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.**
心臟病發作

心臟病發作也稱為心肌梗塞或 MI。它發生於向心肌供氧的血管堵塞，使血液無法流到心臟的某個部位。如不立刻治療，部份心肌就會壞死。您越早求助，對心臟造成的損害就越小。

血管堵塞可能由以下原因造成:

- 稱為斑塊的脂肪積聚物
- 血栓
- 血管痙攣

心臟病發作症狀

- 您胸部、手臂、下巴、肩或頸部疼痛、感到緊縮、沉重、有壓迫感、擠壓感或灼痛感。
  - 在活動和休息時都會發生
  - 持續超過 5 分鐘或反覆發作
- 出汗
- 呼吸急促
- 虛弱
- 噁心或嘔吐
- 胃痛或燒心
- 感到非常疲勞、眩暈或頭暈
- 感到恐懼或恐慌

如有任何這些症狀，請立刻撥打 911。坐著或躺下，直到急救隊到達。不要駕車去醫院或因打電話給您的醫生而拖延。
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，特别是女性，可能不会发生胸痛，或者症状非常轻微。症状越多，心脏病发作者的可能性越大。如果有心脏病发作史，则第二次发作时的症状可能不同。切勿忽视自己的症状，要迅速打电话求助，以减小对心脏的损伤。

在医院的治疗
将进行检查，以确定您是否有心脏病发作以及您的心脏是否已遭到损伤。您可能需要在医院住几天。可能需要开始服用药物和接受治疗，以改进流向心脏的血流。

心脏病发作之后的出院医嘱
• 去医生处作后续就诊。
• 调查有关加入心脏康复计划事宜。
• 限制活动4至6个星期。
  ▶ 每天要休息。
  ▶ 逐渐增加活动。
  ▶ 餐后休息1小时。例如洗澡、淋浴或刮鬍等活动后至少休息30分钟。
  ▶ 减少爬楼梯。爬楼梯时要慢。
  ▶ 避免提起超过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。
  ▶ 调查您的医生您何时能驾车，何时能返工。如果计划出门旅行，须向医生了解是否有任何限制。
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.
當您能夠走 20 級樓梯沒有任何問題時，可以恢復性活動。

- 依照您的醫生和營養師的建議進食。
  - 請吃低脂肪物。
  - 避免太鹹的食物。
- 每天給自己秤體重以檢查液體積聚情況。過多的液體加重您的心臟負荷。如果您一夜之間體重增加 2 至 3 磅或 1 公斤，請打電話給您的醫生。
- 避免溫度過高或過低。
  - 不要用熱水或冷水淋浴。
  - 不要泡熱水澡、洗溫泉或泡按摩浴缸。
  - 在潮濕的天氣或高溫 (高於華氏 80 度或攝氏 27 度) 或低溫 (低於華氏 30 度或攝氏 1 度) 期間留在戶內。
- 許多人心臟病發作後感覺非常悲傷或情緒出現變化。如果這種情況惡化或幾個星期內不消退，請打電話給醫生。

您的醫生可能會給您其他醫囑。

增強心臟健康

您可採取一些措施來改善心臟的健康狀況。

- 不要吸煙或使用煙草製品，避免吸二手煙。
- 如患有高血壓，要接受治療。
- 每天至少鍛煉 30 分鐘。
• 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.
• 健康飲食，減少脂肪、鹽和糖的攝取量。
• 將體重保持在正常範圍內。
• 如患有糖尿病，則須控制血糖。
• 定期到醫生那裡檢查身體，遵醫囑服藥。

如果您有任何疑問或關注事項，請告知您的醫生或護士。