

冠狀動脈疾病 (CAD)

Coronary Artery Disease (CAD)

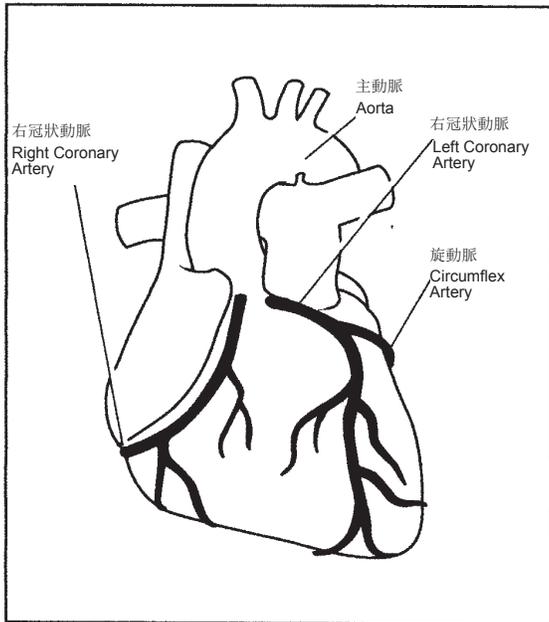
Coronary artery disease is also called heart disease or atherosclerosis. It is caused by the build up of fatty deposits called plaque in the blood vessels of the heart.

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.

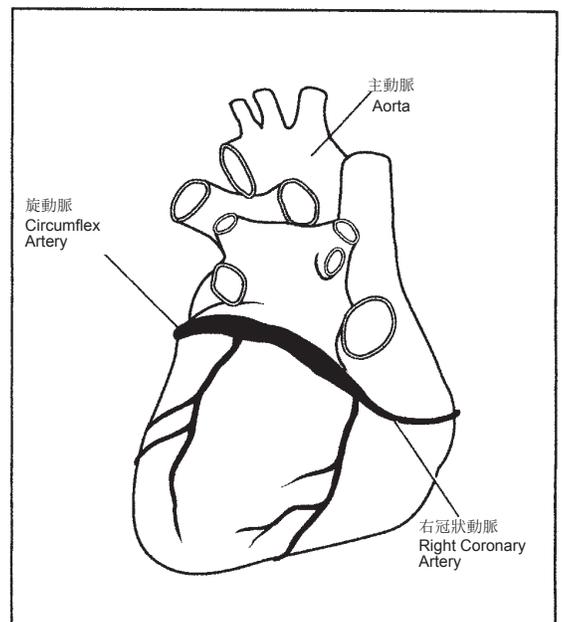
冠狀動脈疾病也稱為心臟病或動脈硬化症。它是由稱為斑塊的脂肪在心臟的血管內積聚而導致的疾病。

心臟必須得到氧氣和營養才能良好地運作。血液將氧氣和營養通過稱為動脈的血管帶到心臟。斑塊在血管內積聚之時，通往心肌的血流量減少。當血流量減少時，會引起胸痛、呼吸短促或其他症狀。如果血液流動停止或受阻，就會導致心臟病發作。

正面
FRONT



背面
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.

冠狀動脈疾病的症狀

您可能但不一定有以下任何症狀：

- 胸部、手臂、下巴、肩部或頸部疼痛或有壓迫感，也稱心絞痛疼痛感可能會從一處擴散到另一處
- 感到胸部緊縮、沉重、擠壓或灼痛
- 出汗
- 呼吸短促
- 噁心或嘔吐
- 腹痛
- 感到非常疲累、頭暈或昏厥

如出現上述任何症狀，請打電話911。

風險因素

如果您有下列情況，您患冠狀動脈疾病的風險會較高：

- 有家族病史
- 有高膽固醇、糖尿病或高血壓
- 抽煙或嚼用（嗅）煙草
- 不活動
- 有壓力
- 體重過量

即使改變一項風險因素都能改善您的心臟健康。您可預防疾病惡化，甚至可有助於改善病況。

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.

您的護理

如果醫生認為您患有冠狀動脈疾病，則您可能需要做檢查，例如：

- **心電圖 (ECG或EKG)**，以檢查心臟的電活動。
- **心臟磁共振成像檢查 (MRI)**，以拍攝心臟的工作狀況。
- **壓力測試**，以確定心率，心臟的節律或電活動是否有問題。此外，還檢查血壓和呼吸短促或心絞痛等狀況。
- **心臟超音波檢查**，以檢查心臟的大小和形狀以及心臟工作的狀況。
- **胸部X光攝影**，以檢查心臟、血管和肺部。
- **血液測試**，以檢查血液中脂肪、膽固醇、糖和蛋白質的水平。

如果檢查顯示您可能患有冠狀動脈疾病，則可能要進行其他測試或程序，以治療該疾病。目的是要改善流向您心肌的血流量，並減少您心臟病發作的風險。治療可包括：

- 藥物
- 運動
- 低脂飲食
- 程序或手術
- 心臟康復計劃

無論採用何種治療，都不能「治癒」此病。您需要改變您的風險因素並遵守您的醫療計劃。

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

與您的醫生討論您的醫療護理或您可能有的任何疑問。

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Coronary Artery Disease (CAD). Traditional Chinese.