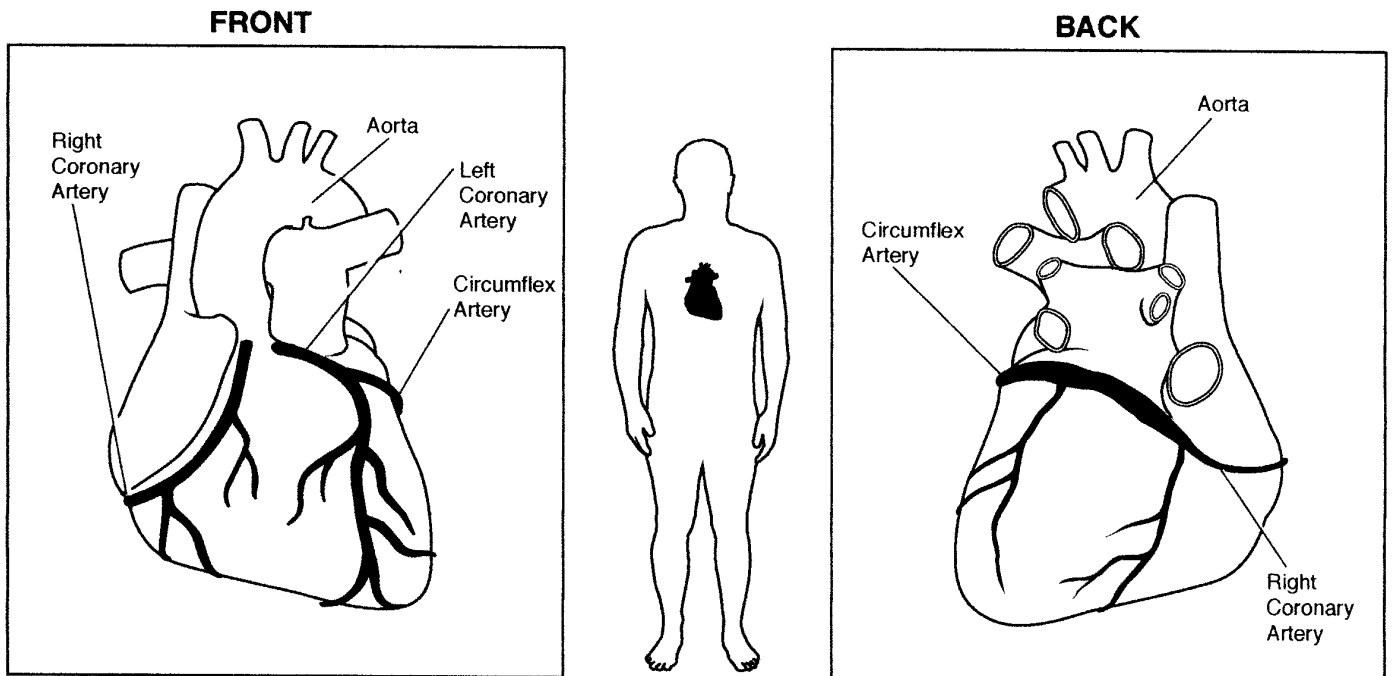


Coronary Artery Disease (CAD)

Coronary artery disease is also called heart disease or atherosclerosis. It is the hardening of the blood vessels by fatty deposits called plaque.

