醫生而拖延。

心臟病發作之後的出院醫囑

心臟要好幾個月才能痊癒。

- 去醫生處作後續診防。
- 詢問有關加入心臟康復計劃事宜。
- 限制活動 4 - 6 個星期。
 - 每天要休息。

Heart Attack. Traditional 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.

- 逐漸增加活動。
- 餐後休息 1 小時，活動後，例如洗澡、淋浴或剃毛等，至少休息 30 分鐘。
- 限制爬樓梯。行走樓梯要慢。
- 避免提起 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。您不妨短距離乘車。
- 當您能夠走 20 級樓梯沒有問題時，可以恢復性活動。
- 依照您的醫生和營養師的建議進食。
 - 請吃低脂肪食物。
 - 避免太鹹的食物。
- 每天給自己秤體重以檢查液體積聚情況。 多餘的液體加重您的心臟負荷。
 - 如果您一夜體重增加 2-3 磅或 1 公斤，請打電話給您的醫生。
- 避免高溫或低溫。
 - 不要用熱水或冷水淋浴。
 - 不要使用熱水池、溫泉或漩渦池。
 - 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。

您的醫生可能會給您其他醫囑。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Heart Attack. Traditional Chinese.

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