

Heart Attack

A heart attack is also called a myocardial infarction or MI. It occurs when a blood vessel that provides the heart muscle with oxygen becomes blocked, stopping blood flow to a part of the heart. If treatment is not done right away, part of the heart muscle dies. The sooner you get help, the less damage you will have to your heart.

Blockage in the blood vessel may occur from:

- Fatty deposits called plaque
- A blood clot
- A spasm in the blood vessel

Signs of a Heart Attack

- Pain, pressure, tightness, heaviness, squeezing or burning in your chest, arm, jaw, shoulders or neck
 - ▶ Occurs both during activity and at rest
 - ▶ Lasts for more than 5 minutes or goes away then comes back
- Sweating
- Shortness of breath
- Nausea or vomiting
- Stomach pain or heartburn
- Feeling very tired, dizzy or faint
- Feeling scared or panicked

Call 911 **right away** if you have any of these signs. Sit or lie down until the emergency team arrives. **Do not drive to the hospital or delay by calling your doctor.**

心脏病发作

心脏病发作也称为心肌梗塞或 MI。它发生于供给心肌氧气的血管堵塞之时，通往心脏一部份的血流量停止。如不立刻治疗，部分心肌就会坏死。越快得到救治，心脏受到的损害就越少。

血管堵塞可能由以下原因造成：

- 称为斑块的脂肪积聚物
- 血栓
- 血管痉挛

心脏病发作的症状

- 胸部、手臂、下巴、肩或颈部的疼痛、压迫感、发紧感、挤迫感或灼痛感
 - ▶ 在活动和休息时都会发生
 - ▶ 持续超过 5 分钟或者反复发作
- 出汗
- 呼吸短促
- 恶心或呕吐
- 胃痛或烧心
- 感到很疲惫、眩晕或晕厥
- 感到恐惧或惊慌

如有任何这些症状，请**立刻**拨打 911。坐着或躺下，直到急救队到达。**不要驾车去医院或打电话给您的医生而拖延。**

Some people, especially women, may not have chest pain, or they may have very mild signs. The more signs you have, the more likely you are having a heart attack. If you had a heart attack before, you may have different signs with a second heart attack. **Do not ignore your signs.** Call for help quickly to limit damage to your heart.

Your Care at the Hospital

Tests will be done to see if you had a heart attack and if there was damage to your heart. You may be in the hospital for a few days. You may be started on medicines and have treatments to improve the blood flow to your heart.

Discharge Instructions after a Heart Attack

- Go to your follow-up doctor's appointment.
- Ask about getting into a cardiac rehab program.
- **Limit your activity for 4 to 6 weeks.**
 - ▶ Rest each day.
 - ▶ 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. Talk to your doctor about any limits if you plan to travel.

有些人（特别是妇女）也许没有胸痛，或者只有很轻的症状。症状越多，心脏病正在发作的可能性越大。如果之前有过心脏病发作，再次发生的症状可能有所不同。**切勿忽视您的症状。**请快速就医，以减少对心脏的损害。

您在医院的医疗护理

需要进行检查，看您是否患有心脏病发作并且是否对您心脏造成损害。您可能需要住院几天。可能需要进行药物治疗和手术以增加心脏的血流量。

心脏病发作之后的出院医嘱

- 去医生处作后续诊访。
- 询问有关加入心脏康复计划事宜。
- **限制活动 4 - 6 个星期。**
 - ▶ 每天要休息。
 - ▶ 逐渐增加活动。
 - ▶ 餐后休息 1 小时，活动后，例如洗澡、淋浴或剃毛等，至少休息 30 分钟。
 - ▶ 限制爬楼梯。行走楼梯速度要慢。
 - ▶ 避免提起 10 磅或 4.5 公斤重的东西。
 - ▶ **不要**吸尘、除草、耙东西或用铲子。您可以做轻微的家务事。
 - ▶ 询问您的医生您何时能驾车、返工。如果您计划去旅行，询问医生是否有什么限制。

- ▶ Sexual activity can be resumed when you are able to walk up 20 stairs without any 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 to 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.
- Many people feel very sad or have changes in emotions after a heart attack. Call your doctor if this gets worse or does not go away in a few weeks.

Your doctor may give you other instructions.

Improve Your Heart Health

There are things you can do to improve your heart health.

- Do not smoke or use tobacco products and avoid other people's tobacco smoke.
- Treat high blood pressure if you have it.
- Exercise at least 30 minutes each day.

- ▶ 当您能够走 20 级楼梯没有问题时，可以恢复性活动。
- 依照您的医生和营养师的建议进食。
 - ▶ 请吃低脂肪食物。
 - ▶ 避免太咸的食物。
- 每天给自己秤体重以检查液体积聚情况。多余的液体会加重心脏负荷。如果您一夜间体重增加 2 - 3 磅或 1 公斤，请打电话给医生。
- 避免高温或低温。
 - ▶ 不要用热水或冷水淋浴。
 - ▶ 不要泡热水池、洗温泉或用按摩浴缸。
 - ▶ 在潮湿的天气或高温（高于华氏 80 度或摄氏 27 度）或低（低于华氏 30 度或摄氏 1 度）期间呆在室内。
- 患有心脏病后，很多人感觉很伤心或在情绪上有很大的波动。如果这种情绪加重或者在数周内仍然没有消除，询问医生情况。

您的医生可能会给您其它医嘱。

增强心脏健康

可以通过以下方法增强心脏健康。

- 不要抽烟或烟草制品，避免吸入他人的烟草烟雾。
- 治疗高血压（如果有的话）。
- 每天至少锻炼身体 30 分钟。

- Eat a healthy diet that has less fat, salt and sugars.
- Keep your weight in a normal range.
- Control your blood sugar if you have diabetes.
- See your doctor for regular check ups and take your medicines as ordered.

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

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

- 选择脂肪低、盐分低和糖分低的健康食物。
- 保持体重处于正常范围。
- 控制血糖（如果有糖尿病的话）。
- 看医生定期检查，遵医嘱服药。

如果您有任何疑问或担心，请告知您的医生或护士。

2005 – 1/2011 Health Information Translations

Unless otherwise stated, user may print or download information from www.healthinfotranslations.org for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Heart Attack. Simplified Chinese.