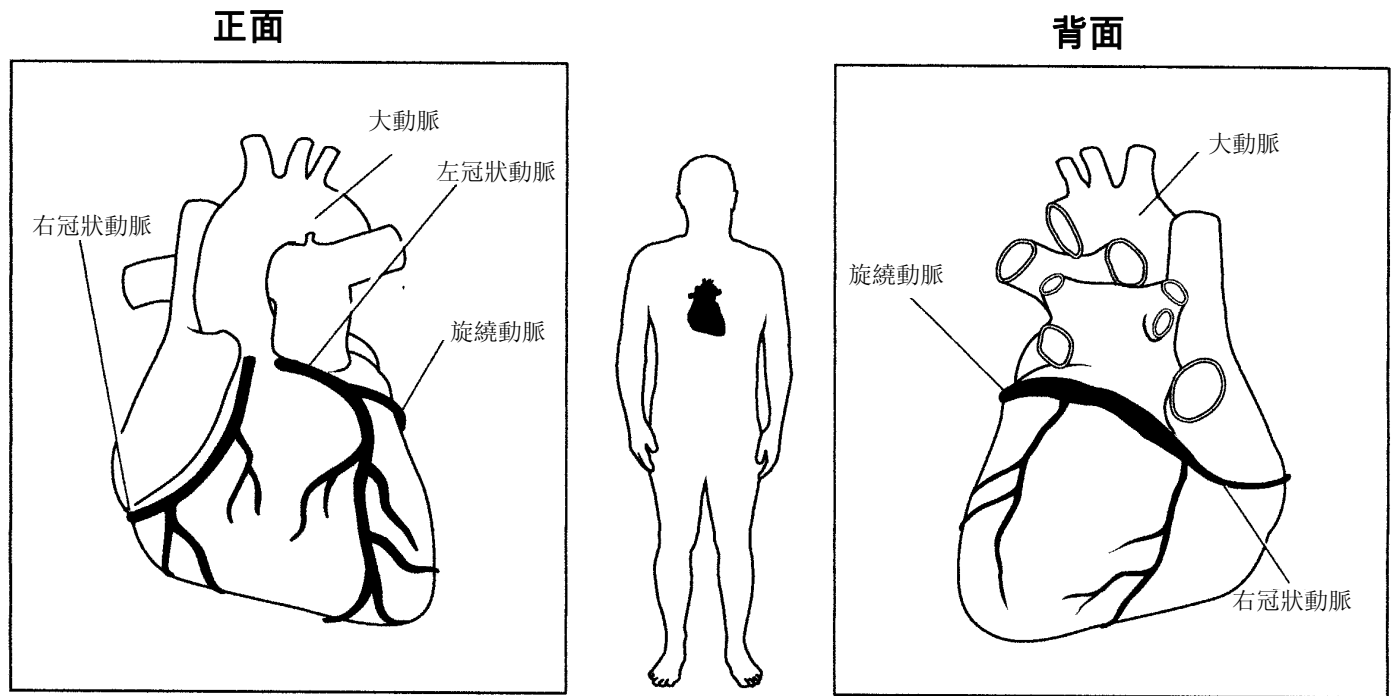
The heart must get oxygen and nutrients to work well. Blood carries the oxygen and nutrients to the heart through the blood vessels called arteries. As the plaque builds up, blood flow to the heart muscle is decreased. When blood flow is decreased, it can cause chest pain, shortness of breath, or a heart attack to occur.



冠狀動脈疾病(CAD)

冠狀動脈疾病也稱為心臟病或動脈硬化症。它是由於稱作斑的脂肪積聚而使血管硬化。

心臟必須得到氧氣和營養才能良好運作。血液將氧氣和營養通過稱為動脈的血管帶到心臟。斑在積聚之時，通往心肌的血流量減少了。血流量減少能引起胸痛、呼吸短促或心臟病發作。



Coronary Artery Disease. Traditional Chinese.

Signs

You may not have any signs or you may have:

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

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.

症狀

您可能但不一定有以下任何症狀:

- 您的胸、手臂、下巴、肩或頸部疼痛或有壓迫感。可能感覺會從一處擴散到另一處。
- 感到氣悶、沉重、擠壓或灼痛
- 出汗
- 呼吸急促
- 噁心
- 感到非常疲累、頭暈或昏厥

風險因素

下列情況下，您患冠狀動脈疾病的風險會較高:

- 有此家族病史
- 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，甚至可能有助於改善病況。

Your Care

The goal is to improve blood flow to your heart muscle and decrease your risk of heart attack. Your care may include:

- Medicines
- Exercise
- A low fat diet
- Treatment or Surgery
- A cardiac rehab program

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

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

您的護理

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。您的護理可包括:

- 藥物
- 運動
- 低脂肪飲食
- 治療或手術
- 參加一個心臟康復計劃

無論採用何種護理，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。

和您的醫生討論您的醫療或告知其您可能有的任何疑問。

Coronary Artery Disease. Traditional Chinese.

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