

心絞痛

Angina

Angina is chest pain or pressure caused by decreased blood flow to the heart. Pain may also be felt in your arms, jaw or upper back. The pain is a signal that your heart is not getting enough oxygen. It is a sign that you need treatment to prevent a heart attack.

Angina may happen anytime but is more common with:

- Work, exercise or activity
- Eating a large meal
- Smoking or using tobacco
- Very hot or cold temperatures
- Emotional or stressful events

Signs of Angina

Signs of angina can be much like the signs of a heart attack.

- Pain or pressure, or a feeling of tightness or heaviness in the chest, arms, jaw, shoulders or neck
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint
- Some people have no signs

Angina will often ease if you stop what you are doing and rest. If your doctor has told you that you have angina, you may be given medicine to take when you have pain. The medicine is called nitroglycerin.

心絞痛是因流向心臟的血流量減少而引起的胸部疼痛或壓迫感。疼痛也會發生在手臂、下巴或上背部。疼痛是您的心臟供氧不足的信號。它是一種徵兆，表示您需要治療以防心臟病發作。

心絞痛可能會發生在任何時候，但是更常發生在以下情況：

- 工作、運動或活動時
- 大吃一頓時
- 吸煙或嚼用(嗅)煙草時
- 高溫或低溫時
- 有引起情緒激動或壓力的事件

絞痛症狀

心絞痛的症狀可能和心臟病發作非常相似。

- 胸部、手臂、下巴、肩或頸部的疼痛或壓迫感，或是感覺繃緊或沉重
- 出汗
- 呼吸急促
- 噁心或嘔吐
- 腹痛
- 感覺很疲累、頭暈或暈倒
- 有些人則沒有徵兆

心絞痛通常在停止所進行的活動並休息後會得到緩解。如果您的醫生說您有心絞痛，可能會給您藥物，讓您在疼痛時服用。這種藥被稱為硝酸甘油。

When to Seek Treatment

Call 911 if you:

- Are having signs and do not have medicine to treat your angina.
- Have taken your medicine, but your signs are not going away or you have new signs that you have not had before.

Sit or lie down until the emergency team arrives. Do not drive to the hospital or delay by calling your doctor.

Your Care

You will be tested to see if you have a heart problem. You may be started on medicine or have other procedures to improve blood flow to your heart. Your doctor may also want you to eat a low fat diet and exercise to improve your heart health.

If your doctor prescribes nitroglycerin, use the medicine as your doctor orders. For more information, ask for the handout, **Nitroglycerin**.

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

何時尋求治療

致電911，如果您：

- 出現心絞痛症狀但沒身邊有藥物。
- 已服藥，但是症狀仍不消退或者出現以前未出現的症狀。

坐下或躺下，等待急診護理人員。不要開車前往醫院或因給醫生打電話而耽擱。

您的護理

您會得到檢查以確定是否有心臟病。您可能要開始服藥或採取其他措施，增加流向心臟的血流量。您的醫生也可能要您吃低脂食物並開始運動，以改善您的心臟健康。

您的醫生如果給您開硝酸甘油，請遵醫囑服用。要獲得更多資料，請索取題為**硝酸甘油**的手冊。

如果您有任何疑問或關注事項，請告知您的醫生或護士。