

冠状动脉疾病 (CAD)

Coronary Artery Disease (CAD)

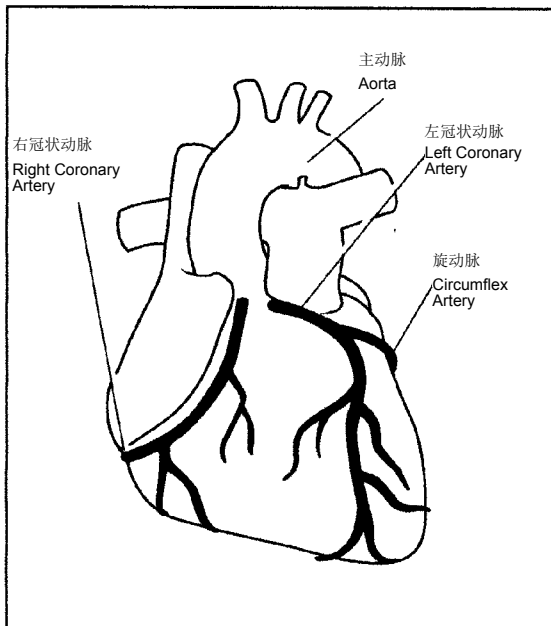
Coronary artery disease is also called heart disease or atherosclerosis. It is caused by the build up of fatty deposits called plaque in the blood vessels of the heart.

The heart must get oxygen and nutrients to work well. Blood carries the oxygen and nutrients to the heart through the blood vessels called arteries. As the plaque builds up in the blood vessels, blood flow to the heart muscle is decreased. When blood flow is decreased, chest pain, shortness of breath, or other signs may occur. If the blood flow is stopped or blocked, it causes a heart attack.

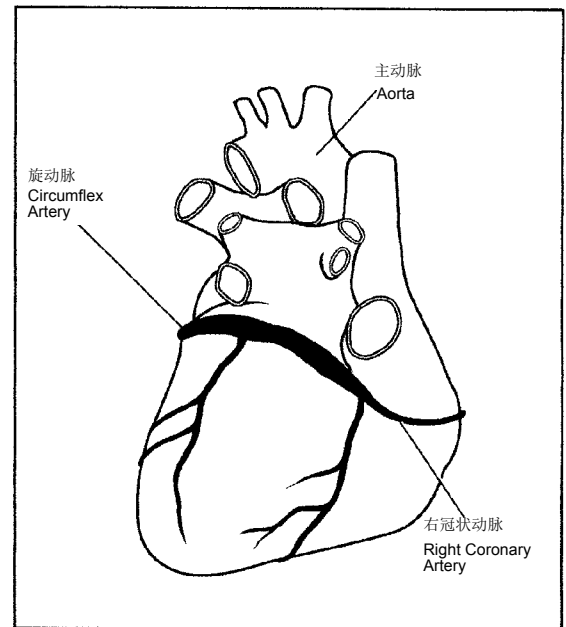
冠状动脉疾病也称为心脏病或动脉硬化症，是由于心脏血管中称作斑块的脂肪积聚物而引起。

心脏必须得到氧气和营养才能良好运作。血液将氧气和营养通过称为动脉的血管带到心脏。斑块在血管中积聚之时，通往心肌的血流量便减少。血流量减少可引起胸痛、气短或其他症状。如果血流停止或堵塞，会引起心脏病发作。

前侧
FRONT



后侧
BACK



Signs of Coronary Artery Disease

You may not have any signs or you may have:

- Pain or pressure in your chest, arm, jaw, shoulders or neck also called angina. It may spread from one place to another.
- Feeling of tightness, heaviness, squeezing or burning
- Sweating
- Shortness of breath
- Nausea or vomiting
- Abdominal pain
- Feeling very tired, dizzy or faint

Call 911 if you have any of these signs.

Risk Factors

You are at higher risk for getting coronary artery disease if you:

- Have a family history of the disease
- Have high cholesterol, diabetes or high blood pressure
- Smoke or use tobacco
- Are inactive
- Have stress
- Are overweight

Changing even one risk factor can improve your heart health. You can prevent the disease from getting worse and may even help to improve it.

冠状动脉疾病症状

您可能但不一定有以下任何症状：

- 胸、手臂、下巴、肩或颈部疼痛或有压迫感，又称为心绞痛。可能感觉会从一处扩散到另一处。
- 感到胸紧、沉重、挤压或灼痛
- 出汗
- 气短
- 恶心或呕吐
- 腹痛
- 感到非常疲累、头晕或昏厥

如果出现上述任何症状，请拨打911寻求帮助。

风险因素

下列情况下，患冠状动脉疾病的风险会较高：

- 有家族史
- 高胆固醇、糖尿病或高血压
- 抽烟或嚼用(嗅)烟草
- 不活动
- 有压力
- 体重过量

即使改变一项风险因素都能改善您的心脏健康。您可预防疾病恶化，甚至可能改善病情。

Your Care

If your doctor thinks that you have coronary artery disease, you may have tests such as:

- An **electrocardiogram (ECG or EKG)** to check the electrical activity of your heart.
- A **cardiac magnetic resonance imaging test (MRI)** to take pictures of how well your heart is working.
- A **stress test** to look for problems with your heart's rate, rhythm or electrical activity. Blood pressure and signs such as shortness of breath or angina are also checked.
- An **echocardiogram** to see the size and shape of your heart and how well it is working.
- A **chest x-ray** to check your heart, blood vessels and lungs.
- **Blood tests** to check levels of fats, cholesterol, sugar and proteins in your blood.

If tests show that you are likely to have CAD, other tests or procedures may be done to treat the disease. The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack. Treatment may include:

- Medicines
- Exercise
- A low fat diet
- Procedures or surgery
- A cardiac rehab program

No matter what type of treatment is done, it does not “cure” the disease. You need to change your risk factors and follow your care plan.

医疗护理

如果医生认为您患有冠状动脉疾病，您可能需要以下检查：

- **心电图（ECG 或 EKG）**，以检查您心脏的电活动。
- **心脏磁共振成像测试（MRI）**，以拍摄心脏工作情况的图片。
- **压力测试**，查看心率、心律或电活动的问题。还检查血压和诸如气短或心绞痛等症状。
- **心脏超声波检查**，查看您心脏的大小和形状，以及是否正常。
- **胸部 x 光检查**，检查心脏、血管和肺。
- **血液检查**，检查血液中脂肪、胆固醇、糖份和蛋白质的含量。

如果检查表明您很可能患有 CAD，可能会进行其他检查或手术治疗。目的是要改善流向心肌的血流量并减少心脏病发作的风险。您的医疗护理可包括：

- 药物
- 锻炼
- 低脂肪饮食
- 治疗或手术
- 参加心脏康复活动

无论采用何医疗护理，都不能“治愈”此病。您需要改变风险因素并遵守您的医疗计划。

Talk to your doctor about your care or any questions you may have.

和您的医生讨论您的医疗护理或告知您可能有的任何疑问。

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Coronary Artery Disease (CAD). Simplified Chinese.