

# 心房纤维颤动

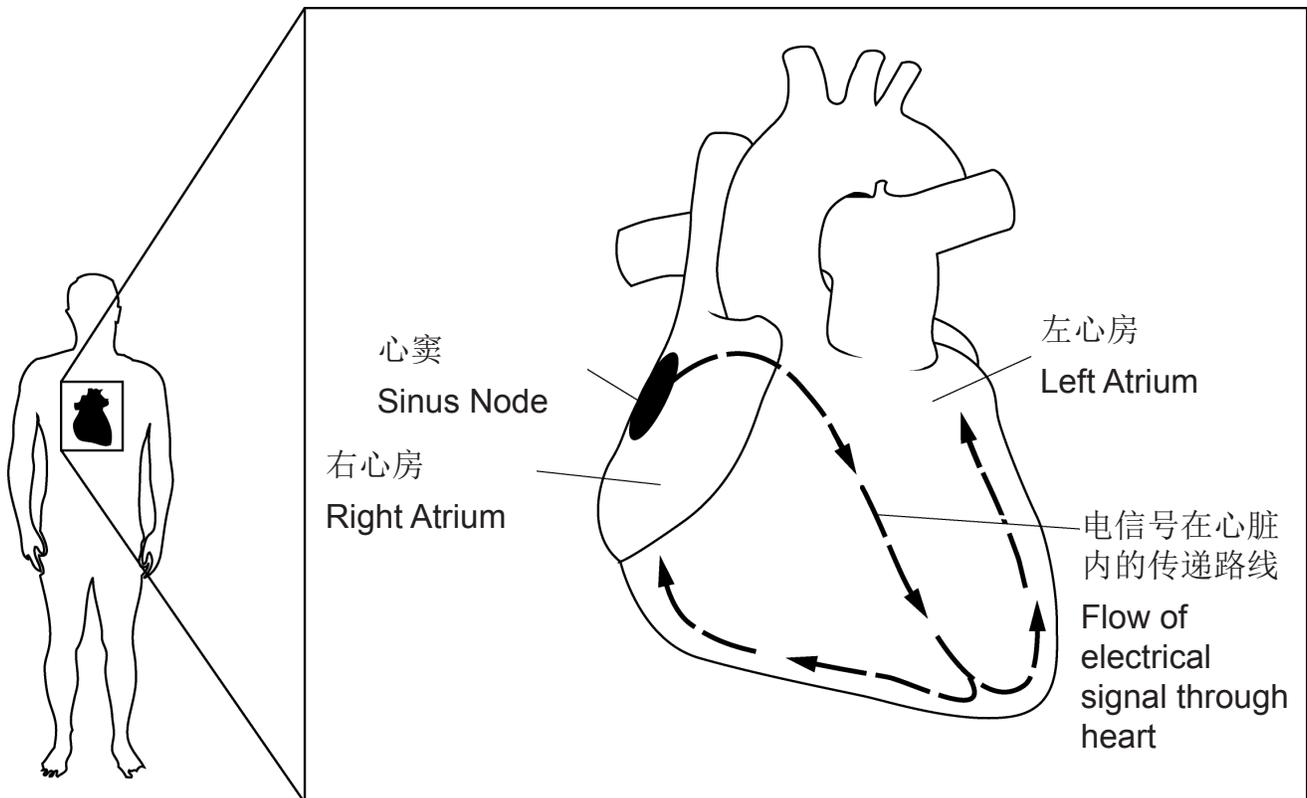
## Atrial Fibrillation

Atrial fibrillation is also called A-fib or atrial fib. This is an abnormal heart rhythm.

The heart's rhythm is controlled by electrical signals in the heart. The **sinus node** sends electrical signals to the rest of the heart. These signals cause the heart to contract and pump blood. Normally, the heart contracts and relaxes at a regular rate. With atrial fib, the sinus node does not start the electrical signal. Signals come from other spots in the right or left atrium. This causes the heart to beat irregularly and at times very fast.

心房纤维颤动（Atrial fibrillation），英文亦简称A-fib或atrial fib。心房纤维颤动是心律失常的表现。

心脏内的电信号控制心律。**心窦**向心脏其它部位发出电信号，促使收缩，泵送血液。正常情况下，心脏收缩和舒张有固定的节律。发生心房纤维颤动后，电信号不再是由心窦发出，而是来自左心房或右心房的其它部位。这导致心脏跳动不正常，有时候非常快。



## Signs of Atrial Fib

- Irregular heart beat
- The feeling of rapid thumping inside the chest called heart palpitations
- Shortness of breath
- Tire easily with activity
- Feel faint, dizzy or lightheaded

## Your Care

Your doctor will check your pulse and listen with a stethoscope for an irregular heart beat. Your doctor may order tests such as:

- An electrocardiogram (ECG or EKG) - a record of your heart's electrical activity
- Holter monitoring - a record of your heart rate for 24 to 48 hours
- Other tests to check for heart disease

## Your treatment may include:

- Medicine to help regulate your heart rhythm and rate. You may also need to take a blood thinner called an anticoagulant to reduce the risk of blood clots and stroke.
- A cardioversion if medicine does not help. This is a low energy electrical shock applied through the skin to the heart to convert an abnormal heart rhythm to a normal rhythm. Sedation medicine is given before this is done.

## 心房纤维颤动的迹象

- 心跳不规律
- 心悸，即自觉心跳加速
- 气短
- 稍作活动即感疲劳
- 感到晕眩、头晕或头重脚轻

## 治疗

医生会检查脉搏，用听诊器检查心跳是否不规律。医生可能要求作下面的检查：

- 心电图（ECG或EKG）—记录心脏的电信号情况
- Holter监测（动态心电图检查）—记录24至48小时的心率
- 心脏疾病的其它检查。

## 治疗方法：

- 用药物调节心律和心率。此外，可能还需要使用称为抗凝血的血液稀薄剂，以降低血液结块和中风的风险。
- 如药物不起作用，则作心脏电击术，即透过皮肤对心脏进行低能量电击，使不正常的心脏节律转为正常节律。作心脏电击术之前，须使用镇静药物。

- An ablation, which is a procedure that destroys cells in the left atrium of the heart that are causing the irregular rhythm. Catheters are inserted through a blood vessel leading to the heart. The problem area is found and is scarred or ablated with energy sent through the catheter. You are asleep during when this is done.
- 消融术可杀死左心房中导致不规则节律的细胞。导管经血管送入心脏。问题区域确定后，通过导管输送电流使之结疤或消融。在此过程中，您处于睡眠状态。

People with atrial fib are at a higher risk for stroke or serious heart problems if atrial fib is not controlled. It is very important to be under a doctor's care.

有心房纤维颤动者，如不加以控制，患中风或严重心脏疾病的风险较高。有心房纤维颤动者务必要就医。

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

如有任何疑问或担心，请向医生或护士提出。